inside.

"The Voice of Young Christian Paith"

GODLY CROSS-TRAINING

Lonnie McClintock

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

It serves as a constant reminder that although physical training holds

Tor bodily exercise profiteth little but gedliness is profitable unto all things, having premise of the life that new is, and of that which is to come."

— I Tim. 4:8—

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

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
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"Modest Apparel"

Stephanie Moody

ecently 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 adultry: "But I say unto you, that whosoever looketh on a woman to lust after her hath commited adultry 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 Christain 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?

Shephanie 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 Martenedale. 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

nce 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."

HERE & THERE

PRINCE ROAD - Congratulations to Nathan Cooper who graduated from Southwestern High School.

<u>NIXA - OZARK</u> - Congratulations to Elizabeth Jones who graduated from Nixa High School. Many are hoping Clayton will put down his hammer so they'll get to Eminence! Carrie is one of 32 cheerleaders without a sponsor - so if you know anybody.

SUMMERSVILLE - Jody and Heather completed their first year of college. Jeanine had a good year, but hard second semester - physiology! Jason is working at the mill and helping build a barn.

SMART ROAD. Congratulations to Darren Teghtmeyer and Brad Bratcher, graduated from Lee's Summit High School. Darren plans to go to Longview and later transfer to SMSU. Brad plans to go to MU at Columbia. Darren's working for TOYS R US - unloading toys. Kevin Hobbs got married May 5. Best Wishes!

ITASCA - Congratulations to Billy Gray for graduating from high school. Danielle reports an OK school year after a rough start. She took third place in doubles badminton.

GREGORY BLVD. - Michelle Hasty graduated from CMSU with an education degree. She will be able to teach English or Social Studies in high school. If you know of a job...

Gregory Nelson finished his second year at K-State. Kristi Green got married to Greg Loszewski on Nov. 26 last year. They're expecting their first baby about the same time this year. (Future grandparents are EXCITED!) We're gearing up for the ONE Week meeting July 29- August 4. Special topics planned for the teens include; Church History with Rick Sparks, separated discussion groups for guy and gal topics, and an hour of discussion together.

25th and OAKLEY - Richard Plattner won the prestigious Buck Buchanan Award, given to the top Kansas City area high school defenseman. He was a television star for a day! Congratulations are in order as he graduated from Blue Springs South High School and plans to go to college in Mexico, Mo.

<u>BLUE SPRINGS</u> - Leanna Graham graduated with honors and scholarships and plans to go to NEMS in the elementary education department. Congrats!!

TOPEKA: Angie Meeks was in Orlando as part of a band trip. She graduated from Shawnee Heights and plans to go to Emporia State. Congrats!!

OTTAWA - Kevin Morton is working in the Ottawa library and still playing his trumpet in summer band and the Ottawa city band.

<u>GARDNER</u> - Jared Eggleston graduated from Gardner-Edgerton High. Congrats!!

ANYWHERE ELSE - If I missed some graduates (I'm pretty sure this is not an exhaustive list) Congrats!! to you also. To all the graduates, may you walk in God's grace as you make decisions for your future.

that keeping our eyes on the prize will take us through some tough times. For example, Hebrews 11:24-29 tells us that by focusing on the reward, Moses was able to shun riches, endure ill-treatment with God's people, face the wrath of a king, and pass unharmed through the Red Sea.

Additionally, Christian runners have a tool which the earthly runner does not -- God. God is the ultimate power source. He lasts longer than the Energizer rabbit and replenishes more nutrients than Gatorade! Accordingly, those who plug into His energy will run and not get tired. See Isaiah 40:28-31: "Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he in-Even the youths shall faint creaseth strength. and be weary, and the young men shall utterly But they that wait upon the LORD shall

renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." We should never grow weary and lose heart when we follow our perfect leader, Jesus Christ, (Heb. 12:1-3).

In conclusion, godly cross-trainers must become the best athletes, use the best methods, and exert the best efforts. In return, we have the knowledge that we have the best Coach (God), the best playbook (Bible, inspired by the Holy Spirit), the best Judge (Jesus), the best cheerleaders (our brothers and sisters in Christ), and the best prize (everlasting life). Consequently, during the race, we should always remember Christ's promise: "Be thou faithful unto death, and I will give thee a crown of life." —Rev. 2:10—

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"Think of your life on earth as being just a drop in the vast well of eternity".

"TIME" (Continued from page 1)

James wrote, "For what is your life? It is even a vapor that appears for a little time and then vanishes away." (James 4:14)

Think of your life on earth as being just a drop in the vast well of eternity. Life's brevity brings us to the question, how have we used the last 90 plus days? Have they been pleasing to God? What do we do with our time? Have you ever heard,"I don't have the time." Do we really not have the time? God gives each one of us 24 hours in each day! Are we saying that God does not give us enough time?

Jesus was on this earth for about 33 1/2 years, which is a short amount of time compared to the average life span of man (60-70 years). Yet look at what Jesus did in that 33 1/2 year period, especially the last 3 to 3 1/2 years. Jesus proved that it is possible with the proper attitude and desire to find time to serve God. Jesus proved that it is possible for people to make time to serve God if they love Him.

We must determine what we will spend our time doing and how much time we will spend doing it. What and how much depends on our priorities. Why do we say, "I don't have time to meet with the church. I don't have time to pray to God. I don't have time to read my Bible. I don't have time to visit the sick"? It is for the same reason that we say, "I can't find the time to clean my room." Is it that we are not capable of finding the time to do something, or is it that it just does not rank very high on our priority list?

Read Matthew 25:31-46 and consider this. What are we going to say when we stand before The Judge at the Day of Judgment? "I'm sorry I just couldn't find the time to serve you Lord"? If we do, His answer will be, "I just couldn't find the time to write your name down in the Book of Life".

Time is a foe to many and a friend to many. Whether time is friend or foe depends on our attitude and how we use the time that God has so graciously blessed us with.

How are you using your time? In the Day of Judgment will you be found among His sheep, those who found and made time to serve the Creator, Master and Savior? Are you one of those who saw that time was a friend to be used serving the Lord? Or will you be among the goats, those who just could not find or make the time to serve the Almighty, King of kings and Lord of lords, The Righteous Judge? One of those who saw time as enemy, with not enough of it to serve themselves, let alone God?

We must each one decide for ourselves

what we will perceive time as and how we will use this wonderful gift known as time, that God has given us. Time, friend or foe, is in the eyes of the beholder. More importantly in the end is how we use that time the Lord has blessed us with, for we will be held accountable for that time we spend.

Time is indeed the most valuable thing a person can spend. How are you spending your time?

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"IN HIS SERVICE" (Continued from page 5)

The law of the Lord is perfect,
reviving the soul.
The statues of the Lord are trustworthy,
making wise the simple.
The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.
The fear of the Lord is pure,
eduring forever.
The ordinances of the Lord are sure
and altogether righteous.

Psalms 19:7-9

Young people, notice four things about that passage:

- There is authority in the words "law, statues, precepts, commands, fear, ordinance."
- There is character in the words "perfect, trustworthy, right, radiant, pure, sure."
- 3) There is promise in the words "revive, make wise, give joy, give light, endure forever, altogether righteous."
- 4) Finally, see that authority, character, and promise are all found in God!

My prayer for you is that you will come to appreciate the authority of God, and that you'll see that the character you want for yourself and your friends is found in the Lord God, and all that you could want for love and relationships is found first in the Lord God Almighty.

In His Service,

Dan

Dan Green (written by the oceanside in Belfast, Maine!) "KINGDOM" (Continued from page 2)

live we would have love for one another and be willing to die for His church. This would mean that we would submit our lives to doing the work of the Master. Let us not forget that Christ is the head of the church, as the husband is the head of the wife (Eph. 5:28).

We should do the work of the church ourselves instead of hiring others to go out and do it. Instead of hiring an evangelist we should evangelize. Instead of being contend to let one man spoon feed us, we should be feeding ourselves daily (1 Cor. 3:2; Heb. 5:12). As for the new Christians, it is best for them to yet drink milk and not do the feeding.

If we are feeding ourselves daily with the fruit of the spirit, then we should want to bring more to Christ. In so doing, we would desire to "serve all men everywhere so we might win them to Christ" (1 Cor. 9:19). If we are to be perfect Christians, we will serve all men becoming perfect servants (Mark 9:35; Eph. 6:5). For those who do the work of the servant in the church will be first in the kingdom.

As the farmer plants the seed into the ground and lets it grow from a leaf to a strong pecan tree, even so we must plant the Word of God in the world. The first door we knock on may not reach anyone, but if we continue to knock, the work will eventually pay off. Therefore, be patient, as with the farmer (James 5:7), and it will eventually pay off.

Christians are also compared to soldiers. Read Phil. 2:25; 2 Tim. 2:3-4; and Phil. 2. Those who have had military experience know that soldiers must go through basic training before going on the battlefield. We as Christian must continually go through basic training. Then we will be able to fight the devil, "who walks about like a roaring lion, seeking whom he may devour" (1 Pet. 5:8)

Many times I have heard Christians complain about the size of the congregation but do nothing to try to change it. If we are

IN HIS SERVICE

R ight from wrong - how does one decide? Is there even a right that is right all the time? In Serve, France there is an absolute, undisputed right! It is the meter stick that all metric measurements in the world are compared to! There is no question or argument about what is right - it is!

Since the beginning of God's interaction with man, he has been setting standards for man. In the Garden of Eden He drew a circle around a tree and said to eat is wrong, not to eat is right. When Cain had murdered his brother,

"God bas established, through Himself, by secumple and by His Word, that He is Bight!"

He asked, "What have you done?" indicating that He was a God of life and not murder. He revealed Himself to Noah as a God who rewards righteousness and punishes wickedness. He proved to Abraham that He's a God who keeps His promises (even if it's not on our time schedule). He showed Himself as a God of mercy to David. And through Jesus, He proved Himself a God of love

God has established, through Himself, by example and by His Word, that He is Right! Listen to what the Psalmist had to say,

(See "Service" on page 4)

one of those people who complain about the size of the congregation, what are we doing to change it? Ask not what we can get from our congregation, but instead, what can we give to it! For the only way we will get what we want from our congregation is if we put a little effort into it ourselves. Let us all be workers in His kingdom. By working we grow, our congregation grows and His Kingdom grows.

1333 Merchant St, Apt. 104 Emporia, KS 66801-5027 "Ask not what we can get from our congregation, but instead, what can we give to it."

"FOOY" VIEWS

es, time flies! It's hard to believe it's been one year since the first issue of FOOY was published. It's been a pleasure to help each writer publish their messages of faith. I know many hours were spent, for which I am deeply grateful.

All young Christians with the talent and desire to express their thoughts in writing are encouraged to submit an article for future issues of FOOY. Leaders and parents, encourage and assist your youth to contribute to this effort. All will benefit.

There is a perpetual need for young strength and enthusiasm to invigorate our congregations. Without it we become stale and stagnant. With the energy of youth pushing and the wisdom of age guiding we can have strong and vibrant churches. All members are important in the building as a "whole body fitly joined together and compacted by that which every joint supplieth "

Young brethren, don't be discouraged and quit pushing when your suggestions for a change are not implemented. Remember the leaders have the responsibility of keeping the train on the track. Learn from their experience and wisdom, for someday this task will be yours.

Leaders and guides, do not resist the force of change without good reason: "Truth" is the only good reason. Always explain the reason for accepting or rejecting a suggestion for change. If we can not explain the reason for our actions, we aught not be in the drivers seat. Encourage youth to push ahead, we need their energy to fire the engines and keep the train moving ahead. lest we be stalled by dormancy.

FOOY NOTES: There have been some requests for bundle mailings of FOOY to congregations for wider distribution to the general membership or others. Presently, the congregation at Ozark is funding the printing and mailing of approximately 250 copies. This includes one copy to each congregation and 150, or so, to young people on our mailing list. Costs per copy are high with small printing orders, somewhere around \$200 each printing. These costs could be reduced significantly, if there is enough interest in the brotherhood for bulk mailings of 25 to 50 to one address. If we could contract to have 1,000 copies printed I'm sure the cost per copy would be dramatically lower. Let me know if your congregation would be interested in bulk mailings for the cost of printing & postage.

Dwain R. Stoops

Faith of our Youth

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inside.

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

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