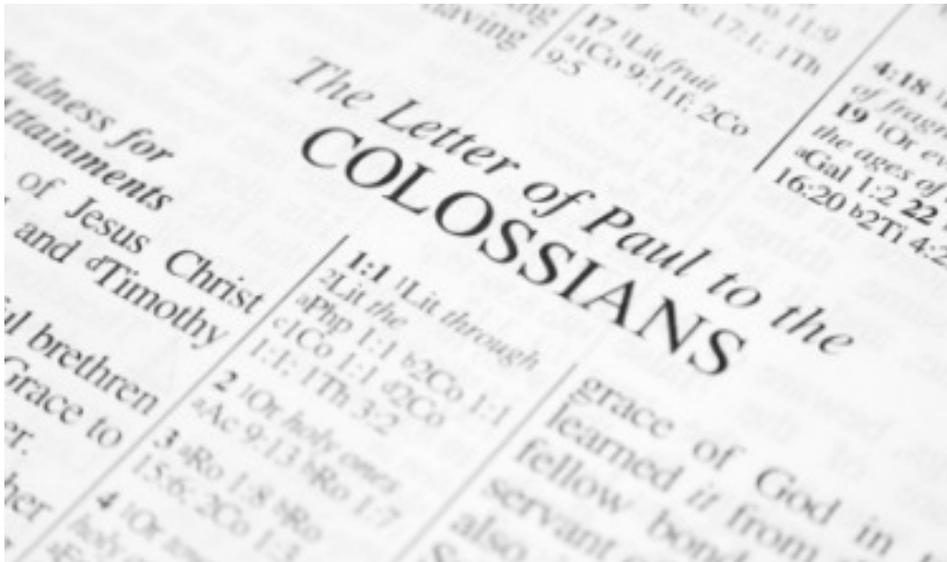


WHITEBOARD

www.c3monash.org.au/ministries/realmen

October 2013



WELCOME to the October issue of Whiteboard. This month the theme in our church is Colossians. The Apostle Paul wrote to the church of Colosse to declare the supremacy and sufficiency of Christ, and we'll hear some inspiring messages this month in church centred on this book of the bible. There's also some encouraging messages in Whiteboard, with Pastor Steve's Journey, and guys sharing on fatherhood and love. We also hear some more take-aways from the 2013 REALMEN Conference. Just a reminder that it's not too late to register for the men's breakfast with Jim Wallace - it will be a great morning of food and fellowship, with the added privilege of drawing on Jim's wisdom. Don't forget to send us any thoughts or stories you want to share with the rest of the guys, but for now, enjoy this month's Whiteboard.

WE NEED YOU

Whiteboard exists for the men of C3 Monash. It's not just a newsletter - it's a platform for us to share what's been going on in our lives, encourage others in our experiences and generally get to know each other better. If you have a story, scripture or something else you'd like to see published, let us know. We'll also include 'for sale' and 'wanted' items if you have them. Contact John Gallagher for any contributions you may have. And, of course, we welcome your suggestions and feedback.

Send your questions or contributions to: johng@c3monash.org.au

WHAT'S ON IN OCTOBER

MEN'S BREAKFAST WITH JIM WALLACE

When: Saturday 5 October 2013

Time: 8.00am to 9.30am

Where: C3 Church Monash

Cost: \$20.00 per person

Jim Wallace AM, is the Deputy Chairman of the Board of the Australian Christian Lobby (ACL).

The theme for the breakfast is 'Welcome to the War'. This is the last men's event for 2013. Food will be provided by Coyote Catering. Let's break our attendance record, which currently stands at 41.



Whiteboard • October 2013

THE JOURNEY

How we respond to feelings of shame is foundational, writes Pastor Steve White.

One of the observations I've made as a pastor over the years, is that men often find themselves contending with shame. Guilt says "I did something bad." Shame says "I am something bad." This kind of thinking impinges on our integrity and we find ourselves making compromises that reinforce our misconception that "I am something bad". A vicious downward spiral ensues.

We then take steps to avoid shame and this is where blame comes in. Where pride gets its start. When Adam screwed up in the garden, what did he do? He ran and hid. Shame. When God showed up, he said "The woman you put here with me—she gave me some fruit from the tree, and I ate it" (Gen. 3:12). Blame. Imagine a man blaming someone else instead of accepting responsibility for his own decision.

So the answer is to catch yourself emotionally. Resist the 'fight or flight' urge by **not taking things personally**. Realize how little of what's said is meant to cause you shame. **Listen objectively**. Consider what's being said and think about the motive of the person saying it. Once you realize how rare it is for someone to actually 'shoot at you' with their words, you'll relax. You'll respond differently and become a safer, smarter, healthier, more effective and more lovable person.

The key to all this is not that we *feel* shame but how we *respond* to shame. If it's true that we behave out of what we believe, then we have to get the *truth* in our noggins and keep on believing it. Not be shaken when we're attacked, questioned or criticized. Not get defensive.

Here's a way out: *Facts. Feelings. Friends.*

Facts – Colossians 2:14 (NLT) *He cancelled the record*

of the charges against us and took it away by nailing it to the cross. The facts are that you and I are *that special...* God loves us enough to redefine us. We are loved. We are special. We have no shame.

Feelings – Why let the feeling of being criticized or questioned define us? Drive us? "Own" us? It's just a feeling. Take a deep breath. "Process" who's talking and why they're talking. Realize their motivation. Believe it or not, it's usually coming from a misguided desire to help. Patiently respond and remember, don't take it personally.

Friends – Turn to Jesus. Shame comes from a lie, and its author is the father of lies. Shame comes from the darkness of evil, darkness cannot be where there is Light, so call on the name of Jesus and you immediately bring in the Light. When I feel my emotions rising, evoked by someone touching my 'shame nerve', if I can muster the presence of mind to pray...to say "Jesus, I need you right now," things stabilize and I think more clearly. That can get me

through the moment, but in the bigger picture, developing at least *one close friendship with another serious Christ-follower* is critical. A man needs a buddy... someone he can safely talk through these very personal things with. An equally transparent, equally vulnerable friend who's on the journey, trying to figure it out along with you.

Men, this shame thing is huge. I think it's foundational. If we can get our arms around this, we move further and faster toward being the man God made us to be.

With you on the journey

Steve

(Adapted from Radical Mentoring blog)

“We are loved. We are special. We have no shame.”



REALMEN CONFERENCE 2013

The RealMen Conference was held in Sydney on the 26th and 27th of July.

Following on from last month, here are some more encouraging messages that the guys brought back from the REALMEN Conference 2013. Thanks again to John Gallagher and Colin Webster.

Pastor Phil Pringle preached on the topic 'Welcome to the War'. Here are some of his key messages.

Training doesn't make men of valour - only war does!

According to the book of Kings, Elijah was a superhero who defended God over the god of Baal and slayed many false prophets. However, Elijah's greatest mistakes were:

- He left his servant and travelled alone – the journey is too great for any of us to travel alone.
- He neglected rest.
- He didn't eat when he needed to retain his strength – eat the food God has for you and you will

survive. Ephesians 6:10 says that we really only get strength for the day, so we need to fill up daily.

God will never ask you to do what you can do – he will always ask you to do things that will require you to push beyond yourself.

Often faith does not solve the problem but rather allows you to live above the problem.

Remember these things...

- Reach for the bible in times of trouble – the journey is too great for anyone if you do not read the scriptures.
- Lift your hands in prayer not anger – to pray is a humbling experience; prayer brings sovereignty over your life.
- A priority in life is to be planted in your church and be committed to it.
- Stand as the man in your family – stand in the gap for them.

- The war is to win men's souls – put an army of overcomers together and you will win the victory for souls.

- We are in the battle for the long haul, set into that fact.

- Be a rebel against your own Christian embarrassment.

- 'Finally, my brethren, be strong in the Lord, and in the power of his might'. (Ephesians 6:10).

On ageing well...

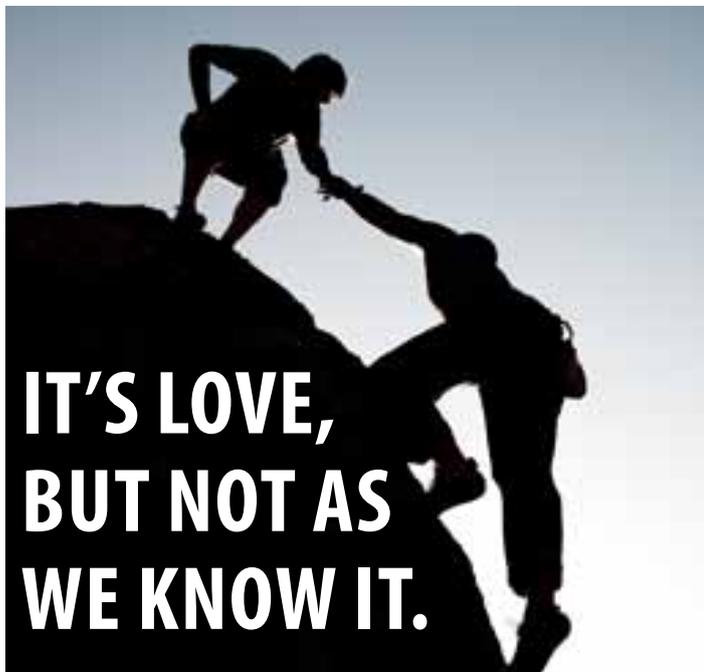
Build solitude into your life to replenish yourself, it is the greatest gift you can give yourself.

We need to create a healthy margin – the margin is the gap between where we are today in relation to our physical and emotional limits

We must purposefully set the margin.

Be intentional and disciplined in lifestyle choices.

Did you know that you can register now for REALMEN 2014? Next year's conference will be held on the 15th and 16th of August 2014.



IT'S LOVE, BUT NOT AS WE KNOW IT.

There's a passage of scripture in Corinthians that is probably familiar to more people than you think – Christians and non-Christians alike. I've always thought of it as 'the wedding scripture' because it's usually read out at weddings (mine included). You know the one I mean? It's the Apostle Paul's description of love in 1 Corinthians. For many years, at many weddings I'd listen to it being read out, then look over at the happy couple standing out the front, and think 'ah, that's nice'. But for a long time I struggled with the concept of applying 'love' to how I lived my life as a Christian each day (terrible, I know).

In retrospect, I suppose I had a very narrow view of love – 'ahab love, to use the traditional Hebrew word. This type of love is the world's common view of love, and it refers to our love of things (like food, a movie or football) and other people (like family and, in my case, Bear Grylls). How could I muster this kind of love *genuinely* towards my neighbour, let alone my enemy? Then I heard someone talk about *agape* love (again with the Hebrew!) and things slowly started to make sense.

Here's a definition of *agape* love from Strong's Concordance: 'an undefeatable benevolence and unconquerable goodwill that always seeks the highest good of the other person...the self-giving love that gives freely without asking anything in return'. That's challenging enough in the world we live in, right? So here's the kicker – *agape* is 'more a love by choice than chance; and it refers to the will rather than the emotion'.

With the Hebrew definitions in mind, I started to read about love in the bible from a whole different perspective and now, I think, I get it. Although, getting something and applying that thing to your daily life are worlds apart, and every day is a new challenge. Personally, the footnotes on 1 Corinthians 4-7 in my bible that complement the scripture itself have really helped. Every time I think that I've mastered love and can move on, God brings me back to this scripture and the notes for a refresher (at the moment, it's about every second day...). Maybe you've read it plenty of times too, but I've copied it below because I think it's something worth sharing.

1 Corinthians 4-7, NKJV (scripture in **bold**)

Love suffers long, having patience with imperfect people. Love **is kind**, active in doing good. **Love does not envy**; since it is non-possessive and non-competitive, it actually wants other people to get ahead. Hence it **does not parade itself**. Love has a self-effacing quality; it is not ostentatious. Love **is not puffed up**, treating others arrogantly; it **does not behave rudely**, but displays good manners and courtesy. Love **does not seek its own**, insisting on its own rights and demanding precedence; rather, it is unselfish. Love **is not provoked**; it is not irritable or touchy, rough or hostile, but is graceful under pressure. Love **thinks no evil**; it does not keep an account of wrongs done to it; instead, it erases resentments. Love **does not rejoice in iniquity**, finding satisfaction in the shortcomings of others and spreading an evil report; rather, it **rejoices in the truth**, aggressively advertising the good. Love **bears all things**, defending and holding other people up. Love **believes** the best about others, credits them with good intentions, and is not suspicious. Love **hopes all things**, never giving up on people, but affirming their future. Love **endures all things**, persevering and remaining loyal to the end.

This scripture and its notes have really encouraged me over the last few years. I hope they encourage you too.

- Tom Hall

A FINAL THOUGHT

WHO ARE YOU?

Long before I ever thought of a family of my own, I heard a saying that I have carried through my life as I have become a husband and a father.

Your son will become you; your daughter will marry you! Who are you?

The moment I heard this saying it shone a revelation into my world. Who was I? What sort of father and husband did I want to become?

I have been blessed with a great relationship with my father. I still fondly remember, from a very young age, spending many hours tagging alongside my father as he went about the work on our farm. As a busy farmer, my dad would always find ways for me to spend time with him. Even a day sitting on the tucker box in the header or the tractor with my dad was a day well spent in my eyes. This continued into my school age and teenage years, where I would start building stuff with dad or learning new skills - like using power tools, welding, riding motorbikes or other skills that are used daily in farm life. Even in my adult years, my dad is still there whenever I need. A few years ago when I was really struggling with my church life and had stopped going to church, he didn't nag me to start going back, but just reminded me every now and then that God is still there.

One of my fondest memories in the last few years was renovating our kitchen. Dad made the time to stop work and come down for the weekend and help out.

As I said, I have been blessed with a great relationship with my dad, and strive to continue this type of relationship with my own children. Sure, life gets busy, especially working 2 jobs, but no matter what, my kids still need me to be a dad. That's why I take the example from my own dad. Whether it is building or fixing something in my shed, cutting firewood to keep warm, or working the vegie garden, I always find ways to include my kids. There is nothing better than to be working in the shed or garden and see the joy my kids have when they can spend time with dad and be part of what I am doing. We all have busy home and work lives, so we need to be deliberate with the time we spend with our kids. I have built a mini workbench for my kids where they have their own gardening and other tools to be able to help me with whatever job I may be doing. My son Jack even has his own broom that he will run to collect to help sweep

up woodchips when we have finished cutting firewood. We also have the simple rule in our house that dad does bath time. At the end of a long busy day this can be tough sometimes, but my kids deserve my love and attention and the routine of bath time is a simple way to achieve this.

It can often be easy as dads to allow our wives to handle all the parenting, but God calls us as men to be leaders for our wives and families.

With Father's Day having just passed, I encourage you to think about what sort of father or husband you are, and what sort of example that is showing to your family.

For the younger guys that may not have kids or be married, think about what sort of father or husband you would want to be? Do you need to make a change in your life? It is never too early, I was 20 when I first heard this phrase and it has shaped my life to this day.

Your son will become you; your daughter will marry you! Who are you?

- Geoff Herbig

