

Motives

We are going to discuss different ~~areas~~ areas concerning motives. How we can be better in these areas this year 2017. scriptures was taken from Life Application Study Bible NIV

Giving

Genesis 4:3-5 The bible does not say why God rejected Cain's sacrifice. Perhaps Cain's attitude was improper or perhaps his offering was not up to God's standards. Proverbs 21:27 says The sacrifice of the wicked is detestable how much more, so when brought with evil intent! God evaluates both our motives and the quality of what we offer him when we give to God and to others. We should not worry about ~~how~~ how much we are giving up. For all things are God's in the first place. ~~But~~ Instead, we should joyfully give to God our best time, money, possessions and talents. Matthew 6:3 when Jesus says not to let your left hand know what your right hand is doing. He is teaching that our motives for giving to God and others must be pure. It is easy to give ~~them~~ give with mixed motives, to do ~~something~~ someone if it will benefit us in return. But believers should avoid all scheming and give for the pleasure of giving and as a response to God's love. Why do you give?

Exposed by how we react to problems

Genesis 27:11-12 How we react to a moral dilemma often exposes our real motives. Frequently we are more worried about getting caught than about doing what is right. Jacob did not seem concerned about the deceitfulness of his mother's plan; instead he was afraid of getting in trouble while ~~carrying~~ carrying it out. If you are worried about getting caught you are probably in a position that is less than honest. Let your fear of getting caught be a warning to do right. Jacob paid a huge price for carrying out his dishonest plan.

Motives

Importance of ridding wrong ones from your life

Numbers 12:11 Aaron asked that the sin be and Miriam committed not be held against them. It is easy to look back at our mistakes and recognize their foolishness. It is much harder to recognize foolish plans while we are carrying them out because somehow then they seem appropriate. To get rid of foolish ideas before they turn into foolish actions requires eliminating our wrong thoughts and motives. Failing to do this caused Miriam and Aaron much grief.

Don't assume others motives are wrong

Numbers 32:1 Three tribes (Reuben, Gad, and the half-tribe of Manasseh) wanted to live east of the Jordan river (sometimes referred to as the Transjordan area) on land they had already conquered. Moses immediately assumed they had selfish motives and were trying to avoid helping the others fight for the land across the river. But Moses jumped to the wrong ~~conclusion~~ conclusion. In dealing with people, we must find out all the facts before making up our minds. We shouldn't automatically assume that their motives are wrong, even if their plans sound suspicious.

~~Identify yours when making a decision~~

Identify yours when making a decision

Proverbs 5:21:2 People can find an excuse for doing almost anything, but God looks behind the excuses to the motives of the heart. We often have to make choices in areas where the right action is difficult to discern. We can help ourselves make such decisions by trying to identify our motives first and then asking, "Would God be pleased with my real reason for doing this? God is not pleased when we do good deeds only to receive something in return."

For anyone who has an anger issue. I encourage you to read you can control your anger! 21 ways to do it by Bill Bonhardt, A CSW, BCD Here is two chapters from the book. This book has been a help for me in so many ways.

The Reverse Golden Rule and How it Leads you in the wrong, Hostile Direction

"It's for Tat, even Steven, fifty-fifty" is the often insistent call by people who believe they have extended themselves toward a happier relationship medium. One of the more common ideas constructed by humans is the reverse golden rule: "Others should do unto me as I do unto them, so because I'm ~~so~~ nice and pleasant toward you with no lapses in kindness and consideration, you must likewise treat me with such similar goodwill - and you know what you are if you falter in doing so." This declaration of "If I'm ~~so~~ nice to you, then, by George, by no strange coincidence you have to be nice back to me, sounds good and reasonable enough; now if we ~~could~~ could only get the world to run in order cycles it would actually have some practicality! In an ideal, balanced world such a seemingly innocent request would do wonders for more peaceful relationships. Unfortunately, the universe runs randomly and impartially and people in it are often not in balanced frame of mind. Consequently, this demand for a return on one's investment of kindness doesn't hold water. In the end, staunch efforts to ~~fit~~ fit the round mythical reverse golden rule peg into a square reality hole creates more of the very problems it attempts to solve! By commanding that others, by cracker, better do unto you as you do unto them, you are declaring not a rule of thumb, but a law of the ~~universe~~ universe that: 1. Has no basis in truth. There is no evidence, save what you make up in your mind, that an equally favorable exchange is a given when making interpersonal contact. On the contrary, there

are occasions when those you have frequently demonstrated that you care for the most will turn on you by treating you with ill-advised manners - and expect you to turn the other cheek ~~to~~ to boot! (2) Pave the way toward building up your own hostility. If you expect, if not demand, an equal fear (State of pleasant) and don't get it, you are liable to create resentment toward those who have emotionally and behaviorally short-changed you. This is more ~~dramatically~~ dramatically seen when you declare that you absolutely ("need") or ("must") have a return on your frequent and strong display of gentle acknowledgments of others. (3) Creates other-blame and ~~damns~~ damnation. If you believe the core requirements of the sacred rule, you are likely to conclude: "Because I need you to feed me the same honey that I feed you, rather than the vinegar that you are dishing out to me, you destroy me by depriving me of my necessities you damn!" ~~And~~ need is short for necessity, and when such a lifeline is ruptured, there is the temptation to blame and condemn the one doing the depriving of alleged essentials. (4) Promotes responsibility relapse. In blaming other people for your emotional upset in the aftermath of their deficiencies of consideration, you imply, if not directly pronounce, that the deficient-acting caregiver is responsible for your emotions. You antagonize me, make me, and cause me to feel upset when you don't trade off kindness for kindness (as you must). You can counter the tendency to establish a reverse, in reality no-so-golden rule by applying the following suggestions:

(a) ~~See~~ See the tarnish in the (golden) rule itself. Recognize the folly of taking on such a demanding position to believe that significant others are required to be of like mind as you make it sound as if others having nothing else better to do than to follow your lead.

(B.) Distinguish preference from demand. Understand and accept that though it may be desirable for others to join hands with you and aim for treating you more jovially, that doesn't mean that they have to do the "right" thing.

(C.) Rationally dispute with yourself. Confront yourself with: "Where is the evidence that others must, are required to, treat me as I gently treat them?" Why must I needlessly disturb myself by declaring it as horrendous when they don't latch on to my right + wrong theory? Where is the proof that my criticism is bad for badly not returning my niceties? Then acknowledge that if you assert something to be true it is your responsibility as the asserter to prove its ~~existence~~ existence. Realize that there is no evidence to support the contention that others must treat you as you ~~to~~ treat them or the belief that it's catastrophic when they don't or that the offenders are ~~so~~ evil for setting the stage for you offending yourself about their short comings in kindness.

(D.) Admit to a probable childish demand for reciprocation (a return on your kind efforts) - See that you likely invented this idea that others should do unto me as I do unto them as an infantile excuse to command others' return appreciations; that you fused and bonded ever so lovingly and pleasantly to this idea so that you ~~can~~ could believe that you are entitled to a return of kindness. After all, how could someone you schemingly blanketed with kindness not administer the same toward you? How dare he or she not be kind toward me!) Such relationship trickery is common with those who make themselves emotionally dependent on others - warmth, kindness, love, affection and approval. If I offer you doses of raving approval review, how could you possibly not do the same for poor little bitty old me? Owning up to the

facts of this balance - the - relationship game - playing budget
So that I can gain some favors is a bitter pill to swallow, but it
may ship on the way down. Then: (E.) Train yourself to be able
to give favors with minimal expectations in return. Lacking
a hidden agenda, that is, I'll show kindness toward you with
the expectation that you will do the same toward me, will move
for fewer hidden ~~agendas~~ agendas cloaked in kindness and for
less superficial and more authentic interactions with your
social group. (F.) Try not to necessitize or essentialize. Practice
a non-demanding outlook that holds the prospect of taking
pressure off yourself and your relationship with significant
others. ~~Believing~~ Believing that others' return of your
pleasant attachments is nice but not necessary or essential
can help in learning how to become a more tolerant, much
less angry-acting person. (G.) Appreciate individual differences
See that certain others may not hold to the same kind of
values as you. People you make an effort to ~~be~~ be
considerate toward may not have in their relationship
~~the~~ arsenal the same appreciative streak that you do -
nor must they. (H.) Sort out nice from necessary. Because
something is good doesn't mean you have to be the
~~recipient~~ recipient of it, including the brand of pleasantness
that you may administer to others. (I.) Challenge ideas that
imply deservingness. You get what you get, not what you
want and think you deserve. Concluding that because I
treat others so well, I deserve to be treated well back, is
rooted in illusion and self-pity. (J.) Appreciate the fact
that it takes a long time to find something that doesn't
exist, such as fairness generally and a fair exchange
for your decent actions specifically. That way you will
make yourself ~~less~~ less blunted in the face of others'
returning your kindness with antagonism. (K.) Sort out
disappointment from disaster. Acknowledging rather than
squelching or at the other extreme, overreacting to disappointment
~~when it does not~~ ~~to more fully appreciate your situation,~~
~~is a tip-off to mental health. To feel~~

disappointed when let down is to more fully appreciate your values, including the value of kindness being made into a two-way street. To tell yourself how disappointing that my associate isn't being nice to me as I'm being nice to him is a far cry from how terrible that my associate treats me with such ~~gig~~ gigantic lapses in the kindness and consideration that I soak into her. Not exaggerating the significance of ~~disappointing~~ disappointment. Can greatly ~~don't~~ do it in not turning a mountain into a mole hill.

(L) Acknowledge others' free-will rather than your will. The fact that others have a mind of their own and therefore can choose to thwart and balk your values, including your standard of even-mindedly not returning your good will with their sour will, is often overlooked in trying to figure out why you get treated so badly after treating others so well. (M) Challenge beholdingness notions. Instead, pursue a philosophy of non-beholdingness in others. Others are not beholden to you in mirroring your more positive approach to them. They can look at you, as a gift horse in the mouth with no obligation to you to do otherwise. (N) Curtail inclinations to feel hurt. Hurt is weak, pathetic emotion that comes from ~~self~~ self-blame and self-pity and is but two words away from anger: for example I feel hurt because of her critical actions - that B! (O) Head self-pity off at the pass. When betrayed by another's reversal of your consideration you may often be inclined to weepingly feel sorry for yourself. Such self-indulgent efforts prevent staying in tune with what can be done to do something with your time rather than stew away future opportunity. (P) Seize another's violation of this supposed law of the universe as an opportunity to fix-ture your emotional well-being. By not damning the other and better tolerating the disappointing return from that person you can make something good out of something ~~bad~~ bad, without letting the bad overrule. (Q) Upon finding yourself feeling ~~dis~~ disenchantment due to others' lumpy-handed return of your fond efforts, don't throw the baby out with the bath waters by declaring that because of your

Bad experience you will never meet anyone halfway again. Don't forsake the idea of pleasantly extending yourself to others just because you got a little mud in your eye from recent efforts to do so. Instead, (B.) Vow to continue to act decently to others - but for the right reasons; that is hope that as you favorably reach out for them they will endeavor themselves back to you, but don't demand what you hope for. This is the general distinction between emotion sanity and emotional disturbance: desiring and actively seeking your values, but not turning them to into necessities/demands. Continue to want, wish, prefer, desire, like and hope for people to evenly exchange kindness for kindness: just don't make it a life-dependent value, that is: "Others have to be nice to me upon my being nice to them - and it's awful and they are awful when they don't." (S.) Don't retaliate. Avoid a monkey-see, monkey-do ~~game~~ get even mentality. Don't take a bad situation and make it worse by copying your ungrateful - acting associate's antics. That way you remain true to yourself and help to erase rather than raise the flames of anger, ~~host~~ hostility and vindictiveness. (T.) Try to forge forgiveness and unclinging acceptance toward your adversaries' insensitivities. Actively forgive rather than damn your colleagues for their motivational and/or ignorance limitations. They do not have to be on the same trend or track as you, and it is not helpful to get after them when they disappointly aren't. (U) Signal coping statements. Have a roster of short but to the point coping ideas that will snuff out tendencies toward overreaction and taking personally disagreeing conduct that goes against the grain of your gentle efforts. These include:

- There is no reason why others have to act like me
- Demands lead to hostility, anger, and aggression
Things I need about as much as a sore thumb

- Because I am not ~~general~~ general manager of the universe, others and not I will dictate their response to me
- Erase, don't hate, anger and animosity
- Others can do unto me as they choose to do unto me - not necessarily do I have done unto them
- Expect less, demand less, yet
- Others have free-will and need not feed my will
- Everybody has their ways - and they are all different
- Mourish yourself when others don't
- When all else fails, you can treat yourself the way you would like to be treated
- When others treat you unfairly and unkindly, that is all the more reason to be fair and ~~be~~ kind to yourself
- Don't take a bad situation and make it worse
- So far as I can tell, I'm not anointed to be the one person in the universe to always get fair returns on his emotional and relationship investments
- Fewer expectations lead to fewer disappointments and more frequent happiness
- I do not have to make myself beholden to others returning my kindness in kind
- Disappointments are not disasters when people ~~don't~~ don't nicely frequent me as I frequently nicely frequent them
- Others are not bad when they badly neglect me in the face of my acceptance of them
- Condemn behaviors - not people
- My only choice in the whole matter is how much I am going to hassle myself and others about the way that they treat me

Immediately after you fall or get pushed off the horse, get back on it. Return to your ~~old~~ ^{decent} behavior standards toward others — but with a different mindset, one that allows for the possibility of an unbalanced return from your best

relationship efforts. Put on your best face but with few expectations and with almost no demands for a return. Final recommendation: Reverse golden rule and understand that others don't have to do unto you as you do unto them. See if you don't do yourself and your relationships with others a favor by reducing strain and ill will in you and toward others. By furnishing the idea that others by your declaration and decree have to treat you nicely as you so do unto them, you make it more likely that by leading off at the pace this fairy tale expectation you are more likely to get yourself past relationship disappointments that will likely, due to individual differences of approach, continue to occur. Furnishing the reverse golden rule can be made to have a way to make more clearly what and what not to realistically expect from others' treatment of you - with all the emotional and relationship advantages thereof.

Comments from readers

You can control your anger! is another fine book by Bill Bonchardt. It very clearly and comprehensively covers practically everything ~~you do~~ you do to produce your anger, to fuel yourself into believing that it ~~is~~ helps you to creatively stop it in its tracks and ~~then~~ minimize your angrily harming yourself and others by it for the rest of your life. This book beautifully applies the principles of Rational ~~Emotional~~ Emotive Behavior Therapy to the personal and world wide problems of controlling anger and combativeness. By reading and applying its many techniques of fighting against anger, instead of fighting against other people, you may well help to change your own life and make the world a more peaceful place in which to live.

Anger has served as the basis for widespread problems in our society, including violence and health-related difficulties. In a thought-provoking and refreshing manner, Bill Bonchardt has used the REBT framework to provide an analysis of the negative outcomes of anger; how people cause themselves to get angry with their self-defeating beliefs in the form of demands and ~~either~~ either self and/or other damnations; how they can challenge their anger-producing beliefs; and how they can replace their self-defeating beliefs with alternative self-empowering beliefs, thereby dissipating

their anger, this book provides the reader with a straight forward
How to do it approach to managing anger by becoming one's own
anger-control therapist

Bill D. Borshardt has written a wonderful book which examines
anger from every perspective imaginable. He convincingly demonstrates
that anger is always bad for you and you're always better off
without it. He clearly shows you how to recognize your anger
and then overcome it effectively. I highly recommend this
excellent book to every individual who deals with anger, be it
their own or the anger of others.

New Orleans.

COLLEGE FOOTBALL

Saban draws close to 'Bear' with

BY PAUL NEWBERRY
Associated Press

TAMPA, Fla. — Nick Saban is one away from the Bear. At least that's what the record book shows.

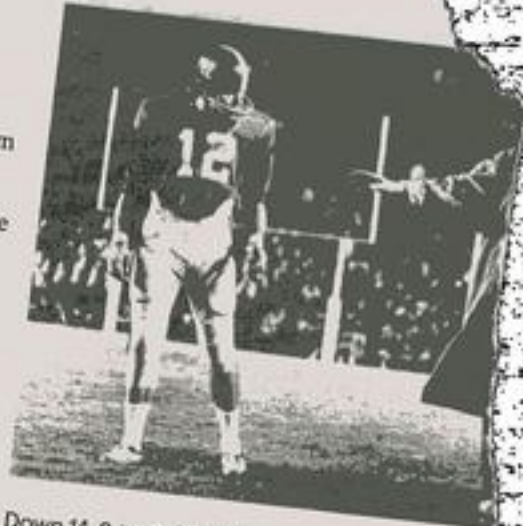
Actually, an argument can be made that Saban already surpassed the man in the houndstooth hat.

Saban has five national titles — four as Alabama's coach, plus a BCS crown at LSU — going into Monday night's championship game against Clemson.

Paul "Bear" Bryant is the only coach to win six championships during the poll era, but his mark comes with a very big asterisk.

Two of them, actually.

In 1964, with Joe Namath at quarterback, the Crimson Tide finished 10-0 during the regular season and was voted No. 1 in The Associated Press media poll as well as the coaches' poll, both



Down 14-0 to Texas in the 1965 Orange Bowl, Alabama sent an injured Joe Namath into the game. Bryant sent an injured Joe Namath into the game. Texas, however, stopped Namath in the fourth quarter.

of which conducted their final tally before the bowls. Alabama closed the season with a 21-17 loss to Texas in the Orange Bowl. If another poll

has been conducted, Alabama undoubtedly finished No. 1 with a victory over

ASTY, 4B

Searching for answers by conference start

building a seven-point lead with less than eight minutes to play, Mercer was outscored by 6 points the rest of the way.

"Ria'n (Holland) was great, but we couldn't get any else going in that

back to next

Short Comments

Building a wall at the border. That is the most crazy thing I can imagine right. The money spent for that whether be whoever pay for it. Is a waste of money on both side. Do you know how many hungry children can be fed on either side. This is not logical, it's stupid.

Obama Care - Why would you do away with it without implementing something else. That will bring destruction to ~~many~~ millions who is already covered. That is stupid. When all you need to do is encourage other company ^{insurance} that will take their rates down so all the insurers can be covered. Sometimes people can over exaggerate a situation. I believe this is one of them. I don't think this being ~~done~~ because ~~it is~~ because it is in the best of ~~everyone's~~ all American people. It's another people pleaser situation and because of Obama name being there. Very immature on the people who is trying to bring this destruction. There is no looking at the big damage it's going cause.

What is the first thing I think need to be dealt with in the legislative.
This session - all this redone it stuff like carrying concealed weapon on college campus, transgender bathroom, education reform for peeping schools, peep toms using cell phones to look under people clothes. About muslim women where they can wear their head appanels. Carrying concealed weapon on college campus. We have had enough situation with weapon on school campus. The mind set of people change dramatically. We're not trying to loose lives. We're trying to save them. Transgender bathroom let them people go to bathroom leave them alone. Education reform - We need to spend more wisely. Stop depending on the government for everything. Peeping toms need extending council in a center that specialize in sexual addiction. Let them muslim wear they appanels. This part of their religion. Not all muslim are terrorist. Stop categorizing people. I have muslim friends. Some of them are good people.

Short comments

Failing schools for any states reach out to others school
like Peach County High School Scores, propelled by extended
learning time, minimal distractions. We are helpers to another.
It doesn't if it's a elementary school, charter school etc. Help
each other. This issue shouldn't be in nobody legislative session
because this is a fixable problem.

In order to comprehend in any class in school, reading a book a week
and then discuss it what happened, talk about the characters, who
you admire why? Even kindergarten students can do this. Everybody
read the same book. On Friday's that what we did on ~~Friday~~ Friday's.
Our Friday was a day of what you learned in a subject we do
Spelling test. Was given a list of words. History we was given
a paper about the subject we was study. On Friday we would
History jeopardy. you can do this with any child in any grades
Our teacher did things to get us the books we needed. Candy
bars, donuts etc. There was no getting money from the government
for every little thing. Education funds Budget has gotten in slump
because we totally depend on the government for everything. We got
to slow down on this. Krispy Kreme is good about letting you
sell donuts. They get a share and your organization gets a
share, Candy Bars you can sell them by the boxes, - you get a cut,
Car washing, raise money for your children in class to have the
things they need. Reward them for doing good. How many school is going
to have a Valentine Party for their children in their class. For us we had
a PTA meeting with the parents of that class. Mom, clads and teacher
would talking about your attitude grades. Then they would discuss
we are having Valentine Party. I would like each parent if they can to
donate at least one or two items. My mom loved doing the individual
cards, put their names on it attach a sucker for each child. She would
buy chip, cookies and soda. My mom and dad was just a giver. We all
exchange cards with each other. Our teacher would bring us Valentine Cupcakes
we just had a ball on that. We would this all the Holiday like Halloween,
Patrick Day, Christmas, Thanksgiving - The week of.

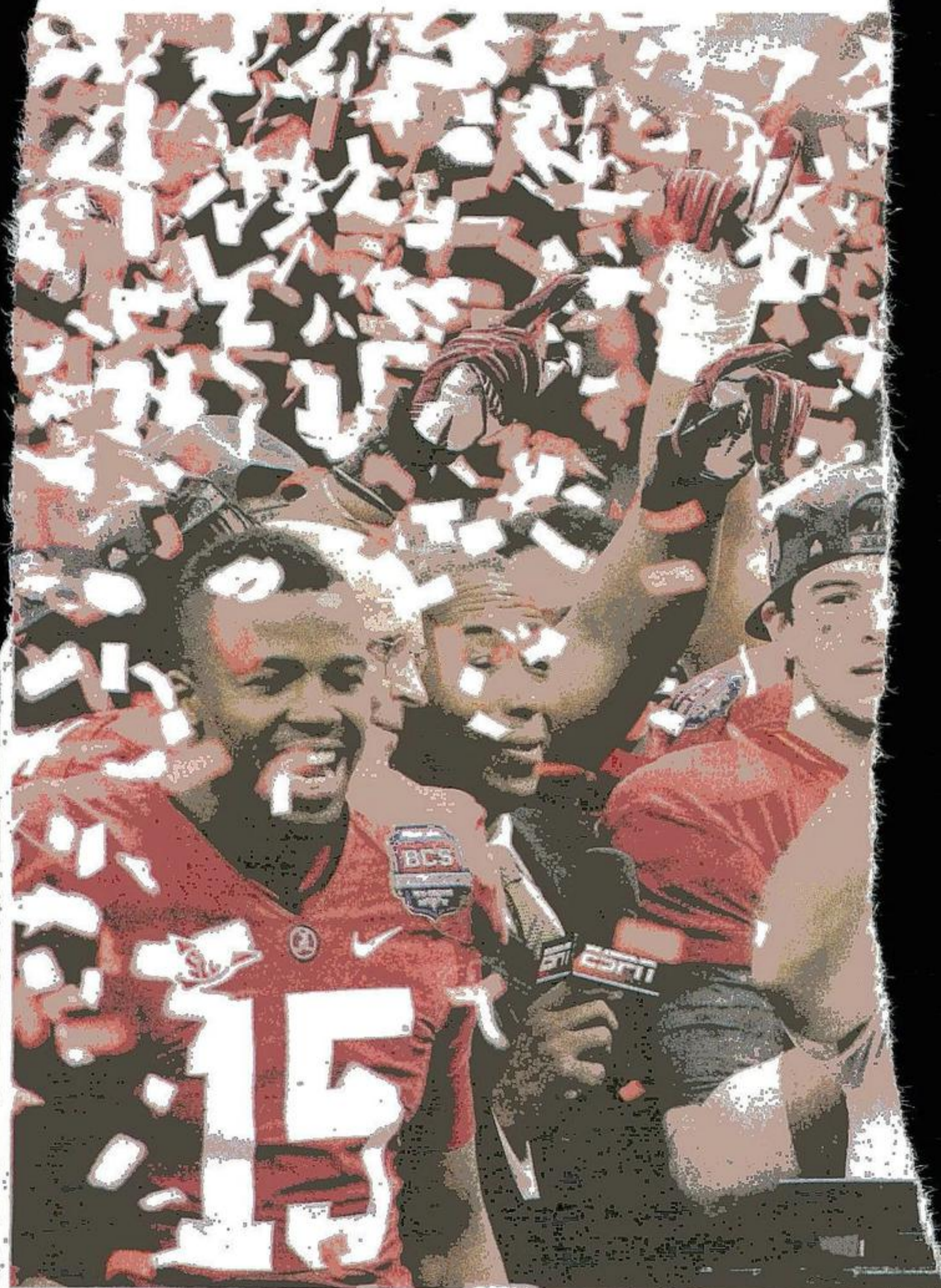
Short Comments

What is the first thing I think need to be dealt with all over the United State in the legislature and congress. GUNS, yes we have a right to be arms. But not everyone is operating common sense when come to a gun. 100's of ~~thous~~ thousand has died from a gun shot wound, 100's thousand are jail or prison especially Georgia because of no self defense law. I have a family member in prison who was licensed gun owner ~~defend himself~~ defending himself. In September 15, 2015 my cousin was shot three time and died. The same suspect killed another victim she was shot five times. When I was younger. My little cousin got over to our great granddad gun. He shot his thumb off. Things with the gun has gotten out of hand.

I feel there should be mandatory laws passed that every shop that sells guns must have security bars on the window ^{and} doors and extra security cameras if they don't have them.

- self defense laws passed for licensed gun carrier

orts



Alabama head coach Nick Saban celebrates with his team after de
football game in N