

CULTURE SHOCK

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GOD ORDAINED ACTIONS LEAD TO SUCCESS

By Jere Richardson-Riddick

Wow! It is hard to believe another year has come and gone. Where did 2010 go? As the new year dawns, I began thinking of last year's goals that I failed to meet. I think this is why I want to be able to set more realistic goals for myself. If I can only attain small goals this year, then those are the goals I will set for myself.

Change is hard. And we must consider the changes that may be needed as we set certain goals. I find that I begin a new project, or goal, filled with passion, fire and excitement! I just know that I can accomplish whatever I set out to do. I envision the glorious outcome of my success shining before me. I am determined to make it happen. But hardly before I begin, I come face-to-face with obstacles. With determination I may struggle through a few of them, but eventually I find myself making excuses, procrastinating, and losing interest in the very goals I was so excited about just a short time before. This is what has happened to me time after time. So how can I not find myself falling in the same rut this year?

Goal setting involves more than making a promise to do something. We have to equip ourselves with the right tools and mindset to ensure our success. First and foremost, we need to make sure that God would approve the goals we are setting. Without His approval, we will struggle. There are several things we need to consider as we set our goals:


1. Why? - What is the reason for wanting this particular outcome? What will be gained by making these changes in your life? Be honest with yourself. Be clear about what you really want. Be sure you understand exactly why this is so important to you, and write it down. You will, no doubt, need to read it over and over again, especially when you feel your resolve crumbling.

2. Action Goals vs. Results Goals - Most of us make the mistake of setting results-oriented goals, rather than action goals. There is a big difference. For example, setting a goal to lose thirty pounds is not a goal at all. It is an outcome of the action taken. The goal should be to exercise and eat right - which will result in the weight loss. Set realistic and

specific daily goals, and reward yourself when you accomplish them. Each day is an opportunity for victory.

3. Believe You Deserve It - Many of us may struggle with low self-esteem, and may not feel we really deserve success. Unfortunately, if we don't believe we deserve it, we very likely will not reach our goal. We are so good giving to others, but many of us will not accept help, or blessings that come our way. Be willing to believe that you deserve to be successful and happy. Then be willing to accept that success when it arrives. Knowing all along you are getting there through your hard work and determination.

4. Commitment - One of the greatest secrets of success is simply not giving up. We look at successful people, and it seems they have it so easy. What we usually do not see are the years of hard work, dedication, and commitment that got them to where they are today. Many of them struggled through massive obstacles and setbacks, sometimes having to start all over again repeatedly. Let your determination glow hot and bright, and burn away all doubts and fears. Don't beat yourself up if you make mistakes, simply get up and begin moving forward again.

5. Patience - Forming new habits takes time and patience. The good news is that countless people have proven it can be done. If they can do it, you can do it too. Give it your best effort, but don't expect perfection from yourself. You may stumble and fall; you may grow weary of the battle. However, remember that anything worthwhile takes effort. Your goals and dreams are worth fighting for, no matter how fierce the battle, no matter how long it takes. Most importantly, believe in yourself. Believe that you have the skills, ability and determination to make your dreams come true. Remember that the goals you are setting are ones that can help you move forward with God. If you keep God at the center of your life and focus your goals around Him then you will be stronger and more capable of accomplishing these goals. 



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NEW

**BEGINNINGS
RESOLUTIONS**

by Ben Scott

So now we are into the new year, and I'm sure there are a lot of us who made resolutions and vows to start fresh and new – getting a new beginning. In the past, I have made new resolutions and never followed through with them. First, I have to share a little of my life and goals for you to understand what I am trying to say.

When I first came home to the States, at a younger age, I experienced immense culture shock. There was no MK ministries to help me understand and get through this. When I went to school, I was the only one in my class who spoke Spanish and looked different, as I was from Spanish decent. I wanted to be accepted and feel a part, so I stopped speaking Spanish to anyone including my parents. Eventually I forgot it all and now I regret it.

My parents were missionaries to South America and adopted me at 3 months old. They brought me home with them when my Father had to come home due to illness. The illness made it so that he could not return back to the field after years of doing missions work in Ecuador. So not only had I been taken from the country of my birth and life, but I watched my father go through the grief over the loss of his ministry in missions. Although this was difficult, I also saw how God showed my dad and mom that He had a new plan for them.

I had never lived in America and culture shock was big in my life! Many of you had a reference point, as you were raised in America and then went overseas. That was not my story. Everything about America was brand new to me! I want to give a shout out to God because I know that I am in the church today and stable because He was with me during that tumultuous time in my life and showed me that no matter where I lived He had a purpose for me.

My whole life it seems was a series of ups and downs with me having to redefine myself over and over again. This can make it difficult to understand and keep resolutions! In my late teens and even after I was married, I was always making resolutions but never keeping them. Late last year I made it a priority to learn Spanish again and help win souls using another language. As I write this article, I have purchased Rosetta Stone Spanish and am re-learning my native tongue. I am determined to follow through with this resolution and see what the Lord wants me to do for His Kingdom.

At my current church, Winds of Pentecost in St. Charles, MO, pastored by Bro. Tom Trimble, I am the Missions Director. Part of my responsibility is to keep our church up-to-date about our Missionaries overseas. This also involves me staying on top of resolutions to learn more and know more about what is happening in our missions program around the world. What I love about New Year's is that it is a time of new beginnings. You can wash off the old year and put on the New Year and it can all be brand new.

So let me ask you, what do you want your new beginning to look like? You may need to learn a new language so you can use that ability to win souls. You may want to be a Sunday school teacher or lead a Bible quizzing team or work with your youth ministries. We all have new beginnings to start, so let me ask you, what is your goal for 2011 in your life? John 1:12 tells us that we have the "power to become". So if you have the power, the only question is what do you want to become?! It is your new beginning; believe, work and you can become anything for His Kingdom. CS

The NEW YEAR'S RESOLUTION Killer

By Carla Burton

It was a dark and stormy night. She knew she shouldn't be doing what she was doing, but rather, she should be in the other place doing what she said she would. But it was so hard to make the right decisions, especially on such a dark and stormy night. Suddenly, she heard a noise behind her! Whirling around, she was too late. Throwing up her arm, her last thought was, "Why did I let procrastination kill all my New Year's resolutions?!!"

How many of us have set some great New Year's resolutions and now that it is already March, we realize that we have allowed procrastination or a lack of discipline cheat us of our great goals? I am raising my hand – even though you can't see me! I know I had wonderful New Year's resolutions but can I tell you that I have not followed through on all of them. There are a few that I have done well on, but the rest – whew it is carnage and destruction!

The number one killer of resolutions and goals is procrastination. The reason that procrastination is so dangerous is that we use it to make ourselves feel better about NOT GETTING the job done. There is always a good list of reasons – I will be better rested tomorrow, I am tired tonight, I can't do that until I feel better.

In the musical *You're A Good Man, Charlie Brown*, our hero sings a song about a book report he has due. In a halting but slightly panicky voice he says, “

*If I start writing now
When I'm not really rested
It could upset my thinking
Which is not good at all*

*I'll get a fresh start tomorrow
And it's not due till Wednesday
So I'll have all of Tuesday unless
Something should happen*

*Why does this always happen
I should be outside playing
Getting fresh air and sunshine*

I work best under pressure

*And there'll be lots of pressure if I wait till
tomorrow*

*I should start writing now but if I
Start writing now when I'm not really rested
It could upset my thinking, which is not good
at all.*

And we laugh as we read this, but how many of us have had similar conversations in our head, even today?! I know my biggest goal was to get healthy and start working out. I will give myself kudos because I have been walking at least 1 mile a day at least 3 days a week since October of last year. However, this year I wanted to add cardio and CONSISTENT work out regiments. With that said, I have done so-so, but not the word I wanted – consistent!! I only really have a certain time of the day that I am good for exercise, and if I miss that window – oh, you should hear those conversations in my head! I am not a morning person, so this getting up at 5 and working out just does not work for me! And then by the time I get home from all my work during the day – forget about it! I am too tired or won't give the workout my best. So round and round I go and I am still hunting that “consistency” in my workout. I will give myself a pat on the back, because I am still forcing myself to do it at least 3 days per week right now, but oh the in-depth, deep, lengthy conversations and debates that go on in my head to get to that point.

Just to help you understand that to some degree it IS biology, let me tell you about the two parts of your brain that have to combine to make sure that you “get the job done”. You have the limbic system. This is the part of your brain that does things automatically. It is the autopilot, so to speak. If something is hot, your limbic system automatically pulls your hand away. But it is also the part of your brain that causes you to take the easiest path. In other words, it opts for the immediate and easiest solution. Then there is the

prefrontal cortex. This is located directly behind the middle of your forehead (yes, that part of your head that you tap when you are saying things like, “think, think, what are we looking for”). There is NOTHING AUTOMATIC about this part of your brain. In fact, you have to activate this part to get it going and working. It is the part that has to be “kicked into gear” by telling yourself “get it done, NOW!” So, with all that, you have to understand that you cannot cure your procrastination but you can outsmart and trick it. Here are seven ways that you can get yourself going and outsmart the procrastination part of your brain.

#1 First do the Worst

I know I hate this one too... but if you can get the hard stuff out of the way, then the rest will seem much easier to get done by comparison. Remember you have a limited supply of willpower and resources, so get the tough stuff done first. If you don't get the worst done first, then you use all your good and fresh energy on easy tasks, and if you fail at the hardest ones then the rest become a domino effect—if you don't get it done early, then you will just continue to stress over the tough stuff coming.

#2 Reboot at 2 PM

Put a “reboot” in your day. Stop at 2 PM and reassess what you've accomplished, remind yourself about what is important to get done, and then set a new plan in motion to accomplish it. In other words – give yourself a second morning in the middle of the day.

#3 Downsize the job

If you are overwhelmed by the job then you can do several things. Realize that you cannot eat the elephant all in one day, but you could tackle a small portion. If your house needs cleaning – just clean one room per day until it's done. If you need to organize 12 boxes of stuff – do one box until it's all done. Quit looking to do everything perfect – but do the things that really matter perfect and the rest – just get them done. If you cannot cut down the whole forest just cut off a few branches, then one tree, and then three trees and before you know it the forest will be down.

#4 Assume Accountability

If you are the only one who knows about the commitment then it's easy to cheat, but if you are accountable to someone for what you are doing, then it becomes harder to not get the job done. It's

called positive pressure because the fear of letting someone else down or the fear of looking bad can cause you to get the job done.

#5 Ready, Set, Go


When my daughter was much younger, I could often get her to complete a job by “timing” her. Set a time goal for yourself. I will work on this project that I hate, for 10 minutes today. Sometimes you end up enjoying it and work longer, but at least you put in the “time” on the job. You can even put times on your “to-do” list. I have a great one on my phone that I can put priority, time and even have it send me an alarm to remind me!

#6 No Interruptions, Please

Most of the interruptions in our lives, we allow or bring them. If you have a job to do – turn off the phone, put aside the computer, and disengage all forms of communication. There are some great apps out there that will help you. Macfreedom, \$10, disables all access to the Internet for a set amount of time. When you set aside time to get the job done – lose the interruptions.

#7 Even God had a rest day

Give yourself a “rest” day or a procrastination day. Even God did. He worked hard for six days and on the seventh He rested. Make a list of things you HAVE to do and then make a list of things you WANT to do. You may have “mow the yard” and “weed the flower bed” on the “have to” list and “get a massage” on the “want to” list. Now go get a massage and don't do the other one. You can then cross off things on the “want” to list and leave the other. This will help you kick yourself into gear on another day about getting the “have to” list done. Remember, you are okay because God took a day like this too!

So just remember procrastination is the worst killer of all your good intentions, resolutions and goals. But procrastination is an enemy that can be defeated with a good plan of attack! So Charlie Brown, quit talking yourself out of getting it done, and kick in that prefrontal cortex part of your brain and get the job done (or not, if you are celebrating your “rest” day)! 



CARLA BURTON grew up as an MK to the Philippines. She and her husband currently pastor a church in Nashville, TN. She serves as the secretary for the MK ministries team.



MK General Conference

UPDATE

by Cylanda Nickel

General Conference 2010 was one for the record books. MK Ministries was delighted to have a booth in the Foreign Missions Division display area. We were so blessed to have donations this year for sale from the Rodenbush family.

We debuted our new banners this year with the new and improved MK Ministries logo. We also had prayer rings for sale. This is a ring that has the names and pictures of all of our MKs that are serving on the field. It was presented in the ladies service and many ladies went home with a valuable tool that they can use to pray for MKs around the world.

It is always such a pleasure to have MKs stop by and see us and we had about 300 stop by during the course of the week. We met spouses, got to kiss babies and toddlers, and tell weary little ones how “big” they had gotten over the past year.

The pizza bash was a great success with over 225 MKs in attendance. It is always a night of reconnecting, introductions, laughing, and being

in the presence of God. This year there were several that had not been to a previous Pizza Bash.

One of the highlights of General Conference was the Foreign Missions Service. We have had several MKs in the past tell us that they loved marching in with their parents as a child. This year we got permission to bring MK Ministries flags and march in with the missionaries. Several people commented it was one of the highlights of their night to see the never-ending stream of MKs marching in unison. Several said it brought tears to their eyes just knowing the years of dedication and sacrifice that it represented.

We were so honored to be with so many of you. And it really confirms to us, once again, the importance of this ministry and the reward of all the hard work.

Every one of you is important, not only to the kingdom of God, but to us on a personal level. MKs love MKs!! We are a family, and always remember, “Once an MK- Always an MK”! 

