Non-verbal communication is one of those “natural things” we do that shows our true attitudes. Furthermore, research shows that our actual words only account for 7% of our communication. Remember the familiar saying—our actions speak louder than our words? Or the familiar rhyme—“our walk talks and our talk talks, but our walk talks louder than our talk talks.” Tone of voice, eye contact, posture, gestures, mannerisms, poise, and vocal energy (the remaining 93%) all communicate something about us. Communication means more than just talking—what we say is not nearly as important as how we say it. We can learn much about our children and ourselves by listening to the silence behind the words. When we train ourselves to listen to the silence, we find that the silence (the non-verbal communication) speaks loud and clear.

For instance, we can see obedience by our child’s actions. “Johnny, go dump the trash.” Johnny gets up and dumps the trash. He obeyed. Now we look at the attitude behind the action. Johnny got up, sagged his shoulders, looked slightly disgusted, sighed as he picked up the trash, slammed the door on his way out, threw the bag of trash into the container with excessive force, and then returned to his former task. Johnny said nothing, but he said so much. The message behind his actions spoke loudly and clearly: “I don’t want to do this. I don’t like to do this. Why does Mom always bother me with chores? Can’t she do it herself? I’m going to do it, but I’m going to do it my way.” Johnny may have obeyed outwardly, but he was far from biblical obedience. His heart attitude glared through his life action. Proverbs 23:7 says that “as a man thinketh in his heart, so is he.” Heart attitudes are difficult to hide, and our heart attitudes really do form the majority of our non-verbal communication.

Outward conformity does not always mean inward compliance. We need to clearly define biblical obedience so that our children understand the boundaries. They need to know that God is MORE concerned with the heart attitudes than the outward actions. Time and energy must be spent to deal with the heart attitudes (the non-verbal communication). Surprisingly to many of us, our children do understand the idea of non-verbal communication.

We are able to teach this concept by playing a game of charades with our children. Some possible emotions to act out could be anger, frustration, fear, shyness, confusion, excitement, shock, boredom, lack of interest, and determination. The idea of the game is to see how many emotions our children can name or describe when we use non-verbal communication to convey those emotions. We soon discover (along with our children) that we all listen to the silence more than what we think.

As parents we also have to be careful that our own non-verbal communication (our heart attitude) is consistent with our verbal communication. For example, Sunday morning arrives, and we say to our children, “All right kids, let’s get up and get to church.” The verbal communication seems okay, but what is our non-verbal communication saying? Is the...
expression in our voice enthusiastic or does it convey the “I'll do it if I have to” attitude? Do our children know that we look forward to Sundays? Remember the charades game—if we can read non-verbal communication, our children surely can too. Are we conveying a consistent message at home through our words and our non-verbal actions? Remember, what we say is only 7% effective; how we say it is 93% effective.

So what effective messages are being conveyed in our home? The following self evaluation gives us a beginning point in determining what kind of heart attitudes we are portraying or are allowing to be portrayed in our family.

- Do you avoid eye contact? Do you allow your children to avoid eye contact?
- Do you listen to your children with complete attentiveness or are you busy doing other things? Are you communicating your love by your non-verbal speech?
- What is your tone of voice when dealing with your children? What about your children’s tone of voice to each other or to you? What does your tone of voice when talking with your spouse convey to your children?
- Do you allow disrespect to creep into your home through the shrug of a shoulder, the slam of a door, the sour facial expression, the rolling of eyes, or the sigh of disgust?
- Do you praise good attitudes and expressions in your children?
- Do you increase your vocal energy in order to motivate a child to learn or encourage him to finish a job he started?
- Does your tone of voice during prayer convey a consistent message to your children and to your Lord?
- Do you find yourself reserving hugs more so following discipline instead of following a job well done? Do you ever give “just because” affection to your children?
- Do your children see facial expressions in you that may convey being angry, holding a grudge, being disagreeable, or holding out on love? Are you allowing angry expressions to fester in your children without dealing with the heart attitudes Biblically?

The Bible tells us over and over again how our heart determines our actions. Proverbs 15:13a says, “A merry HEART maketh a cheerful countenance.” The Bible doesn’t say that our countenance makes a merry heart. Rather, the Bible is clear—our heart determines our countenance. Proverbs 4:23 says, “Keep thy heart with all diligence; for out of it are the issues of life.” What we believe and what we value will show in our communication—whether verbal or non-verbal. We will know when our children are obeying with honor, and our children will know whether we value the time we have with them. We need to listen to the silence, and be just as concerned about the heart attitude as we are about the outward actions.

Shannon Steuerwald
California

Website Tools for Bible Study

Bible.org — 40,000 plus pages of articles, sermons, outlines, and Bible studies.

Ilumina.com — visual presentations of the Bible that includes maps, animated Bible stories, and video clips from the Bible regions.

E-sword.net — free and downloadable software with versions, dictionaries, and commentaries that are user friendly.

We would like to highlight your favorite applications. If you have an app that you find helpful for Bible study and ministry, share it with us. We may include it in future Ribs.

New Brainstorm Challenge

Pack Your Suitcase!

To submit your ideas to The Rib, e-mail us at idea@ironwood.org. Be sure to use “Rib—Suitcase” in the subject line. Or, you can write to us at The Rib, 49191 Cherokee Road, Newberry Springs, CA 92365. The next edition will highlight some of the submitted ideas.
Book Review

Living by the Book
Howard G. Hendricks
William D. Hendricks
Published by Moody Publishers, 392 pages
Companion workbook available

This second edition, revised and updated from the 1991 edition, is worth a new purchase! Although the Bible and its message have not changed, the way that we read, research, and use books and information, in general, has changed. As the authors write, they wanted to publish a new edition that “arms” Bible students and lay people with the tools to properly “handle the Word of truth.” Thus, the content of the previous edition has not been removed, but rather, the content has been enhanced with additional resources, tools, and warnings for Bible study.

This is NOT a book just for Bible students hoping to be pastors and evangelists someday. This book is practical in its layout and content so that every believer can be helped and encouraged to study the Bible for himself. The why and the how are discussed in this book: why don’t I study the Bible, why should I, and how do I?

The authors use the three terms observation, interpretation, and application as the process for Bible study; but they unwrap these three terms in manageable, practical ways. I especially appreciate their emphasis on studying with the desire to receive and reproduce through firsthand knowledge of the Word of God. Yes, there is a method to studying the Bible, but it does little for me unless I plan to hang around long enough to feel the impact of “prolonged personal exposure” to God’s Word. We cannot afford to substitute time in God’s Word with technology or websites or self-help books. Although with these tools, Bible students may cover more distance in a shorter amount of time; but it does not necessarily mean that the distance gained is transforming their lives. Book knowledge is not the goal of Bible study. A transformed life should always be the goal.

How to benefit more from your Bible reading?

Read—don’t browse . . . READ!
Record—record your insights . . . WRITE!
Reflect—meditate on what you see . . . THINK!

The authors divide the book into three main sections based on observation, interpretation, and application. They give key helps in each section to help a Bible student get the most from reading, recording, and reflecting.

In summary, the authors’ write, “Having looked in the mirror of biblical truth, we see how messed up we really are. The Spirit of God then uses that wretched sight to provoke us to confession and repentance, and we have a change of heart toward God. The Spirit then draws us toward a positive path of life and truth, and as we begin to walk that path, our attitudes and behaviors begin to change. Other are liable to see those changes and take note” (307). Transformation is the goal of Bible study. Reproduction is a common fruit of a transformed life.

How can you apply Scripture so it transforms you?

Know—the text and yourself
Relate—the text to relationships/situations in your life
Meditate—on the text through pondering and memorizing
Practice—the truth of the text

Shannon Steuerwald
California

5 Tips on Having the Right Perspective

1. Red flags should be waving vigorously in your mind when you become overwhelmed by life. You need a new perspective!
2. Remove yourself mentally from your circumstances to see the bigger picture.
3. Remember that, while God is very much concerned with and in control of your circumstances, He is always seeing the big picture and, in fact, IS the big picture.
4. Remember that each difficulty (whether laundry or loss) is an opportunity for God to reveal himself to you in a very personal way. Don't miss it!
5. Realize that the bigger your God is, the more joyful the journey—enjoy Him!

Jalene Jaspers
California
Why should we do them?

Proverbs 22:6 says, “Train up a child in the way he should go and when he is old he will not depart from it.”

Ephesians 6:4 says, “and ye fathers, provoke not your children to wrath, but bring them up in the nurture (training) and admonition of the Lord.”

How do I do this?

I’d like to share with you how our family does devotions. You can take this and twist it to fit your family’s needs.

It’s important to do devotions at a time with which you can be consistent. We do our devotions in the evenings before the youngest kids go to bed. If Daddy has to work late or Mommy is not home from the store, one of us will still do devotions with the kids.

Make it a time that the kids can participate. We like to sit in our living room where we can have a comfortable, informal family time around God’s Word. Our children take turns reading the Word and then they get to process that information and share how they can apply what we have heard.

Things our family has done during devotions:

One Year Devotions For Kids—we recommend pre-screening the devotional. There were a few that were too mature for our children.

Sunday School Papers—when the kids were younger, they would come home with Sunday School papers. We made Monday night “Sunday School Paper Night.” Then we would keep it on hand throughout the week so that after devotions we could all say the verse that they were supposed to be memorizing. We learned many great verses together!

Bible.Is—This is an app for your phone. It dramatizes the Bible (e.g., Daniel and Nebuchadnezzar are each read by a different person and you can hear the what’s happening in the background). This has been fun for us as we went through the book of Jonah, Daniel, and Genesis.

Notes from Church—We enjoy going back through sermon notes, especially when it applies to an area that we feel one or more of our children are struggling with. It’s been a blessing to see their eyes light up and have them share what the Lord just taught them concerning a certain area of character.

Teaching Personal Devotions

This was very difficult for us in the beginning. My husband and I were not taught to do our devotions, but we were told to do our devotions. As a result, we both struggled to know how to do devotions. Was there a formula that we just didn’t know?

As a child, I remember sitting in church and hearing pastors and missionaries talk about reading and studying God’s Word on specific topics; reading an hour in the morning and praying for another hour. I also remember some pastors saying that if I didn’t hunger after God’s Word, I probably wasn’t saved. Therefore, I struggled with whether or not I was really saved. I desired to spare my children this struggle and teach them how to create a habit of going to God’s Word daily.

5 Tips To Help Children Memorize Scripture

1. Make up a song with the words and reference (use a familiar tune).
2. A white board/chalk board attached with magnets to the fridge with this week’s verse on it will be a constant reminder to review.
3. Write out the verse using pictures instead of the words (both for literal words such as “heart” and association words such as an eye for “I”).
4. Review the verse at each meal.
5. Use your driving time wisely! Play games such as going back and forth with words or singing the verse.

Laura Lundy
California

Continued on page 7
TABLE or ROOM DÉCOR:
Begin early by asking church members to bring in dead light bulbs of all sizes. You can paint the bulbs different colors and make “flower arrangements” with light bulbs for the food table or for each table. There are also several websites that offer battery operated string lights, flower lights, and rope lights of different colors. These can create a beautiful table piece or staging decor. Candles could also be used, or you can buy lights that look like candles. There are so many options in how you can bring in light sources for this theme, such as floating candles or submersible candle lights. We suggest that you go with either a light bulb décor or a candle décor, but try not to combine the two or they may compete in setting the mood of the room.

NAMETAGS:
You can go with a light bulb, candle, or sun shape for nametags, depending on how your décor establishes your light source. You could also go with glow sticks or necklaces with a creative way to place a name from it. Favors can be tea lights or ornaments made from light bulbs (or do the craft during the activity as a take-home craft favor). Getting battery operated light necklaces is more expensive but would be unique.

ICE BREAKERS or ACTIVITIES
Pinterest and several other websites have craft ideas with light bulbs that could be used. Another idea is to make a light bulb vase for favors or décor items. The most unique idea I saw was to hollow out a light bulb in order to turn it into a goldfish aquarium.

REFRESHMENTS
Using hollowed out light bulbs to hold little candies would bring the theme to the food table. You could choose to serve everything yellow since the theme is light. Deviled eggs, lemon squares, yellow pepper and tomato tray, cheese soufflé, etc. would create a bright table of food and snacks.

DEVOTIONS
Evangelistic: God as our light theme in an evangelistic push fits well because several verses speak of God bringing us out of darkness and into His marvelous light. This gospel message can be worked well into this theme if the activity is meant to be an evangelistic outreach.

Encouragement: A devotional that highlights the different benefits of light would be a good way to get ladies involved. Light brightens a dark path, offers heat, exposes dirt, extends the day, etc. How does God light up my day? How does staying close to the Light benefit me?

God’s Light
Lord, you are the light
This world desperately needs,
Let our lamps keep burning bright
So the lost may come to see

The light of your love
 Burning brightly in our hearts
Chasing away the darkness
Revealing who you are

So your glory may be seen
In everything we do
In our everyday happenings,
May our lives acknowledge you
No matter where you send us,
Whatever land we’re in,
May your light pierce through the darkness
Penetrating deep within

To stir up deep desire
To truly seek your face
And come fully into your light
And receive your saving grace.

© By M.S.Lowndes
I knew Jim Berg had published some new materials about a year ago, but I didn’t formally meet them until a friend invited me to a Freedom That Lasts Bible Study at her church. I was drawn to the core idea of Freedom That Lasts: “Winning Life’s Battles through Jesus Christ.”

Like many who have been growing in Christ for years, I’ve seen dramatic change in my life and growth in grace, but in some areas I seem to lose way more battles than I win. The key truth presented in the introduction to the program is that “You do what you do because you are what you are. To change what you do, you must cooperate with God to change who you are.” Clearly I needed more cooperation with God in changing if I was to have lasting victory on the battlefields where I’ve blown it so many times.

When I first looked at the Student Manual for Freedom That Lasts I could see it dealt with the same topic as Jim Berg’s book Essential Virtues, but the emphasis seems to be more on how to apply the truth to various sin habits that seem to have me bound.

Freedom That Lasts was designed as an addiction program with various parts including

- DVDs to show segments of as part of a weekly meeting.
- A start up book to give new participants an introduction to the program and to Christ
- A daily journal to help one develop consistency in meaningful Bible reading, prayer, and communication with others.
- A student manual with the core Bible study truth and application projects

While Jim Berg wrote the materials to connect well with people who do not have a church background, I’ve had no trouble at all seeing how clearly the truth applies to me. I may not be addicted to drugs or alcohol, but my sin habits are every bit as displeasing to God and clearly bondage-inducing.

If you are in a position to encourage a church to begin a Freedom That Lasts program, more information is available at www.freedomthatlasts.com. But if you, like me, want some tools to help you “win life’s battles through Christ” I highly recommend the journal and the student manual.

The Journal gives you months worth of two-page-per-day guided time in

- Listening to God

I loved reading the Proverb that corresponded with the date as well as other chapters from Scripture and recording some of the key things I was learning. I needed the accountability of having to record what verses I was memorizing.

- Talking to God

While I continued to keep writing in a blank book where I could pour out my heart before God (Psalm 62:8), I also liked using the guided P.R.A.Y. (Praise, Repent, Ask, Yield) section.

- Talking to Others About God

The daily questions got me looking for opportunities, not only to share the gospel, but also to share what I had learned that day from listening to God, to look for someone to encourage, and to seek advice from others who were spiritually more mature than me.

While the journal is a terrific tool, it is most effective when used with the student manual. The student manual is divided into eight units corresponding with the eight elements in 2 Peter 1:5–7. Jim Berg pictures the elements as a pillar. The foundation is Saving Faith. Upon that the pillar starts at the bottom with the first five qualities that God develops in us to help us love God with all our heart. These include virtue, knowledge, self-control, endurance, and godliness. The last two that cap off the top of the pillar are brotherly kindness and love—qualities God builds in us to help us love others as we love ourselves.

Right in the middle I saw the qualities I knew I needed most if I am ever to have lasting victory: self-control and endurance. I tend to give way at the first hint of temptation in some areas. I hate the taste of repeated defeat but have never built the Spirit-enabled self-control that endures.

Part of me would love to report that after reading and doing the assignments in the student manual I am a good six sizes smaller, basking in the glory of continual victory. Truth is—I’m still in process. Still learning the verses, doing the projects, applying my way through the material as I cooperate with God to change who I am so that I will change what I do. These materials offer no quick-fix formula, just truth that God is using (continued on the next page)
to help me know Him and to depend on Jesus Christ, the only source of freedom that lasts.

ISBN: 978-1-60682-211-1
Published by BJU Press, 192 pages
Format: DVD
The Freedom That Lasts™ Virtue Videos by Jim Berg are ten lessons on DVD that focus on the virtues from 2 Peter 1:5–7. These lessons are ten to twelve minutes each and are designed to be used during Freedom That Lasts meetings.

Esther Wilkison
South Carolina

If you would like to contact Esther for more information about this program, e-mail her at esther.wilkison@gmail.com.

On-line Counseling Tool
For Ladies Who Attend Women Counseling Women Seminars at Ironwood
As a part of Women Counseling Women Basics and Specifics sessions offered at Ironwood each year, online counseling resources are available for downloading. Go to www.ironwood.org for dates and registration information about these seminars.

5 Dating Tips For My Daughter

1. Your first and foremost goal should be to bring glory to God. If you and “Joe Shmoe” can’t do that, you shouldn’t be dating. 1 Corinthians 10:31; Romans 15:5–6; 1 Corinthians 6:19–20
2. Be prepared by knowing your dating standards.
3. Ask a godly man you trust what he has observed concerning “Joe Shmoe.”
4. Protect “Joe Shmoe’s” heart and mind by dressing, talking, and conducting yourself in a godly manner. The principle of exhortation applies here. 1 Corinthians 6:12–20; Romans 15:1–2; 1 Corinthians 6:19–20
5. Be the lady God made you. This man has asked you on a date to get to know YOU. Don’t act like the person you think he wants you to be. Be who you are and who you know God made you to be and be not ashamed.

Jennifer Magee
California

Family Devotions, continued from page 4

Things we have done:

- Patch Club Sailors Log—I bought several off of ebay. They were so simple and easy for the kids to follow. This is one of my very favorite options for elementary kids.
- Kids4Truth.com—You can have a booklet per month mailed to your home or the kids can read/listen to it online. This is a good option for children who cannot read.
- Devotionals by Matt and Julie Herbster
- A Girl after God’s Own Heart by Elizabeth George

As our kids begin to get older we will begin to work on how to study a subject in depth. I look forward to what the Lord will do in their hearts through His Word.
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