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"Hearts Up" is the official e-publication of keystounderstandinglife.com ("Keys" website). When we want to alert one another to something important or perhaps even to a potential danger, we usually say, "Heads Up!!" To assist us in being alert to spiritual dynamics behind our real-life experiences, we offer "Hearts Up"! This monthly e-publication works to inform, but mainly to help lift our hearts up during trials! The articles are intended to be substantial, giving you much to reflect on and work to experience with God; as such, the articles are "meaty." The articles often build on the Scriptural concepts discussed in the spiritual warfare materials we offer, as well as in other "Hearts Up" editions and on the Keys website. "Hearts Up" articles are intended to support readers who seek the spiritual growth in Christ which comes from interacting well with the Lord during trials and real-life difficulties. Our materials often talk about interacting with the Holy Spirit with the heart; this interaction is not about speaking in tongues, but about hearing, understanding and embracing the counsel of the Lord with our hearts. We trust the material will challenge you to desire more in your relationship with Jesus Christ in terms of interacting with Him in real-life decision-making and problem-solving. "Hearts Up" works to facilitate an on-going dialogue between readers of the Keys Series materials and the authors; so if there is a particular discipleship topic, issue, or sentiment you would like us to consider speaking to, Contact Us. If you received this edition of "Hearts Up" from a friend and wish to learn more about other features which sometimes appear in this e-publication, click the link below while connected to the internet or visit this menu button on the Keys website.



Statement of Faith

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SPIRITUAL WARFARE COMBAT TIPS

Satan's Tactic: Use Memories of Past Trials to Attack Christ in Us

Doesn't it drive you crazy when you are trying to remember something and you can't; then at other times you remember things without even trying? Sometimes this phenomenon is innocent and not a big deal, but at other times it is one of the spiritual dynamics that we might experience during trials. This article will look at how Satan uses this aspect of our minds against Christ in us. It will look at what we can do to be discipled by the Lord in those moments so that we can overcome this tactic of Satan and recall past trials with the peace of Christ in our hearts!



When you're at the grocery store and don't bring a written list, you may find yourself standing in an aisle racking your brain to remember what that other item was. Maybe you wander around for 15 minutes hoping something will trigger your memory. Depending on the situation we might get upset, but sometimes we are OK to write it off as no big deal.

On the other hand, at times we can remember some of the strangest things. Perhaps an old song pops into our heads and insists on staying there. We may find ourselves thinking random thoughts of something we saw on TV or of a person we haven't seen in a while. In many situations we might find this kind of thing an interesting facet of how God designed our brains to work, and we may even spend a couple moments wondering why it happens. This dynamic of the mind can be mildly entertaining, very warm and pleasant, and often we simply enjoy it.

...there are times when we are in trials and the things we remember are uncomfortable and can cause us problems!

However, there are times when we are in trials and the things we remember are uncomfortable and can cause us problems! Sometimes the things that pop into our heads can be quite painful, and we want to get those thoughts out of our minds. We want to "clear our heads" so that our hearts will feel better! In those kinds of situations, we may try to refocus our attention on a Bible verse we've memorized. We may refocus on a few quiet moments of prayer.

There are times when recalling a verse or praying to God is just what we need to reconnect with Him and be at peace during our trial. At other times it may not seem to be enough to re-center us in the peace of the Lord. We cannot always stop the strong memories that come to mind, which, in and of themselves, can actually create a difficult-to-get-out-of trial. Sometimes we can't shake the hurtful and painful feelings that seem to take us over. We kind of get trapped in unwanted thoughts! These are times when Satan is using the God-designed nature of our minds against us in a spiritual battle.

Memories may just seem to be mere thoughts, but sometimes they can cause a reaction within us that is not only real, but spiritually important. In spiritual terms, Satan can attack Christ in us, and create an entire trial for us, simply by triggering certain memories. Even though a memory of a long-since past painful trial doesn't mean that the past event is actually happening in the moment, spiritually *it is happening* and we have to deal with it. These spiritual dynamics of the mind happen because:

- 1. God designed our minds with two primary parts: the conscious part and the UNconscious part. He did this in order to facilitate spiritual free will.
- 2. God designed the two parts of our minds to work in relationship to one another, but the UNconscious is the more powerful of the two. It is from within the UNconscious that old memories are stirred up and fed to our conscious thinking. Sometimes that process can be relentless. While Satan may be behind all that, don't worry; the Lord will seek to use the experience to disciple and grow us during the trial. Our part is to learn as disciples learn.
- 3. The God-designed relationships between the parts of our minds will function differently at different times depending on...
 - a. ...the tactic (or scheme) Satan uses to attack Christ in us during the trial;
 - b. ...whether we are doing our part (with God in the heart) to transform our hearts and renew our minds during the trial.

So in a general sense, those are the conceptual reasons *why* our minds work the way they do in various trials. That may not offer much consolation; however, being aware of how the two parts of our minds work can aid us in trials. So while the knowledge itself may not transform our hearts to peace, it can help us to focus on doing our part in following the Lord through the transformation process when memories are playing a key part in a trial. (To learn more, *Feelings 101: Pain to Peace*, Chapters 3-6, goes in to greater detail about these things in terms of why God designed our minds the way He did, and how it relates to spiritual free will.)

What we want to zero in on here is what it means spiritually when our minds begin to have gripping and very powerful memories of past trials. We also want to focus on how we draw upon the Lord to be transformed and overcome Satan's attack when those memories cause a tough-to-shake trial. Before we go too much further, let's review the following Scripture and then clarify a Special Consideration. When we have painful memories in a trial, there are those who think of the following passage as justifying the desire to try harder to ignore or forget those memories.

Philippians 3:7-14 But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ, and may be found in Him, not having a righteousness of my own derived from *the* Law, but that which is through faith in Christ, the righteousness which *comes* from God on the basis of faith, that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death; in order that I may attain to the resurrection from the dead. Not that I have already obtained *it* or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of *it* yet; but one thing *I do:* forgetting what *lies* behind and reaching forward to what *lies* ahead, press on toward the goal for the prize of the upward call of God in Christ Jesus. (Words in *italics* are part of translation.)

Special Consideration:

- 1. In this passage, Paul talks about "forgetting what lies behind." He is actually talking about forgetting his "good accomplishments." Specifically, things he accomplished in the past for himself, without giving God due glory. Paul is not talking about forgetting painful memories.
- 2. When we are in a trial and memories of past painful events come up, then we must conclude that we are not "forgetting what lies behind!" In fact, we are remembering what lies behind! When this happens, it is spiritually important. It indicates there is something about ourselves that the memory is giving us a chance to transform! So, the goal is NOT to try harder to forget. The goal is to do our part in *being transformed* so that what lies behind no longer holds so much power over us. This aids in developing "godly forgetting!" This involves being discipled by the Lord concerning whatever it is that we are remembering. Once the transformation happens, the discomfort behind the memory will decrease, and we will move toward the kind of spiritual forgetting Paul demonstrated in his life.

When strong memories of past trials are surfacing in a trial in the present, the GOAL is to seek out what we must transform in terms of our identity in Christ!

We can experience trials today that involve painful memories of trials from long ago, even from our childhood. We can also experience trials involving discomforting memories of more recent trials. Satan can try to use either (and sometimes both) to steal away our experience of the peace of God.

PATTERNS: When memories of past trials come up, it is because there are "spiritual" patterns between those trials and the trial you are presently facing. While there may also be external patterns, the point is to discover the "spiritual" patterns. These patterns deal with similarities between Satan's attack on your identity in Christ both then and now.

External Patterns (be cautious with these)

External patterns are often the first kinds of patterns we recognize, but they aren't the best patterns to identify for discovering what we must do to be transformed! Let's look at an example of external patterns, then we'll look at some ways Satan deceives us with them.

External patterns are often the first kinds of patterns we recognize, but they aren't the best... for discovering what... to transform!

For example, let's say that someone is mistreating you today. When this happens you may find yourself recalling past trials where you also felt mistreated. If you are not being acknowledged for something you did today, and that really bothers you, you may find yourself remembering other times in your life when you felt similarly. External patterns can be different for different people, but you can easily identify the external patterns for yourself by comparing your present trial with whatever past trials you are remembering.

External Patterns – Satan Deceives Us with Them – Example 1. There is a particular scheme that Satan often pulls against us when we start focusing just on the external patterns between trials. Let's say you are feeling like your partner betrayed you somehow, or left you out in some way. Satan can trigger a memory of a time when you felt the same feeling of betrayal, perhaps even with your partner. But, sometimes we actually resolve the difference we have with someone in the past. When we face a similar trial today (even though we resolved our difference in the past), what Satan likes to do with the present trial is cause us to remember how we felt the last time *before* we resolved our difference! Satan tries to get us caught up in the feeling of betrayal so that we start wondering how long we are going to feel betrayed by our partner from time to time! In short, Satan can work to steal away the importance, and peace, of past reconciliations.

External Patterns – Satan Deceives Us with Them – Example 2. Let's say that one of your relationships involves a person who tends to focus everything around themselves. This particular relationship is unhealthy, but it is also one that is pretty significant in your life – you can't really get away from it. Maybe it is with a close family member who lives nearby, or with a co-worker or boss. When the person invalidates you in some way or doesn't show a genuine interest in you on a consistent basis, you feel left out and hurt. Let's say you also have some healthy relationships too. Those relationships are with people who do take an interest in you; they love you and lift you up. So one day one of the people who do love you unintentionally does something (or fails to do something) that causes you to feel the same kind of hurt and invalidation as you typically would experience in the unhealthy relationship... and BAM! In an instant your mind goes back to some injustices you experienced in the unhealthy relationship and you immediately conclude you are in fact being mistreated by someone who actually loves you! You don't immediately conclude that there might be some misunderstanding, or that you may be "reading things into the situation." Instead, you conclude you were just violated deeply, because it feels that way! This is a fairly common way Satan uses memories of past painful trials!

Perhaps you can start to see how Satan tries to add a whole new level of temptations and dimension

to the complexity of a trial by using uncomfortable memories. Satan tries to keep trust issues alive between loved ones, as well as believers. He tries to get unhealthiness in poor relationships to carry over into our healthy relationships. Satan tries to get us to feel twice the sense of hurt today by bringing up past memories of trials when our hearts ached and were disturbed. Satan schemes to do other similar things based on differences between our experiences. This is why it is so important to focus on identifying the Internal Patterns, or Spiritual Patterns, as soon as the memories start to surface with a trial.

When we are in one trial and we remember a past trial, then there are always "spiritual patterns" that link them together!

Spiritual (Internal) Patterns – What Are They?

When we are in one trial and we recall past trials, then there are always "spiritual patterns" that link them together! This is another God-designed result of Him creating us with minds that have both a

conscious and UNconscious part! Clearly then, when it comes to trials involving memories of past trials, the biggest tactic Satan tries to use against us is to keep us from identifying the spiritual patterns between those trials. While Satan seeks to hide the spiritual patterns from us, the Lord would help us see those patterns. The Lord would have us identify the spiritual patterns between past trials and a present trial. Discerning these patterns can help us greatly when it comes to discovering what it is that He is seeking to help us transform in the present trial. In this light we can be thankful for the memories that pop up sometimes during trials, even though they may be uncomfortable at first.

Identifying "spiritual"
patterns involves
identifying Satan's lie
about our true identity
in Christ! It is a key part
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Identifying "spiritual" patterns involves identifying Satan's lie about our true identity in Christ! It is a key part of godly introspection. Be aware that spiritual patterns don't always deal directly with what God wants us to do to respond to the trial, although they might. External patterns can cause us to jump to conclusions about how God would have us respond to a trial – that is often a result of Satan's deception. Unlike external patterns, the key part of the spiritual pattern is that it deals with similarities in how

Satan is using memories of trials to attack our sense of identity in Christ. Look at it another way. Spiritual patterns deal with the fact that the Lord is pointing to an aspect of who you are in Him and trying to help you see how Satan is lying to you about the truth of who you are in Him. The Lord allows memories of past trials to come up where Satan was lying to you the same way! In trials involving memories of other past trials, the Lord seeks to reaffirm to your heart that same aspect of who you are in Him!

Spiritual Patterns – Our Identity In Christ. So what is this sense of identity? This sense of identity is more than our knowledge of who we are in Christ. It is more than our conscious thoughts of who we are in Christ. It is about our deepest, most fundamental sense of identity – the part that resides deep within the UNconscious parts of ourselves.

Our deepest sense of identity deals with the fact that by believing in Christ we become a whole new person! That is AWESOME, and it is exactly why Satan lies to us about that identity and our sense of it!

During trials, we can become aware of how Satan is lying to us about our deepest sense of identity in Christ, even though the Satan's attack against us is fundamentally in the UNconscious. This possibility of becoming aware is another God-designed result of how the mind and heart can work together during a trial!

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Spiritual Patterns – **Discerning Satan's Lie.** The way we become aware of how Satan is lying to us about our deepest sense of identity in the Lord is by asking ourselves one or both of the questions below.

"How does this situation make me feel about me?"

"What does the external situation make me feel is true about me?"

While these questions center on feelings (heart disturbances), which can be extremely unreliable during trials, it is important to pay attention to those feelings long enough to find Satan's deception in them. This, in turn, helps us to discover to what truth the Lord seeks to open our spiritual eyes. The questions are worded in a way that helps us do that.

While there are any number of ways to answer those questions, there are four primary responses (shown below) that help us discover the lie about our identity in Christ, which Satan seeks to get us to embrace. The idea is to discover which seems to fit the best; use your heart for this part. Once you discover Satan's specific lie, the goal is to refocus your heart on God's truth about your identity in Christ. This will require change and, in submitting to the Lord in the process, it will lead to transformation of the heart back to peace! That shift can be harder in some trials than in others, but it is always important.

Examples of Satan's Lie about Our Deeper Sense of Identity vs. God's Truth about Who We are in Him

Satan's Lie	God's Truth
1. I am not good enough.	1. In Christ, I am good enough.
2. I am alone.	2. In Christ, I am connected i.e., not alone.
3. I do not have enough.	3. In Christ, I have enough.
4. I cannot be at peace.	4. In Christ, I can be at peace.

Figure 4.2¹

In many trials, Satan's lie about our deepest sense of identity will typically be 1, 2, or 3. Number 4 may not seem to make sense because obviously in every trial we start by losing our sense of peace. However, this particular lie deals with trials in which we already know *for certain* what God wants us to do to respond to the trial! We can tell number 4 is Satan's lie when we struggle to be completely at peace with doing what we *know* God wants us to do *because* that action will likely bring about an outcome or result we do not want! Experiencing God's truth that we can be at peace with exactly what He wants us to do obviously requires giving to Him our desires for a particular outcome.

Below is a little bit more information about the nature of Satan's basic lies, and how they are directly contrary to some specific things Jesus Himself said about who we are in Him! The following is another abbreviated excerpt concerning our new self – our actual identity in Christ – from *Feelings* 101: Pain to Peace.²

1. **I am not good enough**. Satan's lie is contrary to Matthew 5:14-16.

<u>Matthew 5:14-16</u> "You are a light of the world. A city set on a hill cannot be hidden; nor does anyone light a lamp and put it under a basket but on the lampstand, and it gives light to all who are in the house. Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."

2. I am alone. Satan's lie is contrary to John 14:23.

<u>John 14:23</u> Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him."

3. **I do not have enough**. Satan's lie is contrary to Matthew 6:19-34.

<u>Matthew 6:19</u> "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal."

<u>Matthew 6:31-34</u> "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

4. <u>I cannot be at peace</u>. Satan's lie is contrary to John 14:27 and Matthew 11:28-30.

John 14:27 "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful."

<u>Matthew 11:28-30</u> "Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light." (CAPS are part of translation)

Persevere In Your Part of Allowing God to Transform You

We may experience the challenges of dealing with tough memories when God is seeking to change and grow us in very significant ways. Perseverance is vital. No matter how frequently the memories come up, we must do our parts in transforming each time they do. Take one day at a time, but each day they do come up, make time to introspect and to embrace God's truth about you. Without an intentional, focused effort, it is very possible for the discomfort associated with the memories to steer us away from seeking out the spiritual patterns behind them. This, of course, would be Satan's goal.

While dealing with certain memories can be painful at first, really try to be thankful. That is sometimes easier said than done. But remember, the memories themselves afford us the opportunity to discover how our identity in Christ is being attacked. That is need-to-know information.

Whether your memories are traumatic or simply discomforting, realize that the Lord is with you always. He provides the way out too! The way out may not always look the way we expect it to look, so be open to the fact that He may be leading you in to a "new norm" for your life. Don't fall back to old patterns of solving your problems; don't fall back to justifying your former desires. Yes, Satan will seek to use memories to his self-centered advantage, but he can only do so if the Lord permits it. If the Lord permits it, He has something He intends to teach you. The Lord has a plan for strengthening you. So above all, don't strive to ignore or disregard the things that God is permitting you to remember.



For more about seeking out patterns, the two parts of the mind, transforming heart disturbances associated with painful memories, or connecting more powerfully with the Lord during trials involving memories, see *Feelings 101: Pain to Peace*.

HEARING THE HYMNS

<u>Tell It To Jesus</u>³

The words to this catchy hymn were written by Jeremiah E. Rankin (1829-1904). It has a quick beat, and it really gets your energy going. At the risk of appearing irreverent, I must say that this song is plain fun to sing. This isn't just because the tune itself is so uplifting; it's also because of the song's message of hope and possibility in Christ! "Tell It To Jesus" is definitely one of those songs that you'll find yourself humming during the week after you've sung it a time or two during worship!

To me, the really powerful part of this song is that it speaks directly to challenges we sometimes face – the challenges we sometimes don't want to have to face, even as followers of Christ! Mr. Rankin writes about the power of prayer in addressing the burdens we may have on our hearts.

Verse 1 – Are you weary, are you heavy hearted?
Tell it to Jesus, Tell it to Jesus;
Are you grieving over joys departed?
Tell it to Jesus alone.

Verse 2 – Do the tears flow down your cheeks unbidden? Tell it to Jesus, Tell it to Jesus; Have you sins that to men's eyes are hidden? Tell it to Jesus alone.

Verse 3 – Do you fear the gath'ring clouds of sorrow?

Tell it to Jesus, Tell it to Jesus;

Are you anxious what will be tomorrow?

Tell it to Jesus alone.

Verse 4 – Are you troubled at the thought of dying?

Tell it to Jesus, Tell it to Jesus;

For Christ's coming kingdom are you sighing?

Tell it to Jesus alone.

Chorus – Tell it to Jesus, Tell it to Jesus,
He is a friend that's well-known;
You've no other such a friend or brother,
Tell it to Jesus alone.

While Mr. Rankin suggests we "tell it to Jesus alone," I don't think he is saying we shouldn't share our burdens with our brothers and sisters in Christ. To me he is saying that, even when we do share with others, our eyes must always be on Jesus! Sharing is more than just venting. It is important to submit ourselves to the encouragement of others whom the Lord would use as tools to aid and reach us! However, Jesus Christ is the only One Who can *always* be there for us! He is the One with the answers we seek. It is fundamentally in Him alone where we find peace in times of trouble.

Notice that in the four verses, Mr. Rankin describes four general situations in which we must be talking with the Lord about what is on our hearts and in our minds.

- Verse 1 When we are not happy, not joyful, and are feeling disturbed!
- Verse 2 When we are carrying the weight of sins we've committed (which may also involve carrying the weight of the consequences as well)!
- Verse 3 When we have concern, worry, or fear over what may happen in a trial or about what the future may hold!
- Verse 4 When we are afraid of dying. Or, when life's difficulties are so tough that we are tempted to want to stop running the race God has for us because we want go to be with the Lord, perhaps even before He is ready for us to come home!

We all have faced struggles where we end up praying continually to our Lord Jesus Christ. We ask Him to protect us from harm, and to deliver us from the trial we face. We pray that He will bring the trial to an end, and to help us experience peace again.

But, unfortunately, we don't always immediately experience His peace within us in the moments we pray. Sometimes we do, yet at other times the trial can go on so long that it almost seems like part of the trial is about being tested to see if we will *keep* praying to God! It is in those trials that we have the opportunity to be discipled. We have the opportunity to learn more about praying with thanksgiving and transforming our hearts!

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<u>Philippians 4:4-7</u> Rejoice in the Lord always; again I will say, rejoice! Let your gentle *spirit* be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Words in *italics* are part of translation.)

In the chorus, Mr. Rankin's words hint at the deeper truth of what the Spirit of God was saying through Paul in his letter to the Philippians. Mr. Rankin words echo Paul's sentiment that in Christ Jesus, we have "no other such a friend or brother!" And while it seems almost overly simple, this truth is HUGE! We can experience this deep truth, but not solely with the mind; it must be embraced with the heart!

So it is completely possible to *rejoice* in the Lord during a trial! We *can* be anxious for nothing! In Christ, we *can* experience the peace of God during trials! But, to experience these things we must do our part in submitting our hearts to God during the trial at hand. We must do our part to cooperate with the Lord and shift our hearts from worry, anxiety, stress and concern, to peace.

That shift of the heart will require us to change something in us!

Practical Exercise: Double-check that you are praying with an attitude of thankfulness.

If we would go from worry to rejoicing, from concern about the future to certainty in the moment, and from any level of heartfelt pain to peace; then our prayers must include a true attitude of thankfulness. Our prayers must contain a true aspect of rejoicing! These are aspects of prayer that involve submitting the heart to change and growth *during that trial*! When our prayers do contain these heart-related perspectives and attitudes, we WILL experience the peace of God. And, that shift in us will make no sense from the world's perspective because so much is at stake; the world would argue we *should* be worried, concerned and uncertain!

Practical Exercise: If your heart shifts from pain to peace during the moments you are praying, identify the change God challenged you to make in you. If your heart doesn't shift to peace, focus on discovering the change.

When you "tell it to Jesus," and you are enveloped in the peace that passes understanding, don't be in so much of a hurry to move past the trial that you miss out on the opportunity to identify the change God challenged you to cooperate with! This is a great practical application exercise that involves honing our godly introspection skills. The more you reorient your attention on seeing how you submitted to God's change in you in those "easier trials," the more that action can help you in your more challenging trials.

When you "tell it to Jesus," and you aren't immediately enveloped in the peace of God, seek out the change He would make in you. Seek out what must be transformed in you in order to go from being upset, heavy-laden, or uneasy to gentle, relaxed, and peacefully confident solely in the Lord. The Lord speaks to our hearts about these things. Be active in looking inward. Find the change and feel peaceful about embracing it. Sometimes it may take a bit, but it will happen more quickly the more we practice submitting to the Lord within us.

Whether you choose to sing this song in your worship or not, remember the words and always tell it to Jesus!

KEYS WEBSITE ALERTS

Social Networking and Keys. Here we have a couple updates of info for you.

1. In case you haven't noticed, we've renewed our presence on Facebook (www.facebook.com/keystounderstandinglife). We hope you'll enjoy the "thought provokers" that we put on our Wall, along with other updates, events and info from *Keys*. Feel free to stop in from time to time and post your own thoughts if you like. Also, co-author William Sr. is on Facebook. If you'd like, you can connect with him: www.facebook.com/william.clark.sr

2. We've had a couple folks ask us how to share some of the content from the *Keys* website with their friends on Facebook. With our Social Network Menu, you can actually share with friends on many different social networks! Start by going to the *Keys* page you want to share. Find your favorite network on the little menu in the upper right corner of the page – there are over 300 social networks to which you can send Keys website pages. (The menu is a bit shorter than the one below, but when you put your cursor over it, a larger menu appears. If you go to "MORE," you can surely find your favorite from among 300+ social networks!) The littler menu appears on most of the main pages on the website, starting with the Home page.



HEART TO HEART

If you write poems, psalms, lyrics or prose of faith, and would like to share one of them with others in a "Hearts Up" edition, you may submit it for consideration for the *Heart To Heart* feature. You may also submit a personal story or testimony of your own to share how one of the articles or the *Keys* materials helped you draw closer to God during a trial. You can email your submission through the <u>Contact Us</u> page or send it to the snail mail address provided on that webpage. Be sure to read the **Contribution Guidelines** before sending us your submission. You can view those guidelines by clicking the link provided on the Contact Us page itself.

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ENDNOTES

- ¹ Feelings 101: Pain to Peace, William J. Clark, Jr. with CH (COL) William J. Clark, Ret., Innovo Publishing, 2010, 160
- ² Feelings 101: Pain to Peace, William J. Clark, Jr. with CH (COL) William J. Clark, Ret., Innovo Publishing, 2010, 156-159
- ³ "Tell It To Jesus", Jeremiah E. Rankin, (1828-1904) as quoted in The Baptist Hymnal, Convention Press, Nashville, TN, 1991, 451

If you find this e-publication beneficial to your walk with Christ and would like to give a gift to the *Keys To Understanding Life* ministry, you may do so by mailing your gift to our Snail Mail Address (our current Snail Mail Address is always listed on the Contact Us page on our website).

Our ministry is not yet a non-profit ministry, although our goal is to be a fully non-profit organization this year. As it is, any gift that is given is a "true gift" in the sense that it is not tax deductible right now.

At this time, donations or gifts to Keys To Understanding Life may be made out to: William J. Clark.

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