



It has never been more critical a time for Christian educators to uphold a standard of righteousness.

Societal standards are tumbling all around us; but there in the gap stand Christian parents and their families who have been challenged of the Lord to take back their God-given responsibility. God's standard of righteous is only seen on earth through God's people living in obedience to Him. Unfortunately the church has been asleep at the wheel and the state has happily taken the God-given authority from families and the church. It is now high time for

Christians to awaken from a slumber and wrest back that authority. That, of course, is easier said than done, but training our families is the main task for Christians.

The world is a dangerous place for God's people. For our children it is the more so as they are somewhat naive — they don't understand the deceptive ways of the world. They may know how to sin but do not understand how sin works and thus may be easily deceived into deeper sin without being aware.

The essence of sin is selfishness. Adam was created dependent upon and in unity with God, His Father. Sin broke that relationship and Adam became independent and began to act autonomously. He was never created to be able to do that successfully and his life became a disaster. Sin had taken over his life and had passed on to all men. The relationship with God had been lost and mankind floundered in darkness. Some believe children are born innocent until they sin, but sin is selfishness and

even the tiniest baby is thoroughly selfish. More importantly the Bible says that in Adam all die — all humanity was lost in its sin as a consequence of the Fall.

If this is the case it is clear we need to begin training our children from the youngest age. The fundamental presupposition to work from in training our children is to always be aware of the nature of the problem of sin, which in turn helps to identify wise discipline. Our goal is always to disciple our children to the ways and will of God.

This Issue

We are able to include details for the CHES program for 2013 with flyers now available from our website. In *Exploring Christian Education* we explore various aspects of the conflict we face as Christians with the world system. We publish an article from *Christian School Builder* with some good pointers to building self-discipline in our children and in Health we reproduce another article by Mary Jaqua (who writes on behalf of George Malkmus) showing how the body heals itself. Evelyn will miss her LEM Phonics Corner this time as she is presently in West Bengal in India.

I pray that this issue will be a blessing as you seek to serve the Lord in education.



CHES

Although some CHES seminars were not well attended in 2012, we have decided to continue presenting them for the sake of those who come along and find the day an encouraging blessing. For new home educators it is also a great opportunity to peruse the many books on offer.

We will be making an effort to promote CHES more effectively this year, as a number of people lamented they had not heard about the seminars.

CHES Seminars 2013

| | |
|-----------|-------------------|
| Adelaide | Saturday 11 May |
| Perth | Saturday 29 June |
| Melbourne | Saturday 6 July |
| Sydney | Saturday 3 August |

Book Displays

In driving to the various capital cities from Canberra we pass through many regional centres where a book display of LEM resources could provide a valuable opportunity for local home educators.

There is no entry charge for these book displays and we bring a wide range of materials for viewing and purchase.

If you would like to host such a display please contact our office (details on back page). All we need is someone to book a suitable facility and be a contact person for us — we'll do the rest!

[Click here for more information and flyers for all CHESS seminars.](#)

International

India and Nepal

Evelyn Garrard has returned to Nepal and India for another two months from early January 2013. This time she is conducting LEM Phonics seminars in Pokhara and Chitwan in Nepal, then moving in early February to Mt Carmel Christian School in Kalimpong in India's Darjeeling district. Then she goes on to Gangtok, Sikkim and possibly some other areas that were not confirmed when she left. Please pray for Evelyn as it is quite an adventure and things never turn out as expected. We are hopeful that this round of training will see LEM Phonics established in several schools.

Papua New Guinea

Challenges continue for our friends in PNG. The government decided to discontinue outcome-based education (OBE) and now want a replacement program in place for the 2013 school year — an impossible task. Mesia Novau has not been daunted and continues to work away on this issue with some doors opening. Each year seems to be a new opportunity but each time poor

organisation and decision making at the highest levels make it exceedingly difficult to see anything properly established. As LEM Phonics is a comprehensive system it does require good management for it to be successfully established in one school let alone a whole nation. Your prayers for Mesia and his team would still be greatly appreciated as the school year rolls ever closer and decisions are not made. Despite the uncertainty there appears to be some good progress.

Peru

Our representatives in Peru, Bob and Frances Relyea, continue to make great strides in that nation. They greatly benefitted from their three months at home with family and friends and we enjoyed a weekend with them here in Canberra. They return in late January for another two-year stint in Peru and Peter Frogley will join them on 12 February for conferences in Piura (in northern Peru) and Lima. They will continue building a local team to continue the work when they return to Australia. One interesting development is that after many years of silence enquiries on Christian education and creation science have recently come from other Andean nations such as Ecuador, Columbia, Bolivia and Chile. ■



No. 87: Us vs the World

In the last issue I wrote about new beginnings for the new year. That new year is now well underway (ready or not) and I trust it is bearing good fruit in your family.

We looked at ideas that can govern the way we train our children so that they can be strong in the Lord.

It is unfortunately the case that however strong we think our children's faith may be, they are too often not a match for the deception of the world. Our children, like their parents, have a problem with sin which is their natural default position. That is to say they do not need to learn to sin — it just comes naturally! Thus when they are exposed to the sin of the world their Christian values are assaulted and too often they capitulate, often through lack of experience.

We understand that sin is rooted in independence, which is the opposite to obedience, so it is to be expected that our children, as we have, will struggle with

wanting to pursue independence. This pursuit intensifies as they soon discover that the world worships independence. Thus to be 'cool' or 'sick' (which apparently means to be accepted by the world) one needs to demonstrate a measure of independence and that is an area of potential conflict in our families.

Conflicts

What are some of the conflicts our children will face at the various stages in their lives?

The world is thoroughly selfish and even we as Christians face the constant challenge of our own selfishness. So too, our children must also wrestle with this besetting evil. That is notably what teenage years are about — those unstable years of erratic and unpredictable behaviour which I think often leave our young people amazed later in life at their own poor behaviour and lack of wisdom. All that independent energy and wilfulness needs to be submitted to our Lord, who alone can make the necessary changes and bring forth good fruit.

I am sure we are all aware that Christ is delivering us daily through the sanctifying work of the Holy Spirit. Through that work we begin to understand the new standard, the Word of God, by which we have been called to live in the power and discipline of the Holy Spirit. The reality of this change in our own lives brings with it an increasing desire to see the same power of God at work in our children. And although the training and equipping of our children is carried out by rather imperfect parents we

can be encouraged by the perfection of our trainer, the Holy Spirit. The exciting aspect of this training of our children is that God's work is not limited to them but of necessity involves us as parents in this exciting journey. We must, however, always keep in mind that all the training and equipping in the world is still inadequate without the unction of the Holy Spirit, and He will call us to live by faith, trusting the Lord's wisdom and guidance.

there is no day off in this battle

The Battlefields

The world's system comes to us and our family members in every area of life — and there is no day off in this battle. You are going to need the Holy Spirit on the job with you each day. We have already established that the underlying issue we face each day of our lives is selfishness. So to bring about change we don't attack the symptom of selfishness, but seek to address the cause — selfishness itself!

The battle in our children's lives begins from the beginning — that is from the time of birth. But let's jump forward to the two year old who has learned the most important word is NO! Perhaps that is because they have heard that word from their parents so often that they think that is what they are supposed to say to every situation they face!!! Seriously; they are telling you that they want to act independently — they want to be like the rest of the world. But

that child is too young to run the family as yet. Don't lose that fight, because if you do you are on the way to losing the bigger battle.

Next it is the challenge of settling down to formal education, which is again a challenge to their independence to be able to do whatever they fancy. Incidentally that is why the experts tell us we must make education interesting and fun, until we find that the content has been removed because learning serious stuff was not 'fun' and thus Johnny can't read, write or add up. Don't lose this fight either, because if you do the battle is now almost lost.

Then comes what is popularly called the teenage years — 'young adult' may be a better term, as it implies growing up. The experts tell us this is a difficult time when teenagers are discovering their identity; their individuality and even their independence (there is that word again). The world tells them of the 'generation gap' — the idea that parents are a different breed and therefore incapable of understanding the self-centred, independent needs of their teenager. The truth is that this is a philosophical gap. The Christian parents are holding to a biblical position (a biblical world view), whilst the child has been enlightened — their eyes open to the world of sin. Their eyes are open and they perceive as Eve of old that they too can be as God; deciding for themselves what is good and what is bad.

Now if your teenybopper has survived until graduation from school and has not gone

completely mad you should send them off to University for the world to complete its task. The battle has been lost, but most parents lament 'What happened to that lovely little boy or girl?'

Is there an alternative?

Of course there is — the method developed and approved by our Creator. Our adaptation of it is not always fool-proof but it will give your children the best chance of staying faithful to the Lord.

That method you would know is to

train your child in the way he should go and when he is old he will not depart from it. *Proverbs 22:6.*

Paul says it well:

And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Ephesians 6:4.

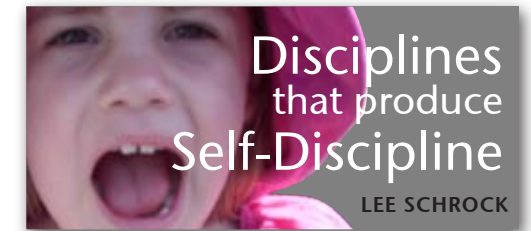
Translation — if you don't want your children to be angry and frustrated, train them in the ways of the Lord. That is, disciple them according to the Word of God.

You have heard it before, you say, and it does not work. Well, there is no alternative in God's word!

The operating principle is that we are conforming our child from the independent ways of sin and the world to the ways of obedience and discipleship — the way of Christ. It is not incidental that Jesus' followers were called 'disciples'.

This is the battlefield — don't forget it, for the fight is on every day, but in the midst of it all God will give you the wisdom and courage to address and win each little skirmish along the way. When we understand what is going on, dealing with independence and selfishness it makes it easier to address issues of life as they arise.

You have been called as the head and not the tail — God is with you to help you win the battle in and for the Lord. ■



Is there something wrong with a child when they seem to deliberately laugh louder than the others in their school room?

Or with the student that cries when their grades are not as good as they would like them to be? Or with the student who cannot seem to stop giggling during class? Or with the student who seemingly cannot sit still during the devotional period? Are these actions caused by physical problems that must be accepted as part of that individual, or can they be brought under control by discipline?

Discipline is training that builds self-control, character, orderliness and efficiency. Training is not only telling but also physically

restraining that emotion or action. Training must be repeated again and again. Habits do not release their victim easily.

It would be nice if children would automatically develop self-discipline as they mature. Some are more inclined to self-discipline than others are, but it seems that all children need to be helped to develop it. Because of their personality, some children have no idea that they are out of place when they let their emotions control their actions. They need to be taught by training that it is wrong to impose upon others by their unrestrained excess.

Some children have a much harder time controlling themselves than others do. But children never existed whose behavior could not be improved by disciplining them until they learned to discipline themselves.

At Home

The foundation of self-discipline should be built before children start school.

Children must be taught to pray. When the family prays in their family worship and at meals, they need to learn to keep quiet. As they get a little older, they learn to think along with the one who is leading in prayer. At most such times, they will also like to pray their own prayer.

The parents need to teach them to forgive others for the wrongs they do to them. What happens when they come home from school and report that Johnny was mean to them today at recess, going into great detail and talking about how they would like to make

Johnny pay for it? They should learn that they may tell their mother what happened, but they dare not harbour ill feelings against the one who wronged them. They also should be taught that it may only be an imagined wrong. Forgiving is a real discipline because it is so contrary to human nature. When they learn to forgive from the heart, children have learned a good lesson in self-discipline.

They also need to learn the discipline of apologising when they have done something wrong to another, even if it was because of a misunderstanding. Usually, they will not feel like apologizing, even if they realize they were wrong. But if they are made to apologize at home, it will help them to do it at all times when it needs to be done.

Training must be repeated again and again. Habits do not release their victim easily

The child must be taught to endure the distasteful. If they are required to wash dishes cheerfully, it will help them twenty years later when one of their own children plugs the plumbing and they need to open the sewer pipe to unclog it. A job well done brings a lot of satisfaction, even when one does not like the job. No one can get away from all unpleasant tasks. The sooner a child learns that they may as well get to the job and get

it done, the better this habit will serve them later on.

They should be taught at home to control their emotions. Some children tend to cry every time something crosses their path. Perhaps they learned to cry as a way of getting their own way. They need to learn that it is not wrong to cry at appropriate times, but crying must be controlled. At the other end of the spectrum are those children who laugh when they should be serious. They need to learn that, although the ability to laugh is God-given, excessive laughing is obnoxious. It also keeps them from looking at serious situations seriously. Getting excited at many little things may also be excessive. 'I was excited' is no excuse for misbehavior: God expects us to control our emotions rather than letting them control us.

At School

School is a good place to reinforce disciplines already taught at home. During class time, students need to sit still without kicking their feet, clicking their pen or making other disturbances. At times, students need to stand in line, waiting their turn at the water fountain. They need to learn patience with others who seem to take longer than they should.

Sharing is all-important in school. Students need to learn that they are not the only fish in the pool. They must share books at times; they must share the teacher's time; they might need to share their lunch too, if someone failed to bring theirs. They must also share time to tell some exciting news

while others are bursting to tell something that interests them.

Students must learn the discipline of submitting to authorities other than their parents. In school, the teacher is the authority. In fact, at no time in life will anyone be able to free of some authority over themselves. Learning to submit while young makes it so much easier to submit to all authorities over them when they are an adult. It is very difficult for an adult to learn submission if they have not learned that discipline as a child.

The discipline of learning to endure the distasteful must be practiced in school. When the snow is just right for sledding at recess and the sun beckons from outside, studies must still be completed. In the spring when the birds are singing and the creeks appear so inviting, the student must still sit inside the stuffy room, working. What discipline that takes! But it helps so much later if they learn it now.

It is a blessing that, as we impose discipline on our children, we ourselves are challenged to revive some of those disciplines that have become dormant or stagnant in our own lives. It gives us a refreshing zest for life as we relearn self-discipline. May the Lord bless you as you impose discipline on your students and imbibe some of it yourself.



How the Body Heals Itself

The body is a finely designed machine.

The psalmist David declared in Psalm 134:14, 'I will give thanks unto thee; for I am fearfully and wonderfully made: Wonderful are thy works; And that my soul knoweth right well'.

When one considers the structure, constitution, functions, and abilities of the human frame, it is evident that this handiwork is beyond the mind, skill and technical ability of man.

Did you know some of these little-known facts about the human body?

- The body is comprised of over 100 trillion living cells that are highly complex and unique in function.
- Each cell generates its own electrical field, which at times is larger than the electrical field near a high voltage power line.
- Each cell has its own internal clock, switching on and off in varying cycles from 2 to 26 hours, never wavering.
- Tears are salty because they are derived from the salt water in the circulatory system.

- The average speed of a sneeze is 68 miles per hour.
- The lung cilia that sweep the mucus up the trachea vibrate 1,000 times per minute.
- Each blood cell returns to the heart every minute.
- The mouth has nine thousand taste buds.
- The human brain has the capacity to hold the equivalent of 25 million books, enough to fill a bookshelf 500 miles long. This capacity exceeds that of the Library of Congress that contains 17 million volumes.

The Body: A Living Organism

Unlike inanimate objects, we breathe, move, eat, drink, laugh and cry. We live because we are formed as offspring of the Ever-Living: the Creator Himself.

Health and healing are based upon respect for the Almighty and the living body that He has given us. Our bodies are unique physically, emotionally and spiritually.

The Body: Designed To Run On Living Food

Scripture is replete with evidence that the Almighty not only gave us the instruction manual (His word) for the care and keeping of our earthly temples (bodies), but also made provision for the body's physical, emotional, and spiritual needs. His first instructions to man for the sake of his well being included a menu plan. He instructed His creation to eat plant-based foods.

This original diet is recorded in Genesis 1:29:

And God said, 'Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food'.

That God specifically addressed diet (telling us to eat natural, whole foods) should speak to us of the importance that diet plays in relation to health. The herb of the ground (greens) and fruit of the tree were created for us. So it is that natural, whole, living (raw) fruit, vegetables, seeds, nuts and whole grains prove to be the best food for ultimate wellness and longevity.

The Body: A Self-Healing Machine

God designed the body to be self-healing. He gave it an internal instinct and know-how to correct itself should the need arise. Hence, it is no surprise that the loss of his spiritual eyesight eventually caused Adam to stray from God's original diet plan. Whole, living foods were replaced with cooked and 'forbidden' foods, as outlined in the books of Exodus, Leviticus, and Deuteronomy. Whereas God was forced to install a dietary code for the preservation of His people, it must be understood that this code was for a specific time and purpose and did not replace His ultimate diet plan as found in Genesis 1:29. This truth is evidenced by the fact that living foods contain a sustaining life-force that preserves the physical frame and initiates the self-healing mechanism of the body.

Whether it be sickness, pain, disease, dietary abuse or malnourishment, the body has the ability to heal itself if given living food. So it is that God is loving, kind and merciful to provide a natural, wholesome way that we can be healed of our physical, emotional, and spiritual distress.

The Alternative Route

It is no surprise, then, that the road to health and wellness is a natural way, albeit an alternative route in the modern world. For most people are travelling a broad road that leads to sickness and often early death, seldom understanding the underlying cause of their ills.

Some have discovered how to reclaim their bodies from many of the ravages of sickness and disease through the wonder of a live food diet and invigorating exercise. Since many health problems are the result of poor diet, improving one's diet becomes imperative to good health, especially if life-threatening conditions exist.

Natural, whole foods assist the body's ability to heal itself. Implementing a juicing program and incorporating living foods into daily meals is important as is eliminating harmful 'foods' such as processed/junk foods and animal-based foods (meat, dairy, seafood), refined sugar, and refined grains.

It is equally important to supplement our diets with healthy food supplements so that the body will have maximum power to rebuild itself. Without proper and sufficient nutrients, the restoration of the bodily temple cannot be accomplished. ■

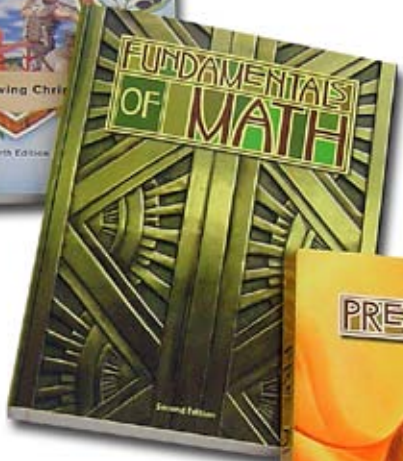
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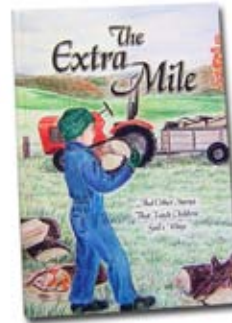
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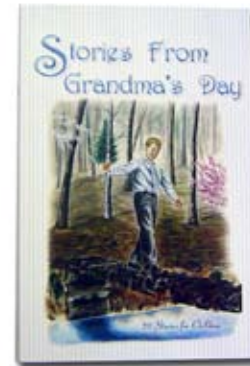
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Light Educational Ministries is a faith ministry, working in the area of Christian education.

Our Ministry is to spread the vision and concepts of Christian education. Light Educational Ministries staff are available to share with and assist groups interested in or involved with Christian education. Our staff prepare and distribute resources and develop curriculum and LEM training programmes.

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