

you must feast on the history of God's provision in battle. If you think fighting a battle with water pitchers was fantastic, read in Joshua 6 how the Israelites destroyed the walled city of Jericho. They didn't use any weapons at all!

The lesson learned that day was that victory is assured when you are quiet and follow when you are supposed to and then stand and shout according to the directions of God. They learned how to more than win because they used NO weapons at all. Children the world over, sing of this incredible (more than) victory.

To more than win means:

- You KNOW you will win before the battle.
- Others benefit or are built up because of your stand and victory.
- Even if you do not get the gold medals of man, you have been obedient and will receive God's rewards while giving Him the glory.
- Our victories "in His name" move us to polish our defenses, our testimony, and our knowledge of the enemy's tactics.
- The enemy is mightier than the Christian soldier. Like David and Goliath.

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Presents



**Fine Tuning the
Powerhouse
In My Shoes**

Leader's Guide

by
James Curtis

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This resource is provided 'as is' and meant to show some alternative low-budget methods to be a part of the Bible's Great Commission to all Christians.

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God's provision in battle on our behalf. Your perception of God's protection begins to upgrade from "victory in Jesus" to something more. A unique provision of God I have loved to share with others for more than forty years is dogmatically stated in Romans 8 starting in verse 35:

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us.

No other place in the entire world, whether written or thought, is this level of accomplishment mentioned. The passage clearly states "*more than conquerors*". How do you MORE than win? How do you MORE than defeat an opponent? Is this not like climbing to the very top of the mountain **and then going higher**? Olympic athletes train all their lives to be the winner. They daily set their sights on that top step where he or she will wear the Gold Medal. But "*more than winners*" tells us there must be a step above that! But how is this possible? Where do we learn how?

As God inspired Paul to include this concept in his letter to the church in Rome, he hastened to add the all-important next words... "*through him that loved us.*"

We must teach youth trying to "find themselves", distraught parents, discouraged church leaders and the person we work next to, the direction they must go is through Him that loved us. We must open God's precious word with others and see that voices from every page tell us, "we've been there; done that." The voices from the Bible past tell us in so many ways, "Ask God what He wants and just do it!"

To really understand how to be more than a conqueror

1. We first saw the importance of time and timing with the commitment to make our schedule match that of our Creator Jesus Christ.
2. In the process of fine tuning ourselves, we learned that our enemies come in all sizes and disguises.
3. There is no “How to Manual” that equals or surpasses God’s Inspired Word.
4. We saw resumes ‘with an attitude’ that help us take inventory of ourselves today and tomorrow. “Are we getting better? Is there training or experience missing?”
5. The Garden of Eden was the setting for man needing a partner. Further consideration showed us that we must become stable with our vertical partner – God. Only then can we hope to establish a lasting heart partner.
6. Not only does it take a good How-To Manual (God’s Word) but also measurement tools (stethoscope and the Internet Activity) to measure the optimizing process.

So now we can savor the frosting on the cake, as we learn...

How to More Than Win

Everyone wants to succeed. We all want to win. We stay away from people that have strong desires not to succeed. Losing costs money, time, lives, work, and self-esteem.

Because of peer pressure, young people especially want to be on top in their competition-saturated world. We see eyes light up and spirits quicken as we sing spirited hymns like Victory in Jesus.

But do not sell God short. He rarely gives us “only victory”. It has to do with the way He displaces our enemies. Reread the first portion of chapter six and be reminded of

Introduction

LIKE A TSUNAMI WAVE, this age of data, distractions, and dead ends is consuming the minds of today’s teens and young adults. Neither human minds nor hard drives can warehouse, let alone use, all of it.

Our journey can be on a vast salt-water ocean or amid rocky rapids of information. It is crucial to our survival of spirit and soul that we have the right tools and know how to use them.

The following chapters, in progression, cover seven topics that include tools for Fine Tuning the Powerhouse in My Shoes.

1. Timing
2. Treachery
3. Training
4. Tracking
5. Teaming
6. Testing
7. Trophies

Fine Tuning the Powerhouse in My Shoes contains no difficult concepts or computer terms. Most of the chapters link to a story in the appendix to share with a friend.

In the beginning of this book, as with the most famous of books (Bible), we will start with the subject of Timing.

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Along with Computer Grace preparation, your computer will never work better than when you keep a Keyboard Bible open next to the keyboard. What follows is a description of the second half of this great Dream Team.

Crucial Equipment for Invading Computer Land

Even though your computer may have installed an electronic Bible including many powerful search features, a keyboard Bible is still required for security and research. This keyboard Bible is just like your favorite Bible with all its paper pages of God's great promises. It is always open and always within inches of your computer keyboard.

1. The nearby Bible is a reminder that God's Word is chock full of principles for efficient computing. It stimulates creative thinking and planning in ways only its Author can.
2. It is a sentinel or supervisor to guard against computing sessions that are wasteful, lustful, or dishonoring to God in several other ways. Note: Remember the builders of the walls in Nehemiah 4? They worked with their sword by their side. You should too. Yours is the sword of God's Word.
3. It is a reminder at the end of your project to ask the Creator of computing to use and bless your efforts. And certainly to reminds you to give Him the glory in your computing.

Tune-Up Tools We Have Covered So Far

Before we jump into the 'frosting on the cake' we should review some of the items we have covered.

rules of the road. Way off in the distance your racing thoughts try to warn you what happens when you eat too much of this or not enough of that. Your eyes tell the hands to pick up the spoon over here and the fork over there and dive in.

But then... reality grabs control of you. You admonish yourself with, "Hey! Wait a minute. I need to thank God for all this tasty food, the work that went into preparing it, and a wonderfully designed body to enjoy it. Then I also must ask God to lead me in using its energy to glorify Him."

Table grace has become an important prelude to our meals. It is a systematic reminder to us and the rest of our family of our gratitude for God's provision. We practice table grace because Jesus Christ did. He taught His followers this crucial beginning to every meal. Take a moment and review the reasons why you practice table grace.

Now. For the very same reasons, and more, we MUST practice Computer Grace. Scripture makes it very clear that technology comes from God and we are to use it to honor Him as we carry out the Great Commission. 1st Tim 3:16, 17 tell us that our operating manual on how to do this is scripture itself.

Our computer grace prayer to God would include:

- Praise to Him for His Goodness and Who He is.
- Thanks to Him for His gifts of technology and talents to use it.
- His leadership in us not wasting our keyboard time and His provisions.
- To tithe part of our keyboard time to evangelism and our local church.
- Focus and determination to see the project through.
- His blessing on the results of our work.

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numbers or imbedded microchip, finger print, or DNA identification it would be here. But what an amazing God we have. God named the stars in Psalm 147:4. 4

He telleth the number of the stars; he calleth them all by their names.

It will certainly be important to keep in the back of your mind that God is not the author of confusion. 1st Corinthians 14:33 tells us that.

There is another giant list the Bible talks about. It is the Lamb's Book of Life, which contains the names of everyone that has trusted Christ as their Savior. Among the names of all the famous important Bible characters listed there, will be my name. I am just small potatoes among them. But God knows each of us by name and even the hairs (including DNA) on our head.

So easily we count John 3:16, Psalms 23, and others to be precious in God's written communication to each of our hearts. Can you begin to feel the same inspiration that moved those genealogies to be penned? If God included a sequence of powerful Christians in your city, would your name be in God's Word?

Defense #1 & Computer Grace

Someone once said, "The most important part of computing is what is done before you touch the keyboard." He was referring to preparation. A crucial part of that preparation is called, Computer Grace.

We should begin with a simple analogy.

Your mouth is watering big-time as you sit down to the dinner table. The smells of all your favorite foods give promise of really good things about to be enjoyed. Your mind can hardly squeeze in reminders of proper table manners and

SEQUENCES MATCH. “So WHAT?” you say. Two different people penned the genealogy sequences many years apart. If they did their work in their own strength, is there a chance they could have missed someone? Do you suppose Moses or Ezra ever had a “bad hair day” like you and I? I am so glad His inspiration sees that they do not, when it comes to giving us His infallible Word.

Geneology Thermometer

The genealogy lists can be used like flash cards to see how many names we recognize as we read throughout the Bible. The genealogies become something of a thermometer of our feeding on the other books and historical events in God’s Inspired Word.

For The Real Data Detectives

The genealogies sharpen the ability to sequence according to purpose. That is, some listings are exhaustive by family (to a point). By contrast other listings are a trail from one event or person to another. 1st Chronicles 1 demonstrates both types of notation within the chapter. It is a very good demonstration of the DNA sequencing and matching, but from God’s lovely Word. Test your jigsaw puzzle skills and sort out which verses use which technique and then guess why.

Over and over we see portions of genealogies echoed in other chapters. Since last names were not used like you and I do, things can get gooey fast. Bible people were further identified by stating who their father was. Within all these begats I see something interesting in 1st Chronicles 6. In verses 7 and 8 is the sequence “Amariah . Ahitub > Zadok.” But then in verses 11 and 12, the same sequence appears. But they clearly are different fathers and sons.

Whew! If there was ever a need for social security

#5 - Selecting My Heart Partner(s)

BUCKY AND BOB FORMED A BUSINESS PARTNERSHIP and purchased a new semi truck and trailer. It was filled with many state-of-the-art sensors located in crucial locations. If you looked at the dashboard you would think you were in the cockpit of a jet fighter. Any one of the four on-board computers monitored tire pressures, wheel bearing temperatures, drive shaft torque, and many other important items.

But the most popular electronic goodie on the heavy hauler was the two way Global Positioning System (GPS). The two partners could use the GPS to triangulate their actual location with the aid of four space satellites. And if they needed, they could switch the GPS system to the “help needed” mode. It then became an SOS beacon to every emergency response unit within 60 miles.

“That’s an absurd question.” Would be the look you would get, if you asked either of the young men, which they would rather do without, GPS or their partner. Neither the potential of GPS nor any other techno tool can hold a candle to a human partner.

During long hours on the road Bucky would share his hopes, his dreams, fears, and even occasional confusing thoughts. And, he would always be watching for any animals jumping in front of them. Only a human partner can make sure drowsiness does not become deadly. Bob did the same. Try that with a Global Positioning System and its four space satellite triangulation.

It Starts With Two

Oftentimes, Bucky would lean his head against the side window and watch the zillions of telephone poles go by.

He remarked to Bob once that the horizontal part of the telephone pole with all the telephone wires hanging on them was a bit like their partnership. The phone pole cross piece communicated all sorts of stuff and it sure was important for the partnership, that they did.

“OK hotshot,” Bob countered, “How many phone poles have you ever seen with the horizontal piece but not the vertical, you know, the up and down piece?” “Bob, are you sleepy? Where do you get these goofy questions? Any little kid knows the horizontal part of every telephone pole must have a vertical part too, or it’s no good for anything.” Bob turned on the nighttime running lights and gave Bucky a thumbs-up sign in agreement.

Bob summarized, “Look Buck. Our GPS has not just one, but two modes of operation. We agree they both are crucial to our needs. And every telephone pole (shaped like a cross) has two elements, horizontal and vertical. My relationships and yours must also include both horizontal and vertical elements to work.”

“I have a question that might not be as silly as it first seems. When they put up a telephone pole, the ones shaped like a cross, which part do they put up first?” asked Bob.

Bucky responded, “Well, they have to put in the vertical up/down element first because it’s the one planted solid in the ground to give stability to the whole thing. Actually all the communication relies mostly on that up/down element.”

Bucky almost cracked his head on the top of the truck cab as he snapped his fingers and said loudly, “That’s it! I’ve got it! The vertical up/down element would be like our relationship with God. Our vertical relationship with Him comes first because it gives stability to all our horizontal relationships.

The horizontal ones are between people. Partner with God

Boring Building Blocks, but...

There is a list, an incredibly important list that would take over 9 years without stopping for any reason, to read through. Whew! Talk about boring... The researchers call the list the Human Genome λ our human DNA. This incredible recipe for each human being, is made up of 3 billion combinations of 4 building blocks.

Even though the entire genome SEQUENCE (list) has not been entirely mapped yet, we see mind-boggling achievements already being used with it. For instance

- Lots of criminals have been put behind bars because their DNA matched that found on a fallen hair or breath moisture on a telephone receiver.
- Medical researchers are MATCHING corresponding portions of DNA from a well person and a person with a serious illness.
- The comparison will aid healthcare professionals in all fields.
- The same kinds of potential seem to be possible in the plant and animal worlds.

We now want to take the “sequencing” and “matching” processes back to 1st Chronicles. As we begin again reading the jumble of names there does not seem to be any truth or principles we can hang our hat on. We want to shut one eye and trudge ahead.

Bible students the world over can tell you the best commentary for scripture is scripture itself. Well, put a marker where you are in 1st Chronicles and turn to Genesis chapter 10 (and also 11). You must be careful what you are reading, but it is soon clear that Gen 10 and 11 confirm 1st Chronicles 1.

The lesson to see here is that the genealogy

Word. What are you doing with the tools God has entrusted to you? I repeat: What are YOU doing with the tools God has entrusted to you?

We've seen in this chapter, the Internet becomes a measuring tool; a testing tool, of our character.

The next and final chapter will look at our TROPHIES.

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#7 - Better Than Gold

TESTING THE HARD DRIVE THAT GROWS HAIR," could be the title of this chapter. Continue to find out.

"Yuk! I have to read 1st Chronicles! Boring Isn't the Half of It," Duke exclaimed to the inspired open book before him. As he began his daily Bible reading in 1st Chronicles chapter 1, his progress quickly slowed to a crawl. He scanned the subsequent chapters and saw all the begets and names that made him almost choke trying to pronounce.

"Why am I supposed to read all this yucky stuff? Does God have some kind of mental distress He wants me to experience, reading this useless text?" Half heartedly, he figured 1st Chronicles had to be scripture that only preachers liked to read.

Other than Noah's three boys, about the only other name that stood out was "Methuselah." "He lived 969 years; the longest of any human, then or now. I wonder if there was a reason." Duke spoke aloud scratching his head.

We will come back to 1st Chronicles shortly.

and His word first, then with people.

Why are heart partners so important?

The very first partnership we want to consider is declared in the second chapter of the Bible. God created man and communicated some tasks for him to do. He was to dress the garden in Eden and to keep it. Further, God communicated some restrictions regarding their menu.

That is the first relationship and the one represented by the vertical part of the telephone post. Remember? That is the one creating the stability. This is very simple but terribly crucial. Partner with God first and foremost. God's Word states this simply and finishes with a wonderful promise:

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33.

The Lines of Communication

The lifeblood of relationships and partnerships is communication. But communication is done on so many levels with so many parts of us, it boggles our minds. A small child learns that communicating is done with mouth and ears. As we get older we learn about "body English" and how our eyes and whole body communicates things.

Note: Understanding the communication limitations of email helps us to appreciate the vast amount of human communication tools God has designed into each of us.

Horizontal Relationships.

The first horizontal relationship, people to people relationship, is also in the 2nd chapter of the Bible. God states,

And the Lord God said, It is not good that the man should be

alone; I will make him an help meet for him.

God Created Eve early on.

We nurture our communication, our manner of living, with the help of our partner. We learn to be respectful of differences, show mercy and grace in difficult circumstances, and exercise patience in the process. But do you see? In developing these skills with our horizontal partner, we are actually learning to apply these new skills in communicating with our vertical partner, God.

Be careful to remember that we will be dwelling with Him for an eternity in Glory. And you can not dwell or work with anyone anywhere without knowing important things about him or her.

We will see shortly that “dwelling” with God for eternity will involve some very powerful stuff. But for now, it teaches us that we need to live outside ourselves and someday be multi-partnered in a business or organization like family, band, sports team, church, and school.

Who should I choose for a heart partner?

So much of the Old Testament is the process of God reminding Israel, the nation He loves, to remember Him and all He has done for them. He tells them to show Him their gratefulness by obeying His instructions to them. It is an education process that will prepare all of us to rule the world with Him.

He says we should FIRST make Him the Love of our Life. That’s the vertical. He certainly knows best who would make our best “Heart-Partner” That is the horizontal. For emphasis we should review God’s promise again, in Matthew 6:33:

But seek ye first the kingdom of God, and his righteousness;

heed thereto according to thy word. Thy word have I hid in mine heart, that I might not sin against thee.

The protection for not being dragged down by the wiles of the Internet is to fill oneself with God’s Word and God’s truths BEFORE using online technology.

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; Ephesians 6:11-18.

There is the further need to create and cultivate a personal team of Christian friends that will help us watch one another as we go about from day to day. The best place to find and assemble such a team is through the local Bible-believing church and its ministries.

The Internet is a **lifeless tool** that is no different from a typewriter or Gutenberg's printing press. It is HOW man uses that God-given tool that determines its value. Gutenberg printed Bibles with his printing press. He made it possible for nearly every home to have its own copy of God’s precious

help us understand what He wants to teach us. These pictures also help us to remember the lesson and even share it with others. This is one of many that lead us to use the heart-organ to also refer to the character of a man.

Look at the verse in Psalms 119:80:

Let my heart be sound in thy statutes; that I be not ashamed.

King David was a mighty warrior that we remember as the one who killed Goliath the giant. But he knew that physical strength also required good character. Otherwise, disaster would follow.

This chapter presented the most important purpose of the Internet as being a stethoscope. The stethoscope and Internet are tools that help demonstrate the condition of our heart.

Defenses Against Monsters

God's solution to the threats of the monsters of the Internet is simple and sure. This solution is the same time-proven one for all the other temptations we see before us. Jesus Christ must be recognized as the divine Son of God, and His position seen as the only way of salvation. Our flawed perspective is corrected when His sacrifice of shedding His own Blood on the Cross to pay for our sins, is accepted. When invited into a heart to stay, Jesus then becomes Savior and Lord of that life.

Having done this, that one can wholly trust the promises and truths of His inspired Word, the Bible. One of the clear scriptural directives regarding all the pitfalls of the Internet and its enticements is found in Psalm 119:9, 11:

Wherewithal shall a young man cleanse his way? by taking

and all these things shall be added unto you.

Many seek a heart partner for security reasons. But we've stated several times this job is for our vertical partner, God.

When and where do I get a heart-partner?

Answer: Only after we have established a daily commitment in our heart that God knows best and we will wait on His choice of who and when.

Computers are too virtual a tool to develop honest relationships. Virtual means, "gives the illusion of fact or existence." On line relationships are most often misrepresented and certainly offer no stability.

The best of heart-partner relationships develop in church, face to face. Your partner should have already vertical partnered with Jesus Christ. Be wise. God does not intend for us to use Internet chat rooms and dating services to find relationships that honor Him. Instead, relationships that last through life's challenges are found while serving God in church, or wherever He has placed you and your talents.

Ask your pastor or parents for advice. But most important, ask God as you serve Him. All of this partnering we have been dealing with will fine tune us to our optimum as we serve Him with our talents.

Diversity by Design.

So many times in reading Genesis 2:18 we skip over an important concept brought forth in the two words, "help meet". This leads us toward seeing that man was given a special kind of partner; one with differences by design. Helpmeet carries a powerful aspect of being MUTUALLY helpful to each partner.

We must first see God's magnificent design of the human body. David said it in Psalms 139:14:

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

The words '*wonderfully made*' here means to make distinctly different in a marvelous way. David says this was done by God in such a way that it causes him to praise the Almighty.

Building from that praiseworthy design, God made quite obvious gender differences in animals, plants, and of course, mankind. Even with all of man's technology he is only now scratching the surface in learning the wonder of God's partnerships that are a bit diverse.

In looking at the differences in the partnerships of mankind, we must also assume there will also be special challenges in working in harmony with that partner that is different.

Diversity Brings Strength, But Sometimes Strife

The MOST powerful partnerships can be found where each partner is slightly different than the other for intentional reasons. For example, our left and right brain hemispheres are different in some very specific and powerful reasons. The left hemisphere processes the information it receives in logical, "one plus one equals two" processes. In contrast, the right half of our brain processes its inputs from an emotional feeling point of view. It controls our creativity, imagination, and artistic appreciation.

More often than not, a woman will be more "right brain dominant". That is, she views the world and responds with slightly less logical, but more creative artistic solutions.

the ultimate stethoscope or tool for diagnosing the condition of the heart, our spiritual one that is.

It goes one step higher than that. In comparison to her car, the Internet is far more revealing because we can also create web sites.

So the bottom line is this >>

How we interact with the Internet reveals a great deal about our heart condition > our spiritual heart condition > our character.

- What sites are we going to?
 - Are they wasteful or God – honoring?
 - Should we be looking for sites we can recommend to others, at church, school, or home?
- Are we being frugal with the time we surf?
 - Some girls boast they spend 5 hours or more A DAY in chat rooms.
- Does our online communication build respect for our self, school, church, and faith?

And then...

- Are we creating web pages that honor God and "edify the brethren"?

Do you remember Laennec's How-to manual? Well, without question, the Bible is the pinnacle of how-to manuals. God gives us many metaphors (word-pictures) in the Bible to

Heart Testing Alternatives

It would be quite helpful if we now take a look at an intermediate example before we move to the biggie.

Hypothetically we will say that Nancy owns her own car that is not a late model one or fancy either. But any of her friends will tell you she is consistent in the way she treats the car. The car is always vacuumed and everything in the glove box and door pockets are in proper order. The windows are kept as spotless as a dinner glass and the dash is presentable too.

She has a small notebook where she dutifully notes all of the maintenance actions plus periodic gas mileage checks. Well, so far Nancy appears to be consistent, organized, clean, and concerned about keeping her car running in the long term.

The simple principle here is that we can learn some about a person's character by how they treat and use tools (in this case the car.) There are several objects in our lives that can indicate our heart condition – our character.

You will not find very many Nancys like this, to be sure. Now even though Nancy's car was purchased for transportation, it also becomes a tool to learn several important facets about Nancy's character.

When Nancy drives her car she is courteous and patient to a fault. Probably even more could be learned about Nancy's character if there were no laws or rules of the road that restricted her actions.

Well, the Internet is just such a car – a real power tool. Because it has absolutely no restrictions you can go anywhere you choose and do it as recklessly as you wish. There is no one to police you or give you a ticket for stopping where you do not belong. The Internet is available all day, everyday – rain or shine.

So these reasons just mentioned qualify the Internet as

On the other hand a man will logically work through challenges in front of him. The important thing to notice is that BOTH halves are just as important in giving us a true picture of our world and how to deal with it's circumstances

Both hemispheres of our brain works together to give us an intellect far above all creation. The apostle Paul used a whole chapter in 1st Corinthians 12 to show the equal importance of all the church members and their talents. He does this eloquently by using the parts of our body as a metaphor.

God's desired result is listed in Paul's words in verse 25:

That there should be no schism in the body; but that the members should have the same care one for another. (Schism means dissention or strife.)

The bottom line of heart-partners comes through as: Though we are diverse in talents, we are united in the self-same care of one to another. This is the pinnacle of horizontal relationships we are calling Heart-Partners.

We will serve up a small story in the appendix for this chapter before moving on. From MOONBEAM WALKER we'll stretch our awareness of others around us.

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#6 - The Internet's Pinnacle Purpose

GO SEE THE NURSE. Get your breathing and blood pressure checked before you put on your racing clothes.” The coach added other directions as he made eye contact with each runner in his cross-country running team sitting on the benches before him.

In her office the nurse was easily recognized from some distance away by the “listening” instrument she and many of her profession, carry around their necks. This listening device is called a stethoscope. It is so well known that it has become something of a badge of those in health care positions.

This chapter is about our character, testing it, and fine tuning it. You may also see mentions of timing here that build on some of the lessons from the first chapter of this book.

Heart Testing Tools

The Stethoscope was invented by the French doctor “Rene Laennec” in 1816, at the time the dreaded lung disease Tuberculosis was claiming many lives. He began by rolling up 24 sheets of paper into a tube and putting one end against the chest and the other end up to his ear. He was delighted to discover that the sounds were not only conveyed through the paper, but they were also louder and clearer.

It was many years later before doctors began to use another new device we will call a blood pressure cuff. It is wrapped around the arm just above the elbow. This cuff was/is used together with a stethoscope near the inner elbow. In effect, they changed the single thump... thump... thump that you and I hear as our heart beat, into more accurate twin thumps like thump-thump... thump-thump... thump-thump.

The first thump heard is the heart as it pumps. This is

the **systolic** pressure—the maximum pressure in the artery, produced as the heart pushes the blood on its journey. The second thump is the lowest pressure that remains within the artery when the heart is at rest and is called the **diastolic** pressure.

But even better than just hearing the two thumps, they can be seen on the pressure gauge on the cuff and then be recorded as numbers for patient history. If you like numbers, try these:

- Your body contains about 6 quarts of blood.
- In one day, your blood will travel nearly 12,000 miles.
- Your heart will beat around 35 million times each year.
- That little pump you carry within you will pump a million barrels of blood during the average lifetime – enough to fill three oil supertankers.

You and I can shout with King David, as he did in Psalms 139:14:

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

Almost as important as the listening tool itself, Doctor Laennec created its How-To manual. It explained how to use his stethoscope in diagnosing many different ailments of other organs and systems in patients. The instrument was also used to diagnose early signs of what could become a catastrophic illness or possibly prevent it altogether. It would be impossible to figure how many lives have been saved so far, by the stethoscope and its how-to manual.