



**SPIRITUAL
SURVIVAL
GUIDE**

COMBAT EDITION



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JUST A NOTE . . .

*“There are no extraordinary soldiers,
only ordinary soldiers
who rise to meet
extraordinary challenges”*

I developed this guide in the hope that it would never be used. But the fact that you are holding it in your hands means that the stakes have just gone up — you may be entering harm’s way. Combat, or the threat of combat, has a way of clearing our heads, doesn’t it? Suddenly, some things that we thought were important are now insignificant, and some things we thought were insignificant are now more important than ever before.

During my enlisted years as an 18E on a ‘Team’ with Special Forces, I learned the value of always carrying a Survival Kit with me in the field. More than once, I dug into the raggedy, 100 MPH-taped, 5” x 3” x 2” box of tiny helps and tools to find just the right item needed to drive on in a critical moment.

It’s my hope that this *Spiritual Survival Guide* will do the same for you. Both history and experience show that your ultimate need in battle will not be physical or mental — your greatest need will be spiritual. So when you are in need of a help or a tool to keep you driving on, I invite you to flip through these pages for inspiration, information, and transformation.

Remember . . . God cares for you, and so do I!

Chaplain J.D. Hawkins

I will never leave you or forsake you.
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FOUNDATIONS OF OUR FREEDOM

The Mayflower Compact

" . . . Having undertaken for the Glory of God, and Advancement of the Christian Faith [a voyage]. . . Do by these Presents, solemnly and mutually in the Presence of God and one another, covenant and combine ourselves together into a civil Body Politick, for our better Ordering and Preservation . . ." (Plymouth Rock, 1620)

The Declaration of Independence

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness . . . For the support of this declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor" (Philadelphia, 1776)

The Preamble to the United States Constitution

"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America." (New York 1787)

The Pledge of Allegiance

"I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands. One nation, under God, indivisible, with liberty and justice for all."



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The Oath of Enlistment

"I _____ do solemnly swear (or affirm) that I will support and defend the constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the Officers appointed over me, according to the regulations and the uniform code of military justice. So help me God!"

The American Creed

I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation among many sovereign states, a perfect union, one and inseparable; established upon the principles of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and their fortunes.

I therefore believe it is my duty to my country to love it; to support its constitution, obey its laws; to respect its flag, and to defend it against all enemies. (Washington D.C., The U.S. House of Representatives, 1918)

National Motto

"In God We Trust"

The Army Vision

"Persuasive in Peace, Invincible in War"

The Army Mission

To dominate across the full spectrum of operations

The Army Mission

A nonnegotiable contract with the American people . . .
"To Fight and Win the Nation's Wars"



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FOUNDATIONS OF OUR FREEDOM

Freedom Isn't Free . . .

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence? Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army, another had two sons captured. Nine of the 56 fought and died as soldiers from wounds or hardships of the Revolutionary War. They signed and they pledged their lives, their fortunes, and their sacred honor. What kind of men were they? Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated.

But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured. Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags. Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward. Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.



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At the battle of Yorktown, Thomas Nelson, Jr. noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The house was destroyed, and Nelson died bankrupt. Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months. John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged: "For the support of this declaration, with firm reliance on the protection of the divine providence, ***we mutually pledge to each other, our lives, our fortunes, and our sacred honor.***"

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FOUNDATIONS OF OUR FREEDOM

The Gettysburg Address

Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty and dedicated to the proposition that all men are created equal. Now we are engaged in a great civil war, testing whether that nation or any nation so conceived and so dedicated can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field as a final resting-place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this. But in a larger sense, we cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead who struggled here have consecrated it far above our poor power to add or detract. The world will little note nor long remember what we say here, but it can never forget what they did here. It is for us the living rather to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us—that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion—that we here highly resolve that these dead shall not have died in vain, that this nation under God shall have a new birth of freedom, and that government of the people, by the people, for the people shall not perish from the earth.

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Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty and dedicated to the proposition that all men are created equal. Now we are engaged in a great civil war, testing whether that nation or any nation so conceived and so dedicated can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field as a final resting-place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this. But in a larger sense, we cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead who struggled here have consecrated it far above our poor power to add or detract. The world will little note nor long remember what we say here, but it can never forget what they did here. It is for us the living rather to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us—that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion—that we here highly resolve that these dead shall not have died in vain, that this nation under God shall have a new birth of freedom, and that government of the people, by the people, for the people shall not perish from the earth.

(Abraham Lincoln)



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(Abraham Lincoln)

The Ten Commandments



I

I am the Lord your God . . . you shall have no other gods before me.

II

You shall not misuse the Name of the Lord your God, for the Lord will not hold anyone guiltless who misuses His name in vain.

III

Remember the Sabbath day by keeping it holy.

IV

Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.

V

You shall not murder.

VI

You shall not commit adultery.

VII

You shall not steal.

VIII

You shall not give false testimony against your neighbor.

IX

You shall not covet your neighbor's house.

X

You shall not covet your neighbor's wife, or his maiden-servant, or his manservant, or his ox, or his donkey, or any thing that belongs to your neighbor.

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The Bill of Rights

Amendment I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

Amendment II

A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.

Amendment III

No soldier shall, in time of peace be quartered in any house, without the consent of the owner, nor in time of war, but in a manner to be prescribed by law.

Amendment IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Amendment V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in



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Amendment VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the state and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the assistance of counsel for his defense.

Amendment VII

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise reexamined in any court of the United States, than according to the rules of the common law.

Amendment VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Amendment IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Amendment X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

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THE NATIONAL ANTHEM

O say, can you see by the dawn's early light,
 What so proudly we hail at the twilight, last gleaming,
 Whose broad stripes and bright stars throughout the perilous fight,
 O'er the ramparts we watch were so gallantly streaming,
 And the rockets red glare, the bombs bursting in air,
 Gave proof through the night that our flag was still there!
 O say does that Star Spangled Banner yet wave
 O'er the land of the free, and the home of the brave?

On the shore dimly seen through the mists of the deep,
 Where the foe's haughty host in dread silence reposed,
 What is that which the breeze, o'er the towering steep,
 As it fitfully blows half conceals, half discloses?
 Now it caught the gleam of the morning's first beam,
 In full gory reflected, now shines on the stream!
 'Tis the Star Spangled Banner: oh, long may it wave
 O'er the land of the free and the home of the brave!

Oh, thus be it ever, when freemen shall stand
 Between their loved home and the war's desolation;
 Blest with victory and peace, may the heaven rescued land.
 Praise the Power that hath made and preserved us a nation!
 Then conquer we must, when our cause it is just,
 And, this be our motto: "In God Is Our Trust!"
 And the Star Spangled Banner in triumph shall wave
 O'er the land of the free, and the Home of the Brave! Amen.

(Francis Scott Key)



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AMERICA, THE BEAUTIFUL



O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain,
America! America! God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

O beautiful for pilgrim feet,
Whose stern, impassioned stress
A thoroughfare for freedom beat,
Across the wilderness;
America! America! God mend thy every flaw;
Confirm thy soul in self-control, Thy liberty in law.

O beautiful for heroes proved
In liberating strife,
Who more than self their country loved,
And mercy more than life!
America! America! May God thy gold refine,
Till all success be nobleness, And ev'ry gain divine.

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
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GOD BLESS AMERICA

God bless America, land that I love,
 Stand beside her and guide her
 Thru the night with a light from above;
 From the mountains, to the prairies,
 To the oceans white with foam,
 God bless America
 My home sweet home.
(Irving Berlin)

THE BATTLE HYMN

Mine eyes have seen the glory of the coming of the Lord, He is trampling out the vintage where the grapes of wrath are stored; He hath loosed the fateful lightning of His terrible swift sword; His truth is marching on. (Chorus)

He has sounded forth the trumpet that shall never sound retreat; He is sifting out the hearts of men before His judgment seat. O be swift, my soul, to answer Him! be jubilant, my feet! Our God is marching on. (Chorus)

In the beauty of the lilies Christ was born across the sea,
 With a glory in His bosom that transfigures you and me;
 As He died to make men holy, let us teach to make men free;
 While God is marching on. (Chorus)

Glory! glory, hallelujah! Glory! glory, hallelujah!
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GOD BLESS THE



If tomorrow all the things were gone
I'd worked for all my life,
And I had to start again
with just my children and my wife,
I'd thank my lucky stars
to be living here today,
'Cause the flag still stands for freedom
and they can't take that away.

Chorus . . .

From the lakes of Minnesota
to the hills of Tennessee,
Across the plains of Texas
from sea to shining sea.
From Detroit down to Houston
and New York to L.A.,
There's pride in every American heart
and it's time we stand and say:

Chorus x 2 . . .

I'm proud to be an American
where at least I know I'm free,
And I won't forget the men who died
who gave that right to me,
And I gladly stand up next to you
and defend her still today,
'Cause there ain't no doubt I love this land
God Bless the U.S.A! (Lee Greenwood)

Inspiration . Information . Transformation

15

GOD BLESS THE



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I'd worked for all my life,
And I had to start again
with just my children and my wife,
I'd thank my lucky stars
to be living here today,
'Cause the flag still stands for freedom
and they can't take that away.

Chorus . . .

From the lakes of Minnesota
to the hills of Tennessee,
Across the plains of Texas
from sea to shining sea.
From Detroit down to Houston
and New York to L.A.,
There's pride in every American heart
and it's time we stand and say:

Chorus x 2 . . .

I'm proud to be an American
where at least I know I'm free,
And I won't forget the men who died
who gave that right to me,
And I gladly stand up next to you
and defend her still today,
'Cause there ain't no doubt I love this land
God Bless the U.S.A! (Lee Greenwood)

Inspiration . Information . Transformation

15

GOD BLESS THE



If tomorrow all the things were gone
I'd worked for all my life,
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Inspiration . Information . Transformation

15



***“The Army Goes Rolling Along”
(The Army Song)***

March along, sing a song
With the army of the free
Count the brave, count the true who have fought to victory
We’re the army, and proud of our name
We’re the army and proudly proclaim

First to fight, for our rights
And to build a nation’s might
And the army goes rolling along
Proud of all we have done
Fighting ‘till the battles won
And the army goes rolling along

Then it’s hi, hi, hey
The army’s on its way
Count out its cadence loud and strong
For where e’er we go, you will always know
That the army goes rolling along
That the army goes rolling along



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The Story of Amazing Grace

In the eighteenth century, a godly mother knew that her years of life were coming to an end. She taught her young son all that she knew about God and the Christian life. When her son was seven, she died. That son soon rejected his mother's teaching. He went off to sea and eventually became the captain of a slave trading ship. His crew became so disgusted with the depravity of his actions that one day when he fell overboard while in a drunken stupor, they rescued him by throwing a harpoon into him and pulling him back into the ship. Thereafter John Newton walked with a limp. Later he became a Christian, and every limp was a reminder of God's matchless grace to a wretched sinner. He is the composer of "Amazing Grace," as well as hundreds of other hymns.

The Song of Amazing Grace

Amazing grace! how sweet the sound, that saved a wretch like me!
I once was lost, but now am found, Was blind, but now I see.

'Twas grace that taught my heart to fear, And grace my fear, re-lieved;
How precious did that grace appear the hour I first believed!

Thro' many dangers, toils and snares, I have already come;
'Tis grace hath bro't me safe thus far, And grace will lead me home.

When we've been there ten thousand years, bright shining as the sun,
we've no less days to sing God's praise than when we first begun. Amen.



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THE ARMY VALUES

L . D . R . S . H . I . P

LOYALTY . . . Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other soldiers.

“United we stand, divided we fall” - Aesop

DUTY . . . Fulfill your obligations — it is doing what needs to be done at the right time, despite difficulty or danger; it is obedience and disciplined performance.

“He who does his duty is a hero, whether anyone rewards him for it or not” - George Failing

RESPECT . . . Treat people as they should be treated.

“Do unto others as you would want them to do unto you” - Jesus Christ



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SELFLESS SERVICE . . . put the welfare of the nation, the Army and subordinates before your own.

When General Robert Robert E. Lee was asked by a mother at her son’s christening what to teach the young lad to grow him into a man, General Lee pondered . “Teach him ,” he said, “to deny himself.”

HONOR . . . Live up to the Army values.

“What is life without honor?
Degradation is worse than death!” - Stonewall Jackson

INTERGRITY . . . Do what’s right — legally and morally

“Integrity is what you do when no one’s watching”

PERSONAL COURAGE . . . Face fear, danger, or adversity (physical or moral)

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THE "SACRED" VALUES

Spirituality . . . Know God and yourself at the deepest level

Accountability . . . Hold yourself and others to the moral and spiritual high ground in every area of life

Compassion . . . Love in word and deed.

Religious Leadership . . . Model spiritual truths wisely and courageously.

Excellence . . . Do your best for God's glory.

Diversity . . . Respect the differences of others



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BE . KNOW . DO



BE

You are a Soldier of **Character**

The Army Values:

L-D-R-S-H-I-P

Leader Attributes

Mental: Will, Self Discipline, Initiative, Judgment, Self-Confidence, Intelligence, Cultural Awareness

Physical: Healthy, Fit, Military and Professional Bearing

Emotional: Self Control, Balance, Stability

KNOW

You are a Soldier of **Competence**

Interpersonal Skills—dealing with people

Conceptual Skills—dealing with ideas

Technical Skills—dealing with your MOS

Tactical Skills—doing it all in combat

DO

You are a Soldier of **Action**

Influence, Operate, Improve

Inspiration . Information . Transformation

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THE CODE OF CONDUCT

I.

I am an American . I serve in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

II.

I will never surrender of my own free will. If in command, I will never surrender my men while I still have the means to resist.

III.

If I am captured I will continue to resist by all means available. I will make every effort to escape. I will accept neither parole nor special favors from the enemy.

IV.

If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information or take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me and will back them up in every way.

V.

When questioned, should I become a prisoner of war, I am required to give name, rank, service number, and date of birth. **I will evade answering further questions to the utmost of my ability.** I will make no oral or written statement disloyal to my country and its allies or harmful to their cause.

VI.

I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my my God and in the United States of America.



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CREED OF THE NON-COMMISSIONED OFFICER



No one is more professional than I. I am a Noncommissioned Officer, and leader of soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps which is known as "The Backbone of the Army."

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watch - word. My two basic responsibilities will always be uppermost in my mind - accomplishment of my mission and the welfare of my soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

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Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!



WISE WORDS FOR WARRIORS

He who sweats most in peace, bleeds least in war.

No man is free who is not master of himself (Epictitus)

Heroism is simple, and yet is rare. Everyone who does the best he can is a hero. (Josh Billings)

A man is tomorrow what he thinks today (Emerson)

It is not what happens *to* us, it is what happens *in* us that makes the difference.

If we only had fair weather, we'd never learn to sail the boat.

God helps those who help themselves (Ben Franklin)

All we have is what we give.

If

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk to wise;
If you can dream-and not make dreams your master;
If you can think-and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same:
If you can bear to hear the truth you've spoken,
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,



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And stoop and build 'em up with worn-out tools,
 If you can make one heap of all your winnings
 And risk it on onw turn of pitch-and -toss
 And lose, and start again at your beginnings,
 And never breathe a work about your loss:
 If you can force your heart and never and sinew
 To serve your turn long after they are gone,
 And so hold on when there is nothing in you
 Except the Will which says to them: "Hold on!"
 If you can talk with crowds and keep your virtue,
 Or walk with Kings-nor lose the common touch,
 If neither foes nor loving friends can hurt you,
 If all men count with you , but none too much:
 If you can fill the unforgiving minute
 With sixty seconds' worth of distance run
 Yours is the Earth and everything that's in it,
 And-which is more-you'll be a man, my son!
 (Rudyard Kipling)

Our greatest glory is not in never
 falling, but in rising every time we
 fall.

There are none who know how
 to live so well as those who've
 almost died.

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)

Ask not what your country can
 do for you, but what you can
 do for your country . (JFK)

Integrity is who you are when
 no one is watching.

There is no substitute for Victory.
 (MacArthur)

If you think you can or if you
 think you can't . . . you're
 right.

Leadership is everything!

Inspiration . Information . Transformation

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WISE WORDS FOR WARRIORS

The Honorable Clinton P. Anderson, M.C.
(House of Representatives)

27 February 1942

Dear Mr. Anderson:

Your letter of February 17, to the Adjutant General, concerning Private H. Lester, Company A, 165th Infantry, has been sent to me.

You state: "I am wondering if there has been some mistake in his assignment to Fort Ord. Robert has a fine education, has a Masters Degree, is about ready for a Doctor's Degree, is an expert Spanish student, a skilled archeologist, and has been an instructor at the University of New Mexico."

In this division of 22,000 men, I receive many letters similar to yours from parents, relatives, friends and sweethearts. They do not understand why the man that has a good law practice at home cannot be in the Judge Advocate Generals Department, why the drug store manager cannot work in the post hospital, why the school teacher cannot be used in education work. They are willing for someone else to do the hard, dirty work of the fighting man so long as the one they are interested in can be spared the duty.

If doctors in the future are to have the privilege of practicing their profession, if archeologists are to investigate antiquity, if students are to have the privilege of taking degrees, and professors the privilege of teaching in their own way, somebody must march and fight and bleed and die and I know no reason why students, doctors, professors and archeologists shouldn't do their share of it.

You say, "It strikes me as too bad to take that kind of education and bury it in a rifle squad," as though there were something low or mean or servile being a member of rifle squad and only morons and ditch diggers should be given such duty. I know of no place red blooded men of intelligence and initiative are more needed than in the rifle or weapons squad.



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In this capacity, full recognition is given to the placing of men so that they may do the work most beneficial to the unit of which they are part. Whenever men are needed for a particular duty, the record of all men having the required skills and qualifications are considered. I have examined the records of Private Lister and it is fairly complete. I know he holds the 100 yard dash and broad jump records in the Border Conference; that he was president of his fraternity; that his mother was born in Alabama and his father in Michigan; that his father lives at that Burlington Hotel in Washington and I suspect asked you to do what you could to get his son on other duty.

It is desirable that all men, regardless of their specialty, shall learn by doing; how hard it is to march with a pack for 20 miles; how to hold their own in bayonet combat; and how to respect the man who really takes it, namely the private in the rifle squad.

If Private Lister has special qualification for intelligence duty, he will be considered when a vacancy occurs in a regimental, brigade, or division intelligence section. You can't keep a good man down in that Army for long. Every commander is anxious to get hold of men with imagination, intelligence, initiative and drive.

Because you may think I'm a pretty good distance from a rifle squad, I would like to tell you I have a son on Bataan peninsula. All I know of him is that he was wounded on January 19. I hope he is back by now where the rifle squad is taking it, and I wish I were beside him there.

I have written you this long letter because in your high position you exercise a large influence on what people think and the way they regard that Army. It is necessary for them to understand men must do that which best helps to win the war and often that is not the same as what they do best.

Sincerely yours,

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Peace is liberty in tranquility (Cicero) it is action in the face of your fear.

For as a man thinketh in his heart, so in he (Proverbs 23:7) You never conquer a mountain, you conquer yourself. (Whitaker) As iron sharpens iron, so one man

Duty - Honor - Country GEN Douglas MacArthur

Your guidepost stands out like a ten-fold beacon in the night: Duty—Honor—Country.

You are the leaven which binds together the entire fabric of our national system of defense. From your ranks come the great captains who hold the nation's destiny in their hands the moment the war tocsin sounds. The Long Gray Line has never failed us. Were you to do so, a million ghosts in olive drab, in brown khaki, in blue and gray, would rise from their white crosses thundering those magic words, Duty—Honor—Country.

This does not mean that you are war mongers. On the contrary, the soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war. But always in our ears ring the ominous words of Plato, that wisest of all philosophers, "Only the dead have seen the end of war."

What you have outside you counts less than what you have inside you. (B.C. Forbes) sharpens another. (Proverbs 27:17) America is not a good nation because she is a great nation, she



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promise more than they deliver.

Sow a thought — reap an action,
Sow an action — reap a habit,
Sow a habit — reap a character.

The greater the battle, the greater the glory
What we obtain too cheaply, we esteem too lightly.
(Thomas Paine)

In God We Trust.

To those that follow me — you will never know how much it has cost my generation to preserve your freedom. I hope you will make good use of it.
(John Quincy Adams)

The Soldier

It is the soldier, not the reporter, who has given us freedom of the press.

It is the soldier, not the poet, who has given us freedom of speech.

Pay now, play later,
Play now, pay later.

It is the soldier, not the campus organizer, who has given us freedom to demonstrate.

Fear not; for I am with you: do not be afraid; for I am your God: I will strengthen you; I will help you, I will uphold you with the right hand of My righteousness. (Isaiah 41:10)

It is the soldier, not the lawyer, who has given us the right to a fair trial.

Character is power.

It is the soldier who salutes the flag, who serves under the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag.

I have a dream my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.
(Dr. M.L. King)
The best leaders are ones who deliver more than they promise, not



is a great nation because she is a good nation. (A. DeToqueville)

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WISE WORDS FOR WARRIORS

THE RANGER CREED

Recognizing that I volunteered as a Ranger, fully knowing the hazards of my chosen profession, I will always endeavor to uphold the prestige, honor, and “esprit de corps” of my Ranger Battalion.

Acknowledging the fact that a Ranger is a more elite soldier who arrives at the cutting edge of battle by land, sea, or air, I accept the fact that as a Ranger my country expects me to move farther, faster and fight harder than any other soldier.

Never shall I fail my comrades. I will always keep myself mentally alert, physically strong and morally straight, and I will shoulder more than my share of the task whatever it may be. One hundred-percent and then some.

Gallantly will I show the world that I am a specially selected and well trained soldier. My courtesy to superior officers, my neatness of dress, and care for equipment shall set the example for others to follow.

Energetically will I meet the enemies of my country. I shall defeat them on the field of battle for I am better trained and will fight with all my might. Surrender is not a Ranger word. I will never leave a fallen comrade to fall into the hands of the enemy and under no circumstances will I ever embarrass my country.

Readily will I display the intestinal fortitude required to fight on to the Ranger objective and complete the mission, through I be the lone survivor.

RANGERS LEAD THE WAY!



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Let us not become weary in doing good; for at the proper time, we will reap a harvest if we do not give up. (Galatians 6:9)

Make plans by seeking advice; if you wage war, obtain guidance. (Proverbs 20:18)

General Colin Powell's Rules:

1. It ain't as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.
 4. It can be done!
5. Be careful what you choose. You may get it!
6. Don't let adverse facts stand in the way of a good decisions.
 7. Check small things!
 8. Share credit.
9. You can't make someone else's choices. You shouldn't let someone else make yours.
 10. Remain calm. Be kind.
 11. Have a vision. Be demanding.
12. Don't take counsel of your fears or naysayers.
13. Perpetual optimism is a force multiplier.
14. Sometimes being responsible means pissing people off.
15. You never know what you can get away with, unless you try.
16. Of all manifestations of power, restraint impresses men most.
17. We are not civilians in uniform we are warriors, we need to act, feel, and be warriors.

A man is tomorrow what he thinks today. (Ralph Waldo Emerson)

What is, is, and what ain't, ain't. (Joseph Granville)

Treat men greatly and they will show you to be great.

You have to make it happen!



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WISE WORDS FOR WARRIORS

... And that government of the people, by the people, for the people shall not perish from the earth. (Abraham Lincoln)

countrymen know what precious blessings they are in possession of, and and which no other people on earth enjoy! (Thomas Jefferson)

All doors open to curiosity. Pride goes before destruction, a

Courage is the capacity to confront what can be imagined. (Rosten)

A Creed For Those Who Have Suffered

(Written by an unknown Confederate Soldier)

I asked God for strenght, that I might achieve.
I was mad weak, that I might learn to humbly obey...
I asked for health, that I might do greater things.
I was given infirmity, that I might do better things.
I asked for riches, that I might be happy.
I was given poverty, that I might be wise.
I asked for power, that I might have the praise of men.
I was given weakness, that I might feel the need of God.
I asked for all things that I might enjoy life.
I was given life that I might enjoy all things.
I got nothing that I asked for — but everything I had hoped for.
Almost despite myself, my unspoken prayers were answered
I am among men, all men, most richly blessed

haughty spirit before a fall. (Proverbs 16:18)

Nobody can do for it you.

My God! How little do my



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Myself

Edward Guest

I have to live with myself, and so,
 I want to be fit for myself to know;
 I want to be able as days go by,
 Always to look myself straight in the eye;
 I don't want to stand with the setting sun
 And hate myself for the things I've done.
 I don't want to keep on a closet shelf
 A lot of secrets about myself,
 And fool myself as I come and go.
 Into thinking that nobody else will know.

The kind of man I really am;
 I don't want to dress myself up in sham.
 I want to go out with my head erect,
 I want to deserve all men's respect;
 But here in this struggle for fame and pelf,
 I want to be able to like myself.
 I don't want to think as I come and go.
 That I'm bluster and bluff and empty show.
 I never can hid myself from me,
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How to Bring Out the Best in People

1. Expect the best.
2. Discover and meet people's needs.
3. Set a high standard.
4. Create an atmosphere where people are free to fail.
5. If someone is going your direction, then get on board.
6. Help people find models who are successful at what you want to do.
7. Applaud achievement.
8. Employ both positive and negative reinforcement.
9. Appeal sparingly to the competitive urge.
10. Place a premium on team work.
11. Allow for conflict and resolution.
12. Regularly sharpen your own saw.

(Alan Loyd McGinnis)

There is a fate worse than death and that is to have never really lived. (J.D. Hawkins)

It's never too late to start doing what is right.

United teams win. —
Divided teams lose.
(Ross Perot)

Of all the dispositions and habits which lead to political prosperity, Religion and Morality are indispensable supports. In vain would that man claim the tribute of Patriotism, who should labor to subvert these great Pillars of human happiness, these firmest props of the duties of Men and citizens. (George Washington)

Better a little with righteousness than much gain with justice. (Proverbs 16:8)

Those who deny freedom to others deserve it not for themselves (Abraham Lincoln)



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It's never too late to start doing what is right.

United teams win. —
Divided teams lose.
(Ross Perot)

Of all the dispositions and habits which lead to political prosperity, Religion and Morality are indispensable supports. In vain would that man claim the tribute of Patriotism, who should labor to subvert these great Pillars of human happiness, these firmest props of the duties of Men and citizens. (George Washington)

Better a little with righteousness than much gain with justice. (Proverbs 16:8)

Those who deny freedom to others deserve it not for themselves (Abraham Lincoln)



Stand for something — or you'll fall for anything.

Choose your failures carefully. A gentle answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)

The only safe and sure way to destroy an enemy is to make him your friend.

Posterity — you will never know how much it has cost my generation to preserve your freedom. I hope you will make good use of it. (John Quincy Adams)

Those who don't know history are doomed to repeat it.

I would rather die for God, than live without him (Mark Dennis)

I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me, seemed insufficient for that day. (Abraham Lincoln)

Hate is a prolonged manner of suicide.

Footprints . . .

One night I had a dream. I was walking along the beach with the Lord, and across the skies flashed scenes from my life. In each scene I noticed two sets of footprints in the sand. One was mine, and one was the Lord's. When the last scene of my life appeared before me, I looked back at the footprints in the sand, and, to my surprise, I noticed that many times alone the path of my life there was only one set of footprints. And I noticed that it was at the lowest and saddest times in my life.

I asked the Lord about it: "Lord, you said that once I decided to follow you, you would walk with me all the way. But I notice that during the most troublesome times in my life there is only one set of footprints. I don't understand why you left my side when I need you most." The Lord said: "My precious child, I never left you during your times of trial. Where you see only one set of footprints, it was then that I



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WISE WORDS FOR WARRIORS

Murphy's Laws of Combat

1. You are not a superman.
2. If it's stupid but works, it isn't stupid.
3. Don't look conspicuous - it draws fire.
4. When in doubt, empty your magazine.
5. Never share a foxhole with anyone braver than you are.
6. Never forget that your weapon was made by the lowest bidder.
7. If your attack is going really well, it's an ambush.
8. No plan survives the first contact intact.
9. All five-second grenade fuses will burn down in three seconds.
10. Try to look unimportant because the bad guys may be low on ammo.
11. If you are forward of your position, the artillery will fall short.
12. The enemy diversion you are ignoring is the main attack.
13. The important things are always simple.
14. The simple things are always hard.
15. The easy way is always mined.
16. If you are short of everything except enemy, you are in combat.
17. When you have secured an area, don't forget to tell the enemy.
18. Incoming fire has the right of way.
19. Friendly fire - isn't
20. If the enemy is in range, "SO ARE YOU!!!!"
21. No combat ready unit has ever passed inspection.
22. Things that must be together to work, usually can't be shipped together.
25. Radio's will fail as soon as you need fire support desperately.
26. Anything you do can get you shot - including doing nothing.



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27. Tracers work both ways.
 28. The only thing more accurate than incoming enemy fire is incoming friendly fire.
 29. Make it tough for the enemy to get in and you can't get out.
 30. If you take more than your fair share of objectives, you will have more than your fair share of objectives to take.
 31. When both sides are convinced that they are about to loose, they are both right.
 32. Professional soldiers are predictable, but the world is full of amateurs.
 33. Murphy was a grunt.

Every man's work is a portrait of himself.	A man is rich according to what he is, not according to what he has.
Better to light one candle than to curse the darkness.	One on God's side is a majority.
If the trumpet give an uncertain sound, who shall prepare himself to the battle? (I Corinthians 14:8)	An honest answer is like a kiss on the lips. (Proverbs 24:26)
A clean conscience is a soft pillow.	The taller bamboo grows, the lower is bends.
The diamond cannot be polished without friction.	When you hear that someone has gossiped of you, kindly reply that he did not know the rest of your faults or he would not have mentioned only these!
I had no shoes and complained until I met a man who had no feet.	Do not gloat when your enemy falls; when he stumbles, do not let your heart rejoice. (Proverbs 24:17)
Eternal vigilance is the price of liberty. (Wendell Phillips)	We cannot do everything at once; but we can do something at once.
We do what we want to do.	



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WISE WORDS FOR WARRIORS

Persistence

Nothing in the world can take the place of persistence.
Talent will not; nothing is more common than unsuccessful men with talent.
Genius will not; unrewarded genius is almost a proverb.
Education will not; the world is full of education derelicts.
Persistence and determination alone are omnipotent.
The slogan, "Press On," has solved and always will solve the problems of the human race.

-Calvin Coolidge

Kind words cost nothing.

Do unto others as you would have them do unto you. (Jesus Christ)

The battle of Waterloo was won on the playing fields of Eton. (Duke of Wellington)

To fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting. (Sun Tze)

Remember Pearl Harbor!

What stands if freedom falls? (Rudyard Kipling)

Like a city whose walls are broken down is a man who lacks self-control. (Proverbs 25:28)

If your outgo exceeds your income, then your upkeep will be your downfall.

If at first you don't succeed, try, try again. (William Hickson)

How badly do you want it?



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This is where you will win the battle — in the playhouse of your mind. (Maxwell Maltz)

Love is stronger than violence. (Herman Hesse)

Theirs not to reason why. Theirs but to do and die. (Lord Tennyson)

Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all. (George Washington)

Better a patient man than a warrior, a man who controls his temper than one who takes a city. (Proverbs 16:32)

My center is giving way, my right is in retreat; situation excellent. I am attacking. (Marshal Foch)

Veni, vidi, vici, I came, I saw, I conquered (Julius Caesar)

Without wood a fire goes out; without gossip a quarrel diesdown. (Proverbs 26:20)

The Man in The Arena

It is not the critic who counts . . . the credit belongs to the man who is actually in the arena, whose face is marred by dust, sweat and blood, who at best knows, in the end, the triumph of high achievement, and who even if he fails, has dared to venture . . . so that his name will never be found with those cold and timid souls who know neither victory nor defeat.

- Theodore Roosevelt



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WISE WORDS FOR WARRIORS

Get thar firstest with the mostest.
(Confederate GEN Forrest)

Do it once, do it right!

Success

He has achieved who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has looked for the best in others and given the best he had; whose life was an inspiration; whose memory is a benediction.

-Mrs A.J. Stanley

He that is good for making excuses, is seldom good for anything else. (Ben Franklin)

Any nation that thinks more of its

ease and comfort than its freedom will soon lose its freedom; and the ironical thing about it is that it will lose its ease and comfort too.

The great use of life is to spend it for something that outlast us.

Better a poor man whose walk is blameless than a rich man whose ways are perverse. (Proverbs 28:6)

All that is essential for the triumph of evil is that good men do nothing. (Edmund Burke)

I Believe in the sun even when it is not shining.

I Believe in love even when not feeling it.

I Believe in God even when He is silent.

(Carved in Jewish WWII cellar)

A bad habit is first a caller, then a guset, and at last a master. (Talmud)

No man is free until he's free form



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He has achieved who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has looked for the best in others and given the best he had; whose life was an inspiration; whose memory is a benediction.

-Mrs A.J. Stanley

He that is good for making excuses, is seldom good for anything else. (Ben Franklin)

Any nation that thinks more of its

ease and comfort than its freedom will soon lose its freedom; and the ironical thing about it is that it will lose its ease and comfort too.

The great use of life is to spend it for something that outlast us.

Better a poor man whose walk is blameless than a rich man whose ways are perverse. (Proverbs 28:6)

All that is essential for the triumph of evil is that good men do nothing. (Edmund Burke)

I Believe in the sun even when it is not shining.

I Believe in love even when not feeling it.

I Believe in God even when He is silent.

(Carved in Jewish WWII cellar)

A bad habit is first a caller, then a guset, and at last a master. (Talmud)

No man is free until he's free form



WISE WORDS FOR WARRIORS

Get thar firstest with the mostest.
(Confederate GEN Forrest)

Do it once, do it right!

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the fear of Death.
(Dr. Martin Luther King)

You don't make or break principles . . . Principles make or break you.

There were four people named **Everybody, Anybody, Somebody, and Nobody**. Quality was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it. **Somebody** got angry about that, because it was **Everybody's** job. **Everybody** thought **Anybody** could do it but **Nobody** realized that **Everybody** would not do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks.
(Phillip Brooks)

Love is as love does.

Private Victories always precede public victories.
Train a child in the way he should

go and when he is old he will not turn form it.
(Proverbs 22:6)

Make sure the thing you are living for is worth dying for!
One asks, what will happen to me? Another, what is right? And

Short Course in Human Relations

The most important 6 words: "I admit I made a mistake"
The most important 5 words: "I am proud of you"
The most important 4 words: "What is your opinion"
The most important 3 words: "If you please"
The most important 2 words: "Thank You"
The most important word: "We"
The LEAST important word: "I"

_____ this is the difference between the slave and the free man.
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WISE WORDS FOR WARRIORS

Learn to obey before command.
Bad habits are like a comfortable bed . . . easy to get into, but hard to get out of.

No authority is higher than reality. Pray as though everything depends on God . . . Work as though everything depends on you. (St Augustine)

The Difference

I got up early one morning and rushed right into the day. I had so much to accomplish that I didn't have time to pray. Problems just tumbled about me and heavier came each task. "Why doesn't God help me?" I wondered. He answered, "You didn't ask." I wanted to see joy and beauty but the day toiled on, gray and bleak. I wondered why God didn't show me. He said, "But you didn't seek." I tried to come into God's presence, I used all my keys at the lock. God gently and lovingly chided. "My child, you didn't knock." I woke up early this morning and paused before entering the day. I had so much to accomplish that I had to take time to pray.

None of us is smarter than all of us.

Time is the wisest counselor.

Righteousness exalts a nation, but sin is a disgrace to any people. (Proverbs 14:34)

One makes a living by what he gets; he makes a life by what he gives.



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The Good Lord gave us all two ends to begin with One to sit on, the other to think with. Success in life depends on which end we use most -, Heads you win, Tails you lose!!

Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the Times you can, To all the people you can, As long as ever you can. (Wesley)

It Couldn't Be Done

Somebody said that it couldn't be done,
But he with a chuckle replied
That maybe it couldn't
But he wouldn't say so till he'd tried.
So he buckled right in with a trace of a grin
On his face, if he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.
Some body scoffed: "Oh, you'll never do that;
At least no one ever had done it."
But he took off his coat and he took off his hat
And the first thing we knew he'd begun it.
With a lift of is chin and a bit of a grin,
Without fear and doubting and quiddit,
He started to sing, as he tackled the thing
That couldn't be done, and he did it.
-Edgar A. Guest

Right makes might.

You don't get better on the way to Green Ramp!

The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline. (Proverbs 1:7)



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WISE WORDS FOR WARRIORS

Nimble thought can jump sea and land. (William Shakespeare)

General Order

“The General is sorry to be informed that the foolish and wicked practice of profane cursing and swearing, a vice heretofore little known in an American army, is growing into fashion. He hopes the officers will, by example as well as influence, endeavor to check it, and that both they and the men will reflect, that we can have little hope of the blessing of heaven on our arms, if we insult it by our impolity and folly. Added to this, it is a vice so mean and low, without any temptation, that every man of sense and character detests and despises it
-General G. Washington, 1770

Can the liberties of a nation be secure, when we have removed the conviction that these liberties are the gift of God? (Jefferson)

Measure twice, cut once.

Desire not to live long, but to live well: How long we live, not years, but actions tell. (Watkins)

No man has a right to do as he pleases unless he pleases to do right.

Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other. (John Quincy Adams)

My son, if sinners entice you, do not give in to them. (Proverbs 1:10)

Worry about nothing!
Pray about everything!
Thank God for anything!

It is much better to suffer for the truth than to be rewarded for a lie.

Well timed silence hath more eloquence than speech.



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The soldier's heart, The soldiers's spirit, the soldier's soul, are everything. Unless the soldier's soul sustains him he cannot be relied on and will fail himself and his commander and his country in the end.
(General George C. Marshall)

Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must outrun the fastest gazelle or it will starve. It doesn't matter if you are a lion or a gazelle, when the sun comes up you'd better be running!

What we obtain to cheaply, we esteem to lightly; it is dearness only that gives everything its value. Heaven knows how to put a price upon its goods, and it would be strange indeed if so celestial an article as freedom should not be highly rated.
(Thomas Payne)

The person who cannot see the ultimate, becomes slave to the immediate.

You must master self before can effectively lead others.

I do not think that I should drink. For when I drink, I do not Think.

Do the right thing.

Ten Reason Why I Swear

1. It pleases mother so much.
2. It is a fine mark of maturity.
3. It proves I have self-control.
4. It indicates how clearly my mind operates.
5. It makes my conversation so appealing to everybody.
6. It leaves no doubt in anyone's mind as to my good breeding.
7. It impresses people with the fact that I have no more than an ordinary education.
8. It is an unmistakable sign of culture and refinement.
9. It demonstrates my acute ability to express myself in an intelligent and inviting way.
10. It is my way of honoring God who said, "Thou shalt not take the name of the Lord, thy God, in

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We only really believe as much of the Bible as we practice.



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3. It proves I have self-control.
4. It indicates how clearly my mind operates.
5. It makes my conversation so appealing to everybody.
6. It leaves no doubt in anyone's mind as to my good breeding.
7. It impresses people with the fact that I have no more than an ordinary education.
8. It is an unmistakable sign of culture and refinement.
9. It demonstrates my acute ability to express myself in an intelligent and inviting way.
10. It is my way of honoring God who said, "Thou shalt not take the name of the Lord, thy God, in

Don't give anyone a piece of your mind — you need it all yourself.

We only really believe as much of the Bible as we practice.



WISE WORDS FOR WARRIORS

Thomas Jefferson's Rules for Living

Never put off till tomorrow what you can do today.
Never trouble another for what you can do yourself.
Never spend your money before you have it.
Never buy what you do not want because it is cheap.
Pride costs us more than hunger, thirst, and cold.
We seldom repent having eaten to little.
Nothing is troublesome that we do willingly.
How much pain the evils have cost us that have never happened!

A good reply to an atheist is to give him an excellent dinner and then ask if he believes there is a cook!

Aspire to achieve.

When the outlook is bad, try the up-look

It is always too soon to quit.

He who would have friends must show himself friendly.

Many Believers mark their Bibles, but their Bibles never mark them! He who guards his lips guards his life, but he who speaks rashly will come to ruin. (Proverbs 13:3)

I have resolved never to do anything that I would be afraid to do if it were the last hour of my life. (Jonathan Edwards)

What counts most is not size of the dog in the fight, it's the size of the fight in the dog.



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Can the liberties of a nation be thought secure when we have removed their only firm basis, a conviction in the minds of the people that these liberties are of the gift of God? (Jefferson)

Just do it! (Nike)

If your Bible is falling apart, your life usually isn't!

No one ever repented of being a Christian on his deathbed.

The best thing to do behind a person's back — is pat it!

Gold will either be slave or master.

Drive On!

Without God there could be no American form of government, nor an American way of life. Recognition of the Supreme being is the first — the most basic — expression of Americanism. Thus, the founding fathers of America saw it, and thus with God's help, it will continue to be. (Gerald Ford)

Myself

I have to live with myself and so,
I want to be fit for myself to know:
I want to be able as days go by,
Always to look myself in the eye;
I don't want to stand with the setting sun,
And hate myself for the things I've done.
I can never hide myself from me,
I see what other my never see;
I know what others may never know;
I never can fool myself, and so
What ever happens, I want to be,
Self-respecting and conscience-free.
- Edward Guest



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WISE WORDS FOR WARRIORS

Attempt great things for God.
Expect great things from God.
(Daniel Webster)

God and Solider Ft. Campbell, KY

God and Soldier all men adore
In times of danger if not before
When danger is over and all things
righted,
God is forgotten and the soldier is
slighted.

If you want to be happy,
begin where you are;
Don't wait for some rapture
that's future and far.
Start now to be joyous
resolve to be glad;
And soon you'll forget
that you ever were sad.

Do ordinary things extraordinarily.

If you go against the grain of
God's laws, you get splinters!

Any man who knows all the
answers most likely
misunderstood the questions!

Unless there is within us that
which is above us, we shall soon
yield to that which is about us.

We are God's jewels. Often God
exhibits his jewels on a dark
background. . . so they will shine
more brightly.

We are all faced with a series of

Famous Last Words . . .

"I cannot imagine any condition
which could cause this ship to
founder. I cannot conceive of any
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Build Me A Son

BUILD me a son, O Lord, who will be strong enough to know when he is weak, and brave enough to face himself when he is afraid; one who will be proud and unbending in honest defeat, and humble and gentle in victory.

BUILD me a son whose wishes will not take the place of deeds; a son who will know thee - and that to know himself is the foundation stone of knowledge.

LEAD him, I pray, not in the path of ease and comfort, but under the stress and spur of difficulties and challenge. Here let him learn to stand up in the storm; here let him learn compassion for those who fail.

BUILD me a son whose heart will be clear, whose goal will be high, a son who will master himself before he seeks to master other men, one who will reach into the future, yet never forget the past.

AND after all these things are his, add, I pray, enough of a sense of humor, so that he may always be serious, yet never take himself too seriously. Give him humility, so that he may always remember the simplicity of true greatness, the open mind of true wisdom, and the meekness of true strength.

THEN I, his father, will dare to whisper, "I have not lived in vain."

- General Douglas MacArthur



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WISE WORDS FOR WARRIORS

Sinning stops praying and . . .
Praying stops sinning.

A quitter never wins and a winner
never quits

A mistake, if understood, is but a
step toward wisdom.

These *are* the good old days!

Success has made failures of many.

Men with clenched fists cannot
shake hands.
If you must speak you mind, then
mind how you speak.

God can save from the guttermost
to the uttermost.

God Reigns

Study history and learn one thing; he who thinks he can cheat a moral God in a moral universe is a moral imbecile. It simply cannot be done. Evil carries the seeds of its own destruction within it. The universe is not built for the success of lies. They break themselves upon the moral facts of the universe. The Lord reigneth - whether that reign is acknowledged or not. Every wrong breaks itself upon the fact of God.

-E.S. Jones

Can a man scoop fire into his lap
without his clothes being burned?
Can a man walk on hot coals
without his feet being scorched?
(Proverbs 6:27,28)

I am only one — but I am one. I
cannot do everything — but I can
do something. What I can do — I
ought to do. what I ought to do — I
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God grants liberty only to those who love it, and are always ready to guard and defend it.

Plan your work — then work your plan.

No work is so wearisome as doing nothing.

To die is but to pass through an open door into eternity.

Be bold and heaven is on your side.

You see things and say, “Why?” But I dream things that never were; and I say, “Why not?” (G.Bernard Shaw)

The world has the habit of making room for the man whose words and actions show that he knows where he is going. (Napolean Hill)

If a man hasn’t found a cause to die for, he isn’t fit to live. (Martin Luther King)

A Young Man’s Prayer

God, make me a man - Give me the strength to stand for right, When other folks have left the fight. Give me the courage of the man, Who knows that if he wills he can. Teach me to see in every face, The good, the kind, and not the base. Make me sincere in word and deed, Blot out from me all sham and greed. Help me to guard my troubled soul, By constant, active, self-control. Clean up my thoughts, my speech, my play, and keep me pure from day to day. O make of me a man!

For lack of guidance a nation falls, but many advisers make victory sure. (Proverbs 11:14)

Fall seven times. Stand up eight.

Great achievements come not from a single deed, but from many deeds, done consistently, in a single direction.



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WISE WORDS FOR WARRIORS

The Man Who Wins

The man who wins is the man who works,
Who neither labor nor trouble shirks,
Who uses his hands, his head, his eyes;
The man who wins is the man who tries.

If a task is once begun, never leave it till it's done. Be the labor great or small, do it well or not at all.
Is life so dear or peace so sweet, as

Be Not Deceived

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption: but he that soweth to the spirit shall of the spirit reap life everlasting. (Galatians 6:7,8)

to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me liberty, or give me death. (Patrick Henry)

I hear and I forget. I see and I remember. I do and I understand. If a task is one begun never leave it till it's done. Be the labor great or small, Do it well or not at all.

Be not slow to visit the sick. He that walketh with wise men shall be wise (Proverbs 13:20)

The supernatural is the natural not yet understood. (Elbert Hubbard)

I expect to pass through this world but once. Any good thing, therefore, that I can do, or any kindness I can show to any fellow human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again.

The Bible will keep you from sin,



WISE WORDS FOR WARRIORS

The Man Who Wins

The man who wins is the man who works,
Who neither labor nor trouble shirks,
Who uses his hands, his head, his eyes;
The man who wins is the man who tries.

If a task is once begun, never leave it till it's done. Be the labor great or small, do it well or not at all.
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The Bible will keep you from sin,

or sin will keep you from the Bible

death (Proverbs 14:12)



And Satan trembles when he sees when he sees the weakest saint upon his knees. (Cowper)
Always Finish!

Great opportunities come to those who make the most of small ones. A bent knee makes a strong back.

The greatest power that a person

What It Means to be an American

I do not seek to be a common man.

It is my right to be uncommon if I can.

I seek opportunity . . . not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to dream and to build, to fail and to succeed. I refuse to barter incentive for a dole. I prefer the challenges of life to the guaranteed existence: the thrill of fulfillment to the staled calm of utopia. I will not trade freedom for beneficence nor my dignity for a handout. I will never cower before any master not bend to any threat. It is my heritage to stand erect, proud and unafraid: to think and act for myself: enjoy the benefits of my creations and to face the world boldly and say: this I have done.

All this is what it means to be an American.

Everyone enjoys the kind of work for which he is best suited. Success in life is a matter not so much of talent or opportunity as of perseverance. (C.W. Windel)

possesses is the power to choose. A will finds a way (O. Marden)

Riches rather enlarge than satisfy appetites. (Thomas Fuller)

There is a way that seems right to a man, but in the end it leads to

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WISE WORDS FOR WARRIORS

ROGER'S RANGERS STANDING ORDERS (1759)

1. Don't forget nothing.
2. Have your musket clean as a whistle, hatchet scoured, sixty rounds power and ball, and be ready to march at a minute's warning.
3. When you're on a march, act the way you would if you was sneaking up on a deer. See the enemy first.
4. Tell the truth about what you see and what you do. There is an Army depending on us for correct information. You can lie all you please when you tell other folks about the Rangers, but don't never lie to a Ranger or officer.
5. Don't never take a chance you don't have to.
6. When you're on the march we march single file, far enough apart so one shot can't go through two men.
7. If we strike swamps, or soft ground, we spread out abreast, so it's hard to track us.
8. When we march, we keep moving till dark, so as to give the enemy the last possible chance at us.



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9. When we camp, half the party stays awake while the other half sleeps.
10. If we take prisoners, we keep 'em separated till we have had time to examine them, so they can't cook up a story between 'em
11. Don't ever march home the same way. Take a different route so you won't be ambushed.
12. No matter whether we travel in big parties or little ones, each party has to keep a count twenty yards ahead, twenty yards on each flank, and twenty yards in the rear, so the main body can't be surprised and wipe out.
13. Every night you'll be told where to meet if surrounded by a superior force.
14. Don't sit down to eat without posting sentries.
15. Don't sleep beyond dawn. Dawn's when the French and Indians attack.
16. Don't cross a river by a regular ford.
17. If somebody's trailing you, make a circle, come back onto your tracks, and ambush the folks that aim to ambush you.
18. Don't stand up when the enemy's coming against you. Kneel down, lie down, hide behind a tree.
19. Let the enemy come till he's almost close enough to touch. Then let him have it and jump out and finish him up with your hatchet.



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If you don't like change . . . You'll like irrelevance even less! (GEN Eric Shinseki)

Commit to the Lord whatever you do, and your plans will succeed. (Proverbs 16:3)

All men are frightened. The more intelligent they are the more frightened. The courageous man is the man who forces himself in spite of the fear, to carry on. (George S. Patton, Jr.)

Confederate BG T. J. Jackson,

An Ancient Athenian Oath

I will not disgrace that soldier's arms; nor abandon the comrade who stands at my side; but whether alone or with many, I will fight to defend things sacred and profane. I will hand down my country not lessened, but larger and better than I have received it.

Playing safe is probably the most dangerous thing in the world you can do.

Rule your mind, lest it rule you.

The man who removes a mountain begins by carrying away small stones.

Well begun is half done.

wounded and upon being told by a subordinate to flee due to the approaching enemy instead calmly replied in front of his men, "Sir, we will give them the bayonet." His line held as another exclaimed, "Look, men! There is Jackson standing like a stone wall." In that moment history was written as BG Jackson forever became known as "Stonewall Jackson".



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Freedom Isn't Free



I watched the flag pass by one day.
It fluttered in the breeze
A young soldier saluted it,
And then he stood at ease.
I looked at him in uniform
So young, so tall, so proud
With hair cut square, and eyes alert
He'd stand out in any crowd.
I thought how many men like him
Had fallen through the years.
How many died on foreign soil?
How many mothers' tears?
How many pilots' planes shot down?
How many foxholes soldiers' graves?
No, freedom isn't free

I heard the sound of taps one night,
When everything was still.
I listened to the bugler play
And felt a sudden chill.
I wondered just how many times
That taps had meant "Amen"
When a flag had draped a coffin
Of a brother or a friend.
I thought of all the children,
Of the mothers and the wives,
Of fathers, sons and husbands
With interrupted lives.
I thought about a graveyard
At the bottom of the sea
Of unmarked graves in Arlington . . .
No -- Freedom isn't free

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WISE WORDS FOR WARRIORS

Bury Me With Soldiers

I've played a lot of roles in life;
I've met a lot of men.
I've done some things I'd like to
think
I wouldn't do again.
And though I'm young, I'm old
enough
To know someday I'll die
I think about what lies beyond,
Beside whom I would lie.

Perhaps it doesn't matter much;
Still, if I had my choice,
I'd want a grave 'mongst soldiers
when

At last death quells my voice.
I'm sick of the hypocrisy
Of lectures by the wise.
I'll take the man, with all his flaws,
Who goes, though scared, and dies.

The troops I knew were common
place
They didn't want the war;
They fought because their fathers
had,
And their fathers had before.

They cursed and killed and wept,
God knows,
They're easy to deride
But bury me with men like these;
They faced the guns and died.

It's funny when you think of it,
The way we got along.
We'd come from different worlds
To one where none belonged.
I didn't even like them all;
I'm sure they'd all agree.
Yet I would give my life for them,
I know some did for me.

So bury me with soldiers please,
Though much maligned they be.
Yes bury me with soldiers,
For I miss their company
We'll not soon see their likes again;
We've had our fill of war.
But bury me with men like these.
Till someone else does more.

(SGT Charles Fink, Vietnam)



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I've done some things I'd like to
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I wouldn't do again.
And though I'm young, I'm old
enough
To know someday I'll die
I think about what lies beyond,
Beside whom I would lie.

Perhaps it doesn't matter much;
Still, if I had my choice,
I'd want a grave 'mongst soldiers
when

At last death quells my voice.
I'm sick of the hypocrisy
Of lectures by the wise.
I'll take the man, with all his flaws,
Who goes, though scared, and dies.

The troops I knew were common
place
They didn't want the war;
They fought because their fathers
had,
And their fathers had before.

They cursed and killed and wept,
God knows,
They're easy to deride
But bury me with men like these;
They faced the guns and died.

It's funny when you think of it,
The way we got along.
We'd come from different worlds
To one where none belonged.
I didn't even like them all;
I'm sure they'd all agree.
Yet I would give my life for them,
I know some did for me.

So bury me with soldiers please,
Though much maligned they be.
Yes bury me with soldiers,
For I miss their company
We'll not soon see their likes again;
We've had our fill of war.
But bury me with men like these.
Till someone else does more.

(SGT Charles Fink, Vietnam)



WISE WORDS FOR WARRIORS

Bury Me With Soldiers

I've played a lot of roles in life;
I've met a lot of men.
I've done some things I'd like to
think
I wouldn't do again.
And though I'm young, I'm old
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What is “The Warrior Ethos”?
There is no substitute for victory —
failure is not an option.

Never let yourself be driven by
impatience or emotion. One always
regrets having followed the first
dictates of his emotions.
(Marshal de Belle-Isle)

Don’t shoot us, Don’t shoot us! . . .
“Hey, we’re from America — we
don’t shoot our prisoners.”
(A PFC to Iraqi POWs)

The core of the soldier is moral
discipline. (CSM Bainbridge)

America is watching you.

Courage means being able to tell
the boss he is absolutely wrong.

The absence of duty is acting
correctly in the absence of orders.
(GEN Wickham)

The discipline which makes the
soldiers of a free country reliable in
battle is not to be gained by harsh
or tyrannical treatment. On the
contrary, such treatment is far more
likely to destroy than to make an
army. (MG Schofield)

Blessed is the nation
whose God is the LORD,
The people whom He has chosen for
His own inheritance. (Psalm 33:12)

No man wins loyalty by preaching it
— it is earned as he proves his pos-
session of other virtues.
(BG S.L.A. Marshall)

Shinseki’s War Principles

1. You win on the offense!
2. Initiate combat on our own
terms — a time, a place, a
method of *our* choosing.
3. Gain the initiative and keep it!
4. Build momentum quickly
5. Win — Decisively!

To our subordinates we owe every-
thing we are or hope to be. For it is
our subordinates, not our superiors,
who raise us to the dizziest of profes-
sional heights, or if we deserve it,
bury us in the deepest mire of dis-
grace. (COL Jenkins, CSA Cavalry)

It’s not about the caliber of the
weapon . . . It’s about the caliber of
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WISE WORDS

And Jesus said of the centurion—
"Never have I seen such faith, no
not in all Israel." (Luke 7:9)

The course of history will be set
by free people. (George W. Bush)

"TGIF"—Today God Is First.

God's (Stonewall Jackson)

Surprise is the only means of
obtaining numerical superiority
(Clausewitz)

Fear kills more people than death.
But as soon as discipline is

General George Marshall on Discipline

The soldier is a man; he expects to be treated as an adult, not a schoolboy. He has rights; they must be more known to him and thereafter respected. He has ambition; it must be honored. He has a need of comradeship; it must be supplied. He has imagination; it must be stimulated. He has a sense of personal dignity; it must be sustained. He has pride; it can be satisfied and made the bedrock of character once he has been assured that he is playing a useful and respected role. To give a man this is the acme of inspired leadership. He has become loyal because loyalty has been given to

A man who will not protect this
freedom does not deserve to be
free. (GEN Douglas MacArthur)

Personal honor is the one thing
valued (by a good man) more than
life itself. (C. Markos)

Duty be ours, consequences be

neglected in a nation, as soon as
comfort becomes an aim, it needs
no inspiration to foretell that its
ruin is near. (Saxe)

Thank God I've done my duty.
(Dying words of Nelson)



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The Spiritual Jump Commands



Get Ready

Get spiritually ready for this life and the life to come.

Stand Up

It is not easy, but it is right. Believe and make a stand for your faith.

Hook Up

Secure your life and soul to a strong anchor,
Jesus Christ.

Check Static Lines

Check to make sure you have good communication with God.

Check Equipment

Check your own life to ensure you're not carrying anything that will separate you from God.

Sound Off for Equipment Check

Do not be afraid to ask God for help to keep your life in check.

Stand By

Make a commitment to Jesus Christ now.

Go!

Go with God and His will in your life.

No leader ever managed a unit up
a hill — they were led there.

In every battle there comes a
time when both sides consider
themselves beaten, then he who
continues the attack wins.
(U. S. Grant)

Walk when the troops walk; eat
what the troops eat; sleep like the
troops sleep. (Crook)

Inspiration . Information . Transformation

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Inspiration . Information . Transformation

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WISE WORDS

Valor is the strength, not of legs and arms, but of heart and soul; it does not consist in the worth of our horse, or our weapons, but in our own. (Montalgne)

"Taps"

Day is done
Gone the sun
From the lake
From the hill
From the sky
Rest in peace
Soldier brave
God is nigh

(MG Butterfield 1863)

Show me the leader and I will know his men. Show me the men and I will know the leader. (Arthur Newcom)

It is an unfortunate fact that we can secure peace only by preparing for war. (John F. Kennedy)

Decision of character is one of the

most important of human qualities, philosophically considered. Speculation, knowledge, is not the chief end of man; it is action. We may, by a fine education, learn to think most correctly, and talk most beautifully; but when it comes to action, if we are weak and undecided, we are of all beings the most wretched. All mankind feel themselves weak, beset with infirmities, and surrounded with dangers; the acutest minds are the most conscious of difficulties and dangers. They want, above all things, a leader with that boldness, decision, and energy, which with shame they do not find in themselves. "Give us the man," shout the multitude, "who will step forward and take the responsibility." He is instantly the idol, the lord and the king among men. He then who would command among his fellows, must excel them more in energy of will than in power of intellect. (Charles Burnap)



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Executive Mansion,
Washington, Nov. 21, 1864

Dear Mrs. Lydia Bixby,

Dear Madam,-I have been shown in the files of the War Department a statement of the Adjutant General of Massachusetts, that you are the mother of five sons who have died gloriously on he field of battle.

I feel how weak and fruitless must any words of mine which should attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering to you the consolation that may be found in the thanks of the Republic they died to save.

I pray that our Heavenly Father my assuage the anguish of your be-reavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours, to have laid so costly a sacrifice upon the altar of Freedom.

Yours, very sincerely and respectfully,
Abraham Lincoln

Cowards die many times before their death; the valiant never taste of death but once. (Shakespeare)

Let us therefore brace ourselves to our duty and so bear ourselves that if the British Empire and its Commonwealth lasts for a thousand years men will still say, "This was their finest hour." (Winston Churchill)

Time heals all things.

God grants liberty only to those who love it and are always ready to guard and defend it. (Daniel Webster)

A battle is won by those who firmly resolve to win it.

Two things a leader is supposed to do: 1. Lead soldiers and units during battle; 2. Prepare soldiers and units to fight the battle (COL Mike Malone)

Inspiration . Information . Transformation

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Two things a leader is supposed to do: 1. Lead soldiers and units during battle; 2. Prepare soldiers and units to fight the battle (COL Mike Malone)

Inspiration . Information . Transformation

63



Executive Mansion,
Washington, Nov. 21, 1864

Dear Mrs. Lydia Bixby,

Dear Madam,-I have been shown in the files of the War Department a statement of the Adjutant General of Massachusetts, that you are the mother of five sons who have died gloriously on he field of battle.

I feel how weak and fruitless must any words of mine which should attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering to you the consolation that may be found in the thanks of the Republic they died to save.

I pray that our Heavenly Father my assuage the anguish of your be-reavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours, to have laid so costly a sacrifice upon the altar of Freedom.

Yours, very sincerely and respectfully,
Abraham Lincoln

Cowards die many times before their death; the valiant never taste of death but once. (Shakespeare)

Let us therefore brace ourselves to our duty and so bear ourselves that if the British Empire and its Commonwealth lasts for a thousand years men will still say, "This was their finest hour." (Winston Churchill)

Time heals all things.

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WISE WORDS

That's the whole challenge of life-to act with honor and hope and generosity, no matter what you've drawn. You can't help when or what you were born, you my not be able to help how you die; but you can—and should-try to pass the days between as a good man. (Sam Damon, *Once an Eagle*)

There are only two Powers in the world...The sword and the spirit. In the long run, the sword is always defeated by the spirit. (Napoleon)

True Success

You can use most any measure when you're speaking of success. You can measure it in fancy home, expensive car or dress. But the measure of your real success is one you cannot spend. It's the way your son describes you when he's talking to a friend.

King Henry



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Pilgrim's Progress

My sword I give to him that shall succeed me in my pilgrimage, and my courage and skill to him that can get it. My works and scars I carry with me, to be a witness for me that I have fought his battles who now will be my rewarder." So he passed over and all the trumpets sounded for him on the other side. (Bunyon)

At the battle of Agincourt, the French outnumbered the English 6 to 1. Result . . .French losses: 5000 killed, 1000 captured; English losses: 113 killed.

So in the Libyan Fable it is told that once an eagle, stricken with a dart said, when he saw the fashion of the shaft, "with our own feathers not by others' hands, are we now smitten."

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If it be a sin to covet honor, I am the most offending soul alive. (King Henry V)

It does no good for an officer to talk patriotism to his people unless he stands four-square with them, and they see in him a symbol of what is right — the best thing for them, as for the nation.

Better to fight for something than live for nothing. (Patton)

Often in long periods of peace, mechanical thinking triumphs over the qualities of the heart and soul. (Scharahorst)

The profession of arms is accompanied by a certain splendor with which nothing can compare.” (Cervantes’ *Don Quixote*)

Tell them that this affair must hang in suspense no longer; sweep the field with the bayonet. (Jackson at Gaines Hill)

No method of education, no system of promotion, no amount of common sense ability is of value unless the leader has in him the root of the matter—the fighting spirit. (Field Marshal Wavel)



Schofield’s Definition of Discipline

The discipline which makes the soldiers of a free country reliable in battle is not to be gained by harsh or tyrannical treatment. On the contrary, such treatment is far more likely to destroy than to make an army. It is possible to impart instruction and to give commands in such a manner and such a tone of voice to inspire in the soldier no feeling but an intense desire to obey, while the opposite manner and tone of voice cannot fail to excite strong resentment and a desire to disobey. The one mode or the other dealing with subordinates springs from the corresponding spirit in the breast of the commander. He who feels the respect which is due to others cannot fail to inspire in them regard for himself, while he who feels and hence manifests disrespect toward others, especially his inferiors, cannot fail to inspire hatred against himself.

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WISE WORDS

The Patience Strong Poem

When you get to the end of your tether-
 And your energy seems to have gone-
 When you're weary and wondering
 Whether it's worth while to keep struggling on-
 When the fire has gone out of your spirit-
 And your armor has fallen apart-
 Let go and let God do the fighting.
 Be still in your head and your heart.

When the music goes out of the morning
 And you cannot keep pace with the drum-
 When the flowers in the garden stop smiling-
 And the birds do not sing when you come...
 When the sun never peeps through your window,
 And you look for the rainbow in vain-
 Ask Someone to help and heal you.
 Let Him take the brunt and the strain.

When you get to the end of your courage
 And there's nothing much more you can do-
 Try folding your hands for a moment
 And letting God's guidance get through...
 Life can't be altered by worry.
 Stop trying to push it your way.
 Just let the good Lord take over.
 You'll find that things change when pray.



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We sleep safely in our beds because rough men stand ready in the night to visit violence on those who would do us harm. (George Orwell)

The true test of civilization is, not the census, nor the size of cities, nor the crops-no, but the kind of man the country turns out.

Keep On

Do all the good you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. (John Wesley)

Refuse to fall down.
If you cannot refuse to fall down,
Refuse to stay down.
If you cannot refuse to stay down,
Lift your heart toward heaven,
And like a beggar,
Ask that it be filled.

It is necessary for them to understand men must do that which best helps to win the war and often that is not the same as what they do best. (BG McPernell)

You may be pushed down.
You may be kept from rising.
But no one can keep you
From lifting your heart
Toward heaven-
Only you.

It is my decision that bold decisions give the best promise of success. A bold operation is one in which success is not a certainty but which in case of failure, leaves one with sufficient forces in hand to cope with whatever situation my arise. A gamble, on the other hand, is an operation which can lead to either victory or to complete destruction of one's force. (Field Marshal Erwin Rommel)

It is in the middle of misery
That so much becomes clear.
The one who says nothing good
Came of this,
Is not yet listening

In order for the Tree of Liberty to survive it must be watered by the blood of its patriots of each generation. (Jefferson to Madison)

I am the resurrection and the life: he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. (John 11:25-26)



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WISE WORDS

There is a destiny that makes us brothers.

None goes his way alone
All that we give to the lives of others.
Comes back into our very own (Emerson)

And the Lord said, who shall I send, and whom shall go for us? Then said I, here am I, send me. (Isaiah 6:8)

Discipline is preferred to numbers.

Know your men, know your business, know yourself. (MAJ Bach)

The great end of life is not knowledge but action. (Thomas Huxley)

Facts do not cease to exist simply because they are ignored.

O, what a tangled web we weave, when first we practice to deceive. (Sir Walter Scott)

Example is the best general order.

Two Kinds of Commanders

Two kinds of commanders, my company needs, one for the words, the other for deeds. One to parade us with guidons held high, the other to lead us when steel starts to fly. One who will push us to get damned squared, another to pull us when we get damned scared. One to inspect us to make us stay clean, another to train us and make us "real mean". A Captain who always is starched, pressed and strike, a Captain whose boots may show wear from our hike, a leader whose face with sweat streaks in the dirt. We need an old man who can teach us to fight. Would it not fit a magnificent plan if both our commanders could be the same man?

PFC David B. Farley
Co A, 1st BN, 30th INF



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Two kinds of commanders, my company needs, one for the words, the other for deeds. One to parade us with guidons held high, the other to lead us when steel starts to fly. One who will push us to get damned squared, another to pull us when we get damned scared. One to inspect us to make us stay clean, another to train us and make us "real mean". A Captain who always is starched, pressed and strike, a Captain whose boots may show wear from our hike, a leader whose face with sweat streaks in the dirt. We need an old man who can teach us to fight. Would it not fit a magnificent plan if both our commanders could be the same man?

PFC David B. Farley
Co A, 1st BN, 30th INF



War is conflict; fighting is an elemental exposition of the age-old effort to survive. It is the cold glitter of the attacker's eye, not the point of the questing bayonet, that breaks the line. It is the fierce determination of the driver to close with the enemy, not the mechanical perfection of the tank, that conquers the trench. It is the cataclysmic ecstasy of conflict in the flier, not the perfection of his machine gun, which drops the enemy in flaming ruin. Yet volumes are devoted to armament; pages to inspiration. (Patton)

For 'tis better to be alone than in bad company.
(George Washington)

Leadership in a democratic army means firmness, not harshness; understanding, not weakness; justice, not license; humaneness, not intolerance; generosity, not selfishness; pride, not egotism.
(General Omar Bradley)

The badge of rank (leaders wear)...is a symbol of servitude—servitude to (soldiers).
(General Maxwell Taylor)

Leadership wins.

Where my soldiers are, there also will I be.

Leadership is intangible, and therefore no weapon ever designed can replace it.
(GEN Omar Bradley)

I Knew You'd Come . . .

When a soldier was injured and could not get back to safety, his buddy went out to get him, against his officer's orders. He returned mortally wounded and his friend, whom he had carried back, was dead. The officer was angry. "I told you not to go," he said. "Now I've lost both of you. It was not worth it." the dying man replied, "But it was sir, because when I got to him he said, 'Jim, I knew you'd come.'"

There is no limit to the good that a man can do if he doesn't care who gets the credit. (BG Stotser)

The god of war hates those who hesitate. (Euripides)

There is no strength like restraint.



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WISE WORDS FOR WARRIORS

Don't Quit

When things go wrong as they sometimes will,
 When the road you're trudging seems all up hill
 When the funds are low and the debts are high
 And you want to smile, but you have to sigh,
 When care is pressing you down a bit,
 Rest, if you must, but don't quit.
 Life is strange with its twists an turns,
 As everyone of us sometimes learns,
 And many a failure turns about
 When he might have won had he stuck it out;
 Don't give up though the pace seems slow-
 You may succeed with another blow.
 Success is failure turned inside out-
 The silver tint of the clouds of doubt,
 And you never can tell how close you are,
 It may be near when it seems so far;
 So stick to the fight when you're hardest hit-
 It's when things seem worst that
 You must not quit.

Only the dead have seen the end
 of war. (Plato)

Look after the little things, and the
 big things will look after them-
 selves.

A helpless dove can drift with the
 wind. It takes an eagle to fly
 against the storm.

He that ruleth over men must be
 just. (II Samuel 23:3)



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If a man does not know to what port he is steering, no wind is favorable. (Seneca)

Courage above all things is the first quality of a war. (Clausewitz)

40% of the art of command is the ability to improvise. (Marshall)

The key factor is the soul of a unit. (Xenophon)

War is an ugly thing, but not the ugliest of things; the decayed and degraded state of moral and patriotic feeling which thinks that nothing is worth war is much worse. A man who has nothing for which he is willing to fight; nothing he cares about more than his own personal safety; is a miserable creature who has no chance of being free, unless made and kept so by the exertions of better men than himself. (J. S. Mill)

To win, we must have leaders and commanders with fire in their belly. (Depuy)

Wars may be fought by weapons, but they are won by men. (GEN Patton)

The great use of life is to spend it for something that outlasts. (William James)

Life, if you know how to use it, is long enough. (Seneca)

My God

He is everything for everybody, everywhere, every time and in every way. He is God, He is faithful, I am His, and He is mine. My Father in Heaven can whip the father of this world, and so if you wonder why I feel so secure, understand this: He said it, I believe it, and that settles it. God is in control, I am on His side, and that means all is well with my soul!

(Mike Hils)

Courage is the power to let go of the familiar.

We often regret our speech but seldom our silence.



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WISE WORDS FOR WARRIORS

I believe in the sun even when it is not shining.
I believe in love even when not feeling it.
I believe in God even when He is silent.
(On wall of WWII Jewish Cellar)

Life is like a camel. You can make it do anything except back up.

One of the biggest mistakes most of us make is to fear that we will make one.

Here's to the Red, White and Blue !

Here's to the red of it
There's not a thread of it,
No, nor a shred of it
In all the spread of it
Form foot to head,
But heroes bled for it,
Faced steel and lead for it,
Precious blood shed for it,
Bathing in red!

Here's to the blue of it
Beauteous view of it,
Heavenly hue of it,
Star-spangled dew of it
Constant and true;
Diadems gleam for it,
States stand supreme for it,
Liberty's beam for it
Brightens the blue!

Here's to the white of it
Thrilled by the sight of it,
Who knows to right of it
But feels the might of it
Through day and night?
Womanhood's care for it
Keeps it so white!

Here's to the whole of it
Stars, stripes and pole of it,
Body and soul of it,
O, and the roll of it,
Sun shining through;
Hearts in accord for it,
Swear by the sword for it,
Thanking the lord for it,
Red, white, and blue!!!



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If I Had My Life to Live Over

I'd dare to make more mistakes next time.
 I'd relax. I would limber up.
 I would be sillier than I have been this trip.
 I would take fewer things seriously.
 I would take more chances.
 I would take more trips.
 I would climb more mountains and swim more rivers.
 I would eat more ice cream and less beans.
 I would perhaps have more actual troubles, but I'd have fewer imaginary ones.

You see, I'm one of those people who lives sensibly and sanely hour after hour, day after day.

Oh, I've had my moments and if I had it to do over again, I'd have more of them.

In fact, I'd try to have nothing else. Just moments, on after another, instead of living so many years ahead of each day.

I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.

If I had to do it again, I would travel lighter than I have this time.

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.

I would go to more dances.

I would ride more merry-go-rounds.

I would pick more daisies.



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WISE WORDS FOR WARRIORS

Psalm 91

We live within the shadow of the Almighty, sheltered by the God who is above all gods. This I declare, that he alone is my refuge, my place of safety: he is my God, and I am trusting him. For he rescues you from every trap, and protects you from the fatal plague. He will shield you with his wings. They will shelter you. His faithful promises are your armor. Now you don't need to be afraid of the dark any more, nor fear the dangers of the day: nor dread the plagues or darkness, nor disasters in the morning.

Though a thousand fall at my side, though ten thousand are dying around me, the evil will not touch me. I will see how the wicked are punished but I will not share it. For Jehovah is my refuge! I choose the god above all gods to shelter me. How then can evil overtake me or any plague come near. For he orders his angels to protect you wherever you go. They will steady you with their hands to keep you from stumbling against the rocks on the trail. You can safely meet a lion or step on poisonous snakes, yes, even trample them beneath your feet.

For the Lord says, "Because he loves me, I will rescue him; I will make him great because he trusts in my name. When he calls on me I will answer. I will be with him in trouble, and rescue him and honor him. I will satisfy him with a full life and give him my salvation."

In WW II, there was a British Regiment under the command of Colonel Whittlesey. They saw action for more than five years without losing a man! The unparalleled record was made possible when all men, working together, memorized and regularly repeated Psalm 91. Their sense of an "Overshadowing Presence" and "Divine Protection" is one of many miracles of prayer.



WISE WORDS FOR WARRIORS

Psalm 91

We live within the shadow of the Almighty, sheltered by the God who is above all gods. This I declare, that he alone is my refuge, my place of safety: he is my God, and I am trusting him. For he rescues you from every trap, and protects you from the fatal plague. He will shield you with his wings. They will shelter you. His faithful promises are your armor. Now you don't need to be afraid of the dark any more, nor fear the dangers of the day: nor dread the plagues or darkness, nor disasters in the morning.

Though a thousand fall at my side, though ten thousand are dying around me, the evil will not touch me. I will see how the wicked are punished but I will not share it. For Jehovah is my refuge! I choose the god above all gods to shelter me. How then can evil overtake me or any plague come near. For he orders his angels to protect you wherever you go. They will steady you with their hands to keep you from stumbling against the rocks on the trail. You can safely meet a lion or step on poisonous snakes, yes, even trample them beneath your feet.

For the Lord says, "Because he loves me, I will rescue him; I will make him great because he trusts in my name. When he calls on me I will answer. I will be with him in trouble, and rescue him and honor him. I will satisfy him with a full life and give him my salvation."

In WW II, there was a British Regiment under the command of Colonel Whittlesey. They saw action for more than five years without losing a man! The unparalleled record was made possible when all men, working together, memorized and regularly repeated Psalm 91. Their sense of an "Overshadowing Presence" and "Divine Protection" is one of many miracles of prayer.



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If our greatest need would have been information,
God would have sent us an educator.
If our greatest need would have been technology,
God would have sent us a scientist.
If our greatest need would have been money,
God would have sent us an economist.
If our greatest need would have been pleasure,
God would have sent us an entertainer.
But our greatest need was forgiveness,
so God sent us a Savior.

Competence is knowing, what, when, and how to do it!
Live with men as if God saw you; converse with God as if men heard you. (Seneca)
And when you draw near to the battle, the priest shall come forward and speak to the people, and shall say to them, "Hear, O Israel, you draw near this day to battle against your enemies; let not your heart faint; do not fear, or tremble, or be in dread of them; for the Lord your God is he that goes with you, to fight for you against your enemies, to give you the victory." (Deuteronomy 20:2-4)

1. This position will be held, and the section will remain there until relieved.
2. The enemy cannot be allowed to interfere with this programme.
3. If this section cannot remain here alive, it will remain here dead, but in any case it will remain here.
4. Should any man, through shell shock or other cause, attempt to surrender, he will remain here dead.
5. Should all guns be blown out, the section will use Mills grenades and other novelties.
6. Finally, the position, as stated, will be held.
Orders from an Australian Lieutenant in World War I serving in France . . .
The position was held.



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We will not stumble, we will not falter, we will not fail .
(George W. Bush)

What you do speaks so loudly, I can't hear what you say.

Think long term . . .

Fortune favors the prepared man.
(Machiavelli)

If you could only love enough, you would be the most powerful person in the world. (Emmet Fox)

Change is the only constant!

My Jesus

The world can't understand Him, The armies can't defeat Him, The schools can't explain Him, And the leaders can't ignore Him.

Herod couldn't kill Him, The Pharisees couldn't confuse Him, The people couldn't get enough of Him,

The beatings couldn't shake Him, Pilate couldn't find fault in Him, And the grave couldn't hold Him!

Nero couldn't crush Him, Hitler couldn't silence Him, The New Age can't replace Him, And Science can't explain Him!

He is light, love, longevity, and Lord. He is goodness, kindness, gentleness, and God. He is holy, righteous, mighty, powerful, and pure.

His ways are right, His word is eternal,
His will is unchanging, and His mind is on me! (E.V. Hill)



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The Man with the Rifle

Men may argue forever on what wins wars,
and welter in cons and pros,
And seek for their answer at history's doors,
but the man with the rifle knows.

He must stand on the ground on his own two feet,
and he's never in doubt when it's won.
If it's won he's there; if he's not, it's defeat.
That's his test, when the fighting is done.

When he carries the fight, it's not with a roar
of armored wings spitting death.
It's creep and crawl on the earthen floor,
butt down and holding his breath.

Saving his strength for the last low rush,
grenade throw and bayonet thrust;
And the whispered prayer, before he goes in,
of a man who does what he must.

And when he's attacked he can't zoom away,
when the shells fill the world with their sound,
He stays where he is, loosens his spade,
and digs his defense in the ground.

That ground isn't ours till he's there in the flesh,
not a gadget or a bomb but a man.
He's the answer to theories, which start in afresh,
with each peace ever since war began.

So let the wild circle of arguments rage
on what wins, as war comes and goes,
Many new theories may hold the stage
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WISE WORDS FOR WARRIORS

Success is the sum of detail.

We are what and where we are because we've first imagined it. (Donald Curtis)

The quality of one's life is determined by it's donation, not its duration. (J.D. Hawkins)

Many who expect to be saved in the eleventh hour, die at ten-thirty. An idea is the only lever which moves the world. (Arthur Corey)

Too low they build who build beneath the stars (Edward Young)

Gone Where?

I am standing on the seashore. A ship spreads the white sails to the morning breeze and starts for the ocean. I stand watching her until she fades on the horizon, and someone at my side says, "She is gone."

Gone where? The loss of sight is in me, not in her. Just at the moment when someone says, "She is gone," there are others who are watching her coming. Other voices take up the glad shout, "Here she comes," . . . and that is dying.

- Henry Scott Holland

Going to church doesn't make you a Christian any more than going to a garage make you an automobile.

If you have Christ on the inside, you can stand up to any crisis on the outside.

Sow much, reap much.

Little is much if God is in it.



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God Billboards

- ◆ Let's meet at my house Sunday Before the game. –God
- ◆ C'mon over and bring the kids.– God
- ◆ What part of “Thou shalt not...” didn't you understand?- God
- ◆ We need to talk.– God
- ◆ Keep using my name in vain and I'll make rush hour longer.– God
- ◆ Loved the wedding, invite me to the marriage.– God
- ◆ That “Love thy neighbor” thing, I meant that.-God
- ◆ I love you...I love you...I love you.-God
- ◆ Will the road you're on get you to my place?-God
- ◆ Follow me.– God
- ◆ Big bang theory, you've got to be kidding.– God
- ◆ My way IS the highway.-God
- ◆ Need directions?- God
- ◆ You think it's hot here?- God
- ◆ Tell the kids I love them.-God
- ◆ Need a marriage counselor? I'm available.– God
- ◆ Have you read my #1 best seller? There will be a test.– God

No Price To High

Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty.

(John F. Kennedy)



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A Combat Infantryman's Prayer

Look God, I have never spoken to you but now, I want to say, "How do you do?" You see, God, they told me you didn't exist and like a fool— I believed all of this.

Last night from a shell hole I saw your sky, I figured right then they told me a lie. Had I taken time to see the things that you made, I'd known they weren't calling a spade a spade. I wonder, God, if you'd shake my hand? Somehow— I feel that you will understand.

Funny, I had to come to this hellish place before I had the time to see your face. Well, I guess there isn't much more to say but I am sure glad, God, I met you today.

But I'm not afraid since I know you're near. I guess the "zero hour" will soon be here. The signal— well God, I'll have to go. I like you lots— this I want you to know.

Look now— this will be a horrible fight. Who knows— I may come to your house tonight. Though I wasn't friendly with you before, I wonder, God if you will wait at the door?

Look— I'm crying! Me! Shedding tears! I wish I'd known you these many years. Well, I have to go now, God. Goodbye. Strange— since I met you I'm not afraid to die.

Found on the body of a fallen soldier
Normandy Invasion, France, 1944



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PART II

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THE ROAD
TO WAR AND BACK**

**SPIRITUAL
SURVIVAL
GUIDE**

COMBAT EDITION

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YOUR MOST IMPORTANT WEAPON: ATTITUDE !

“The situation facing us is not as important as our attitude toward it, for that determines our success or failure” (Norman Vincent Peale)

Principle # 1 - You, not your circumstances, are responsible for your attitude!

It's not your ISG, your spouse, or world events that determine your attitude. You do! You, as a human, have the capacity to choose. You either set your own mental and emotional thermostat or allow others to set it for you — but either way, it's your choice!

Principle # 2 - Success at the end is determined primarily by your attitude at the beginning.

Attitude determines everything. With it, you can accomplish anything — without it you will accomplish little.
Your mind is an ammunition factory of thoughts. It's controlled by one of two foremen: 1) CSM Negative, or 2) CSM Positive. Whichever foreman you give more work gets stronger and takes control of the whole factory . . . be careful who you put in charge!

Principle # 3 - A positive attitude can turn your biggest problems into your greatest blessings!

What is the difference between an obstacle and an opportunity? Your attitude toward it! Be a “gold miner” — search for the priceless golden nuggets that are buried deep within the challenges you face. Out of separation can come deeper love . . . out of war, a commitment to peace . . . out of captivity, a passion for freedom. Ask yourself, “What am I to learn — how can this challenge benefit me and those I love?”



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"No society has ever developed tough men during times of peace." (Napoleon)

*"Adversity is prosperity to those who possess a great attitude."
(John Maxwell)*

"Life is like a grindstone. Whether it grinds you down or polishes you up depends upon what you're made of."

"It's not what happens to us, but what happens in us, that makes the difference." (J.D. Hawkins)

"The mind is its own place and in itself can make a heaven of hell or a hell of heaven" (Milton)

*If you want to be distressed — look within
If you want to be defeated — look back
If you want to be distracted — look around
If you want to be dismayed — look ahead
If you want to be delivered — look up!*

"Happiness is a choice, not a product of circumstances."

Steps to Success . . .

- ◆ Scale of 1-5 (1= Poor, 5= Great), where is my attitude right now?
- ◆ How will it damage me and others if I decide to hang on to a bad attitude?
- ◆ What are the benefits to me and others if I choose a positive attitude?
- ◆ What 1 thing can I do right now to most improve my attitude . . . DO IT!

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HOW TO PREPARE FOR SEPARATION

"Failing to plan is planning to fail"

Bottom Line:
Get ready BEFORE the deployment comes!

Key 1 - Keep your expectations realistic — Everybody gets stressed

- Agree on a "circuit-breaker" signal between you and your spouse. When things get too tense and the signal is given by one of you, commit to take a 1/2 hour break, come back together, then ask your mate, "What one thing can I do to most help you right now?"
- Focus your energy on solutions to your challenges, not each other.

Key 2 - Provide Rear Detachment Points of Contact

- Rear Detachment Commander Phone # _____
- Chaplain Phone # _____
- Family Support Group Representative Phone # _____

Key 3 - Make family preparation a priority:

- Have you used the Predeployment Checklist in your unit's readiness / deployment guide?
- Your family deserves for you to "set them up for success" by ensuring everything is understood and accessible in the following areas:
 - *Medical Care & Emergencies and Emergency and Routine Child Care*
 - *Legal Wills, Power of Attorneys, ID Cards, Taxes, Life Insurance, etc.*
 - *Financial Support and Bills Payable (including LES pick-up)*
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HOW TO COMMUNICATE CLEARLY WITH THOSE YOU LOVE



*“Seek first to understand before being understood”
(Stephen Covey)*

Tip # 1 - Listen first with your eyes

80% of what’s said never happens with words — it’s in the body language. Is the other person “open” or “closed” to communication? Is your body language saying you’re genuinely interested in what the other has to say or not?

Tip # 2 - Listen second with your ears

90% of misunderstandings would be solved by good listening. Try something different. Before you talk, use the “Speaker-Listener Technique”. Ask the other person to share in 2-3 sentences at a time what they most want you to understand. Without interrupting or commenting, then repeat back to them what you understood them to say. You can say something like, “What I hear you saying is Is that correct” Repeat this simple process until your partner feels understood on a given issue, then switch places and you try. (Remember, this is ‘problem discussion’, not ‘problem solution’ at this stage. You don’t have to agree, you simply need to commit to understand.)

Tip # 3 - Talk last, but watch your words . . .

Put your energy to work on the issue, *not* each other.

- ◆ **Start** using “I feel” statements instead of “you did” statements (Example: “*I feel* like I’m getting ready for this deployment all by myself”, instead of “*You aren’t* helping me get ready . . .”)
- ◆ **Stop** using “always”, “never”, “I told you so”, “I knew you would” (Example: “*You never* help me when it comes to my work”, verses “When you do _____, I feel as if you’re not interested in my work”)

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Tip # 2 - Listen second with your ears

90% of misunderstandings would be solved by good listening. Try something different. Before you talk, use the “Speaker-Listener Technique”. Ask the other person to share in 2-3 sentences at a time what they most want you to understand. Without interrupting or commenting, then repeat back to them what you understood them to say. You can say something like, “What I hear you saying is Is that correct” Repeat this simple process until your partner feels understood on a given issue, then switch places and you try. (Remember, this is ‘problem discussion’, not ‘problem solution’ at this stage. You don’t have to agree, you simply need to commit to understand.)

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Put your energy to work on the issue, *not* each other.

- ◆ **Start** using “I feel” statements instead of “you did” statements (Example: “*I feel* like I’m getting ready for this deployment all by myself”, instead of “*You aren’t* helping me get ready . . .”)
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HOW TO DEAL WITH STRESS

"A diamond is a chunk of coal that made good under pressure"

1 Assume Responsibility

You may not be responsible for what happens *to* you, but you are responsible for what happens *in* you! Nobody can make you "stressed out". — you *choose* to get stressed or to get calm.

2 Use the "A-A-A Strategy"

The 3 choices you have with any Stress . . .

- ◆ **Accept It** - Do I have control over this or not? If I do have some control, then I can move on to alter or avoid it. If I don't have control over it, then why am I wasting energy on this — where else can I place my energy and receive a positive result?
- ◆ **Alter It** - What about this stressor can I change? What one thing could I alter that would make the most amount of difference in the least amount of time? What will help most in the long run? What is my plan, beginning today, to alter this stressor.
- ◆ **Avoid It** - What about this stressor can I avoid. Is this something that can be shared or delegated?

3 Put it in Perspective

When I'm 75 years old and I look back at my life, how big of an issue will this really be? Don't sweat the small stuff!



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Steps to Success . . .

- ◆ Check the gauges on the dashboard of your life:
 - Physically** - Am I getting the right rest, food, exercise, and play?
 - Emotionally** - What is the quality of my close relationships?
 - Spiritually** - Do I feel close to or far away from God?
- ◆ If any of these gauges are 'in the red', your stress is automatically multiplied. Ask yourself, "What step can I take right now that would most help me physically / emotionally / spiritually?"
- ◆ After checking your gauges, then use the "A-A-A Strategy". Ask,
 - "Specifically, I am choosing to be stressed by _____?"
 - "What, if anything, must I **accept** about this stressor?"
 - (If you must accept it, "Where else can I expend my energy instead of on this?")
 - "What, if anything, can I **alter** about this stressor? What is my plan?"
 - "What, if anything can I **avoid** about this stressor? What is my plan?"

Some More Time-Tested Tools . . .

- ◆ **Pray!** Let Go and Let God. Take 30 seconds and close your eyes. #1 -Label your stress — be specific, # 2 - Then visualize taking each of your stressors out of your rucksack, and # 3 - Imagine yourself putting them into God's hands and trusting him to hold them for the next 24 hours.
- ◆ **The Clenched Fist.** Clench your fists tightly for a count of ten, tightening up your whole body. Release and let your whole body go completely loose and limp. Repeat.
- ◆ **The Deep Breath.** Take a full, deep breath and hold it for a count of ten. When you exhale, let it all out at once, letting your body go completely loose and limp.
- ◆ **Scripture Focus.** Choose a Scripture (Matthew 11:28, or others from the "When You Need Help" section of the *Spiritual Survival Kit*.) Write it down and carry it with you throughout the day. Whenever you feel stressed take your card out, read the verse, then focus on God's power and promise to help you.
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HOW TO RESOLVE CONFLICTS

*“Seek first to understand, then to be understood”
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6 Steps to Navigate Conflict . . .

1. **Ask Yourself** honestly - “Am I part of the problem . . . what might I have misinterpreted or misunderstood?”
2. **Approach in Private** - If you still feel the need, first approach the person in private. Do NOT go talk with others, rally support for your viewpoint, or otherwise malign the individual. This is destructive.
3. **Seek First to Understand.** Ask the individual to explain his or her point of view until you can repeat it and the person feels as if you understand his or her point.
4. **Focus on Solutions, not Problems.** Be solution centered. Ask,, “*What would it take for both of us to feel good about resolving this challenge?*”
5. **Use an Unbiased Third Party.** If a personal meeting leaves issues unresolved, request a meeting with a mutually agreeable, unbiased third party (chaplains are well-practiced!) Commit that if you have a future disagreement, you’ll talk to the person *immediately, in private* before talking to anyone else.
6. **Forgive and Move-On.** If all else fails, “let go and let God”. Bitterness destroys whatever container it’s kept in. Unresolved conflict is acid on the heart — it does YOU no good. Jettison it!



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HOW TO HANDLE TIME AND TASK PRESSURES



“Never let the urgent become the master of the important”

7 Key Questions to Master Time and Tasks . . .

- ◆ **Question # 1** - “If I’m stretched too thin, how did it happen? Am I getting proper rest? Am I trying to be perfect?”
- ◆ **Question # 2** - “If I could choose only 3 things to accomplish today, what would they be? What are all the things I need to accomplish in the next seven days?”
- ◆ **Question # 3** - “With ‘I’ being the highest, what is the priority of each of my tasks?”
- ◆ **Question # 4** - “What can I delegate, drop, or postpone?”
- ◆ **Question # 5** - “If I choose to fail at something, which item should it be?”
- ◆ **Question # 6** - “How important will accomplishing this task be in one month . . . one year . . . one decade?”
- ◆ **Question # 7** - What action step can I take on my top priority right now?

Helpful Hints . . .

- ◆ You are responsible for the planning of your life.
- ◆ Everyone has the same number of hours to work with in a given week.
- ◆ Do you have a personal mission statement (see this topic later in book)?
- ◆ Do you have written goals for each of the roles in your life?
- ◆ Even the faintest ink lasts longer than the longest memory. Write it down!

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HOW TO SAY A GOOD, GOOD-BYE

Bottom Line:

Do Whatever You Have to Do To Leave On A Positive Note !

Amidst the tension and turmoil that any deployment brings, make room for:

Tender Touch

Gentle, caring non-sexual touch is what most women want and need now.

Meaningful Communication

Ask your spouse what are the top 3 things you can do for her / him before you leave . . . follow through. Be positive. Agree on how often you'll write.

Romantic Bonding

Make a time, away from the frenzy, for only the two of you. Have a "Great Date" — share your hopes and dreams for when you return.

Security

The last thing your mate should hear is your iron-clad decision to love him or her only, and how much he or she means to you.

Practical Tips . . .

- ◆ Try not to leave any major unfinished business or chores at home.
- ◆ Take care of your Will, Family Care Plan, Insurance Records, etc. BEFORE the crisis (see How to Prepare for Separation topic).
- ◆ Carve out a time (a day, an hour, 15 minutes, whatever the timetable allows) to bring all the family together for a family party or memorable activity. Make it fun for everyone! Make a memory! Take pictures!
- ◆ Children do as well as Mom and Dad do. If you're whining and weak, they'll follow suit. If you're positive and upbeat, they will be too!
- ◆ Always leave a love letter and picture for your mate. Be positive and make sure to express your LOVE and COMMITMENT.



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- ◆ Carve out a time (a day, an hour, 15 minutes, whatever the timetable allows) to bring all the family together for a family party or memorable activity. Make it fun for everyone! Make a memory! Take pictures!
- ◆ Children do as well as Mom and Dad do. If you're whining and weak, they'll follow suit. If you're positive and upbeat, they will be too!
- ◆ Always leave a love letter and picture for your mate. Be positive and make sure to express your LOVE and COMMITMENT.



HOW TO SAY A GOOD, GOOD-BYE

Bottom Line:

Do Whatever You Have to Do To Leave On A Positive Note !

Amidst the tension and turmoil that any deployment brings, make room for:

Tender Touch

Gentle, caring non-sexual touch is what most women want and need now.

Meaningful Communication

Ask your spouse what are the top 3 things you can do for her / him before you leave . . . follow through. Be positive. Agree on how often you'll write.

Romantic Bonding

Make a time, away from the frenzy, for only the two of you. Have a "Great Date" — share your hopes and dreams for when you return.

Security

The last thing your mate should hear is your iron-clad decision to love him or her only, and how much he or she means to you.

Practical Tips . . .

- ◆ Try not to leave any major unfinished business or chores at home.
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HOW TO GROW A LONG-DISTANCE RELATIONSHIP

*“Love is, as love does”
(Doris Hawkins)*

Agree on your iron-clad commitments to each other before leaving.

How often do you agree to write / call / email? What relationships / situations with opposite sex are out of bounds? Will you or won't you be exclusively devoted to each other?

Court your lover all over again.

Use the separation to win his / her love all over again. Love has to be watered perpetually or it withers . . . absence *can* make the heart grow fonder, but you must invest energy like you did at the beginning!

Communicate ! Communicate ! Communicate ! Staying in touch and sharing your thoughts, feelings, hopes, and dreams is the lifeblood to your love. Do it even when you don't feel like it ; here's some tested tips:

- Use cards, letters, video, email, fax, poetry . . . whatever you can!
- Do encourage, inspire and thank perpetually!!! Stay positive!
- Don't discourage, complain, or nag — it's a relationship killer.
- Show an interest in what he/she is doing. Ask questions of him/her.
- Restate your commitment. Promise your fidelity. Expect the same.
- Share your dreams together for the future.
- Don't interrogate — insecurity is unattractive and drives others away.
- Tell how you've grown and encourage your partner to do the same.
- Share the lessons you've learned and ask him / her to do the same.



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HOW TO LEAD SO THAT OTHERS WILL FOLLOW

“Battles are won and lost on leadership. Period.”

Be a Soldier of Character

Who you are speaks louder than what you say.

Be A Soldier of Competence

There is no substitute for being the best at your given job.

Be a Soldier of Clarity

Are your instructions S-M-A-R-T?

Specific - Measurable - Attainable - Relevant - Trackable

Expect, Set, And Inspect High Standards

People tend to live up or down to your expectations.

Remember the Golden Rule

Treat others as you would want them to treat you.

Be Fair and Firm

When you have a hard call to make . . . Make it! Then stand by it.

Be Positive

Are you the most positive, can-do person in your unit?

Look Out for Them More Than Yourself

Take more heat rounds for them than you send to them!



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HOW TO CONQUER FEAR



*“Courage is not the absence of fear . . .
it is action in the face of it”*

**Facing your fear boldly is the
only way to cut it’s chains**

Fear is Natural . . .

Whoever is not afraid in combat is either a liar, an idiot, or both.

Fear Can Be Lessened By . . .

- ◆ Expert training . . . Good training builds confidence.
- ◆ Knowledge. Find out all you can. Fear of the unknown is the worst.
- ◆ Proper rest, exercise, and diet.
- ◆ An encouraging circle of friends. Find one by being one. Talk it out!
- ◆ Vibrant faith. Life is not a solo sport. Get in touch with God.

But Fear Must Always Be Faced . . .

Ultimately, overcoming fear is always an internal job.
There are no shortcuts or detours.

Action Steps . . .

- ◆ Write down fears of the past you’ve conquered and how it felt.
- ◆ Write down the absolute worst case scenario and work with it until you can handle it emotionally. Is this unfounded?
- ◆ Write down the most likely outcome and see the positive difference.

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HOW TO MAKE TOUGH DECISIONS IN COMBAT

“There is no right way to do a wrong”

War and it’s pressures can produce moral dilemmas. When tested with hard decisions, consider these guidelines used by those who have successfully gone before you:

- ◆ **Guideline # 1** - Before God, what is the right thing to do?
- ◆ **Guideline # 2** - What does my Country and my Constitution expect of me in this situation?
- ◆ **Guideline # 3** - 40 Years from now, what do I want to tell my grandchildren that I did in this instance?
- ◆ **Guideline # 4** - If the action I’m about to take were to appear on the front page of the New York Times in 30 days, would it bring me, my family, my unit, and / or my country honor or disgrace?
- ◆ **Guideline # 5** - Among the decisions I *could* make, which one can I *best* live with the rest of my life?

Duty - Honor - Country



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HOW TO FACE DEATH



***“It is in facing death
that we can become most alive.”***

Death is the ultimate backward planning tool. Let the certainty of your eventual death (life is 100% fatal for all of us) at some point in the future motivate you to a fuller life right now! Ask these questions . . .

“If I knew I was going to die, what would I most want to tell . . .”

*God
My Spouse
My Children
My Parents
My Friends
My Enemies*

“If I knew I was going to die, what is . . .”

*The letter I most need to write?
The call I most need to make?
The apology I most need to give?
The thanks I most need to offer?
The forgiveness I most need to grant?
The love I most need to express?
What are you waiting for, DO IT NOW!*

***“Life’s duration may be beyond our control . . .
but life’s donation isn’t.”***

* If you are unsure or concerned about where you’ll spend eternity, see Section III, “The Most Important Decision You’ll Ever Make”

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HOW TO MINISTER TO THE DYING

“All that I have seen teaches me to trust the Creator for all I have not seen.” (Emerson)

**If a chaplain is unable to be present and a Christian soldier is nearing death, anyone may offer these prayers . If a soldier is unsure of where they will spend eternity, they can learn how to receive the free gift of eternal life in heaven by hearing the Good News on page XX, Section III, “The Most Important Decision You’ll Ever Make”*

All Christians Who’ve Not Been Baptized

Pour water 3 times on the the brow while saying the soldier’s full name and this: “I baptize you in the name of the Father, and of the Son, and of the Holy Spirit”

Christian Protestant Soldier: The Lord’s Prayer

“Our Father who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil: For Thine is the Kingdom, and the power, and the glory forever. Amen.”

Christian Catholic Soldier: The Hail Mary

Hail Mary full of Grace! The Lord is with Thee; blessed art thou among women, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

The Sign of the Cross

In the name of the Father, Son, and Holy Spirit. Amen.



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HOW TO DEAL WITH KILLING AND BEING A CHRISTIAN

“Killing is a bad thing — But it is not the worst of things.”

Killing is different than murder . . .
Killing may be scripturally justified — murder never is.

The Commandment, “Thou shall not kill” is most accurately translated,
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1. **Military service and spiritual faith *can* coexist.** In scripture, soldiers are shown as individuals capable of great faith (Matthew 8:5-10, Luke 3:14). Jesus did not disdain soldiers he saw, and he did not ask those who believed in Him to stop serving in the military. He commended soldiers when he saw them demonstrating authentic humility, sincerity, and faithfulness to God above and beyond faithfulness to their country.
2. **Soldiers are under orders.** Scripture is also clear that leaders have special responsibilities and followers have special responsibilities. Leaders (the President, the Congress, the American People) answer to God for using the military’s force only in just, righteous, and correct causes. Followers (the military) are bound (in the case of the military, by oath) to faithfully execute the lawful orders given to them, regardless of personal opinion or degree of difficulty. Our role as Christian soldiers is to obey and execute, always measuring our actions against the Army Values and teachings of God’s Word.
3. **When in doubt seek help!** Talk to your chain-of-command and your chaplain if you have questions or conflicts about performing your duty to God and your duty to country.



HOW TO DEAL WITH KILLING AND BEING A CHRISTIAN

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HOW TO SURVIVE THE TRAUMAS OF WAR

*“Men exist for the sake of one another”
(Marcus Aurelius)*

The #1 Thing You Can Do To Prevent Post-Traumatic Stress Syndrome Is To Hold A “Decompression Session”!

Ground rules:

1. Do this Emotional AAR within 12 - 24 hours of event. Do not delay!!!
2. Only those who were involved in the event / trauma may be present.
3. Explain that the purpose is “to assist you in processing normal stress from an abnormal event.”
4. Explain “you may not want to be here, but the person to your left or right may need you and your insights to cope with this trauma”
5. Answer any questions or concerns from participants.
6. Ensure confidentiality. What is shared in the room stays in the room!
7. When introducing self, do NOT use rank. Rank is immaterial here.

This Emotional AAR consists of 4 ‘rounds’ of sharing, with each person in the circle getting the chance to express themselves . . .

Round # 1 - Who are you? What was your role? What did you see /do?

Round # 2 - What’s the first thought you had after you came off ‘auto-pilot’?”

Round # 3 - What was the worst thing about this? What caused you the most anger? What part would you change if you could?

Round # 4 - What was your proudest moment? What insight have you gained / What can this event teach you?



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HOW TO HANDLE GRIEF



*“Let me not beg for the stilling of my pain,
but the heart to conquer it. (Tagore)”*

Insight # 1 - To hurt deeply means you have cared deeply.

Insight # 2 - How you feel is how you feel — don't worry over what others think you should feel.

Insight # 3 - Time doesn't erase pain, but it can heal it.

The 5 Stages of Grief (By Elisabeth Kubler-Ross)

- I. Denial . . .
- II. Anger . . .
- III. Bargaining . . .
- IV. Depression . . .
- V. Acceptance . . .

Points of Action . . .

- ◆ When you're ready, sit down and write a letter to the person or people over which you are grieving. You may want to include your answers to these questions of yourself . . .
- ◆ *“Specifically, what I am most sad about or hurt over is . . .”*
- ◆ *“If I could say anything to you right now, it would be . . .”*
- ◆ *“When I think about out best times, I think about . . .”*
- ◆ *“As I look to the future, I think the pain I have felt can most help me:”*
- ◆ Get a group or a friend together and talk, talk, talk. Sharing is key!

Inspiration . Information . Transformation

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HOW TO SPOT BATTLE FATIGUE

*“Battle fatigue is an ordinary response
to extreme, extraordinary stress”*

What it is . . .

A temporary, normal, mental and emotional reaction to traumas that
“overload” us

What it is not . . .

Something abnormal or permanent

What to look for . . .

- ◆ **Physical Signs:** Unusual extreme hyperactivity or totally ‘spaced out’, flinching or ducking at sudden sounds and movement, uncontrollable shaking or covering, body parts or functions won’t work for any apparent reason.
- ◆ **Mental and Emotional Signs:** Hysteria, panic or freezing under fire, stuttering or inability to speak, severe insomnia, seeing or hearing things that are not there, excessively rapid speech / babbling, suddenly becoming loner, apathetic — no interest in anything.

Action Steps . . .

- ◆ You set the example. Stay focused, positive, and in control.
- ◆ Keep an eye out on your soldiers.
- ◆ Remind others that we all get Battle Fatigued to one degree or another — the objective is to keep it from getting severe and hindering you and the mission.
- ◆ Get as comfortable as possible, then drink, eat, and sleep - rest is key!
- ◆ Soldiers do best who do not leave the unit and return to duty ASAP.



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HOW TO BEAT DEPRESSION



“Act yourself into a new way of feeling, don’t wait to feel yourself into a new way of acting!”

Check the Basics . . .

- Are you getting enough sleep, exercise, and a healthy diet? If not, you are 10 times as likely to experience depression!
- Are you fighting depression *constructively* (with positive actions like those below) and not *destructively* (with negative actions like drinking, drugs, anger, laziness, criticism, etc.).
- Remember circumstances don’t set your emotional thermostat — you do! Your decisions and actions, not the circumstances or influences around you, determine whether you will remain depressed or not. To remain in, or get out of, normal depression, is a choice of your will.
- You get what you focus on. *If you choose to focus on the negative, you’ll get more of it. If you choose to focus on the positive, you’ll get more of it. It’s a natural law.*

The Short Course to Beat Depression:

Take Action . . . Whether you feel like it or not!

- **Right Now . . .** run in place for 1 minute vigorously. Do it! Focus on how your body responds with energy. New actions → new feelings.
- **Right Now . . .** engage in a constructive (not destructive) activity that gives you pleasure . . . whether you feel like it or not. (sports, music, reading, hobby, letters, etc.).
- **Right Now . . .** find someone who has a need greater than you and pour yourself into them . . . whether you feel like it or not!
- **Right Now . . .** Go start and develop a good, positive friendship.
- **Right Now . . .** pick an encouraging Scripture verse from Part II of this Spiritual Survival Kit, memorize it, and repeat it 3 times daily.

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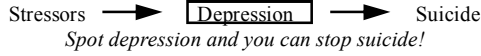


HOW TO STOP SUICIDE

"Your problems won't last forever— suicide will."

Suicide is a permanent solution to temporary problems
Get help and things will get better!

Stop the Cycle . . .



1 Thing to Look For:

Someone depressed due to LOSS who feels helpless, hopeless, or worthless (loss of love, money, career or position, self-image, etc.)

Suicidal Talk or Gestures
Absence (loss) of Relationship(s)
Depressed !!!

Previous Suicide Attempts
Economic Loss
Reasoning impaired
Sudden Loner
Organized Plan
No Spouse

Action Steps . . .

- ◆ Talk to the person; show them you care! Don't leave them alone!
- ◆ Contact the chaplain, doctor, or chain-of-command immediately.

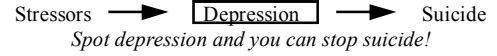


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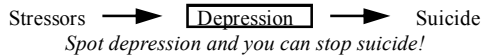


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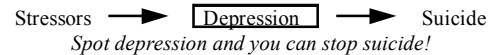


HOW TO STOP SUICIDE

"Your problems won't last forever— suicide will."

Suicide is a permanent solution to temporary problems
Get help and things will get better!

Stop the Cycle . . .



1 Thing to Look For:

Someone depressed due to LOSS who feels helpless, hopeless, or worthless (loss of love, money, career or position, self-image, etc.)

Suicidal Talk or Gestures
Absence (loss) of Relationship(s)
Depressed !!!

Previous Suicide Attempts
Economic Loss
Reasoning impaired
Sudden Loner
Organized Plan
No Spouse

Action Steps . . .

- ◆ Talk to the person; show them you care! Don't leave them alone!
- ◆ Contact the chaplain, doctor, or chain-of-command immediately.

HOW TO KEEP HOPE ALIVE



*“The two most important days of a man’s life are:
1) The day he was born, and
2) The day he discovers why he was born.”*

Live for Something Bigger Than Yourself !

Develop a Personal Mission Statement . . .

*A personal mission statement is like a ‘compass’. It gives you direction and motivation when you’re feeling a bit lost or confused. Write it and re-write it over weeks and months until you have a statement that empowers and empassions you each time you read it. It can be one of the most powerful tools you ever develop to give you a quality life!
Good luck and dream large!*

What is it that I want said about me when I die?

What values and convictions are most important to me?

What efforts of mine do I want to live long after I’m gone?

What difference would I most like to make in this world?

Who is it that I am best suited to help?

What are the iron-clad commitments from which I will not flinch?

If I could write a one paragraph summary of what I want to stand for, believe in, and live out, how would my summary read?

Action Steps . . .

- ◆ Write and re-write your mission statement until it fires you up!
- ◆ Memorize it. Then make into a plaque where you will see it daily.

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HOW TO CHOOSE THE RIGHT MATE

“The number one factor that will determine your happiness or your misery on this earth is the choice of a mate — choose carefully”

6 of the Most Important Questions You’ll Ever Ask . . .

- ◆ *Is the person I am considering marrying a happy person?*
- ◆ *Am I a better or worse person for being with this individual?*
- ◆ *Does this individual want me to be closer to or further away from my family and it’s values?*
- ◆ *Am I most often praised or criticized by this person (in private and public)?*
- ◆ *How do those that love me most feel about him or her (my parents, family, and very close friends)?*
- ◆ *Am I closer to, or further away from, God and my convictions since I started seeing this person?*

Happy, good, secure, and encouraging people build happy, good, secure and encouraging marriages. Don’t fall into the trap of thinking, “I’ll change them” — you won’t. You wouldn’t buy a car or a stereo without research and advice from others — at least do the same for the priceless decision of your marriage partner!



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HOW TO KEEP LOVE ALIVE

“The secret of a lasting marriage is to fall in love many times . . . always with the same person”

The 3 Keys to Any Lasting Relationship . . .

1 Commitment

Commitment, fidelity, and purity are the greatest aphrodisiacs known — commitment to God and to your spouse. Make a promise to stay true in body *and* soul, no matter how long your separation, and you’ll reap the rewards; engage in wavering commitment, infidelity, or impurity and you poison the very love you desire.

2 Intimacy

Intimacy means sharing closely and deeply your thoughts, hopes, dreams, feelings, fears, successes, failures, etc., with the one to whom you’ve committed. Intimacy is like maximum friendship! With it, your love can face anything — without it your love is a shell . . . easily cracked and broken.

3 Passion

A couple’s *passion* is the *product of the first two keys*. Passion doesn’t work *by itself* for very long — it fizzles. Work hard on the first two keys and you’ll enjoy God’s Best in this third area! Even when you are apart physically, ‘court’ your lover; fan the flames in word and deed.

Action steps . . .

- ◆ Draw up a Covenant - Put each of these 3 keys in your homemade certificate, sign it, and mail it with a love letter. Keep a copy for you.
- ◆ Once a month, pull PMCS on yourself. Ask yourself, “On a scale of 1-10 how am I doing in each of these areas? What could I do better?”
- ◆ Mark on your calendar weekly ‘what you’ll do’ and ‘when you’ll do it’ in order to keep your love alive. It’s the best investment you’ll make!



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HOW TO BE SUCCESSFUL AT COMING HOME

*“To give your best is to receive the best.”
(Raymond Holliwel)*

- Use the A-B-C Approach for Success ! -

A= Adjust Your Attitude

- “Are my expectations realistic or ideal?”
- “Am I expecting to give or take on arrival?”
- “Am I willing to meet my mate’s needs first?”

B=Bring Home Your Best

- ... During your first 24 hours,
- Commit to 10 compliments & NO CRITICISM.
- Ask, “What could I do to make our first day together a ‘10’ for you” ... then do it!

C= Call a Conference

- ... During your second 24 hours,
- Arrange a quiet time where each of you can ask, “What 3 things, specifically, do you most need from me to make our first week together successful?”

Keep in Mind . . .

- ◆ Both of you’ve changed — don’t criticize, cut some slack!
- ◆ Don’t play ISG and “assume Command” once home — go easy.
- ◆ Avoid overscheduling — quiet and rest is what’s needed.
- ◆ Resist the urge to go on a spending spree. Celebrate inexpensively.
- ◆ Be patient and encouraging. Readjustment can take weeks / months.



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Experienced Soldiers Say . . .

- Have some great sex with your spouse, but remember, ultimately great sex is always the *result of*, not the *maker of*, a great relationship. Focus on the relationship before and after you get back and the physical will follow!
- Rule of thumb for the sexual reunion: treat it like a honeymoon. Romance and thoughtfulness always heat up a relationship!
- Communicate and negotiate your expectations and desires with each other. What you want and when you want may not be what your mate has in mind. Give and take is the key!
- Be aware of Love Breakers: lies / mistrust, alcohol, children awake, family nearby, overscheduled, sexual selfishness.
- Allow each other space when desired. You're both processing a lot. REST!
- Be patient . . . Guard against over-expectations . . . Don't confuse unachievable fantasy with the pleasant reality. Expect some adjustment / stress.

Reunion Tips

Agree — on plans for the homecoming day and the next few days or weeks ahead. Make time for you just as a couple and time just as a family. Don't be surprised if the kids tend to act out amidst the excitement and changes. Be positive and patient.

Adjust—each other time to adjust to one another. Avoid “I had it worse” game.

Assess — how you handled the deployment (what went well, what you would change next time).

Admire — compliment often, criticize rarely .



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YOUR NOTES



YOUR NOTES

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The Spiritual Survival Guide



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PART III

**BIBLICAL TOOLS
FOR YOUR
TIME OF NEED**

**SPIRITUAL
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THE MOST IMPORTANT DECISION OF YOUR LIFE

“You have made us for yourself, O God, and our hearts are restless till they find rest in You.” (Augustine)

“There is a God-shaped vacuum in the heart of every man that only God himself can fill”

What’s the Problem?

Many people seek to fill that God-shaped vacuum with everything but God . . .

- ◆ pleasure
- ◆ power
- ◆ prosperity

. . . and yet the emptiness remains

Why?

Because finite things can never fill an infinite vacuum. The search for fulfillment in life must begin with God. Did you know that there is a God who searches for us?



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THE MOST IMPORTANT DECISION OF YOUR LIFE

God's Position

The God Who Searches is a God of :

1 - **LOVE** — His desire is to have a loving relationship with you.

"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life"
(John 3:16)

2 - **PERFECTION** — His absolute moral perfection is the standard upon which the relationship is based.

"Therefore you are to be perfect, as your heavenly Father is perfect." (Matthew 5:48)

Imagine a person being given a glass of cold, refreshing water to drink. Just before the person is about to put the glass to his lips he is told that a small drop of cyanide has been added to the water. He is told, though, that since it is such a small amount of cyanide that he shouldn't worry. What harm can such a small amount of poison do to a full glass of cool, clear water?, he is asked. But he knows that no matter how small the dose of poison, it contaminates the whole glass of water. Just so, god cannot allow any sin into heaven, not even a small amount, lest it contaminate the entire place.



THE MOST IMPORTANT DECISION OF YOUR LIFE

God's Position

The God Who Searches is a God of :

1 - **LOVE** — His desire is to have a loving relationship with you.

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Man's Condition

The Person Who Searches Must Realize :

- # 1 - **He falls short of God's standard of perfection.**
*"For all have sinned and fall short of the glory of God."
 (Romans 3:23)*
- # 2 - **He faces the penalty of eternal separation.**
"For the wages of sin is death (eternal separation), but the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23)
- # 3 - **He fails to enjoy God's love.**
"Your sins have hid his (God's) face from you." (Isaiah 59:2)

Picture all of humanity lined up around the rim of a canyon. The object is for each person to jump from one side of the rim to the other. Each person's ability to jump is directly proportional to how many good deeds he has performed. A mass murderer goes only one foot and plummets downward. The average person can jump 10-20 feet, but this too is still far short of the goal. An exceptionally good person like Mother Theresa or Billy Graham jumps 40-50 feet. But the same thing occurs to everyone who jumps; each falls far short of the other side. There are great differences among people in their levels of goodness, but all of humanity falls short of perfection.



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God's Provision

God, in the person of Jesus Christ, took the initiative in searching for you by :

1 - Substituting Christ's perfection for your imperfection through His death, burial, and resurrection.

"For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. he was put to death in the body but made alive by the Spirit." (1 Peter 3:18)

2 - Satisfying both His love and perfection; thereby making a relationship with Him possible.

"In this is love, not that we loved God, but that He first loved us and sent his Son to be the payment for our sins." (1John 4:10)

The police hauled an old man before a judge one day. The man was starving and had stolen a loaf of bread. The judge fined the old man \$10. "The law is the law, and it cannot be broken", the magistrate said. At the same time, he took a \$10 bill out of his wallet and paid the fine for the man. Then the judge 'cited' each person in the courtroom for living in a city that did not help its poor and elderly, unduly tempting them to steal, and he fined them each 50 cents. He then gave over \$50 to the amazed old man. Justice was served, yet love was demonstrated as the judge paid the penalty and extended grace.



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THE MOST IMPORTANT DECISION OF YOUR LIFE

Your Decision

So, the search for God ends in a choice:

To accept or reject the gift of God's payment for your sins through Christ.

To accept God's Gift of salvation and eternal life means to:

1 - Understand and agree to the facts with your head.

"... these have been written that you may believe that Jesus is the Christ, the Son of God; and that believing you may have life in His name." (John 20:31)

2 - Place all of your faith and trust in Jesus Christ with your heart.

"But as many as received Him, to them he gave the right to become the children of God, to those who believe in His name:" (John 1:12)

Blondin, the famous tightrope walker was crossing Niagara Falls. He asked the crowd, "How many of you believe I can walk across 1,600 feet, 160 feet above the raging waters, and return safely?" "We believe!" they shouted. After doing so, he asked again, "How many believe I can do it again with a wheelbarrow?" And again they chanted, "We believe!!" After doing so, he asked, "How many believe I can do it one more time with someone in the wheelbarrow?" The frenzied crowd screamed, "We believe!!!, We believe!!!" Blondin then asked, "So who'll get in the wheelbarrow?" You see, faith is more than believing with your head, it's trusting with all your heart.



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THE MOST IMPORTANT



Let's Review

- God's Position -** What is God like? **Loving and Perfect.**
- Your Condition -** What is man like? **Sinful and Separated.**
- God's Provision -** What did God do about our problem?
He offers **Christ** as the **Satisfactory**
Substitute.
- Man's Decision -** What are you going to do? **Agree and Receive.**

*The choice is yours . . .
Would you like to receive Christ now?*

Then pray honestly and sincerely

Dear God,

I admit that I am a sinner and I understand that my sin separates me from you. I believe that Jesus, being God, paid the penalty for all my sins when He died on the cross. I now receive Him as my Savior and commit my life to living for Him. Thank you for loving and forgiving me and for giving me the gift of eternal life!" In Jesus' name. Amen.



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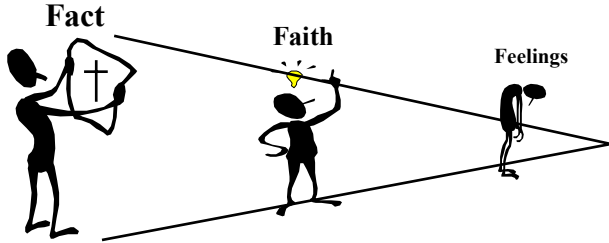


THE CHECKLIST FOR STAYING STRONG

In order to help you grow as a new Believer, remember these tips that have helped millions like you stay strong:

Do Not Depend Upon Feelings !

No matter how you feel, God always remains committed to you. The promises in God's Word, the Bible, are your authority. This illustration shows the relationship between fact (God and His Word), faith (our trust in God and His Word) and our feelings.



When your **feelings** come and go (and they will) you must exercise **faith** based upon the **facts**!

"I have written this to you who believe in the Son of God so you may know that you have eternal life" (1 John 5:13)

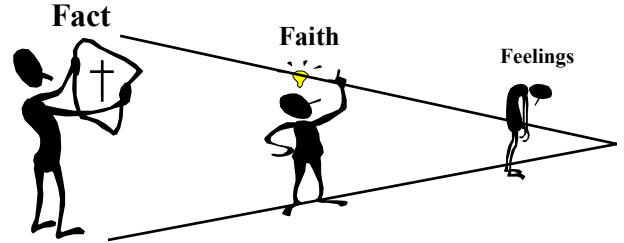


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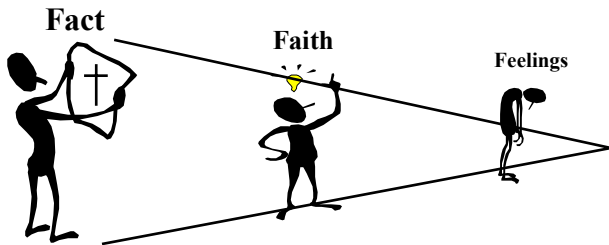


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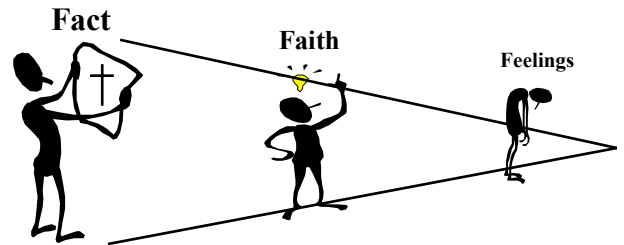


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7 Steps to Spiritual Success . . .

- ◆ **Daily Die to Self.**
“I die every day . . . in Christ Jesus our Lord” (1 Corinthians 15:31) Yield complete control of your life to Jesus Christ each day
- ◆ **Daily Obedience to Christ**
“Then he said to them all: ‘If anyone would come after me, he must deny himself and take up his cross daily and follow me’” (Luke 9:23) Every day commit yourself to obeying God and his Word.
- ◆ **Daily Bible Reading**
“. . . they examined the Scriptures every day”. Spend time every day reading God’s Word. Begin reading one chapter a day from the Gospel of John.
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- ◆ **Daily Witnessing**
“Day after day . . . they never stopped teaching and proclaiming the good news that Jesus is the Christ”. (Acts 5:42). Witness for Jesus Christ every day through your words and actions.
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“encourage one another daily”. (Hebrews 3:13) Get involved with a Bible-based, Christ-centered local church over which you are excited.
- ◆ **Daily Witnessing**
“Day after day . . . they never stopped teaching and proclaiming the good news that Jesus is the Christ”. (Acts 5:42). Witness for Jesus Christ every day through your words and actions.
- ◆ **Daily Praise**
“Seven times a day I praise You”. (Psalm 119:164) Every day praise God for who He is and what he has done.



WHERE TO FIND HELP FROM THE BIBLE WHEN . . .

THE BIBLE contains the mind of God, the state of man, the way of salvation, the doom of sinners, and the happiness of believers. Its doctrines are holy, its precepts are binding, its histories are true, and its decisions are immutable. Read it to be wise, believe it to be safe, and practice it to be holy. It contains light to direct you, food to support you, and comfort to cheer you. It is the traveler's map, the pilgrim's staff, the- pilot's compass, the soldier's sword, and the Christian's charter. Here Paradise is restored, Heaven opened, and the gates of hell disclosed. (The Gideons)

- Afraid**
Psalm 34:4
Mathew 10:28
2 Timothy 1:7
Hebrews 13:5,6
- Anxious**
Psalm 46
Matthew 6:19-34
1 Peter 5:6,7
- Backsliding**
Psalm 51
1 John 1:4-9
- Bereaved**
Matthew 5:4
2 Corinthians 1:3,4

- Bitter or Critical**
1 Corinthians 13
- Conscious of Sin**
Proverbs 28:13
- Defeated**
Romans 8:31-39
- Depressed**
Psalm 34
- Disaster Threatens**
Psalm 91
Psalm 118:5,6
Luke 8:22-25



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**Discouraged**

Psalm 23
Psalm 42:6-11
Psalm 55:22
Matthew 5:11,12
2 Corinthians 4:8-18
Philippians 4:4-7

Doubting

Matthew 8:26
Hebrews 11

Facing a Crisis

Psalm 121
Matthew 6:25-34
Hebrews 4:16

Faith Fails

Psalm 42:5
Hebrews 11

Friends Fail

Psalm 41:9-13
Luke 17:3,4
Romans 12:14,17,19,21
2 Timothy 4:16-18

Leaving Home

Psalm 21
Matthew 10-16-20

Lonely

Psalm 23
Hebrews 13:5,6

Needing God's Protection

Psalm 27:1-6
Psalm 91
Philippians 4:19

Needing Guidance

Psalm 32:8
Proverbs 3:5,6

Needing Peace

John 14:1-4
John 16:33
Romans 5:1-5
Philippians 4:6,7

Needing Rules for Living

Romans 12

Overcome

Psalm 6
Romans 8:31-39
1 John 1:4-9

Prayerful

Psalm 4
Psalm 42
Luke 11:1-13
John 17
1 John 5:14,15

Protected

Psalm 18:1-3
Psalm 34:7

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James 5:14-15
Matthew 26:39
Romans 5:3-5
2 Corinthians 12:9,10
1 Peter 4:12, 13, 19

Soldiering / Killing

Matthew 27:54
Acts 10:1-2; 21:31-32; 23:10,23; 24:23
Romans 13:1-4
Ecclesiastes 3:3
Genesis 9:5-6
Exodus 21:12-14
Psalm 144:1
Micah 6:8
Romans 12:17-19; 13:4

Sorrowful

Psalm 51
Matthew 5:4
John 14
2 Corinthians 1:3,4
1 Thessalonians 4:13-18

Tempted

Psalm 1
Psalm 139:23, 24
Matthew 26:41

1 Corinthians 10:12-14
Philippians 4:8
James 4:7
2 Peter 2:9
2 Peter 3:17

Thankful

Psalm 100
1 Thessalonians 5:18
Hebrews 13:15

Traveling

Psalm 121
Trouble, In
Psalm 16
Psalm 31
John 14:1-4
Hebrews 7:25

Weary

Psalm 90
Matthew 11:28-30
1 Corinthians 15:58
Galatians 6:9, 10

Worried

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Adultery Matthew 5 27-32	John 3:19-21
Adversity Matthew 10:16-39	Divorce Mark 10:2-12
Anger Matthew 5:22-24	Doubt Matthew 14:38-31
Anxiety Matthew 6:19-34	Drunkenness Luke 21:34-36
Conceit Luke 18:9-14	Enemies Matthew 5:43-48
Confidence, False Matthew 7:24-27	Excuses Luke 14:15-24
Covetousness Mark 7:21-23	Extravagance 1 Timothy 6:7-12
Crime Matthew 15:17-20	Falsehood Revelation 21:8
Death John 11:25,26	Faultfinding Matthew 7:1-5
Deceit Matthew 23:27,28	Fear Luke 12:5
Depravity	Flesh Romans 13:14
	Greed Luke 12:15-31



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Matthew 5:43~48

Submission
1 Peter 2:13-17

Intemperance
Proverbs 20:1

Swearing
Colossians 3:8

Judging
Matthew 7:1

Temptation
1 Corinthians 10:13

Lip Service
Matthew 7:21

Tribulation
John 16:33

Lust
Mark 4:18, 19

Worldliness
1 John 2:15-17

Pride
1 John 2 15-17

Working for an Immoral Boss
Isaiah 5:20
John 19:11
Romans 13:1-2, 5-7
Colossians 3:23-24
Titus 3:1
1 Peter 2:12-14; 4:14-17

Revenge
Matthew 5:43-48

Self-Exaltation
Luke 14:11

Other Scriptures You Find Helpful . . .

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Luke 18:11, 12

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Christian Virtues and Character

Ephesians 4:22-24; 2 Peter 3:18

Abundant Life
John 10:10

Citizenship
Romans 13:1-7
Titus 3:1

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2 Corinthians 7:1

Consecration
Romans 12:1,2

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1 Timothy 6:6

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Psalm 27:14

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Romans 12:11

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Luke 20:21-25

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Luke 21:9-19
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Matthew 8:5-13
Mark 11 22-24

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Matthew 25:23

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Inspiration . Information . Transformation

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PRAYERS FOR YOU . . .

A Prayer for Salvation

Dear God, I need you. I admit I that am a sinner, and that I can't save myself. I repent: I'm truly sorry for the sins I've committed. I believe that you sent your sinless son, Jesus to die in *my* place, for *my* sins. And I want to receive the free gift of eternal life that you are offering me by trusting in Jesus Christ alone for my salvation. Thank you for loving me from where I am to where you want me to be, as I allow you to be the leader and guide of my life from this day forward. Amen.

(See pages 108-115 for more information and encouragement in your faith)

The Lord's Prayer

Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

The 23rd Psalm

The Lord is my shepherd: I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in the paths of righteousness for his name's sake. Yea though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: Thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of my enemies; thou annointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.



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The Apostle's Creed

I Believe in God the Father Almighty, Maker of Heaven and earth.

And in Jesus Christ His only Son, our Lord; Who was conceived by the Holy Ghost, Born of the Virgin Mary; Suffered under Pontius Pilate, Was crucified, dead, and buried; He descended into hell; The third day He rose again from the dead; He ascended into heaven, And sitteth at the right hand of God the Father Almighty; From thence He shall come to judge the quick and the dead.

I believe in the Holy Ghost; The holy catholic Church, the Communion of Saints; The Forgiveness of sins; the Resurrection of the body; And the Life everlasting. Amen.

The Gloria Patri

Glory be to the Father, and to the Son, and to the Holy Ghost: as it was in the beginning, is now, and ever shall be, world without end. Amen.

The Doxology

Praise God, from whom all blessings flow; Praise Him, all creatures here below; Praise Him above, ye heavenly host; Praise Father, Son, and Holy Ghost.

Men of the Chapel Prayer

As Christian brothers united in our desire to serve our Lord, we pray for wisdom, discernment and power to set a righteous example in our personal lives, to love our wives as Christ loves His church, to be Godly fathers to our children, and to remember that we are soldiers in Christ's army — first and always. We ask for steady, continuing growth: in our understanding of the Word; in our commitment to obedience; in our prayer life; and in our dependence on His strength rather than our own. Amen.



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Washington's Prayer for the Nation

Almighty God, we make our earnest prayer that thou wilt keep the United States in thy holy protection, that thou wilt incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government, and entertain a brotherly affection and love for one another and for their fellow citizens of the United States at large.

And finally that Thou wilt most graciously be pleased to dispose us all to do justice, to love mercy, and to demean ourselves with that clarity, humility, and pacific temper of mind which were the characteristics of the Divine Author of our blessed religion, and without and humble imitation of whose example in these things, we can never hope to be a happy nation

Grant our supplications, we beseech Thee, through Jesus Christ our Lord. Amen.

The Special Forces Prayer

Almighty God, Who art the Author of liberty, and the champion of the oppressed, hear our prayer.

We, the men of Special Forces, acknowledge our dependence upon thee in the preservation of human freedom.

Go with us as we seek to defend the defenseless and to free the enslaved.

May we ever remember that our nation, whose motto is "In God We Trust," expects that we shall acquit ourselves with honor, that we may never bring shame upon our faith, our families, or our fellow men.

Grant us wisdom from Thy mind, courage from Thine heart, strength from Thine arm, and protection by Thine hand.

It is for Thee that we do battle, and to Thee belongs the victor's crown. For Thine in the kingdom, and the power, and glory, forever. Amen.



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**A Prayer to Michael,
Patron Saint of the Airborne**

Angelic Michael, hear my call, as through the sky I now will fall.
Satan you once cast from here. Aid me now to conquer fear.
My static line have hooked to hold, And then my chute to make unfold.
Suspension lines untangled be, And opened up my canopy.
From other jumpers float me clear, As safely down I persevere.
* * *

On angel wings I hit the ground. My Father's favor I have found.
In thanks, Saint Michael, I do pray, For God has helped me - all the way.

The Cadet Prayer

O God, our Father, Thou Searcher of men's hearts, help us to draw near to Thee in sincerity and Truth. May our religion be filled with gladness and may our worship of thee be natural.

Strengthen and increase our admiration for honest dealing and clean thinking, and suffer not our hatred of hypocrisy and pretense ever to diminish. Encourage us in our endeavor to live above the common level of life. Make us to choose the harder right instead of the easier wrong, and never to be content with a half truth when the whole can be won. Endow us with courage that is born of loyalty to all that is noble and worthy, that scorns to compromise with vice and injustice and knows no fear when truth and right are in jeopardy. Guard us against flippancy and irreverence in the sacred things of life. Grant us new ties of friendship and new opportunities of service. Kindle our hearts in fellowship with those of a cheerful countenance, and soften our hearts with sympathy for those who sorrow and suffer. May we find genuine pleasure in clean and wholesome mirth and feel inherent disgust for all coarse-minded humor. Help us, in our work and in our play, to keep ourselves physically strong, mentally awake and morally straight, that we may the better maintain the honor of the Corps untarnished and unsullied, and acquit ourselves like men in our effort to realize the ideas of West Point in doing our duty to Thee and to our Country. All of which we ask in the name of the Great Friend and Master of men. Amen.



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A Soldier's Prayer

Oh God, please send me guidance, strength and courage from above, as I stand ready to defend the country that I love. Help my loved ones left behind, and give them courage too, to support me and to understand the work that I must do. Watch over me and all my friends, on native soil or foreign lands, for no matter where we're stationed, we are always in your hands. Amen.

Confession of sin

O God, you see all things, and you know I have sinned against you in thought, word, and deed. Forgive my sins and be merciful to me, a sinner. Grant that my name may be found written in Your book of life, for the sake of Christ Jesus, my Savior. Amen

For Forgiveness

(Psalm 51:9-12)

Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit From me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Amen

For Our Country

Almighty God, who has given us this good land for our heritage, we humbly ask you that we may always be mindful of your blessing and glad to do your will. Save us from violence, discord, and confusion; from pride and arrogance and from every evil way. Defend our liberties and make us one united people from many kindred and tongues. Give the spirit of wisdom to those we entrust with authority of government, that there may be justice and peace at home, and that through obedience to your law we may be a Godly example to the nations of the earth. In times of prosperity fill our hearts with thankfulness, and in times of trouble let not our trust in you fail. Amen



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A Soldier's Prayer

Oh God, please send me guidance, strength and courage from above, as I stand ready to defend the country that I love. Help my loved ones left behind, and give them courage too, to support me and to understand the work that I must do. Watch over me and all my friends, on native soil or foreign lands, for no matter where we're stationed, we are always in your hands. Amen.

Confession of sin

O God, you see all things, and you know I have sinned against you in thought, word, and deed. Forgive my sins and be merciful to me, a sinner. Grant that my name may be found written in Your book of life, for the sake of Christ Jesus, my Savior. Amen

For Forgiveness

(Psalm 51:9-12)

Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit From me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Amen

For Our Country

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For Our Armed Forces

Heavenly Father, I commend to Your gracious care and keeping all the men and women in our Armed Forces at home and abroad. Defend them day by day with thy heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils that beset them and help them to know that no one can pluck them out of Your hand who put their trust in you; Through Jesus Christ our Lord. Amen

For The Army

O Lord God of Hosts, stretch forth Your almighty arm to strengthen and protect the soldiers of our country. Support them in the day of battle, and in the times of rest and training keep them safe from all evil; fill them with courage and loyalty; and grant that in all things they may serve without reproach through Jesus Christ our Lord. Amen

For Defense Against Enemies

O God, who is the author of peace and lover of harmony, the only one in whom we can have eternal life, whose service is perfect freedom; Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. Amen

For Your Heart's Love

Almighty God. I thank you for the one whom I love; keep us faithful to one another, and keep us both faithful to you; through Jesus Christ our Lord. Amen.

For Your Children

Almighty God, heavenly father, who has blessed us with the joy and care of children; Give us light and strength to train them, that they may love all things that are true and pure and lovely and of goodness, following the example of their Savior, Jesus Christ. Amen.



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During Difficult Times

Our Father, author of power and love, grant me the faith to go forward in your strength when I am weak and discouraged. Help me to listen to your voice and to study your Word. Then I shall not be overcome, but shall be an overcomer by your grace. Through Jesus Christ our Lord. Amen

Before Battle

Dear God, Great God of victories past, God of strong and courageous soldiers, I am neither of these right now. Instead, I tremble inside, though others look to me for a boldness I do not have. But as scared as I am right now, will you be my strength? Will you give me clarity of thought, confidence in my training, my equipment and my superiors, so that when the smoke of battle clears, my friends, my country and you will be proud of me? Thank you, in my Savior's Name. Amen.

For A Day Of Battle

Heavenly Father, on a day of battle I commit myself, body and soul, to your keeping. When I am in peril of life, give me courage to do my duty. When I am tempted to sin, give me strength to resist. If I am sick or wounded, grant me healing. If I fall, by your mercy receive me to yourself, forgiving me all my sins. Bless all who are near and dear to me and keep them in your fatherly care. And in your good providence, out of this evil bring everlasting peace; through Jesus Christ our Lord. Amen.

A Prayer For the Wounded

O Lord, I pray to you to have mercy upon all who are this day wounded and suffering. Though my friends be far away, let your grace be their comfort. Raise them to health again, if it be your Will; but mainly give them patience and faith in thee; through Jesus Christ our Lord. Amen



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For the Sick or Wounded Person

O Father of mercies and God of all comfort, look upon me and stay with me in this time of weakness and pain. Strengthen my soul and my body, and drive from me all fear, depression, resentment, and every bitter mood or evil thought. Bless the doctors, nurses, attendants, and all others whose care and skill are maintaining my life and assisting my recovery; help me to cooperate with them patiently and cheerfully. Grant that in your perfect time I may be healed, and that I may not forget your goodness to me. Finally, O God, have mercy upon those whose suffering is so much worse than my own. I ask all this through Jesus Christ my Lord and Savior, to whom and with you and your Holy Spirit be all honor and glory, for ever and ever, Amen.

The Cross in My Pocket

I carry a cross in my pocket, A simple reminder to me,
Of the fact that I am a Christian, No matter where I may be,

This little cross is not magic, Nor is it a good luck charm,
It isn't meant to protect me, From every physical harm,

It's not for identification, For all the world to see,
It's simply an understanding, Between my Savior and me,

When I put my hand in my pocket, To bring out a coin or key,
The Cross is there to remind me, Of the price He paid for me,

It reminds me too, to be thankful, For my blessings day by day,
And to strive to serve Him better, In all that I do and say,

It's also a daily reminder, Of the peace and comfort I share,
With all who know my Master, And give themselves to His care,

So, I carry a cross in my pocket, Reminding no one but me,
That Jesus Christ is Lord of my life If only I'll let Him be.



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A Prayer for the Committed

I am no longer my own, but Yours.
Put me to what You will,
Rank me with whom You will;
Let me be employed for You,
Or laid aside for You;
Exalted for You,
Or brought low for You;
Let me be full,
let me be empty;
Let me have all things,
let me have nothing;
I freely and heartily yield all things,
To Your pleasure and Your disposal.

And now, Oh Glorious and Blessed God,
Father, Son, and Holy Spirit,
You are mine, and I am Yours...So be it.
And the covenant which I have made on earth,
let it be ratified in heaven.
(John Wesley)



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A Prayer for Courage

God, make me brave for life-
 O braver than this!
 Let me straighten after pain
 As a tree straightens after the rain
 Shining and lovely again.
 God, make me brave for life-
 Much braver than this!
 As the blown grass lifts, let me rise
 From sorrow with quiet eyes,
 Knowing Thy way is wise
 God, make me brave- life brings
 Such blinding things.
 Help me to keep my sight,
 Help me to see aright
 That out of dark- comes Light
 (Grace Crowell)

The Paratrooper's Prayer

Almighty God, our Heavenly Father, Who is above us and beneath us, within and around us; drive from the minds of our paratroops any fear of the space in which You art ever present.

Give them confidence in the strength of Your everlasting arms to uphold them.

Endow them with clear minds and pure hearts that they may participate worthily in the victory which this nation must achieve in Your name and through Your will.

Make them hardy soldiers of our country as well as of Your Son, our Savior, Jesus Christ. Amen. (Chaplain Wood, 82d ABN DIV)



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30 DAYS OF SPIRI- TUAL P.T.

How to Strengthen Your
Walk With God



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The Power to Persevere

*“I can do all things through Christ who strengthens me.”
- Phillipians 4:13*

I stood by him as we prepared for a jump — he was a hero, and I was in awe. 5 years in the hands of the Vietnamese as a P.O.W. He had been hit, stabbed, starved, and scared. Sometimes they would maul him until he couldn't stand or sit, other times they would bend him into a tiny bamboo cage perched just above the brackish water of mosquito infested swamp, to see how long he could last before the biting, swarming mosquitos brought delerium. At times in those years, his body was swollen and bloated by disease. At other times, the slow pangs of starvation brought him within ounces of death. Even as a young soldier, 23 years old, in the Special Forces “Q” Course, I stared and wondered of the veteran warrior, “How did he do it . . . How did he endure such a hell on earth?”

Well, I got my answer. And it came straight from this man's heart in the autobiography of his experience entitled, *Five Years to Freedom*. The man was LTC Nick Rowe, and his answer to the question of “How did he make it?”, was a bit of a surprise to me. He didn't say it was great training, as critical as training is. He didn't say it was mental toughness, as essential as mental toughness is. Instead, he credited his survival primarily to one thing and one thing only . . . Faith in God. LTC Nick Rowe knew the meaning of Phillipians 4:13, do you?

- ◆ Where in my life right now do I most need God to accomplish the impossible?
- ◆ What is standing in the way of placing my trust in Him?

Give All of Yourself to Him, So that He Can Give All of Himself to You



The Power to Persevere

*“I can do all things through Christ who strengthens me.”
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Spiritual P.T. - Day 2

*“Then you will call, and the Lord will answer; you will cry for help, and he will say: Here I am.”
- Isaiah 58:9*

**Ever
Been
Rescued?**

We were on the last of a 13 day trek deep in the beautiful wilderness of the Southern Rockies. Then it happened — tragedy struck. As we were crossing the slippery sandstone feature, I saw the camera slip from Dave’s shoulder. Instinctively, he grabbed for the camera with his other arm, leaving only 2 points of contact with the rock feature — it wasn’t enough.

If you’ve ever heard the sickening sound of somebody falling down the side of a mountain, you won’t forget it. First there is the scraping of hands to rock, then the sickening concussion of bones to rock, then worst of all . . . silence.

Inside of 7 seconds, the final morning of a dream vacation turned into a nightmare. All we knew was that we needed help, and we needed it fast. So that is exactly what we did, we called for help.

Broken back, shattered wrist, splintered ankle, Dave was injured too badly and the terrain was too tough for any of the rest of us to do much good. It was humbling, but it was blatantly obvious: the problem was bigger than we were.

Yet within hours, with the help of a special mountain rescue team (the one we had called), Dave was off the mountain, in a hospital, and guaranteed a shot at life. Literally, his life was saved by one call for help!

◆ Are you in need of a rescue? Will you call on God for help?

A Man Never Stands So Tall, As When He Asks for Help On His Knees.



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**Both
Glad and
Sorry**

*“For I know the plans I have for you”, declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”
- Jeremiah 29:11*

There was a man riding across the Sahara desert when one night as he crossed a riverbed, a voice came to him and said: “Get off your camel.” The man did and he heard the voice again say: “Pick up some gravel from the riverbed.” The man did as the voice said. Finally the voice spoke to him one last time: “Get on your camel and ride, for in the morning you’ll be both glad and sorry.”

As the sun came up, the man looked at what he had picked up the night before. Much to his amazement, the gravel he had scooped was actually a handful of precious rubies and diamonds.

Just as the voice had said, he was both glad and sorry: Glad that he had picked up a few, but sorry that he had not taken more.

How would you like to live with no regrets? No regrets physically, no regrets relationally, no regrets spiritually? Then, seize the moment! Don’t miss the opportunity to dig deep and grasp all of God you can with both hands! He has more good things in store for you than you could ever hope or imagine. Whatever rocks you feel under foot can be made from stumbling blocks to stepping stones if you’ll let Him!

- ◆ How could you take greater advantage, today, of what God has to offer?
- ◆ Take time right now to pray for His hope, plan, and future for you.

When you discover that God is all you have, you will discover that God is all you need.



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Spiritual P.T. - Day 4

“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

- 4:13

Wake-Up Your Dream !

Did you know that God has a plan for you? It is said that the two most important days in a man’s life are:

- 1) the day he was born, and
2) the day he discovers why he was born.

Do you know why you were born? What is that burns deep within you that you most want to accomplish during your days on earth? What is your passion? What is it in your heart and life that is larger than yourself? If you could accomplish any one thing before you die, what would it be? In short, what is your dream?

Now there’s a difference between a dream and a scheme. Dreams come from God, schemes come from Man. Dreams benefit others, schemes only focus on you. Dreams use things and love people; schemes use people and love things. A great dream asks “What can I give?”, a great scheme asks “What can I get?” Dreamers build the world, schemers erode it. How exciting that the God who made you has placed a dream in your heart perfectly tailored for you and you alone!

- What do you do best?
What captures your interest the most?
If money, time, and education, weren’t a problem, what would you most like to accomplish with your life?
What is the greatest good for which you want to be remembered when you’re gone?

Dreams help us see the invisible, believe the incredible, and achieve the



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**No!
Not That
Way!**

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.”
- Isaiah 30:21

It was in the outback of El Salvador. The temperature was 113 degrees. I was caked with dust. I was tired, hungry, and anxious to quit for the day . . . *too* anxious to quit . . . when I pulled our HUMMV over to the side of the lonely village trail. Suddenly it occurred to me that the short-cut we had taken had potentially put us in harm’s way. The village I was starring at was deserted, roofs burned off, walls RPG’d. In fact as I began to replay the intelligence reports for this vicinity, my breathing became shallow as I remembered what the number one threat in this particular area of operations was: mines . . . *lots* of mines.

Ever been in a minefield? It’s interesting to see what happens to someone, even someone who doesn’t consider themselves a person of Faith, when they realize they’ve just become a living, breathing version of Microsoft’s Minesweeper game. You know the old paratrooper saying, “There aren’t any atheists in aircraft or foxholes!” Well, the same holds true for minefields.

Now whether you’re tiptoeing through a minefield in El Salvador, or whether you’re stepping through a minefield of issues in your personal life, one thing is for certain: it behooves you to have a guide who knows where the land mines are and gets you around them!

For the Believer, one of our great encouragements is that God is both looking down and looking out for you from his OP in heaven. Listen to his voice. Go left when he says left. Go right when he says right. Obedience to his guidance will always lead to successful passage.

◆ Where in my life is God asking me to head a different direction?

Don’t just do something, stand there! Listen first.



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Don’t just do something, stand there! Listen first.



Spiritual P.T. - Day 6

*“Be strong and take heart, all you who hope in the Lord.”
- Psalms 31:24*

**Stand
and
Deliver**

He could have laid down, but instead, he stood up. It was 1830. It was Massachusetts. And slavery was booming — even in the North. William Lloyd Garrison could have laid down, but instead, he stood up. With a voice that did not stutter, he proclaimed that slavery was an abomination and that one day, the scourge of slavery would be eradicated in America. Presses, papers, and even some pulpits scoffed and ridiculed him. He could have laid down, but instead he stood up. And soon the stand he took began to sound as a sledge’s blow against the boulder of oppression. Then others joined the cause like Frederick Douglas, Sojourner Truth, Levi Coffin. Until even the President of the United States, Abraham Lincoln, risked all of himself and all of the Union to stand alongside the convictions of one William Lloyd Garrison.

What turned a little brother named David into a fearless warrior that killed Goliath? What turned timid, spineless disciples into bold, prophetic evangelists? What turned a 14 year old little girl named Joan of Arc into a martyr that would speak for centuries?

The answer: God’s strength and touch.

- ◆ Where do I most need God’s strength and touch as I, through faith , place my hope in Him?
- ◆ What am I willing to die for?
- ◆ What am I willing to live for?

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



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**"No Fear"
Faith**

*"Now faith is being sure of what we hope for and certain of what we do not see."
- Hebrews 1:1*

Long before "No Fear" gear came on the scene, a European explorer by the name of Cortez lived the logo. It was 1519 and the great naval commander set sail from Europe for the New

World. After months of brutal seas, Cortez made land at what we now recognize as eastern Mexico. However, establishing a foothold in the new land became even more painful than the voyage itself. Mutinous factions began to challenge his leadership and protest their lot in this harsh, strife-laden corner of the world.

Drawn into battle with mainland forces trying to shove him into the sea, with his men pleading to reboard their ships and return to the safety of Europe, Cortez rallied his soldiers around him and demonstrated the ultimate expression of faith. While charging his men with fulfilling their destiny and while reminding them of the reason they had begun, the soldiers turned back toward the harbor in time to see their ships, their only hope of escape, aflame from stem to stern. Cortez was certain they would win — so certain, that he gave the order, "Burn the Ships". And win they did! Talk about faith!

True faith, active faith (not wishing, not wanting, not mere interest) is "being sure of what we hope for and certain of what we do not see". True faith eliminates even the possibility of failure. True faith says whatever it takes, wherever I must go, whatever I must do, I'll do it.

- ◆ Will you put your faith in Jesus Christ to forgive you of your sins, keep you from continuing your sin, and give you a fulfilling life now and an eternal life later?
- ◆ What would it mean to "burn your ships" and follow Him?

One person with faith is worth more than 99 with mere interest



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Spiritual P.T. - Day 8

*“The Lord is good, a refuge in times of trouble, He cares for those who trust in Him.”
- Nahum 1:7*

Gone with the Wind

If we stayed where we were, I was confident we’d all be dead by sunrise . . . The storm ambushed us. Since we were climbing the leeward slope of the mountain (the side opposite the direction of the wind), none of us new what was brewing only miles away on the other face of the ridgeline. Hour by hour as we ascended, the temperature plummeted. We started the climb in pleasant 70 degree weather and T-shirts, only to find ourselves at the summit in snow, with violent gusts of 40-50 knots, and the thermometer on the only jacket I had, a light gortex windbreaker, reading 34 degrees. The soldier to my right was sitting against an evergreen tree, lips blue, slipping into hypothermia. We were in trouble.

The plan was to conduct intercept operations off the mountain at night, but the plan was out the window. The only choice to staying and building a shelter against the freakish blizzard, was to do something nearly as hazardous — descend the mountain at night. So with the sun setting, the snow pelting our faces, and backpacks loaded down with 70 pounds of gear we began the game of mountaineering roulette — one wrong step could lead to a disaster.

Hours later, in complete darkness, we stumbled onto one of the most beautiful sites I have ever seen . . . a delapidated old hunter’s shack. We were saved! It was our refuge! And as we warmed our hot chocolate over a portable Optimus stove, I thanked God for coming through in our time of need.

- ◆ Where do you most need Him to provide you refuge in your life?
- ◆ Will you trust Him to do so?

Coincidence is when God performs a miracle and remains anonymous!



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With Your Head, or with Your Heart?

*"I tell you the truth, he who believes has everlasting life."
- John 6:47*

Did you know that there are two types of belief when it comes to your spiritual walk with God? For instance, take a soldier who says he wants to go "airborne" — He 'believes' that he can exit an aircraft traveling at 130 knots, in mid-flight, at night, with a full combat equipment load . . . and no moon. That's one type of belief — to stand on the ground and say "I can do that".

However, it's a completely different type of belief when that same soldier puts his knees in the breeze and feels the last inch of his heel scrape past the aluminum of an aircraft 1250 feet above ground level.

One type of 'belief' really isn't belief at all; it's just talk! It's a belief that only goes as far as the head and no further. It's just abstract theorizing, a notional, intellectual exercise. There's another type of belief though . . . authentic belief. It's a belief that moves from the head to the heart. It's a belief that takes action. It's a belief that places *all* of it's trust in the object of its faith.

For a paratrooper, authentic belief means putting all of your trust in the *ability of your parachute to save you* from being a dirt dart. For a follower of Christ, a Christ-ian, authentic belief means putting all of your trust in the *ability of Christ to save you* from your moral failures (sins) and the penalty associated with those moral failures (an eternal hell). The best news on the block is that Christ died so that you wouldn't have to, and that he offers you the gift of eternal life if you will but believe . . . really believe . . . and put your trust in Him.

- ◆ Honestly, is my belief an intellectual exercise of the head, or an action-filled lifestyle of the heart? One cuts it; the other doesn't!

He who believes is he who acts on his belief, and no other.



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Spiritual P.T. - Day 10

"I will ask the Father, and He will give you another Counselor to be with you forever — the Spirit of Truth . . . you know him for He lives with you and will be in you."

- John 14:16,17

**Got
A
Compass?**

I.G.S - Internal Guidance System. You've probably never seen one of these before. I doubt you've held one or touched one. However, if you've ever ridden in a commercial aircraft, particularly at night, the fact you are still alive is directly attributable to this often overlooked, but ever present, unseen piece of equipment.

As the name implies, the internal guidance system is essentially nothing more than a sooped-up compass. An I.G.S. tells you when you are going in the right direction, and it sounds an alarm when you are going in the wrong direction.

Fortunately, aircraft aren't the only things in life that have I.G.S.s — you do, too! God put it there, and it's called His Holy Spirit. One of the Holy Spirit's purposes is to tell you when you are going in the right direction and sound an alarm when your are going in the wrong direction. It's a great feature that can get you to an unbelievable number of places you want to go in life (without crashing and burning in the process)!

Just like I.G.S.s are for pilots, so the Holy Spirit is for Believers — they only tend to help you if you use them. A pilot would be crazy to ignore the I.G.S. and fly without it. Similarly, any Believer would have to be crazy to not take advantage of what God has provided through the guidance of His Holy Spirit.

- ◆ As I check the needle on the Holy Spirit's compass in my life, which direction is it telling me to go?

Wise men seek direction.



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Just like I.G.S.s are for pilots, so the Holy Spirit is for Believers — they only tend to help you if you use them. A pilot would be crazy to ignore the I.G.S. and fly without it. Similarly, any Believer would have to be crazy to not take advantage of what God has provided through the guidance of His Holy Spirit.

- ◆ As I check the needle on the Holy Spirit's compass in my life, which direction is it telling me to go?

Wise men seek direction.



Spiritual P.T. - Day 10

"I will ask the Father, and He will give you another Counselor to be with you forever — the Spirit of Truth . . . you know him for He lives with you and will be in you."

- John 14:16,17

**Got
A
Compass?**

I.G.S - Internal Guidance System. You've probably never seen one of these before. I doubt you've held one or touched one. However, if you've ever ridden in a commercial aircraft, particularly at night, the fact you are still alive is directly attributable to this often overlooked, but ever present, unseen piece of equipment.

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More Power To You

"But as many as received Him, to them He gave power . . ."

-John 1:12

Charging batteries — I hated it! When deployed as the Commo Supervisor on a Special Forces "A-Team", as soon as the radios' batteries went low, we had to "ride the generator" and recharge the batteries by hand, ourselves. 2 reasons I didn't like it: 1) it was grueling, particularly if you had to do it *all*, yourself, and 2) no matter how hard you cranked, the charge really didn't last all that long . . . within hours we'd have to do it again.

On the other hand, the scene was completely different when we had the advantage of an adapter. You see, it allowed me to plug into a power source far greater than myself. When I plugged into 110 volts, I could make commo as long and as often as I wanted . . . I literally had more power than I could use!

Would you like to have all the power you'll ever need in your life? Then plug into a power greater than yourself. Do you feel as if life is a real labor — like your charges don't last very long? Then use Christ as your adapter and access more power than you'll ever need! How? Just be honest and "receive" Christ, just like the scripture says. Invite Him into your heart and you, too, can enjoy the power that has positively helped more people in more places in more ways than anything else in the history of humanity. Hey, more power to you!

- ◆ On a scale of 1-10 (1=totally dry, 10=totally charged) how "power-full" do you feel right now?
- ◆ Could you pray today, "God, I need more power than I can generate; I want to plug into *your* power."

Spiritually speaking, it's not what you know, it's who you know!



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Spiritual P.T. - Day 12

"Be strong and take heart, all you who hope in the Lord.

- Psalm 31:24

Have You Claimed Your Inheritance?

The three classic symptoms of depression are feeling helpless, hopeless, and worthless. Depression is defined as more than the momentary 'blues' or a singular response to a traumatic incident or disappointment. Depression is a state of mind that one slips into and stays into for an extended period of weeks or months.

Now after that clinical talk, let me give you the good news. Although Believers (those placing all their trust for this life and the next in Jesus Christ) can get depressed, there is no excuse for us to slip into depression, that state of feeling helpless, hopeless, worthless. Listen to God's counterpunch promises for combatting depression.

You feel *helpless*; he says, in fact, that you are *full of untapped power!* "For we are more than conquerors through Him who loved us." (Romans 8:37)

You feel *hopeless*; he says, in fact, that you are *hope-full!* *Praise be to God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.* (1 Peter 1:3)

You feel *worthless*, he says you are, in fact, *priceless!* "Don't you know that your body is a temple of the Holy Spirit, from God? You are not your own, you were bought with a price" (Christ's death on the cross!) (1 Corinthians 6:19,20).

- ◆ Claim your inheritance as a child of God today! What step in faith will you take today to show you're powerful, hopeful, or priceless?

You may get knocked down, but with Christ on your side, you never get knocked out!



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**By faith
Alone,
In Christ
Alone!**

"For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord"

-Romans 3:23

Let's review the most important information you'll ever read one more time: In our search for God, and God's search for us, we

understand:

#1 God's Position - He's a God of love and a God of Perfection. He wants everyone to be with Him in heaven, but He can't grade on the curve!

#2 Man's Condition - We have sinned and separated ourselves from God. You know it. I know it. And God knows it.

#3 God's Provision - The Son of God, Jesus Christ, came to offer himself as a sacrifice through his suffering, death, and resurrection for your sins and mine. The price of sin for the guilty has been paid by the innocent! Justice is met, mercy is given.

#4 Your Decision... You need to agree with your head and trust with your heart.

Blondin, the famous 19th century tightrope walker was about to go 1100 feet across, 160 feet above, the raging waters of Niagara Falls. He asked the crowd, "Do you believe that I can do it?" "We believe! We believe!", they encouraged. He walked across and back and then asked if they believed he could walk again and push a wheelbarrow over the deadly waterfall. "We believe!", they chanted. Again, he tightroped across and back. Amazingly, he asked the crowd a third time, "Do you believe I can walk across with this wheelbarrow and with someone in it?" They went wild! "We believe! We believe!", they screamed. "Then", he asked, "...who'll get in the wheelbarrow?"

Believing with all your head is not the same as trusting with all your heart. One will get you to heaven, the other won't...It's your choice!



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Spiritual P.T. - Day 16

"Peace I leave with you, my peace I give unto you: I don't give it to you as the world gives it to you. Don't let your heart be troubled, don't let it be afraid..."

-John 14:27

I once heard someone describe war as, "long days of peace and quiet punctuated by a few moments of sheer terror". Life on the other hand most often seems just the opposite, doesn't it? ...long days of chaos and frenetic activity punctuated by a few moments of peace and quiet.

Ever feel as if your job has your head in a vice-grip? Ever feel as if your relationships produce more friction than fun? Even today you may feel like pulling your hair out...if you could just get one hand free! If so, God's SOP for Life, the Bible, has Good News for you in the verse above. (Go ahead and read it again, and let it take root)

Sometimes you can get some rotten theology on bumper stickers, but one I saw recently hit the nail on the head. It went like this:

"Know Christ, Know Peace—No Christ, No Peace."

- A question? The one thing that I am most fearful of or anxious about today is _____?
- Do I really believe God cares enough to make a difference in my life? (You may want to reread the verse above!)
- Could you pray, "God, like a cup emptied, then refilled, I'm emptying myself of fear and anxiousness and asking you to fill me to the brim with your peace."

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**Mission Impossible?**

"The things that are impossible with men are possible with God."
-Luke 18:27

3 Impossible Missions:

- Former drug running, bar-brawling, sex-addicted soldier on the verge of jail time, now a Senior NCO "triple-tab" who is an overachieving man of integrity!
- Former arrogant, self-centered, compulsive lying PFC on the verge of being "chaptered out", now a section leader building the home of harmony his dad never gave him!
- Former emotionally backward and tactically ignorant "chairborne" SPC who got into Q-course by mistake winds up Distinguished Honor Grad—#1 in the class!

So what's the common denominator in each of these mission impossibles turned possible...The power of God. Each of these men discovered the promise of the verse above. They discovered what they couldn't do in their own strength, God could do in His. You see, the same God that made the lame to walk and caused the blind to see, is the same God that is waiting to fix whatever is broken in your life if you'll just let Him. "Prove it!", you say. Well, you've got all the proof you need...living proof, all around you!

- The 1 thing in my life that I most need that could only be accomplished through the touch of God is _____.
- So what's keeping you from asking and trusting Him to turn your impossibility into a possibility?
- Will you pray, "God, work a miracle for me, as I commit to work for you."

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"The things that are impossible with men are possible with God."
-Luke 18:27

3 Impossible Missions:

- Former drug running, bar-brawling, sex-addicted soldier on the verge of jail time, now a Senior NCO "triple-tab" who is an overachieving man of integrity!
- Former arrogant, self-centered, compulsive lying PFC on the verge of being "chaptered out", now a section leader building the home of harmony his dad never gave him!
- Former emotionally backward and tactically ignorant "chairborne" SPC who got into Q-course by mistake winds up Distinguished Honor Grad—#1 in the class!

So what's the common denominator in each of these mission impossibles turned possible...The power of God. Each of these men discovered the promise of the verse above. They discovered what they couldn't do in their own strength, God could do in His. You see, the same God that made the lame to walk and caused the blind to see, is the same God that is waiting to fix whatever is broken in your life if you'll just let Him. "Prove it!", you say. Well, you've got all the proof you need...living proof, all around you!

- The 1 thing in my life that I most need that could only be accomplished through the touch of God is _____.
- So what's keeping you from asking and trusting Him to turn your impossibility into a possibility?
- Will you pray, "God, work a miracle for me, as I commit to work for you."

"Most people have about as much of God as they want."

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Spiritual P.T. - Day 18

*“Trust in the Lord with all your heart, and lean not on your own understanding.”
-Proverbs 3:5*

Take A Flying Leap

“Stand up...Hook Up...Check Static Lines...Check Equipment...Sound-Off for Equipment Check...STAND-BY!” For any paratrooper, particularly the lead man in the “stick”, that next-to-last jump command, “Stand-By”, causes the heart to beat faster, the breaths to quicken, and the jaw to set. At that moment every Airborne Soldier gets to ask himself again, “Do I really trust this “chute enough to jump out of a perfectly good aircraft?”

It’s been said that exiting an aircraft in mid-flight is an ‘unnatural’ act—your initial response is to just not do it. However, the mark of a professional paratrooper is the ability to trust in his parachute and not in himself.

Likewise, the mark of a Believer is to trust in his “chute”, God, and not in his own understanding. You see, by definition you can’t be a paratrooper without exiting the aircraft and trusting your ‘chute. In a similar way, you can’t be a follower of Christ without placing all of your trust in God’s ability to ‘hold you up’!

Take a flying leap of faith—God will hold you up!

- What area of your life do you hear God telling you to “live dangerously in” and take a risk with Him?
- Will you pray, “God, it’s risky and it feels unnatural, but I’m going to trust in you with all my heart. I’m going to take a leap of faith and believe you’ll hold me up by _____.

“Wisdom is most often nearer when we stoop than when we soar.”



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Spiritual P.T. - Day 19

**All Gave
Some...
Some Gave
All**

*“Are you not aware? While we were still sinners,
Christ died for us.”
-Romans 5:6*

He was white and his name was Fred Pulsa. The other soldier was black; his name was Caldwell, Mark Caldwell. Sgt Pulsa’s voice broke as he leaned over and pulled a slender survival knife from his civilian jacket and told Mrs. Caldwell how her husband had died only weeks earlier in Vietnam. “Mark was shot down, captured and brought to my camp”, Pulsa said. “Though he was too weak to escape with us, Mark instead slipped me this survival knife and made me promise to come here and tell you that you were still his pin-up girl and that he was thinking of you and the girls when he died. Mrs. Caldwell,” Fred said, “because your husband decided to stay behind and instead slipped me this knife, I was able to overpower the guards and free 12 other men. It was as if to say, he traded his life for the lives of 12 others. I’ll never forget what he did for me...”

...Selfless sacrifice. There’s something about it that moves us, touches us, strikes a cord deep down within us, doesn’t it?

Ever had anybody that “took a bullet for you...laid down his or her life for you?” Sure you have...

- On a scale of 1-10, how well have I let Jesus’ death on the cross, in my place, for my sins, sink in?

1= _____ / _____ / 10=
Haven’t Thought About It Much It’s Changed My Life
Remember, He died so that you wouldn’t have to...

“Greater Love Hath No Man Than to Lay Down His Life For A Friend.”



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Spiritual P.T. - Day 20

*"I have come that they might have life and that they might have it more abundantly."
-John 10:10*

**More
Than The
Minimum**

I was 5 at the time, and it was the best Christmas I can remember as a child. I guess my passion for Special Operations began early, because the one gift I bartered, begged, hoped, and prayed for actually appeared under the tree on Christmas morning: the James Bond 007 spy set (complete with a camera that turned into a pistol and a genuine set of credentials.) If that wasn't enough, there was the 5 foot stuffed Alligator, and a lime green sting ray bike with a "slicker" for a rear tire, and a dozen smaller gifts. I was overwhelmed—completely floored by the "haul" that Santa had left. In the eyes of a 5 year old; it was an abundant Christmas!

Would you like to have more than your minimum expectations in life fulfilled? Would you like to be stunned by the shower of great gifts heaped in your lap? How would it feel to know that life couldn't get any better? That's abundance!

Too often, people make the mistake of thinking that Christ came to take something away. Wrong answer. In fact it's the opposite. Christ didn't come to take things away, as some people mistake. Instead, He comes into our lives to shower us with his gifts. Will you unwrap what He's got for you? I hope so.

- If you could ask God to fill a gift wrapped box with what you most deeply want and desire, what would its contents be?
- Could you pray, "God as I give all of myself to you, help me to trust you for abundance in my life...?"

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Plugged or Unplugged?

*"I am the vine, you are the branches, if a man remains in me, and I in him, he will bear much fruit. Apart from me you can do nothing."
-John 15:5*

- Not long ago I was working on a Pentium III 900mhz personal computer. The machine is marvelous. It can create videos, fabulous graphics, complex databases, make phone calls, and a dozen and one other things. The machine is full of potential. In fact, I probably haven't even touched 80% of its capacity.

Then it happened, after working for 2 hours on a text document, someone tripped over the power cord and yanked the plug out of the wall. And, you guessed it, all I had left was a blank screen.

No matter how much potential a computer has, how many great things it might do, you separate it from its power source and it's useless...it does nothing.

Spiritually, we're wired up similarly. You're a marvelous invention, complex and full of potential. But apart from your power source, you can accomplish little to nothing of real and lasting value. The good news is all you have to do is "stay plugged in" and God will allow you to do the things you never dreamed possible!

- Is there an area of my life ,with God, that I am unplugged in? What is one thing I could do right now to plug into God in a more powerful way? DO IT!

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Spiritual P.T. - Day 22

*"If God is for us, then who can be against us?"
-Romans 8:31*

Behind the Lines

In his book, *Tailwind*, Robert Van Buskirk tells the harrowing tale of a Green Beret's secret mission turned disastrous deep in the jungles of Laos. Having been inserted far behind enemy lines with half of his element on the ground and half still in the helicopters, his platoon sized element began to be ripped apart by enemy gun fire.

Facing the loss of his life, the lives of dozens of his men, and the complete failure of the mission before it even began, he radioed frantically for the only tool he knew could turn the tide of the battle—something he had, that his enemy did not: an AC-130 Spectre Gunship.

If the Spectre with its aerial 105mm gun and 40mm gatling rounds was on your side, then no one could stand against you. And so it was on that day in a Laotian jungle, when Van Busirk's life was spared solely because of the immense fire power on his side and at his disposal.

- Think for a moment and imagine all your difficulties like an Army lined up against you...
- Now reflect on the promise that "God is with me, God is for me, God is greater than all these things." (N.V. Peale).
- Visualize these "enemies" to your peace and happiness as you call in "God's Gunships" through prayer.

"The question isn't whether God is on our side, the question is whether we are on His."



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"The question isn't whether God is on our side, the question is whether we are on His."



Spiritual P.T. - Day 22

*"If God is for us, then who can be against us?"
-Romans 8:31*

Behind the Lines

In his book, *Tailwind*, Robert Van Buskirk tells the harrowing tale of a Green Beret's secret mission turned disastrous deep in the jungles of Laos. Having been inserted far behind enemy lines with half of his element on the ground and half still in the helicopters, his platoon sized element began to be ripped apart by enemy gun fire.

Facing the loss of his life, the lives of dozens of his men, and the complete failure of the mission before it even began, he radioed frantically for the only tool he knew could turn the tide of the battle—something he had, that his enemy did not: an AC-130 Spectre Gunship.

If the Spectre with its aerial 105mm gun and 40mm gatling rounds was on your side, then no one could stand against you. And so it was on that day in a Laotian jungle, when Van Busirk's life was spared solely because of the immense fire power on his side and at his disposal.

- Think for a moment and imagine all your difficulties like an Army lined up against you...
- Now reflect on the promise that "God is with me, God is for me, God is greater than all these things." (N.V. Peale).
- Visualize these "enemies" to your peace and happiness as you call in "God's Gunships" through prayer.

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Your Personal Survival Kit

"The kingdom of God is within you." -Luke 17:21

More than once in a while preparing for a mission insertion, I remember packing and repacking me "survival kit". It was a 4"x6"x2" waterproof box that was sealed, secured and carried in our butt-pack at all times. In that tiny box, I carried a miniature assortment of items that would sustain my life if ever our team's situation went to pieces and I needed to survive on my own, behind enemy lines. There was a cigarette lighter, parachute cord, a mirror, fishing hooks, a water pouch, food bar, and a dozen and one other items—all designed to be easily carried and at my ready anytime the situation dictated.

Did you know that God provides each and every one of us who believes in Him with a "spiritual survival kit"? It's small, so small in fact, that you can't even see it—its presence is within you. Though small, much like a regular survival kit, it's the most critical asset you have—particularly in times of trouble!

When you're "on the run" and "the enemy is closing in" don't forget that if you've pledged all of yourself in belief to Him, He's pledged all of Himself to you...not just to survive, but to thrive!

- Read the following passages and write down what's in your survival kit.
• John 6:47 Philippians 4:7 Psalms 32:7 John 16:22

"Those who sweat most in peace, bleed least in war."



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Spiritual P.T. - Day 24

"God has not given us the spirit of fear, but of power, and of love, and of a sound mind.."
-II Timothy 1:7

**No
Fear
Gear**

The T-shirt read, "Bottom of the 9th, score tied, 2 outs, 3 balls, 2 strikes...No Fear". It's been amazing to me to see the rise of "No Fear" gear. I wish I had bought stock in the company 3 years ago! Not only do they have a catchy logo, they kind of strike a chord deep down inside us, don't they? Whether its face to face on the baseball diamond, standing on the ramp of a C-130, or giving a "zero tolerance" briefing, we all want to operate with "No Fear".

Did you catch the formula in that verse for how you get a "no fear faith"?

The Power of God
+
A Love For Others
+
A Sound Mind Within Yourself
=
NO FEAR FAITH

Can you experience fulfillment? Can you enjoy more happiness than you've ever had? Can you taste a better slice of life than ever before? Sure you can. No Fear!

- What am I most afraid of now...and why?
- What keeps me from having a "no fear faith"?
- What am I going to do about it?

"You have nothing to fear, but fear itself."



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Bunker #16

*“God is our refuge and strength a very present help in trouble.”
-Psalm 46:1*

Bunker #16...they weren't there—but they needed to be. Having been caught off guard, the artillery rounds were exploding like popcorn around them, kicking up dirt, sand, and rock in every direction. Through the chaos and confusion, each of the 4 man element did the best he could to make it to bunker #16...except for one.

The result?

Out of four men, three headed in the right direction and found the bunker—they lived. One other man though, struck out in a different direction and met a different fate—he died. The lesson to be learned is simple, when the rounds are hitting around you, you better run the right direction.

Much like an emotional and spiritual bunker, God is our ever-present protection. When life's artillery is inbound on your location, make sure you run in the right direction. Don't forget to run to God, not from Him!

- Where are the rounds impacting in your life right now?
- Are you caught in the open with just yourself, or have you found God's refuge...spiritual Bunker #16?

“It's not what happens to you that matters, it's what happens in you that counts.”



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Spiritual P.T. - Day 26

"I have learned, in whatever place in life I am, there to be content." -Philippians 4:11

Full or Empty?

What fills your Cup? How do you try and gain contentment...fulfillment...happiness?

Across the years, I've noticed that most of us try and "Fill our Cup" with a combination of these 3 things:

- 1. People-we say to ourselves, "If I could just meet or marry the right person, then I'll be fulfilled. All will be OK."
2. Places...or we think, "If I can just leave here and get there (whether on a vacation or a PCS), then things will really turn around—"I'll feel better."
3. Position-Sometimes we believe, "If I could just get out of this job and into new responsibilities, that would solve my problem...then I'd be happy.

The only trouble with "filling your cup" with people, places, or position is that each of those things can turn rancid, acidic—they can eat holes in your cup. Instead of filling you, they can actually drain you: wives can leave, vacations can sour, and a new job can go as quickly as it came...deep down we know that, don't we?

Then doesn't it make sense to base our fulfillment on something that is immovable, unshakable, unchanging? What is that? God's love and acceptance.

Our cups are made to be filled, but only by 1 thing...God. Will you fill yours today?

- Talk to God, and confess what you've been trying to fill your life with and ask Him to pour Himself into you instead.

"He that cannot obey cannot command."



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Zero-In

*“Of all the Commandments, which is the most important? Love the Lord with all your heart, soul, mind and strength.”
-Mark 12:28-31*

When launching missiles on a target, the 1 thing that’s been known to go wrong is that the missile gets distracted or diverted due to clutter in the atmosphere or deception on the part of the enemy.

That’s why “beacons” have become so valuable—they “paint” the objective with a laser beam, and almost without fail, zero-in the missile on it’s target.

Today’s scripture is a “beacon”—it helps you “zero-in” on what matters most!

Don’t let yourself get distracted or diverted. Keep laser focus on the only objective that will produce lasting happiness—a 100% total commitment to honor God.

- What positive changes would you see in your life if you committed to love God with everything you’ve got?
- What’s keeping you from it?
- Could you pray? “Dear God, right now, I want to make a commitment to go your way 100%. I want to commit all of my heart, soul, mind, and strength to You and Your Cause.”

“Remember to keep the 1st Thing, the 1st Thing!”



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Spiritual P.T. - Day 28

*“Ask, and it will be given you; seek and you will find, knock, and it will be opened to you.”
-Matthew 7:7*

Totally Focused

Not long ago, a comrade in arms told me of his plight upon PCSing to Ft. Lewis from Korea. Within a week of his arrival, and seeing his family for the 1st time in 6 months, a rifle came up missing in his company. What happened?...You guessed it—a “lock down”.

For 30 days, no one went anywhere. The entire company had a laser focus on 1 thing and 1 thing only. No lead went unchecked, no stone unturned. Everyone was in a persistent, pervasive search mode. The command insured that everyone was relentless in their search until the weapon was found.

What are you willing to pay for what you want? Focus and persistence are the sharpened edges of a prayer request that cuts ice with God. Just like a canteen cup of cold water for a scorched, parched soldier in the desert, it’s not enough to ‘want it’...even if we ‘want it’ badly. Instead, we must seek, search, and ask if we expect to get something to quench our thirst.

- If you wanted to ask, seek, or knock for something right now, what would it be?
- Can you pray? “God, I’m going into a search mode, I want to pay the price daily in prayer to receive an answer.”

“A good leader is someone who can step on your toes without messing up your shine.”



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Spiritual P.T. - Day 28

*“Ask, and it will be given you; seek and you will find, knock, and it will be opened to you.”
-Matthew 7:7*

Totally Focused

Not long ago, a comrade in arms told me of his plight upon PCSing to Ft. Lewis from Korea. Within a week of his arrival, and seeing his family for the 1st time in 6 months, a rifle came up missing in his company. What happened?...You guessed it—a “lock down”.

For 30 days, no one went anywhere. The entire company had a laser focus on 1 thing and 1 thing only. No lead went unchecked, no stone unturned. Everyone was in a persistent, pervasive search mode. The command insured that everyone was relentless in their search until the weapon was found.

What are you willing to pay for what you want? Focus and persistence are the sharpened edges of a prayer request that cuts ice with God. Just like a canteen cup of cold water for a scorched, parched soldier in the desert, it’s not enough to ‘want it’...even if we ‘want it’ badly. Instead, we must seek, search, and ask if we expect to get something to quench our thirst.

- If you wanted to ask, seek, or knock for something right now, what would it be?
- Can you pray? “God, I’m going into a search mode, I want to pay the price daily in prayer to receive an answer.”

“A good leader is someone who can step on your toes without messing up your shine.”



**Mining For
Gold Amidst
The Rocks**

*"Give thanks in all circumstances."
-1 Thessalonians 5:18*

Charlie Wedemeyer had a small problem. No, it was huge problem. In his prime, as a high school head football coach, Wedemeyer was diagnosed with Lou Gehrig's disease—they gave him one year to live. Charlie proved them wrong though. Despite the relentless progressive nature of the disease, he coached for 7 more years. When the coach could no longer walk, his wife Lucy drove him up and down the sidelines in a golf cart. When he could no longer talk, she read his lips and relayed his instructions to the players. And in his dramatic last season as a coach, after he had gone on twenty-four-hour-a-day life support, his team won the state championship!

Though the realities of the Wedemeyer's life are harsh and ever present, though Judy has been told of her husband's impending death, she has not become bitter—she has become better. Both have turned their "stumbling blocks into stepping stones". Listen to Lucy, "I think we communicate and understand each other better today than we ever did...if you don't think some in difficult circumstances can find happiness and contentment, if you doubt the contagious quality of joy, well, you've never seen Charlie smile...I wouldn't trade my life for anybody else's. It's been so rewarding."

Joy didn't happen automatically for the Wedemeyer's, and it won't for you and me either...we have to look for it, dig for it, mine for it. Will you today?

"The only difference between a stumbling block and a stepping stone is how you use them."



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Spiritual P.T. - Day 30

“Confess your faults one to another.” -James 5:16

Paradoxes

Paradox. No the word doesn’t mean a collection of 2 doctors. (there’s nothing like a good joke, and that’s nothing like a good joke.) Actually, ‘paradox’ is a noun used to describe something that at first glance looks false or contradictory, yet under further examination, is in fact true.

An example might be, “violent force can be a tool for lasting peace.” At first that may not sound quite right, but in fact, it is true.

In our business appearing confident, seamless, and without blemish is a full-time preoccupation. If we’re honest, most of us will admit we expend sizable amounts of energy trying to impress those around us while camouflaging, the best we can, our shortcomings and errors. We’re quick to point out our successes and reluctant to own up to our faults.

Do you want to know a little secret I’ve learned across the years? It goes like this, “sharing your successes will usually drive a wedge between you and others, while confessing your faults will usually cement you to those around you.”

It’s a paradox, isn’t it! Try it and see if it’s true...

- Name one fault you will confess and one person to whom you’ll confess it to...today!

“Pride goeth before the fall.”



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YOUR NOTES . . .



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