

Faith of our Youth

inside...

The poster below hangs on the wall over my weight bench.

It serves as a constant reminder that although physical training holds

some value, godliness is profitable for all things. Yet we as Christians can still learn from athletes, especially runners. Runners practice several techniques

*"For bodily exercise profiteth little; but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."
—1 Tim. 4:8—*

that help them win a competition, and we could be strengthened by practicing these same methods. Indeed, such godly cross-training is necessary if we plan to be victorious at the finish line of life's most important race.

Out of the starting block, we should condition ourselves, both mentally and physically. On the mental side, 1 Cor. 9:24, 26 demands that we run to win. Mere "going through the motions" without aim is insufficient; the right attitude requires that we as Christians run "in such a way" that we will be able to win (1 Cor. 9: 24, 26).

(See "Godly" on page 2)

Time: Friend or Foe?

Dan Huff

I have been so busy lately, I don't know if I will find the time to do all I need to accomplish. Where will I find the time? Maybe you can relate to this problem. It causes a person to wonder and ask the question: time, is it a friend, or is it a foe?

To some people time is an enemy. For example, young people in school might think time is an enemy to them when they say, "When is this class going to be over?" Another example is a soldier during wartime. The longer he is away from home and his family, the more he thinks that time is an enemy. On the other hand, time would be a friend to a person needing to obey the Gospel before death. What about meeting deadlines? Way before the deadline, time would be called a friend, but as the deadline draws nearer, time becomes an enemy.

It is clear that time can be a friend or a foe.

What time is to an individual depends on the individual's attitude toward time. What is your attitude to-

ward time? Do you greet each day as another opportunity to serve the Lord? Or do you dread getting up in the morning? Our attitudes will determine how we use the time the Lord has blessed us with.

It is hard to believe that summer is here, and spring is gone. Wow! It seems just like yesterday we were bringing in a new year, and now one half of 1995 has been here and gone, vanished, never to be lived again. It makes one look at his life and time in general. Time can be as fine sand. No matter how much you grab, no matter how wisely you try to use it, it just slips right through your fingers. Thus we have a reason to always search for ways to use the time the Lord has given us most wisely to His honor and glory.

Mankind can not get enough of time. To prove this point, while on her death bed Queen Elizabeth I said these last futile words. "All my possessions for a moment of time."

(See "Time" on page 4)

Modest Apparel
Working in His Kingdom
"Here & There"
In His Service

Stephanie Moody Page 2
Paul Eccles Page 2
Page 3
Dan Green Page 5

"Modest Apparel"

Stephanie Moody

Recently the congregation at Martensdale, Iowa, had a discussion on personal/physical appearances. Mostly it turned out being about the way we dress. Do you ever wonder if you dress the way a Christian should?

In 1 Timothy 2:9 it says women are to "adorn themselves in modest apparel." Also read 1 Peter 3:3-5. We need to make sure we dress properly or we could cause someone else to sin. Do we dress to attract others? Wearing a short skirt, short shorts, tight clothes, a man with his shirt off, or even a bathing suit can cause another to sin. Matthew 5:27-28 says, "Thou shalt not commit adultery: *But I say unto you, that whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*" The same can be true with a woman lusting after a man.

Some brethren are offended by the way some of us dress. We may cause brethren to not look our way because the way we dress may cause them to think bad thoughts. We are our brother's keeper. We are sinning if we cause another to sin (1 Cor. 8:9-13).

What do you want someone to be attracted to you for, your inward or outward appearance? You can be beautiful on the outside but full of evil on the inside (Matt. 23:27, 28). It can also be the other way around. We need to be careful when choosing what to wear not only when going to services, but also out in the world.

Think about it the next time you get dressed. Are you dressing the way a Christian should? Would you want to be dressed that way if Christ were to come? Would you be embarrassed with what you were wearing (Rom. 12:1,2)?

Ask yourselves these questions when you are getting ready in the morning. Are you dressed the way a Christian should be?

Stephanie Moody lives in St. Charles, IA. She is 14 years old and in the eighth grade. She is a member of the Lord's family at Martensdale, IA.

"Godly" (Continued from page 1)

On the physical side, Christians must exercise self-control in all things (1 Cor. 9:25).

Just as athletes adhere to a strict diet and daily physical training, we need to prepare regularly with rigorous study and practice of God's word. If we do not discipline ourselves to withstand the temptations of the world, we run the risk of being disqualified (1 Cor. 9:27).

The next step is to play by the rules. Of course, our rules are found in the Bible (2 Tim. 2:5). No short-cuts are allowed. We must play by God's rules, not ones we make up. These rules apply at all times, not just on Sunday mornings.

WORKING IN HIS KINGDOM

Paul Eccles

Once we become Christians we need to work in His Kingdom. Sadly it is often the case that ten percent usually do the work, and the rest of the ninety don't. Instead of doing the work, the majority seem content to do nothing. Some of the ninety percent will even look for reasons not to do the work, be it a golf game, other sports event, school, or work.

How sad this is when our lives should first and foremost be devoted to Christ. "And whoever does not take his cross and follow after me is not worthy of me" (Matt. 10:38). In that same chapter, verse 34b, He said, "I did not come to bring peace, but a sword." Yet we sit in fear of what the world thinks—in some cases this includes family—and refuse to do the work for the cause that He died for. We are told in Matt. 10:38, "Do not fear those who can destroy the body and not the soul, but He who can destroy both body and soul in hell" and again in Rom. 8:31, "If God be for us, who can be against us?" Why then should we continue to refuse to do His work? Is fear our only reason?

We should be devoted to His church since it is His bride (Rev. 21:2). If we being his bride live as the Gospel would have us

(See "Kingdom" on page 5)

In the earthly race, the runner may have to jump over hurdles or encounter obstacles. In the Christian race, we must overcome stumbling blocks. Fortunately, 2 Pet. 1:5-7, 10 tells us how we can accomplish this feat. As long as we Christians (applying all diligence, in our faith) practice moral excellence, knowledge, self-control, perseverance, godliness, brotherly kindness, and Christian love, then we will never stumble. Thus, we can overcome whatever the hurdle and continue the race.

No matter how far away we are from the finish line, godly cross-trainers must keep their eye on the prize. This exercise requires three steps. First, Christians need to be pointed in the right direction. That is, we must reach forward, not backwards (Phil. 3:13). Second, we must press on to the goal (Phil. 3:14). Standing in one place will get us nowhere. Finally, we ought to recognize the prize. Our heavenly trophy is found in numerous places throughout the Bible. See, for example, 1 Cor. 9:25 (imperishable wealth); 1 Pet. 1:11 (entrance into the eternal kingdom); and 1 Tim. 6:12 (eternal life). It should also be noted

"We need to be careful when choosing what to wear, not only when going to services, but also out in the world."

"Standing in one place will get you nowhere."

