

# GRAPEVINE

BIBLE TEACHING RESOURCES by DON ANDERSON MINISTRIES

SPRING 2012

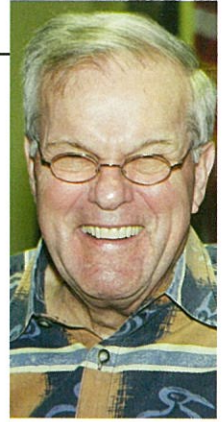
*"for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come" (1 Tim. 4:8 NASB).*

## A NEW LIFESTYLE



**Julea Anderson Gulbrandson  
with her mom, Pearl**





# Change and Commitment

*The LORD Almighty has sworn this oath: "It will all happen as I have planned. It will come about according to my purposes....I have a plan for the whole earth, for my mighty power reaches throughout the world. The LORD Almighty has spoken—who can change his plans? When his hand moves, who can stop him?" (Isa. 14:24, 26-27 NLT)*

Our youngest daughter, Julea, is launching out in a new career direction. She has always had a passion for nutrition, exercise, goal setting, and living the well-balanced life. As she trained to become a lifestyle coach, Pearl and I volunteered to be her guinea pigs. Little did we know the joy and blessing that this decision would bring us.

In my first consultation with Julea, we talked about change. Julea said: "Dad, this isn't going to be instant or easy. It's like turning a giant ship around and going in a new direction." Pearl and I have been at our new lifestyle long enough that we are really enjoying the whole process.

Let me give you an example. I have always been an early riser who hit the road for exercise. Now instead, I rise early and prepare breakfast for Pearl and me. On cold mornings during the holidays, with a fire in the fireplace and Christmas music in the background, we enjoyed our smoothies with coffee. Pearl munched on her English muffin with a small amount of peanut butter and jam and I ate my rice cakes. Try it, you will like it! This togetherness in the morning is a little bit of heaven we have been missing for 58 years. The level of communication is wonderful. I have scheduled the exercise for later in the day.

Pearl wrote the following about change in our devotional, *A Word from the Word and a String of Pearls*:

## YOU ARE SURROUNDED

Change is hard. We resist anything that forces us out of a comfortable rut. God is known for stirring up our nests and moving us on to new ways and areas of ministry. As the verse in Isaiah 43 reminds us, He sometimes does a "new thing." He did so often with the Old Testament patriarchs. Think of Abraham and Sarah. The first recorded change in their lives took place when Abram was 75 years old. It

seems the more "mature" in years we are, the harder it is to embrace change. (140)

Why am I speaking of change? I like to call it "stripping down for the stretch." There a number of reasons:

1. I am late in the race. I will be 79 in May.
2. My responsibility to Bible Teaching Resources.
3. A huge collection of lecture notes that I do not want to die on the shelf.
4. I want to teach God's word in camps, conferences, retreats, seminars in the U.S. and on the mission field.

## Commitment

That's enough about change; let's meditate on commitment. In 1 Corinthians 9:24-27 Paul outlines four rules for commitment. There is one in each verse.

Rule #1: Run to win (verse 24)

Rule #2: Discipline produces reward (verse 25)

Rule #3: Find the goal and hit the mark (verse 26)

Rule #4: Extra effort produces excellence (verse 27)

Just as there are rules for physical fitness, so also are there rules for spiritual fitness. Let's look at these four verses.

### Rule #1: Run to win (verse 24)

1 Corinthians 9:24: "Are you not knowing that those who are running in a race are indeed all running, but one is receiving the prize? Be running in such a manner that you may lay hold of it" (DAV).

Will Rogers said: "Even if you're on the right track, you'll get run over if you just sit there." In this verse Paul gives us a call to commitment and offers the challenge of the race. One of the great realities of competition is the fact that the field is narrowed by the contest. There are many runners, but only one who receives the prize.

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# GRAPEVINE

SPRING 2012

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## From the Editor

Spring is a time of new beginnings. We celebrate new birth in Christ as we commemorate His resurrection. It's time to start anew. We hope you will find our focus on health and nutrition in this issue to be inspiring and informational... maybe even motivational for a new start of your own in some way. For the Andersons, 2012 has meant making specific lifestyle changes in order to keep running the race well. Thanks to Julea Anderson Gulbrandson for chatting with us about her new ministry as a lifestyle coach and health counselor. Julea, who has been receiving training through the Institute for Integrative Nutrition, has also signed on her parents as clients. As a result, Don and Pearl have made some positive changes in diet and exercise. BTR board member Ronnie Marroquin shares his insights as well, offering us a glimpse into the publication *Total Wellness*, produced by his company, Rutherford Communications. Whether you are training for a marathon or simply planning to start walking around the block each day, you'll feel better as you pursue common sense nutrition and balanced activity. God is a God of the whole person, after all! May He continue to bless you and yours. Thank you for your continued friendship and support.

—Jane Rodgers



The *Grapevine* is a publication of  
BIBLE TEACHING RESOURCES  
by Don Anderson Ministries  
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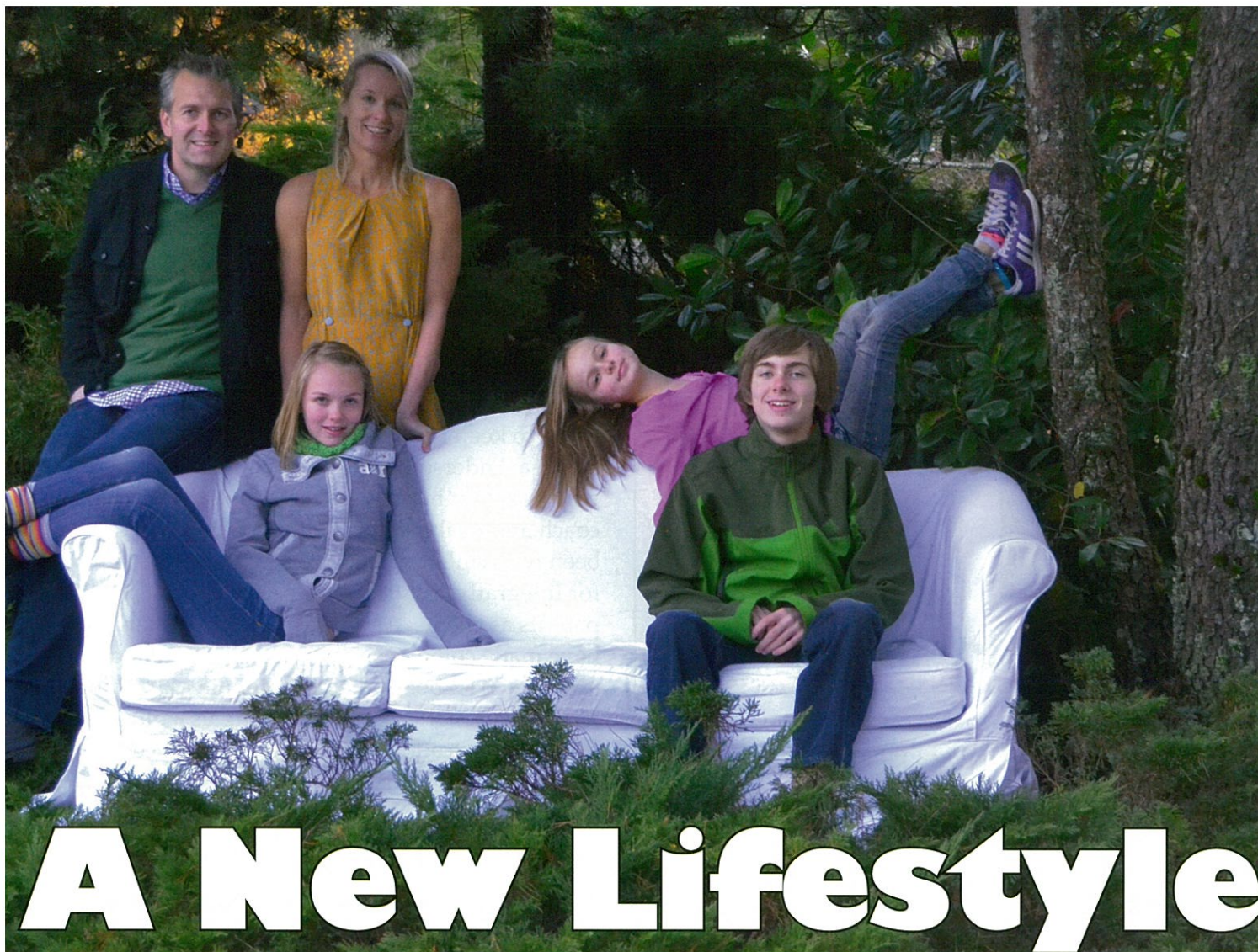
Editor: M. Jane Rodgers  
Magazine designer: Keith D. Yates

Bible Teaching Resources is a nonprofit organization and charter member of the Evangelical Council for Financial Accountability.



*A higher standard.  
A higher purpose.*





## Q & A with Julea Anderson Gulbrandson

We caught up recently with very busy mom and new lifestyle coach/health counselor, Julea Anderson Gulbrandson. Julea is the youngest daughter of Don and Pearl Anderson, who also are among her dedicated clients. Julea and family live in Oregon.

**Q: Describe your career as a lifestyle coach. Do you work with individual clients? Did you go through specialized training?**

**JULEA:** Here is my motto “Don’t run from tests and hardships, brothers and sisters. As difficult as they are, you will ultimately find joy in them; if you embrace them, your faith will blossom under pressure and teach you true patience as you endure. And true patience brought on by endurance will equip you to complete the long journey and cross the finish line-- mature, complete, and wanting nothing” (James 1:2-4 The Voice Bible).

My job as a health counselor is to aid people in attaining new levels of well-being. Since May, I have been taking classes online through the Institute for Integrative Nutrition, based in New York. Eventually I will be a certified holistic health counselor. I previously attended a private Christian college and graduated with a degree in psychology and a degree in Christian education. I have worked in a home for delinquent kids and as a youth director for many years. Now I am a mom at home who is passionate about family life. Another passion is holistic health counseling, where we spend time resetting people’s lives for self-induced wellness. My counseling specialty is families dealing with kids who have allergies and asthma. Also I am finding myself drawn to helping senior adults live purposeful lives. What my clients love about my program is having someone who is a good listener and who will help guide them through dietary needs and concerns. More importantly we delve into my clients’ lifestyles and make transformations that free them to flourish. Put more simply I listen to people and we make decisions to elevate wellness through looking at their



careers, spirituality, physical activity, and healthy relationships. We talk about food and crowding out the unhealthy for the healthy. It is fun. I have learned a lot and am passionate to help family members, friends, and others who want help.

**Q: What have you done for your dad and mom (Don and Pearl Anderson) in terms of lifestyle coaching?**

**JULEA:** What I have loved about the healing process of working with my mom and dad is the high level of personal responsibility my parents have taken for their lives. They signed up to be my clients for a 6 month program. We meet over the phone for an hour every two weeks at a set time. We discuss eating healthier (my dad makes green smoothies every a.m.) and new ideas for physical training (which my mom is fierce about!). We work on empowering them to determine a mission statement. These decisions are not overnight; neither are they about deprivation or shame. Rather, they are a journey to find the best, most healthy you from the inside out.

Now to what my parents have done for me through this experience. During our sessions, I would ask both my parents separately "What brings you joy?" They both have talked about their relationship with God. It dawned on me while working with them one day that this is what they have given me: the gift of a relationship with God. What a phenomenal gift!

**Q: What are your recommendations for healthy living at any age? And for seniors, especially?**

**JULEA:** My very first and foremost recommendation is to drink water. Crowd out all other drinks with a glass of water and then listen to your body, and see how the healing begins. I help you eat healthier, work smarter, sleep more soundly, examine your whole life and make decisions to follow your truth that will cause you to live more authentically.

**Q: Any spiritual/biblical connections with what you are doing?**

**JULEA:** As I've trained to become a lifestyle coach, I experienced an epiphany that has changed my life concerning the connection between eating and spirituality. I was listening to a lecture by an ayurvedic medicine doctor (an alternative medicine specialist). He was talking about how important it is to eat with the seasons. It made me realize that God set up the earth with us in mind. Through the

summer months berries, melons, tomatoes, peaches, etc., are in season...all these foods that have a cooling effect on our bodies, when it is warmer outside. Then in the fall, I never get tired of seeing the apple trees and pears trees weighed down with abundance in the orchards here in the Northwest. Fall is the time for renewal and cleansing. That is what these apples and pears are made for. I go apple and pear crazy in September and October. The root vegetables are grounding to make our bodies ready for the cold winters. In spring come asparagus, arugula, kale, and swiss chard...and a cleansing time of new growth. It is so simple, yet the American diet can cloud out these basic ways to keep us healthy.

**Q: Would you update us on your family?**

**JULEA:** Our kids are little bits of Steve and me rolled up in these beautiful sincere people. I watch my son Justus as a freshman in high school and think why couldn't I have been more like that? He doesn't just accept things that are told to him; he reasons through and shows a wisdom well beyond his years. My middle daughter Tayler is in 7th grade and is so open to learning and growing. She watches and studies, then she makes decisions that keep Steve and me wondering how she could be so savvy and mature. Our little 3rd grader Ella is the frosting on the cake. Don't they say that the youngest child is dessert? She is the dessert; she makes us laugh and keeps everything so meaningful, because she loves making things happen. My husband Steve is on this journey with me; we are walking beside each other and guiding each other at different times. We listen to each other a lot. I know if you are reading this and you have the love of your life, you can't put it into words what he or she means to you.

**I experienced an epiphany that has changed my life concerning the connection between eating and spirituality.**

**Q: Why did you get involved in lifestyle coaching?**

**JULEA:** I have a long list of reasons: Watching my sister pass away with diabetes was hard. I think now of all the things that I am learning that could have helped her. My daughter has asthma. My son and

*continued on next page*



husband have had severe allergies. My youngest has skin issues. I had digestive problems. I found myself checking out ten books at a time from the library, studying to solve all these issues. Then I found the Institute for Integrative Nutrition. It has literally given me all the answers that I need. Now I am able to help my family, myself, my parents and clients.

**Q: Anything else you'd like to say?**

**JULEA:** Sure...just for fun...here goes...

Favorite snack: rice cakes with almond butter and smidge of local honey

Favorite healthy food: green smoothies

Favorite nutrition book: *The Jungle Effect* by Dr. Daphne Miller

Favorite exercise: walking outdoors with my close friend and my dog

Favorite activity outside of work: sitting at the table with my family eating dinner.

Craziest thing I have ever done: jumping off a cliff into the river with my brother's family; of course my youngest Ella jumped off before me.

Favorite vacation spot: Cayman Islands

Wildest dream: that my kids would be completely and thoroughly happy

Proudest moment for myself this year: breaking a board with my knee in Muay Thai kickboxing—it is completely empowering.

Biggest challenge: learning to celebrate each and every victory my family and I make toward a healthy lifestyle

What I love about being a health counselor: the pleasure of my clients' personal triumphs: "Victory hides in the darkest places."

For more information on the Institute for Integrative Nutrition, visit [www.integrativenutrition.com](http://www.integrativenutrition.com).





# Catching Up

## with Ronnie Marroquin & *Total Wellness*

Ronnie Marroquin hesitated when we approached him about contributing to this issue of the *Grapevine*.

"I don't want to self-promote."

But we wouldn't take no for an answer, and besides, we thought our readers would find the story of Rutherford Communications and its *Total Wellness* digital newsletter compelling. This is our fitness issue, after all.

Ronnie and Paul J. Meyer—accomplished author, respected businessman, Christian leader, and longtime friend of BTR—co-founded Rutherford Publishing in September 1993. Eventually, Ronnie assumed control of the company, buying out Paul Meyer's portion. Two years ago, the company's name was changed to Rutherford Communications to reflect its growing presence in the digital publishing business as well as its continued production of traditional printed works.

"On the digital publishing side," comments Ronnie,

"we produce materials for iPads, iPhones, Androids, notebooks, tablets, you name it." Indeed, the publishing industry is converting to digital at "the speed of light," Ronnie further states.

"I credit Paul J. Meyer as my business mentor and Don Anderson as my spiritual mentor," says Ronnie. Not a bad combination to follow, we might add.

In fact, Paul Meyer's columns are featured in the Rutherford digital newsletter *Total Wellness*, even though Meyer himself went to be with the Lord more than two years ago.

"Paul always had columns in various publications that were helpful in the self-improvement world. We want to continue this legacy," explains Ronnie. A typical issue of *Total Wellness* will feature an older column by Paul Meyer or an adaptation of something from one of his many earlier publications.

*Total Wellness* is not marketed to individuals but rather to large, medium, and small employers and organizations in the United States and Canada.

When Marroquin and Meyer started the business in 1993, there were 14 other publishing entities producing similar materials. Today, Rutherford Communications is the only privately owned corporate



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**Key to Rutherford's success is that the company is truly dedicated to the Lord.**

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health and wellness publisher. The other companies have merged or gone out of business.

Key to Rutherford's success is that the company is truly dedicated to the Lord. Its

mission is to help individuals and organizations reach and use their God-given potential. Most of the guest columnists are in fact Christians who are experts in their various fields. Despite the fact that the company is owned and operated by Christians and dedicated to Christian principles, Rutherford electronic and print publications are not overtly Christian. Many clients recognize the biblical foundations of the company, but many strictly secular businesses also embrace *Total Wellness* (and its companion *Tyme Management*) for the common sense advice within. In other words, *Total Wellness* is filled with biblical principles without being openly biblical.

*continued next page*



Ronnie gives an example of the balancing act achieved by *Total Wellness*. "Let's say it is AIDS Awareness Week. We don't ignore that, but we will recommend abstinence as a means of preventing the spread of HIV/AIDS. Abstinence is not typically mentioned in other public health publications."



publications."

*Total Wellness* and *Tyme Management* both embrace the Total Person Concept, initially developed in the 1960s by Paul J. Meyer.

This lifestyle model

incorporates the six components of the balanced life: family and home, financial and career, physical and health, spiritual and ethical, mental and educational, social and cultural. Rutherford was the first company in the U.S. to adopt this concept as a basis for its publications. Paul Meyer's original Total Person Concept has inspired others, and the essential ideas now appear in various forms, espoused by other authors. Yet Meyer was the first, Marroquin believes, to articulate the basic principles, and the health and wellness industry has changed as a result.

We are thankful for folks like Ronnie and Carol Marroquin, whose publications reach believers and non-believers alike. Just as "Christ is all and in all" remains the biblical motto of BTR, so, too, do we believe that God is the God of the whole person. He has plans for His children in every area of our lives.

Ronnie and Carol Marroquin live in Waco, Texas, where Ronnie is the president of Rutherford Communications. The Marroquins have been involved with BTR since the mid-1970s and Ronnie has served on the board since 2000. They have four adult children and two grandchildren. For more information about *Total Wellness* and *Tyme Management*, visit this website: [www.rutherfordcommunications.com](http://www.rutherfordcommunications.com). See page 12 of this issue for an excerpt from *Total Wellness*.

# Bible Teaching Resources

## 40th Anniversary Celebrations

"The Lord your God has blessed you in all the work of your hands. He has watched over your journey through this vast desert. These forty years the Lord your God has been with you, and you have not lacked anything" (Deut. 2:7 NIV).

Forty years, can you believe it?

We are planning three wonderful events in 2012 to celebrate God's faithfulness.

#1 Couples Conference (May 4-6)

#2 Alaska Cruise (July 6-13)

#3 Colorado Family Camp (August 13-18)

We would love to see you! Visit our website [www.bibleteachingresources.org](http://www.bibleteachingresources.org) and download a registration form, use a form from the winter *Grapevine*, or call our office at 1.877.326.7729 to register.

Many of your old friends are already signed up. Please join us!

### BTR Resources Online

As BTR prepares to celebrate 40 years, we are blessed to be able to provide resources for the body of Christ.

Looking for Bible study or Sunday school material? Wishing for a convenient way to energize your own study of scripture or to help you prepare your own lessons? When is the last time you have visited our website: [www.bibleteachingresources.org](http://www.bibleteachingresources.org)? Audio and video resources abound, including the new Colossians series, recorded during the most recent fall and winter tours. Go to the website, click on "Resources" on the toolbar, and peruse our digital catalog.

### OnePlace.com

Don Anderson's program "Persevering and Pressing On" continues to be broadcast over the internet. Try it, you'll like it...as this pastor from the Philippines did:

My name is Pastor Renante Elimino from the Philippines, an outreach pastor of a small church here in my country. Blessing to you from our heavenly Father and the Lord Jesus Christ. My wife and I want to say thank you so much from the bottom of our hearts for posting these beautiful and helpful materials and resources specifically about inductive Bible study, because we have no proper training of a seminary or Bible school. We thank the Lord that our efforts at finding good materials on the internet...[with] sound doctrine led us to your website.





## Pearl's Reflections

by Pearl Anderson

*"Ears to hear and eyes to see—  
both are gifts from the Lord"*  
(Prov. 20:12 NLT).

Our eyes truly are a gift from God. The last part of 2011 and the first part of 2012 were taken up with the care of my eyes.

I had surgery for cataracts and astigmatism on my left eye; then, two weeks later, the procedure was repeated on my right eye. Don had the job of keeping the eye drop schedule. Only he could have kept that straight: drops in the left eye three times a day, the right eye four times a day, etc. Then it would change—I think you get the picture.

The results were worth it for both of us. I have 20/20 vision and only wear glasses to read fine print. After wearing glasses for fifty years, my new vision is absolutely amazing.

"You mean I don't need to wear glasses anymore?" I exulted to Dr. Thomas DeHaven.

"We can thank God, I guess, and you can wear them if you want to, but you don't need them," he said with a twinkle in his eyes. Then he shook my hand and was gone.

I didn't know whether to laugh, cry, or be

embarrassed—embarrassed that the doctor was the first to thank God for my improved eyesight!

The drive home was filled with praise and thanksgiving. The bright colors and clarity of vision opened up a new world.

Don seems less appreciative of my new ability at times. I now can do a better job helping him drive.

Julea Anderson Gulbrandson (our youngest daughter) is not helping his cause. She is a nutrition counselor and has introduced us to kale, chard, and spinach in our breakfast smoothies. We are also under orders to drink a gallon of water (it seems) every day.

With all the steamed vegetables (including carrots) in our diets, perhaps it will not be long before I can leave the glasses entirely at home.

Julea is interested in integrative nutrition. The whole person is involved in the process, which includes the following:

- people relationships
- active spiritual life
- exercise
- stress reduction
- mindful eating

I know you will be interested in reading the interview with Julea in this *Grapevine*.

Let me close by wishing a special happy birthday to fellow Oklahoman Luella Woodward. Luella reached the big 90 in January. We treasure every remembrance of your and Woody's friendship.

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# Recipe

Thanks to Julea Gulbrandson for the recipe for this healthy and tasty vegetarian dish. Julea gives full credit to the Institute for Integrative Nutrition for the following dish.

## Vegetarian Bean Chili

Prep time: 10 minutes

Cooking time: 20-30 minutes

Yield: 4 servings

### Ingredients:

- 1 tablespoon of olive oil
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1 carrot, halved lengthwise and sliced
- 1 red, green, or yellow pepper, chopped
- 1 teaspoon each chili powder, ground cumin, dried oregano
- 3 cups cooked red, black, or kidney beans
- 1 cup spring water or vegetable stock
- 2 tablespoons umeboshi vinegar or organic tomato paste
- 1 teaspoon sea salt

### Directions:

1. Heat the oil in a large heavy pan. Add onion and garlic and saute until the onion starts to brown.
2. Add the rest of the vegetables, chili powder, cumin, and oregano. Saute for 5 minutes.
3. Slowly add the rest of the ingredients. Cover and simmer for 10-15 minutes.
4. Adjust the seasonings and serve.

### Variations:

Add other vegetables like celery, zucchini, or summer squash.

Skip the chili powder; use ginger instead to create a different taste.

Add fresh or frozen corn.

Add cooked brown rice for a tasty rice and bean dish.

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From Julea:

The first time I made this chili, I couldn't believe how beautiful it was, with all the peppers in different bright hues. As I served it to my family I was holding my breath hoping they liked it. And every last one gave it a thumbs up. With the confidence from that experience I made it for a party and got so much positive feedback that I thought I would pass it along to you all.

# BOOKSHELF

## *Nearing Home: Life, Faith, and Finishing Well* by Billy Graham (Thomas Nelson).

Pearl and I both graduated from Northwestern College in Minneapolis, Minnesota, when Billy Graham was president of the school.

*Nearly Home* is a wonderful book that should be on everyone's must read list. Billy is now in his 90s; Ruth is home with the Lord; Billy is waiting for that time when he, too, will join the Lord Jesus Christ.

Check out these words from the section "Nearing Home with Triumphant Expectations":

While growing old has been the greatest surprise of my life, the greatest triumph is yet to come: experiencing victory over death that will usher me into the eternal presence of my Savior, the Lord Jesus Christ....I often wonder if God, in His sovereignty, allows the eyesight of the aged to cast a dim view of the here and now so that we may focus our spiritual eyes on the ever after. (15)

What a life! What a servant! Billy Graham reveals why and how the Lord has used him in such marvelous ways:

My goal is simple: stand at home plate, with bat in hand, immersed in an important game. I often pictured myself hitting a big-league grand slam into the stadium seats and hearing the crowd roar with thunder as I ran the bases—nearing home.

I never would have guessed what lay in store. After giving my heart to the Lord Jesus Christ—repenting of my sin and putting my entire life into His hands—I laid down my dreams, along with my bat, and fully embraced God's plan by faith, trusting that He would lead me all the way. He did, He is, and He will. (2)

## *Through My Eyes* by Tim Tebow (Harper Collins)

Even after the 2012 NFL season drew to an end, it seems everyone is still talking about this year's surprise, Tim Tebow, quarterback of the Denver Broncos. In this book, Tim tells the story of his life. It is an excellent book to give to sports fans, especially men, to see the quality of life that can be developed when a young man sells out completely to the Lord Jesus Christ.



***Growing Up Colt: A Father, a Son, a Life in Football* by Colt McCoy & Brad McCoy with Mike Yorkey (Barbour)**

Colt McCoy quarterbacked the Texas Longhorn football team; he was a two time Heismann Trophy runner-up and he currently plays for the Cleveland Browns of the NFL. Colt's father is also a football coach and the two of them have written an excellent book. One thing I love about Colt's book is that he makes the gospel so clear in the final chapter. I highly recommend this book for men and boys who are searching for reality in the sports world. I have given both Tim Tebow's and Colt McCoy's books to non-believers. The response has been most positive.

***Every Body Matters* by Gary Thomas (Zondervan)**

When I saw Gary Thomas's new book *Every Body Matters*, I knew it would complement the theme of nutrition and fitness in this issue of the *Grapevine*. The back cover text sums up the book quite well:

A fresh perspective on how physical fitness directly impacts your spiritual growth.

Physical fitness, offered to God, pursued with God, has enormous spiritual, emotional, and physical benefits.

*Every Body Matters* explores the spiritual states behind the very physical battle of eating and exercise and offers a fresh perspective and renewed motivation for making some major changes.

Throughout the book, Gary is refreshingly transparent about his own struggles with healthy eating and living. If you are considering changes in your own lifestyle, this book will make an excellent companion. As Thomas concludes chapter 3:

You know why I don't climb mountains, even though part of me thinks scaling Everest would be the experience of a lifetime? You know why I'm careful when I drive? It's because there are four faces always before me who really do depend on me—financially, relationally, and otherwise (my wife and three children). There is a new church community in Houston, Texas, that has made a major investment in my ministry and cares about whether I'm available to serve them. ... I can't serve them without taking care of myself physically.

I only have one body and one life. By God's design, that life may end before I even complete this book. But I don't want selfishness to steal a single minute away from those I love or from those I'm called to serve. (50)

## Registration & Order Form

Contact the BTR office about any of the following 40<sup>th</sup> anniversary events:

- ☐ Lakeview Couples Conference (Waxahachie, TX)  
May 4-6, 2012
- ☐ Alaska Cruise (departing from Seattle, WA)  
July 6-12, 2012
- ☐ Trail West Family Camp (Buena Vista, CO)  
August 13-18, 2012

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# Homework

## Turning the Big Ship Around

Don and Pearl Anderson explain exactly what they are doing different these days to keep healthy.

1. Drinking lots of water
2. Exercising regularly
3. Eating healthy
4. Maintaining spiritual disciplines
5. Staying content with career changes
6. Striving to maintain healthy relationships (unhealthy relationships lead to overeating)
7. Having smoothies for breakfast—see below

### Smoothies for Breakfast

Try blending these combinations for healthy and delicious breakfast smoothies.

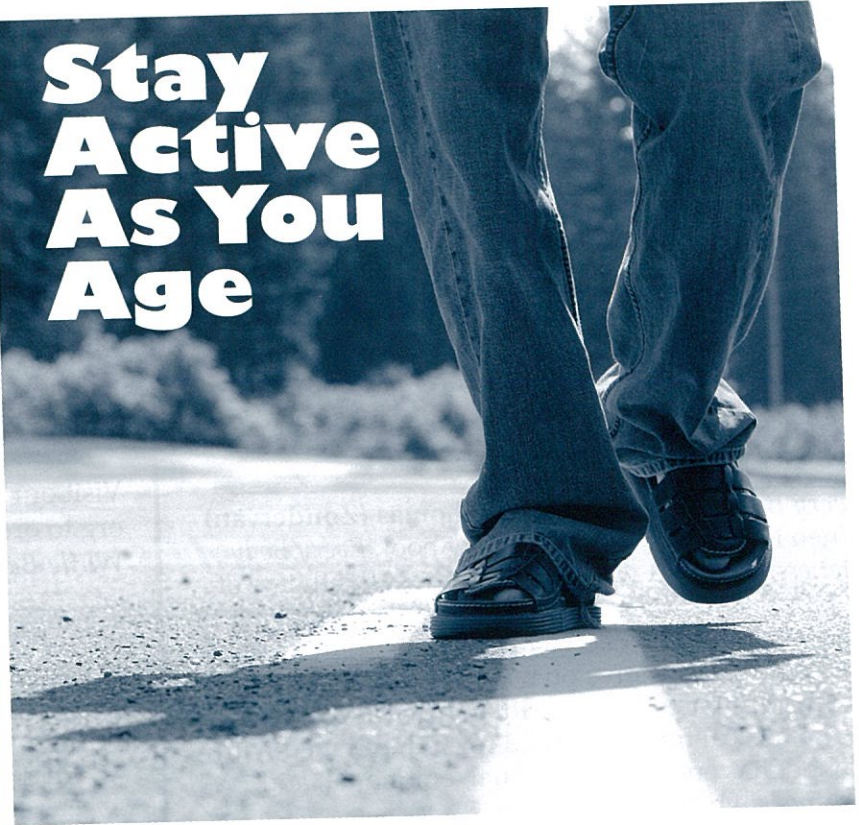
Smoothie 1 = banana + spinach leaves + orange juice + 2 tablespoons fat free yogurt + frozen peach slices

Smoothie 2 = banana + kale leaves + pomegranate juice + 2 tablespoons fat free yogurt + frozen blueberries + sliced strawberries

Smoothie 3 = banana + swiss chard leaves + grape juice + 2 tablespoons fat free yogurt + frozen mixed fruit (strawberries, blueberries, blackberries)

Smoothie 4 = same format with raspberries, blackberries, and different fruit juices. The sky's the limit! Such fun!

## Stay Active As You Age



The following article has been adapted, with permission, from the January 2012 edition of *Total Wellness*. See page 7 for more information.

No matter how many years old or “years young” you may be, you can get and stay fit. Staying physically active is one of the top prescriptions for maintaining good health as you age, and even people who begin exercising when they’re older can enjoy the benefits. Here are just some of the ways that exercise can keep you young at any age:

- Reduces the risk of heart disease, diabetes and even some types of cancer
- Lowers the risk of osteoporosis and bone fractures and increases joint flexibility
- Enhances heart and lung function, lowering blood pressure and body fat and improving cholesterol levels
- Strengthens muscles, which boosts metabolism and helps prevent susceptibility to falls, injuries and muscle loss after age 30
- Bolsters the immune system, which begins declining after age 35 and can be hampered by stress
- Improves mental health and function, self confidence and quality of life.

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This verse begins with a question and concludes with a command. The race is not always to the swift but to those who keep on running.

Rule #1 says run to win. The questions we face at this point are these. Where is the intense desire? Where is the determination? Where is the dedication? Where is the perseverance to plow on through to victory?

### **Rule #2: Discipline produces reward (verse 25)**

1 Corinthians 9:25: "Now everyone who is engaging in the contest is exercising self-control in all respects. Those to be sure in order that they may receive a perishable crown, but we an imperishable crown" (DAV).

In this verse Paul talks about two things: the price and the prize. The price involves "exercising self-control in all respects." There's no other way to effective commitment than through discipline of the total life of the individual. This discipline must penetrate the spiritual, physical, social, mental, and emotional parts of the person.

Discipline in one area of our lives has a tendency to spill over into the other areas. I have yet to meet an undisciplined godly person.

Any development in your life that is toward progress will be the direct result of discipline. Someone has wisely said that success means putting duty before pleasure. Determination, not desire, controls our destiny.

Strict methods, stern discipline, rigid attention to detail, ceaseless labor, and the fixed determination of an unbreakable will bring the victory.

Paul next mentions the prize: "an imperishable crown." Accolades and awards athletes receive are perishable. The guy who is really committed to Christ, who lives his life and runs the race with the rules in mind, will receive a crown that will never be tarnished or lost.

### **Rule #3: Find the goal and hit the mark (verse 26)**

1 Corinthians 9:26: "As for myself, therefore, I am running that way, not aimlessly (as one who has no fixed goal); I am boxing that way, not as one who is punching the air" (DAV).

Paul here, speaking of rule 3, is telling us that he is running for the goal and he is fighting to hit the mark. This is purposeful participation, if you please. In this verse we are in the heat of the battle. We are not just

going through the pre-training period. This is the actual contest.

One person put it this way: "The man who's going somewhere is the man who has found his ideal, married it, and is now raising a family."

### **Rule #4: Extra effort produces excellence (verse 27)**

1 Corinthians 9:27: "But I am treating my body roughly and making it serve me, lest when I have preached to others, I myself should be disqualified" (DAV).

As the game comes to an end, because our strength has been spent and we've grown weary in battle, it can become awfully easy to relax. It is at this critical point that the contest can be won or lost, depending upon the attitude of the contender.

Failure is not fatal. Success is not permanent. But it is courage that counts.

As the late Vince Lombardi put it, "Fatigue makes cowards of us all."

It is the extra effort that produces excellence. Don't let up! Don't retire! Come along with me, the best is yet to be! It is learning how to really give of yourself in order to win. When the going gets tough, the tough get going. It is the ability to go beyond endurance, to have the mastery over the body. This is the price of victory.

I've had the pleasure of finishing two marathons. In both of them, I had the experience of hitting the wall. This occurs when you reach the 20-22 mile mark and feel like it is impossible to finish. At that time, it is necessary to suck it up and go for it, to make the distance. Dig a little deeper. I did not want to hear "you were running well."

In the words of an anonymous poet:

### **You Must Not Quit**

When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

***I have yet  
to meet an  
undisciplined  
godly person.***

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Life is strange with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won if he stuck it out,  
Don't give up though the pace seems slow,  
You may succeed with another blow.

Success is failure turned inside out,  
The silver tint of the clouds of doubt,  
And you never can tell just how close you are;  
It may be near when it seems so far.  
So stick to the fight when you're hardest hit;  
When things seem worst you must not quit.

Edgar Guest has a great little piece of poetry that  
Terry Fox used to inspire him while he was trying to  
run his marathon across Canada:

There are thousands to tell you it cannot be done,  
There are thousands to prophesy failure;  
There are thousands to point out to you one by one,  
The dangers that wait to assail you.  
But just buckle in with a bit of a grin,  
Just take off your coat and go to it;  
Just start in to sing as you tackle the thing  
That "cannot be done," and you'll do it.  
(285, *Collected Verse of Edgar A. Guest* by Edgar A.  
Guest: Contemporary Books, 1934)

Yes, we're facing change here at Bible Teaching Resources, but that change does not mean that we are not still totally committed to making a strong finish.

We are following these four rules.

#1: We are running to win.

#2: Discipline is producing reward.

#3: We are finding the goal and hitting the mark.

#4: We are recognizing that extra effort at this stage of the game is producing the excellence.

92-year-old Simon of Cambridge said: "I cannot but run with all my might because I'm close to the goal."

The following poem by Walt Huntley has been shared by many:

Your name may not appear down here  
in this world's Hall of Fame,  
in fact you may be so unknown  
that no one knows your name.

The Oscars here may pass you by  
and neon lights of blue.  
But if you love and serve the Lord,  
then I have news for you.

This hall of fame is only good,  
as long as time shall be,  
but keep in mind "God's Hall of Fame"  
is for Eternity.

To have your name inscribed up there,  
is greater, yes, by far,  
than all the halls of fame down here,  
and every man-made star.

The crowds on earth, they soon forget,  
the heroes of the past,  
they cheer like mad until you fall.  
And that's how long you last.

But God, He never does forget,  
and in His "Hall of Fame"  
by just believing in his Son,  
inscribed you'll find your name.

I tell you friend, I wouldn't trade  
my name — however small,  
that's written there, beyond the stars,  
in that celestial hall—

for every famous name on earth,  
or glory that they share.  
I'd rather be an unknown here,  
and have my name up there.

But forget all that—it is nothing compared to what I am going to do. For I am about to do a brand-new thing. See, I have already begun! Do you not see it? I will make a pathway through the wilderness for my people to come home, I will create rivers for them in the desert! (Isa. 43:18-19 NLT).



## Some of our favorite letters from the mailbag

Dear Don (and Pearl),

Forty years. Time does fly. As you know, I was one of your first students at Wyatt's Cafeteria [Tyler] in 1972. Just a few weeks before I arrived in your Monday lunch class, I had read *The Late Great Planet Earth* by Hal Lindsey. About halfway through that book I realized that Jesus was exactly who He claimed to be and would return to this earth someday. My new life began that night. Julie's did too.

At the age of 28, we were starved to hear the Word. Mike Breedlove heard that I had become a Christian and invited me to your class. I rarely missed for as long as you taught at Wyatt's. Later you taught a six weeks evening class at our home in Tyler. I think it was Colossians. We loved it. My daughter, Laura Culver, was about 2 or 3 years old. We remember that she crawled behind the couch under a table and listened. She "believed" at age 4 ½. I remember that night. Laura now has three of our grandchildren and a wonderful husband, Matt. The kids attend Christian school and the family attends church at Grace Community.

One life can affect many. Former students of mine, now in their fifties, tell me how my Sunday school and Bible study lessons influenced them. They were 16-19 years old when I taught them. Most of my lessons were developed as I listened to cassette tapes from Don Anderson Ministries. Many Saturday nights saw me in my living room listening to your tapes and writing out my lessons. You get the credit.

Julie and I will never forget you and Pearl.  
With love in Christ,  
David (and Julie) Nichols, D.D.S.  
Tyler, TX

Thanks for our daily devotional,

**A Great While Before The Day (get yours while supplies last)**

Thank you for the devotional books. I use them every day during my quiet time with the Lord. I also appreciate the hymns at the end of each reading and sing them along with you.

Just a short note to say how much Jerry and I enjoyed and appreciated the classes on Colossians you taught. We always get a blessing from your Bible teaching and we were twice blessed to see you and Pearl in person last week.

My church's staff are "hooked" on them and I am going "fishing" for others! May God richly bless you and your ministry.



## Stay Active

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Since exercise is so good for you, what are you waiting for? To make exercise a part of your life:

- Check with your doctor first. If you've been sedentary for some time, get a checkup before you begin. Work with your doctor to make a plan that will suit your needs.
- Set goals, and log your progress. Thirty minutes of activity daily in 10-minute segments will do.
- Keep a journal of how many miles you cycle, for example, and graph how far you've traveled around the world. Choose an activity that you enjoy and can stick with. Classes or recreational sports teams may help you stay motivated. Good low-impact choices include walking, stationary bicycling, swimming and water aerobics.
- Incorporate all three components of exercise into your program. Be sure to round out your regular routine with aerobic activity, strength/resistance training and plenty of stretching.
- Lift weights at home. Fill gallon milk jugs with water or sand, and lift them by the handle. Use a chair with good back support, and don't squeeze weights too hard.
- Add balance exercises to further reduce your risk of falls. Try standing on one leg while you hold onto a table, and then switch to the other leg.
- Take it easy. Start slowly, and gradually increase the length and intensity of your workouts.

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**Won't you join us this spring and summer for  
one or more of these special 40<sup>th</sup> anniversary  
BTR events?**

**Lakeview Couples Conference (Waxahachie, TX)  
May 4-6, 2012**

**Alaska Cruise (departing from Seattle, WA)  
July 6-12, 2012**

**Trail West Family Camp (Buena Vista, CO)  
August 13-18, 2012**