

# WHAT GOES UP : THE SPIRITUAL DANGER OF USING THE WRONG MEASURING STICK TO DEFINE SUCCESS pdf

## 1: Exploring the Spiritual Dimension of Social Work | Critical Social Work - University of Windsor

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Leadership Defined By G. Raymond Carlson Human nature being what it is, the need for leadership is imperative. Disasters bring out leaders. No plebiscite is necessary. People respond to the person who takes command, who seemingly knows what to do. They will listen to the one who has the presence of mind and boldness to take over. The public is never capable of acting en masse. Without a leader it is headless and a headless body is powerless. Someone must always lead. Even the mob engaged in pillage and murder is not the disorganized group it appears to be. Somewhere behind the violence is a leader whose ideas the mob is simply putting into effect. The story is told of a meeting between Napoleon Bonaparte and his military staff. Several officers complained bitterly about the poor quality of soldiers. They pointed out this was the reason they had not reached some of their objectives. Ambition To Lead Anything worth accomplishing needs good leadership. Effective leadership is in demand everywhere. Industry looks for leaders who accomplish their objectives even if they achieve them at the expense of others. Jesus himself came to planet Earth to serve rather than to be served. Humility and servitude are qualities He demonstrated. His example indicates the qualities which He desires in those whom He chooses as leaders. Recall the conversation of Jesus with the mother of James and John as she made her ambitious request for them to have the special honor of being seated at his right hand and left hand in the Kingdom. Not so with you. Instead, whoever wants to become great among you must be your servant Does that imply that we should not desire to lead? The Bible gives us the answer, and the answer may seem to be inconclusive, if not in conflict. It is laudable to have goals, to accomplish and attain. But basic to the desire to achieve is proper motivation. Ambition that is unbridled by the Holy Spirit can wreak havoc. Look at some pursuits which bring the wrong harvest. The pursuit of popularity. Any desire to be popular that sacrifices principles, convictions, and ideals is to be avoided. The quest for popularity is fraught with danger. We want the favor of others, but the favor of God must come first. The pursuit of position. Some have an unholy ambition for positions of power and authority. The pursuit of publicity. False claims and ego-centered declarations to place one in the spotlight are not only cheapening, they are wrong. The pursuit of preeminence. Self-love is the master passion in every human heart. Power for ministry is imparted, not induced; given, not achieved. If success makes us arrogant, despotic, condescending, we are marching to the wrong drummer. The pursuit of privilege. Great opportunities bring great responsibilities. The pursuit of profit. Covetousness produces a dry rot that eventuates in a mass of dry dust. Preachers who pull on the heartstrings of people for personal gain are a disgrace to the Lord and His work. Greed and grace do not walk together. Lust for possession brings deterioration of spiritual life and character. The divinely enunciated principle of servanthood must be understood and accepted. True greatness, true leadership, is achieved not by reducing peers to servitude, but in giving oneself in service. The true leader is more concerned with what we can give to God and others than with the benefits he can take to himself. But God is the judge: The Church of the First-born is no place for the demagogue or the petty religious dictator. I have never fought to be number one. And I advise everybody not to, because if you start fighting for rank, you lose energy and end up with nothing left for the cause. Oswald Sanders in his book, *Spiritual Leaders*, quotes several definitions by others of leadership. Lord Montgomery defines it in these terms: Mott, a world leader in student circles, gave as his definition: Spiritual leadership, however, does not come by election or appointment. It is not made by the decisions of men. Only God can make one a spiritual leader. To hold a position of importance does not constitute spiritual leadership. The gift of leadership is a cherished privilege and a high honor. The church languishes, not for leaders but for the right kind of leaders. The sheep seldom go farther than the shepherd. History shows that the church has prospered most when blessed with strong,

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Spirit-filled leaders. Conversely, the church has suffered the greatest decline when her leaders were weak and time serving. They know how to get things done. They have the unusual skill of making people want to work with them. This skill appears priceless. Some leaders plead, cajole, threaten, coddle, and pamper followers to spur them to action only to be disappointed. Others motivate followers and accomplish the seemingly impossible. Motivators capture our attention and respect. But not all motivation is correct. The priceless qualities of spiritual leadership and servanthood must control the skills of motivating. A 4-year-old can motivate his parents. They will give him almost anything lest he performs one of his awful tantrums. They are highly motivated to keep him in good humor. Or when a gunman sticks his Saturday night special in my back, I become highly motivated to turn over my billfold. Anyone can crack a whip, swing a club, or throw a tantrum in an attempt to get his way, but it takes a special kind of person to be an example in servanthood and a model in leadership. Wrong motives, misguided methods, and unsatisfactory results are pitfalls for some motivators. My motives can be wrong if I am not careful. If I lose compassion for people, I can be moved by a desire to use them. I can lose my dedication to Christ and be driven by a compulsion to succeed. And success is so illusory I am never quite sure when I have attained it, and so personal that I am overwhelmed by selfish reasons to pursue it. My methods can be misguided if I become careless. I can become more and more dependent on my knowledge of psychology, and less and less dependent on my commitment to theology. I can be so intrigued by what makes people tick that I forget the gospel alone can make them right. The tragedy is that wrong motives and misguided methods end up with unsatisfactory results. I may become the star, but I build with wood, hay and stubble. There is no permanency. Numbers, statistical reports, and financial success become the measuring stick, and the end justifies the means. Outward, visible, measurable results are the bottom line. The flesh is fed but the spirit is starved as we enjoy sensual gratification, ego satisfaction, and unrestrained material indulgences. If I am not careful, the desire to be outweighs the desire to become. I must beware lest the plaudits of men take from me the desire for the approval of the Lord. We need the skills of a motivator and the principles of psychology.

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### 2: is grace communion international a cult? | Yahoo Answers

*In the story of the widow's mite (Luke ), Christ pointed out how easy it is to use the wrong scale. The generosity scale used by most people in Christ's time was the amount of money given. The generosity scale used by most people in Christ's time was the amount of money given.*

James says, that person who can control would be perfect " but none of us are perfect. Let me ask you a question. This past year, if someone had paid you ten dollars for every kind word you ever spoke about other people, and also collected five dollars for every unkind word, would you be rich or poor. We are being watched, we are being looked at. As a person looking to buy a book will turn it over in their hand as they consider the purchase, people will turn over what they see and hear from us in their minds as they consider this thing called Christianity. Not only is the tongue a measure of our faith, James also presents it as being a small part that has a much bigger impact than its size. When I was a teen, one of my dreams was to own a boat " nothing too big, just big enough for me and my family to sleep on for trips. What is interesting about a boat is that it does not take much to keep it going in the right direction. Whether it be a rudder or a sail that is shifted just a bit " the boat changes direction. Our tongues proceed us. And will set the direction that our lives go " whether we are talking about our words as teens, as young adults, as middle aged, or as seniors. Our words may be used by God to know who we are - but they also set the direction in which we are living our lives. Do you want your life to go a different direction " listen to yourself. Those around you are. Our primary job was surveying roads. But at the same time we were on call to fight fires as they cropped up in Northern California Sierra Nevada. Now James says the tongue is like a tiny spark that can create a great forest on fire. Let me show you how my experience in Fire School. Here is a mountain. If someone throws a cigarette out right here " because heat rises, the flames will start to move up the hill. A small spark can cause a large flame " our tongues can be disastrous to the reputations of our churches, to our reputations. What James does not say is that this same spark can spread a good reputation as well as a bad. We have no control over that fire " the only control we have is how we start it, how we use our tongues. Let me end with a question " what kind of reputation does your tongue spread? James has given us three concerns about the role the tongues play. Our tongue will become a measuring stick for our spiritual lives. Like the rudder of a ship, our tongue can set the direction of our lives. Like a small spark, our tongue can start a huge fire. That all sounds pretty disastrous. But James does not leave us stranded. He gives us some principles to consider as we open our mouths. Principle 1 " Talk less - James had said it earlier " be quick to listen, slow to speak, slow to anger. Patience is hard - III. Let me conclude by telling you a story about John Wesley. Over sermon illustrations arranged by topic and indexed exhaustively. Timeless wisdom for preaching, teaching, and writing

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### 3: Social psychology - Wikipedia

*A recent British study looked at the relationship between spirituality and mental health using a more traditional Concerns About Measuring "Spirituality" in Research. Spiritual people go.*

NOM – The nominator of the contestant is the worst of the episode. IN – The contestant was considered for the worst for this episode. IMP – The contestant is the most improved of the episode. NOM – The nominator of the contestant is the most improved of the episode. IMP - The contestant and their nominator are both the most improved for the episode. Starting from Scratch[ edit ] Original airdate: April 16, In this episode, the five contestants arrive at the Handyman Rehabilitation Centre. Prior to entering rehabilitation, the contestants were asked to specify the dimensions of their shed, along with a birdhouse-sized replica. At the end of the episode, Jeff, by virtue of never having done anything considered handiwork prior to rehab and nailing three boards together in this episode during the skills evaluation, is deemed the most improved handyman of this episode, while Candace, whose self-proclaimed "renovation skills" contrasted with it taking her tries and five minutes to hammer in a single nail, was deemed the worst. Her extra lesson was in the use of hammers of all sorts. Then, the contestants are asked to build a birdhouse-sized replica using year-old barnboard. Terry had issues with splitting the wood, which caused him to nail the pieces back together, but in doing so, he nailed the pieces to his deck. His birdhouse was eventually completed with the help of a stapler and a reciprocating saw. Jaime was constantly pressured by nominator Sheila throughout the task. Although he had minor issues with splitting the wood while installing screws, he did take the time to meticulously measure. Jeff nearly cuts his work surface in the process of cutting his wood with a jigsaw , and he uses oversized screws to screw his pieces together, causing the wood to split. Ruth had made numerous unsquare cuts from her skill saw , and had numerous issues with splitting the wood accidentally or on purpose. The end result is that her birdhouse has a significant number of holes. Candace, despite having no experience with power tools, is pressured by nominator, Justin, to use a skill saw to cut her wood. They are also given their own color-coded areas: Candace in orange, Terry in blue, Jaime in yellow, Jeff in purple, and Ruth in green. The area opposite Candace is used as the site for various challenges as well as the area where contestants "hang their head in shame" when they are named the worst of the episode. With its large width and length, Terry was forced to settle for a shed half the size. Furthermore, Terry inexplicably asked for three different types of roof flat, peaked, and sloped to be installed – a moot point considering the height of his shed. The flaw is that the peaked roof made the shed far too tall. Jeff also chose to have a flat roof, which Andrew notes was an option specifically intended to catch out the handymen, as flat roofs have far too many problems including far more water and snow buildup than their sloped counterparts to be viable choices. Skills Evaluation[ edit ] In the skills evaluations, the contestants have up to 30 minutes to cut a foot 4. He is also the fastest to finish at Although it gives him three pieces of equal size, he has four pieces overall. He had minor troubles in using the power drill to screw in his pieces, instead opting to install screws by hand. When that does not work out, he resorts to using only nails. Nevertheless, he finishes in Jeff takes a whole minute in staring at a measuring tape, although he uses a jigsaw to cut his pieces although the technique is incorrect, as he nearly jackhammers his saw to make a cut. Jeff finishes in Ruth, with gardening gloves on, had accidentally mismeasured her boards, resulting in the third piece being shorter than the first two. Avoiding the gloves from then on, Ruth finishes in Although Candace figures out the correct length needed, cutting the boards proves to be quite the task, as she misuses her initial choice of a crosscut saw by using the saw to cut forwards when in fact it is a back saw and opts for a jigsaw that scared her. However, her biggest problem is laminating the cut boards: Because of this, she could not finish in the minute time limit. The contestants are asked to build the workbench as shown by the experts in 90 minutes. The duo, however, did manage to finish the fastest at 79 minutes. Jeff had issues operating a heavy drill, and refused a smaller and lighter drill although one was given to him anyway. No footage of him finishing the bench was shown, although he was on the final touchups

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when the 90 minutes were up. Ruth continued to struggle with securing the drill bits in the drill forcing the drill bit to be hammered out on numerous occasions , although this problem had been settled down when she was given a smaller and lighter drill. Candace had problems with the drill being set on reverse, and nearly breaks down prior to installing the legs. Building a Rain Catcher[ edit ] The group challenge takes the contestants to the roof of the Handyman Rehabilitation Centre, where they are to build a rain catcher from plastic tubing, vapour barrier , T-connectors, and a bucket. The rain catcher, in turn, will be needed to provide water to the sheds in upcoming challenges, as the Handyman Rehabilitation Centre lacks plumbing. The group challenge begins with everyone trying to agree on the size of the catcher, and everyone eventually agrees that the diameter at the top of the funnel should be eight feet. Because of this, the rain catcher was deemed a failure. Electric Circus[ edit ] Original Airdate: April 23, The episode begins with Andrew and Jaime repairing the bucket of the incorrectly built rain catcher so that the hole in the bucket, drilled by Jaime in the first group challenge, is now at the top instead of at the bottom , needed in fact to do the very next challenge. The episode ends with Candace being named the most improved, due to her redesigned shed, while Ruth was named the worst as she made unnecessary changes to her shed, and did not do a single challenge correctly. Her extra lesson is not shown. The challenge begins with Jeff being the only person not to read the instructions in the mortar, leading the team to lay dry bricks with no gap for mortar between. When he is informed by Andrew that wet bricks bond better to mortar, the team simply continues to lay bricks, with wet bricks over dry ones as opposed to starting over and having all wet bricks. Furthermore, there is very little mortar applied, and the mortar is applied after the bricks are in place as opposed to buttering the brick with mortar before setting the bricks in place. While Jeff, Ruth, and Candace continue to lay bricks, Jaime uses the pointing trowel to do tuck pointing while Terry adds in ventilation for the barbecue pit by leaving holes in the brickwork. The Countersink Challenge[ edit ] Despite the camaraderie that had formed between the contests, nominators, and even the crew, Jeff and Ruth have not gotten along well with each other: To settle the score, Jeff and Ruth decide on a race to see who could countersink one nail with fewer strokes. The race, with Andrew as referee and everyone else watching, was close wire-to-wire, but Ruth was declared the winner after video replay as it took Jeff two more strokes which he had claimed was "for insurance" of the hammer to drive his nail home. The Redesign[ edit ] After some instruction on basic framing knowledge from Jill, each contestant could choose to redesign their sheds to new specifications. This was necessary for four of the contestants, whose sheds are either too tall for the warehouse door Candace, Terry, Jaime or would fail a building inspection Jeff. His redesigned shed is eight feet tall, with a one-foot high sloped roof. Jaime â€” Jaime, contending that the 9-footinch 2. Jeff â€” Jeff decides to add the studs desperately needed to his building, as well as to make it taller. His new shed is 9 feet 2. Candace â€” Candace decides to take out a lot of her lumber, and keep every fourth stud in her tightly studded shed, as well as lower her sloped roof by two feet so that it is now one foot tall on the high side instead of three feet tall. She is the only person, in the end, to have her shed be under the height of the warehouse door, at nine feet. Ruth â€” Ruth, although being the only contestant whose changes were not strictly necessary, decides to make her shed taller by keeping the roof unchanged but making her shed eight feet tall â€” leaving the shortest contestant with the tallest shed, and far too high for the warehouse door. Among the tools were bevels , coping saws , files , pliers , reciprocating saws , and screwdrivers. Although very little of the test was shown, Jeff was the worst out of the five contestants, having been able to identify three of the eleven tools. Solar Panels[ edit ] The contestants in this challenge are tasked to build a triangular frame that would house a solar panel , which would power two lightbulbs and two wall outlets in their sheds, within 60 minutes. To help them, they are given one prototype frame from which they can take and copy their measurements. Terry â€” Terry begins measuring for his base, but is frustrated when he constantly mismeasures. Frustrated by his jigsaw , Terry proceeds to use his crosscut saw to do his cutting. However, he attaches the top cross piece without checking whether his sloped pieces are at the correct angle of 60 degrees. After adjustments, Terry believes "close enough" is good enough, while Harvey disagrees. Harvey eventually wins out, and Terry goes adjusting. He is eventually finished at 63 minutes, with all angles correct.

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Jaime – Jaime works at a feverish pace, with no issues besides Sheilla dropping subtle hints about whether his measurements were accurate or his joints were square. Like the other contestants, Jaime has trouble using his speed square to determine the correct angle. When he seeks Justin for advice on using it, he discovers that his angles are wrong, and tries many times to fix the angle. Although he believes that Sheilla was no help at all, eventually Jaime does run out of things to adjust, and his final result is correct. He finishes with only two minutes left on the clock, and is the only person to finish correctly within the time limit. Jeff – Jeff begins by making the measurements, which are marked down on the wood by his nominator Fred. Fred also does the cutting work for Jeff. Although Fred does his best to assist Jeff in building the frame, his frame is not square or at the correct angle. Although they try to use a shim to prop up the solar panel so that it is at the correct angle, Jeff is given a failing grade. He is also the first to finish at 47 minutes. Candace – Because it took her five whole minutes to make a single cut in her wood with her crosscut saw in the skills evaluation only to give up and use the power tools, Justin is doing the cutting for Candace. Just soon after Justin begins assembling the frame himself, leaving Candace out of the picture. This, however, did not mean that she was done – neither saw that her vertical boards were cut too short meaning that their angles were not correct either. After 70 minutes, Candace gets the correct frame, but is clueless as to why the frame is correct. Ruth – Ruth begins by making measurements, although the marking on her wood is a barely visible dot rather than a whole line across her lumber. Thus, when she begins cutting, her pieces are not square. Ruth also chooses to ignore measuring the angles. When she declares herself finished, Andrew contends that her frame is not square and her angle is incorrect due to the lack of measurement, which she addresses by using shims. She finishes in 68 minutes, but the frame is not correct. Electrical Wiring[ edit ] The next step in shed building is electrical work, which they are given tutoring by Jill On how to properly connect wires, Jill states simply "White-on-white, black-on-black, no sparky-sparky".

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### 4: Measuring Your Spiritual Growth - Life, Hope & Truth

*These folks look at the nice run they're currently experiencing with health, career, relationships or some other tangible measuring stick, and then simply assume this means they're God's favorite kids.*

There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy. By Foster Gamble

Worldview is just a term meaning how you interpret reality, or what you believe to be true. As far as I can tell, we each have one " and though it has been vastly influenced by the thoughts of those we read, watch or associate with, we each actually have a unique perspective on what is going on. Worldviews can and do change. In general, worldview has been most influenced by religion and science. If science teaches us that the planet is part of a closed system and the Earth is winding down, with limited resources and in time will simply use itself up, then a worldview of scarcity is likely to result. If science were to teach that the Universe is alive, and this planet is part of a living infinitely abundant universe " and that the energy winding down is matched by energy winding up, in a dynamic of expansion and contraction, that can be tapped in to cleanly and harmoniously to provide for all people everywhere, we are likely to believe that evolution is ongoing and there is plenty to go around. The key is that our belief system determines what we think is possible, and what we think is possible influences the results we create or allow in life. The interactions of all our individual worldviews shapes the condition of humanity and therefore, given our technologies, of planet Earth. And cells awoke one morning to find that molecules were actually inside them, as part of their very being. And you might awake one morning and find that nature is a part of you, literally internal to your being. You are not just a part of nature, nature is a part of you. And for just that reason, you treat nature as you would treat your lungs or your kidneys. A spontaneous environmental ethics surges forth from your heart, and you will never again look at a river, a leaf, a deer, a robin, in the same way. The only question is whether World Government will be achieved by conquest or consent. So what creates a Worldview? Burning a finger on a hot stove informs our future behavior. Being told what to eat by our parents shapes our early diets. Being abused triggers avoidance and kindness engenders trust. On a larger scale, however, our beliefs are predominantly determined by those who control our access to information media and our social structures, including schools , because these institutions dictate what beliefs and behaviors are rewarded and which are punished. My research has convinced me that the prevailing worldview of the 21st century, in which war is considered a viable or necessary means of problem solving, that starvation is inevitable for some people on this planet, and that it is right for some people to tax and control others against their will, is the result of well-organized elite who own the systems through which information and values are disseminated. They use the media, education, pharmaceutical and military pyramids they control to shape our thinking, and therefore our behavior " ideally through subtle mind manipulation, but, if necessary, through coercion and violence. It is vital to consider the motivation and funding sources of those who are shaping our worldview: We are careening into a world of a few haves and billions of suffering have-nots. If you were intimidated as a child and taught that you were either going to be in control or be controlled, it would make some sense that you would choose control, and devote your life to getting and staying in charge over others. Unfortunately our political and economic systems reward this. How do I discover what my own Worldview is? I suggest you create a personal profile of your belief system with a list of questions something like this: Do I have a body or does my consciousness arise from the combination of cells that is my body? Should I believe what seems popular or strategic to believe, or can I truly think for myself and trust my direct experience? Am I part of a larger power or intelligence than me? If so, how do I relate to or communicate with it? Is it separate from me? What gives meaning to my existence? What is my purpose and the purpose of life? What is the nature of my connection with others? What does it mean to love and be loved? What do I need to be fulfilled? What are basic human rights? Should others be able to tell me what I can exchange, ingest, or do Is the universe basically trustworthy or not? Is there such a thing as good and evil? What is integrity, and does it matter to the quality of life? What

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moves any one of us from one worldview to the next? Only when there is a sufficient combination of compelling evidence, emotional completion, and an adequate sense of future security do we let ourselves actually change our minds. If someone thinks that what they have is who they are, and it goes away during a great depression, they might jump out a window. If they think they are their reputation and they have a setback or get slandered, they might decide life is not worth living. If they think they are their position in the power structure, and it is threatened, they might sell out their core values to keep their status. If they are scientists who have believed something all their lives and a more compelling argument or evidence challenges their theoretical foundation, they might become hostile or think they are going to die. This latter example I have witnessed first hand. Our era is intensifying the almost daily choice for each of us – faced with a moment of unknowing, a new challenge, do I: They virtually all describe an octave of stages in the process of becoming a mature species living in harmony with our environment, and seem to independently agree that we are about in the middle of a whole process, facing a lethal challenge with a profound urge to survive and yet without any guarantee of success. That was then around 80 million adults. Similar percentages were seen in Europe and Japan. He describes this as the largest leaderless spiritual movement in history. The universe is not an aggregate of objects, but a communion of subjects. The world is a dangerous place and it always will be, because there is evil out there in the world. The world is also difficult because it is competitive. There will always be winners and losers. There is an absolute right and an absolute wrong. Children are born bad, in the sense that they just want to do what feels good, not what is right. Therefore, they have to be made good. What is needed in this kind of a world is a strong, strict father who can: Protect the family in the dangerous world, Support the family in the difficult world, and Teach his children right from wrong. What is required of the child is obedience, because the strict father is a moral authority who knows right from wrong. It is further assumed that the only way to teach kids obedience – that is, right from wrong – is through punishment, painful punishment, when they do wrong. This included hitting them, and some recommend sticks, belts, and wooden paddles on the bare bottom. Without such punishment, the world will go to hell. There will be no morality. Suppose you are a real moral authority. As a moral authority, how do you deal with your children? Do you ask them what they should do or what you should do? What the father says, the child does. It is the same with the White house. That is, the president does not ask: IF you are a moral authority you know what is right, you have power, and you use it. You would be immoral yourself if you abandoned your moral authority. Map this onto foreign policy and it says that you cannot give up sovereignty. The United States, being the best and the most powerful country in the world- a moral authority – knows the right thing to do. We should not be asking anybody else. Those are the backward ones. And what should we do? If you are a strict father, you tell the children how to develop, tell them what rules they should follow, and punish them when they do wrong. That is, you operate using, say, the policies of the International Monetary Fund. The strict father worldview is so named because according to its own beliefs, the father is the head of the family. The nurturant parent worldview is gender neutral. Both parents are equally responsible for raising the children. The assumption is that children are born good and can be made better. The world can be a better place and our job is to work on that. If you have a child, you have to know what every cry means. You have to know when the child is hungry, when he needs a diaper change, when he is having nightmares. And you have a responsibility – you have to take care of this child. Since you cannot take care of someone else if you are not taking care of yourself, you have to take care of yourself enough to be able to take care of the child. If you empathize with your child, you will provide protection, you want your child to be fulfilled in life, to be a happy person. It is your moral responsibility to teach your child to be a happy, fulfilled person who wants others to be happy and fulfilled. There are still other nurturant values: Buckminster Fuller, Critical Path Fork in the Road We are at a critical crossroads where our information and our courage enables us to choose to create a thriving world based on protecting the rights of every individual or our recent trajectory of misinformation and confusion continues to lead us into a global police state - seeking daily permission to act from the dictators of a one-world tyranny. We outnumber the perpetrators of the agenda by over a million to

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one. They cannot control us unless they can control our minds. As we wake up, do our own thinking, connect with others and take action, humanity has what it takes to thrive.

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### 5: Canada's Worst Handyman 2 - Wikipedia

*Our tongue will become a measuring stick for our spiritual lives. Like the rudder of a ship, our tongue can set the direction of our lives. Like a small spark, our tongue can start a huge fire.*

Lord Acton Opinions alter, manners change, creeds rise and fall, but the moral laws are written on the table of eternity. What you really need is understanding. A crisis is a close encounter of the third kind. Paul Zane Pilzer Prosperity belongs to those who learn new things the fastest. A racehorse that consistently runs just a second faster than another horse is worth millions of dollars more. Be willing to give that extra effort that separates the winner from the one in second place. Brian Tracy Your greatest asset is your earning ability. Your greatest resource is your time. Invest three percent of your income in yourself self-development in order to guarantee your future. Every single life only becomes great when the individual sets upon a goal or goals which they really believe in, which they can really commit themselves to, which they can put their whole heart and soul into. SAVE as much as you can. GIVE as much as you can. Yogi Desai Do everything with so much love in your heart that you would never want to do it any other way. Robert Stuber The trouble with so many of us is that we underestimate the power of simplicity. We tend to mistake movement for achievement. We tend to focus on activities instead of results. Alice Potter I am optimistic and confident in all that I do. I affirm only the best for myself and others. I am the creator of my life and my world. I meet daily challenges gracefully and with complete confidence. I fill my mind with positive, nurturing, and healing thoughts. Joseph Murphy The Law of Attraction attracts to you everything you need, according to the nature of your thought life. Your environment and financial condition are the perfect reflection of your habitual thinking. Thought rules the world. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution. They are mandatory for anyone who wants to get to and stay at the top. Sydney J Harris Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable. Eugene S Wilson Only the curious will learn and only the resolute overcome the obstacles to learning. The quest quotient has always excited me more than the intelligence quotient. William Ellery Channing, The worst tyrants are those which establish themselves in our own breasts. Marcus Bach We catch on to the truth and technique of expectation in those rare moments when we are stirred by an awareness of a guidance seemingly higher and greater than our own, when for a little while we are taken over by a force and an intelligence above and beyond those commonly felt. Confident and free, filled with wonder and ready acceptance, we permit ourselves to be taken over by our unquestioning self. Maharishi Mahesh Yogi Happiness radiates like the fragrance from a flower, and draws all good things toward you. Allow your love to nourish yourself as well as others. Do not strain after the needs of life. It is sufficient to be quietly alert and aware of them. In this way life proceeds more naturally and effortlessly. Life is here to Enjoy! Flora Edwards In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. Earl Nightingale We can help others in the world more by making the most of yourself than in any other way. We must be the epitome-the embodiment-of success. We must radiate success before it will come to us. We must first become mentally, from an attitude standpoint, the people we wish to become. We will receive not what we idly wish for but what we justly earn. Our rewards will always be in exact proportion to our service. Learn to enjoy every minute of your life. Every minute should be enjoyed, savored. Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality. The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile. Is not that a great principle for all of living? The people who will really accomplish great things in life are those who are willing to discipline their lives, who maintain their health, their vitality, their efficiency through this process of rigorous disciplining of what they take into their bodies and what they do in life. Jon Kabat-Zinn Generosity is another quality which, like

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patience, letting go, non-judging, and trust, provides a solid foundation for mindfulness practice. You might experiment with using the cultivation of generosity as a vehicle for deep self-observation and inquiry as well as an exercise in giving. A good place to start is with yourself. See if you can give yourself gifts that may be true blessings, such as self-acceptance, or some time each day with no purpose. Practice feeling deserving enough to accept these gifts without obligation-to simply receive from yourself, and from the universe.

Wilhelm von Humboldt I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves. Charles Givens , author of *Wealth Without Risk* Success with money, family, relationships, health, and careers is the ability to reach your personal objectives in the shortest time, with the least effort and with the fewest mistakes. The goals you set for yourself and the strategies you choose become your blueprint or plan. Strategies are like recipes: The success strategies for managing money and building wealth are called Money Strategies. By learning to use money strategies as a part of your day-to-day life, financial frustration and failure will become a thing of the past. Achieve success in any area of life by identifying the optimum strategies and repeating them until they become habits. Success requires first expending ten units of effort to produce one unit of results. Your momentum will then produce ten units of results with each unit of effort. Claude Bristol , author of *The Magic of Believing* The person with a fixed goal, a clear picture of his desire, or an ideal always before him, causes it, through repetition, to be buried deeply in his subconscious mind and is thus enabled, thanks to its generative and sustaining power, to realize his goal in a minimum of time and with a minimum of physical effort. Just pursue the thought unceasingly. Step by step you will achieve realization, for all your faculties and powers become directed to that end. Every person is the creation of himself, the image of his own thinking and believing. As individuals think and believe, so they are. John Wesley Catch on fire with enthusiasm and people will come for miles to watch you burn. Sheryl Adams Energy is equal to desire and purpose. Robert Collier You can have anything you wantâ€”if you want it badly enough. You can be anything you want to be, have anything you desire, accomplish anything you set out to accomplish-if you will hold to that desire with singleness of purpose. Peter Marshall A different world cannot be built by indifferent people. Make some stuff and sell it for more than it cost you. Think one customer at a time and take care of each one the best way you can. Its efficacy verges on magic, and it seems a tool for creation which God forgot inside one of His creatures when He made him. Carl Sandburg Nothing happens unless first a dream. Time is the coin of your life. It is the only coin you have and only you can determine how it will be spent. Be careful lest you let other people spend it for you. John Dryden We first make our habits, and then our habits make us. Mighty things from small beginnings grow. Cherie Carter-Scott Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible. Dorothy Parker This book is not to be tossed lightly aside, but to be hurled with great force. Tallulah Bankhead Nobody can be exactly like me. Sometimes even I have trouble doing it. All of a sudden these new concepts stopped churning within you, and a new reality is born: You and the concepts are one. They have literally become you. You have become them. An expert is someone who knows a lot about the past. Abraham Sutzkever If you carry your childhood with you, you never become older.

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### 6: What are the most annoying platitudes? | Scott Berkun

*There is a false guilt of failure because of a wrong view of success. Many missionaries have labored faithfully in foreign countries without much success by way of converts, but that by no means indicates they are failures.*

How is that even possible?! The present Spencer built for Carly burned her room to a crisp. Reaches new heights in "iOMG" when the fire department sends Spencer and Carly a fire extinguisher out of frustration with their many, many calls. When Spencer tries to demonstrate how to use it, it sends out a jet of flame at the table. Yes, Spencer made a fire extinguisher set something on fire. Yes, folks, Jezza built a two-door stretch limo. And then it broke in half You have to be impressed with convertible people carrier that ended up causing a fire in a car wash. Speaking of which, and regarding the amphibious vehicles, "None of us were seaworthy. Mine was still on fire. It led to his turbocharged tractor taking 20 seconds to go from 0 to 1. They destroy a house, burn through a road sign, run over a car, and may or may not have set a person on fire When they tried to make their own RVs, the whole thing was the definition of this trope. Have you fallen on your head? Have you fallen down and hit your head on something hard? What the heww happened in thewe? You wewe vague, you wewe howstiwe, you wewe bewwigewent! Done in Corner Gas when Oscar made a salad How do you blow up a salad? In an episode of Malcolm in the Middle , Malcolm goes bowling. Despite numerous failures, his mother continues to enthusiastically cheer him on. From half a meter away. However, it turns out this is the happy scenario. We get to see an Alternate Universe in which his dad takes him bowling instead of his mum and he ends up bowling pretty well Epic Fail either way. Attack of the Show ends most episodes with an "Epic Fail" segment, showing a video usually from YouTube or break. In the Deadliest Warrior episode "Musketeer vs Ming Warrior", the leader of the Mings lets out a war cry, only to get shot by a Musketeer. In the "Medellin Cartel vs Somali Pirate" episode, a cartel member leaves his hideout and locks the door. The cartel guy tries to open the door to get inside the buidling, but In the "Ninja vs Spartan" episode, the last ninja jumps out of a tree, in plain sight of the Spartan, in a last-ditch effort to This may be more of an example of Too Dumb to Live than epic fail, though. This trope, in two words, more or less sums up most of the life of Al Bundy. In one episode, jealous Kelly plans to get rid of a French exchange student by letting her cheat off her. The poor girl fails every single subject, including French. Then there was the episode in which a buff fitness guru tries to get the slovenly Bundys to lead healthful lives. Not only do the Bundys remain lazy, but they turn the instructor himself into a fat couch potato! Terry Rakolta led a boycott against the show. Of course, when the audience actually sees Super Dave perform a stunt, it inevitably backfires in an Epic Fail manner. If Super Dave ever plays a piano, expect a car or truck to come crashing out of nowhere and take them out both. In the final episode, a tie at the penultimate Tribal Council led to the traditional tiebreaker: Both Becky and Sundra were to build a small fire high enough to burn through a rope about three feet off the ground or so. Some contestants have trouble building fires see Reality Show Genre Blindness , but in this instance, neither contestant could get their tinder to light using the flint-and-steel, despite throwing sparks nonstop for an hour. Jeff eventually stopped them and told them they were moving on to matches. Even with matches, they continued to fail at keeping a flame going long enough for their teepees to catch light for another half-hour. One of them ran out of matches. This was especially annoying because they made fire earlier in the season. Partway through the challenge, the sound guys realize where this is going and change from dramatic music to comedic. Russell Hantz came on for the third time. Instead, he assembled his usual harem Third person voted out This Epic Fail is underscored by the fact that "Boston" Rob was placed in a similar situation in the other tribe and managed to play a masterful game where he ended up completely dominating the entire season and winning it all. In Red Dwarf , the broken drive plate that killed the crew was Ret Conned into being a trivially easy thing to fix. Shown onscreen is his failed attempt to write answers on his arms, only to smear them uselessly when rolling up his sleeves and stamping a huge handprint as his final answer. Another example mentioned by Lister was Rimmer writing I am a fish four hundred times before fainting. Players who fall

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down are out and win nothing for the round, while if the team gets 9 correct answers between them, they win money for each player left standing. Even host Yamasato Ryouta was astonished upon making his entrance on the video intercom. Everyone, welcome to the Beam Room Another non-fictitious example from a game show. All three contestants botched the answer, with one of them doing so twice and another screwing it up with the whole puzzle filled in. Watch the carnage here. An unintentional one came about on Jeopardy! In one episode, they had an "Oops! One such clue referenced a clue that called the St. Louis Globe-Democrat a defunct newspaper, and the paper was re-established by the time the episode aired. However, by the time they aired the episode with the correction, the paper went under again! Yet another game show example: Instead of the usual 5 games for a 2-player team, they play 7 games taking turns between their 5 members. They pull off a Flawless Victory through the main game, earning an astounding 9 gold medals each one being about , yen worth of gold and a trip to Disneyland Paris for all 5 of them for comparison, most teams get usually only manage medals and no trip across 5 games. Then came the endgame, and this trope took full effect. As usual, they were given the option to trade each medal for a dart to throw at a dartboard where each space corresponds to a prize. They proceed to trade all 9 medals for darts Contestants perform various challenges based on their unusual skills, and are awarded either an Epic Win trophy or Epic Fail sticker depending on their success. The Crane family, who are notorious for having all their parties end in disaster, proudly take the sheer massiveness of her failure as a rite of passage to her becoming "officially a Crane". In fact, the show literally thrives on this very trope. Anything that any of the main cast try to do will descend into hilariously over-the-top, convoluted pandemonium two-thirds of the time the other third of the time it will end in a Crowning Moment of Awesome. While many Myth Busters experiments end in failure due to the myth tested being, well, a myth, some fail in such a spectacular fashion that only epic fail is strong enough to describe the result. One of the most memorable ones happened in the JATO rocket car supersize revisit, where every single test and planning step went perfectly well until the final run: I think someone owes me 10, bucks. The crew had their own epic fail when they tried to shoot some barrels of water with a cannon. In-universe example, but just fortuitous in Real Life: Richards regretted that he would never be able to do that again. The second season of Wipeout had a contestant declare her love for one of the hosts, then run the qualifier. So, how did Taylor do? He came in sixth. How did he come in sixth? There were only five candidates. There was a large write-in for "none of the above".

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### 7: Pastor Floyd - Sunday Sermons: Do I Talk Too Much? (James )

*Numbers, statistical reports, and financial success become the measuring stick, and the end justifies the means. Outward, visible, measurable results are the bottom line. The flesh is fed but the spirit is starved as we enjoy sensual gratification, ego satisfaction, and unrestrained material indulgences.*

Reversion to the mean, regression to the mean Reversion to the mean, regression to the mean “ is there a difference and who cares? The answer is that there are two different concepts involved and that people get the two mixed and commit serious errors as a result. So everyone who uses the concepts should care. The reason is that one concept is a law, one a model. If you apply a model thinking that it is a law then you can go wrong. Regression to the mean more correctly called regression towards the mean is the law. It has a strict statistical definition in terms of conditional expectations and is easily defined. Interestingly, Francis Galton introduced the term in the 19th century but first he called it reversion before calling it regression. Regression is only a law in probability but still a law nevertheless. Reversion to the mean is usually defined more loosely but we can tighten it up by defining it to be any tendency to move towards the mean that is not due to regression. So what remains now is to define regression and to illustrate the concepts. Regression to the mean Galton noticed that the offspring of sweet-peas tended to revert to the mean size when measuring the diameters of the seeds. Large seeds had offspring that tended to be smaller and small seeds had offspring that tended to be larger. These are for purely statistical reasons and that is the essence of regression. The statistical effect can be quantified and thus regression is a statistical law. Here is an example. In this distribution suppose you sample a point and it falls where the red region and the yellow region meet. If you sample another point is it more likely to be closer to the mean yellow region or further from the mean red region? Obviously it is more likely to be closer to the mean because there is more probability there. That is regression to the mean. It says that probabilistically extreme values are more likely to be followed by probabilistically less extreme values. Mathematically this is expressed as which says that on average the new value will fall between the mean and the old value. Reversion to the mean Reversion to the mean says that extreme values are more likely to be followed by less extreme values. Note that the word probabilistically has been removed. Reversion is not about probabilistic extremes. Because of this it is not a law. It is a model. Unfortunately it seems that people regard it as a law. It is not a law. It is a model or a hypothesis. You need to justify the model before you can make the claim that mean reversion will hold. It is not due to probabilistic extremes and so regression to the mean does not apply. So whenever you claim that reversion to the mean will apply you have to also justify the claim. A statement such as "due to mean reversion the price will decrease" is equivalent to saying "due to the expectation of price decreasing the price will decrease. The MRH is believed to hold since Books and the internet are full of stock trading schemes that worked in the past but which, strangely, stop working. The reason may be due to regression to the mean. Suppose you look at some stock market history data and pick out some trading schemes that have done well. There is a lot of probabilistic noise in the markets and the schemes that have done well will have some element of success due to chance alone. All schemes will have some element of chance and your biased selection process will pick the ones with the most extreme chances. When you then trade the schemes they will regress to the mean and perform worse in the future. That is a law. You cannot cheat the law unless you are lucky. A good example of this is if you have monkeys and you choose one to be your portfolio manager based on its performance in the past. The top monkey may have beaten Warren Buffet in the past 5 years but we assume that this is entirely due to luck. So naturally it will revert to the mean and not outperform in the future. If there is some element of skill in the trading schemes then that element will not be removed by regression to the mean. Only the probabilistic element regresses. The skill element may, of course, revert to the mean. But there is no law saying that it will or will not. Testing for Reversion to the Mean Since reversion to the mean is a model and requires justification before it can be used then we require tests and measures for reversion. An example is the Variance Ratio VR which measure mean reversion. This is an

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interesting example because I just read a quote " The idea behind this measure is that if there is mean reversion then differences between months over long periods of time tend to cancel out since the sequence has to wander back to the mean. So yearly changes tend to be smaller than 12 times the monthly changes. If there is a trend in the data then the VR tends to be higher than one. If the data is a random walk then the VR goes nowhere and so stays near 1. If there is mean reversion then the deviations tend to cancel each other out and so the VR goes to zero. Thus a plot of VR vs m shows visually how much mean reversion there is in the data. For the exchange rate data the plot is this. It looks as if there is no mean reversion and lots of trending up to 50 month intervals then some signs of reversion start appearing. After months the amount of reversion levels out. It looks like some tendency for mean reversion over a month period. The exchange rate may return to 0. Below is the exchange rate up to August It did revert to 0. But was the reversion due to the "law of mean reversion" or was it due to the financial crisis? Modeling Reversion to the Mean The main point of modeling reversion to the mean is to use the model to predict future behaviour. There are three elements to this: An example of a model which uses these three elements is the Ornstein-Uhlenbeck OU model. Models such as the OU can be useful for measuring and using mean reversion. But they have a danger in that they assume mean reversion exists " they are not models that can prove mean reversion. An example of a model that gives rise to mean reversion is the cointegration model. Two processes are cointegrated if they are tied together in a certain way so that a linear combination of them has certain desirable properties that neither has on their own. Cointegration can give rise to mean reversion. Cointegration can be tested for and verified and thereby verifying that mean reversion exists.

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### 8: SuccessNet Quotation Library

*If the character makes a wrong choice and suffers consequences, or makes a right choice and is rewarded, you can use that as a virtual learning experience. The benefit is that your child is spared the real danger while you guide them through the stories, helping them measure the character's decisions by the measuring stick of God's Word.*

The most basic things we measure are voltage and current. A multimeter is also great for some basic sanity checks and troubleshooting. Is your circuit not working? Does the switch work? Put a meter on it! The multimeter is your first defense when troubleshooting a system. In this tutorial we will cover measuring voltage, current, resistance and continuity. A multimeter is has three parts: A few multimeters have illuminated displays for better viewing in low light situations. Any probe with a banana plug will work with this meter. Using a Multimeter to test the voltage on a LiPo Battery. Here are a few of our favorites: Banana to Alligator Clips: These are great cables for connecting to large wires or pins on a breadboard. Banana to IC Hook: Tweezers are handy if you are needing to test SMD components. Banana to Test Probes: If you ever break a probe, they are cheap to replace! Squeeze the probes with a little pressure against the positive and negative terminals of the AA battery. AC voltage like what comes out of the wall can be dangerous, so we rarely need to use the AC voltage setting the V with a wavy line next to it. The reading on the multimeter is simply negative. The multimeter measures voltage in relation to the common probe. If your project should be at 5V but is less than 4. Measuring the voltage coming off of a Power Supply Stick. Multimeters are generally not autoranging. You have to set the multimeter to a range that it can measure. Use the 20V setting. With some force imagine poking a fork into a piece of cooked meat , push the probes onto two exposed pieces of metal. One probe should contact a GND connection. One probe to the VCC or 5V connection. We can test different parts of the circuit as well. By measuring the voltage across the circuit we can see how much voltage each component requires. Measuring from where the voltage is going in to the resistor and then where ground is on the LED, we should see the full voltage of the circuit, expected to be around 5V. We can then see how much voltage the LED is using. It will as you explore the world of electronics more. The important thing to take away is that different parts of a circuit can be measured to analyze the circuit as a whole. This LED is using 2. The meter will simply display a 1. This is the meter trying to tell you that it is overloaded or out-of-range. Try changing the multimeter knob to a the next highest setting. Reading the 5V across this circuit is too much for the 2V setting on the multimeter. Selection Knob Why does the meter knob read 20V and not 10V? Hence the 20V max range instead of 99V max range. In general, stick to DC circuits the settings on the multimeter with straight lines, not curvy lines. Most multimeters can measure AC alternating current systems, but AC circuits can be dangerous. Go slow and double check everything before you test an AC circuit. However, if you ever find yourself without internet access, a multimeter is very handy at measuring resistance. Then hold the probes against the resistor legs with the same amount of pressure you when pressing a key on a keyboard. In this case, the meter reads 0. There is no harm if this happen, it simply means the range knob needs to be adjusted. Not a whole lot changed. What about the next lowest setting? Remember that measuring resistance is not perfect. Temperature can affect the reading a lot. Also, measuring resistance of a device while it is physically installed in a circuit can be very tricky. The surrounding components on a circuit board can greatly affect the reading. Measuring Current Reading current is one of the trickiest and most insightful readings in the world of embedded electronics. Said another way, pull out the VCC wire going to the resistor, add a wire where that wire was connected, and then probe from the power pin on the power supply to the resistor. These alligator clip probes can come in handy. With the multimeter connected, we can now set the dial to the proper setting and measure some current. Measuring current works the same as voltage and resistance â€” you have to get the correct range. Set the multimeter to mA, and work from there. The current consumption for many breadboard projects is usually under mA. Make sure the red probe is plugged into the mA fused port. This means you can keep the red probe in the same port to measure current, voltage, or

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resistance. However, if you suspect that your circuit will be using close to or more than mA, switch your probe to the 10A side, just to be safe. Overloading the current can result in a blown fuse rather than just an overload display. More on that in a bit. This circuit was only pulling 1. The average reading was closer to 2. This is important because as time goes on the LED, microcontroller, sensor, or whatever device being measured may change its power consumption such as turning on an LED can result in a 20mA increase for a second, then decrease for a second when it turns off. On the multimeter display you should see the instantaneous current reading. In general, cheaper meters will average more harshly and respond more slowly, so take each reading with a grain of salt. In your head, take an average range such as 7 to 8mA under normal 5V conditions not 7. Similar to the other measurements, when measuring current, the color of the probes does not matter. What happens if we switch probes? It simply causes the current reading to become negative: So before you put the meter down for the night, remember to leave your meter in a friendly state. Measuring current can be tricky the first couple of times. Continuity Continuity testing is the act of testing the resistance between two points. This test helps insure that connections are made correctly between two points. This test also helps us detect if two points are connected that should not be. Continuity is quite possibly the single most important function for embedded hardware gurus. This feature allows us to test for conductivity of materials and to trace where electrical connections have been made or not made. It may vary among DMMs, but look for a diode symbol with propagation waves around it like sound coming from a speaker. Multimeter is set to continuity mode. Now touch the probes together. The multimeter should emit a tone Note: Not all multimeters have a continuity setting, but most should. This shows that a very small amount of current is allowed to flow without resistance or at least a very very small resistance between probes. In general, turn OFF the system before checking for continuity. You should hear a tone indicating that they are connected. It should emit a tone indicating that power is free to flow from the VCC pin to the micro. If it does not emit a tone, then you can begin to follow the route that copper trace takes and tell if there are breaks in the line, wire, breadboard, or PCB. Continuity is a great way to test if two SMD pins are touching. When a system is not working, continuity is one more thing to help troubleshoot the system. Here are the steps to take: If the system is on, carefully check VCC and GND with the voltage setting to make sure the voltage is the correct level. If the 5V system is running at 4.

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9: Mark # The Wisdom to Deal With Failure | [www.enganchecubano.com](http://www.enganchecubano.com)

*Example COULD be when practicing driving, you go in reverse “ but you want to go forward. But you keep going in reverse, expecting to go forward. And you shift to reverse, but you still go forward.*

Yet how do you measure spiritual growth? Measuring spiritual growth can be much more challenging than measuring physical growth. How much faith do you and I have? How much have we grown spiritually? How should spiritual growth be measured? Qualitative versus quantitative analysis. Many find it easier to make a quantitative physical assessment based on the letter of the law than a qualitative spiritual assessment based on the spirit of the law. When assessing our spiritual growth, we can fall into the trap of thinking quantitatively rather than qualitatively. Often, the letter of the law is seen as quantitative, while the values of the law are seen as qualitative. Yet how do you measure values qualitative such as: Do you love others? By way of analogy, medical professionals have tried to solve a qualitative dilemma by reducing the character of pain to a number. On a scale of 1 to 10, how much have you grown? Doctors have found the pain scale useful, and such a 1-to-10 scale could be helpful in a general assessment of our level of faith or spiritual growth. But are there dangers in taking such an approach exclusively? Measuring ourselves. Certainly, we are admonished to examine ourselves regularly, particularly prior to the biblical Passover 1 Corinthians. Our approach to measuring ourselves should address specific aspects. We are also cautioned about how we measure others: How should we go about measuring ourselves? As a minister, I have often been asked over the years if it is okay to do some specific task on the Sabbath. Kindling or extinguishing a fire are examples. Since they consider the spark created by electricity to be fire, they even prohibit turning light switches on or off. These rules go far beyond what the Bible commands. As Jesus Christ said, we should do both. Can you really put a number on qualitative values? What about using the popular scale of 1 to 10? There are dozens of specific areas of spiritual growth. If a scale of 1 to 10 is used, it might look like the one below. When viewed like this, it seems a rather one-dimensional way to evaluate a relationship with parents. How do you rate honoring parents? Do you use your gut feeling? Is it related to how often you get together with them? How often you call? But Christ evaluated it on the percentage of income given. If Christ was using the 1 to 10 scale, the widow would have received a 10. Those who gave much may have thought they were 10s, but Christ said they were actually toward the other end of the scale. Clearly, trying to measure your growth with a numerical scale can be very deceptive. Is there a good measuring stick? Tracking your growth. Growth over time might take the form of an inverted U. Typically, the early stage of spiritual growth is rapid. Everything is new, enthusiasm is high, and there is a lot to learn. However, with time the growth curve tends toward leveling out and may plateau. As we face times of trial, our growth occasionally regresses, hence the beginning of the inverted U. This decline is probably common for all of us from time to time. It is at such times that we face a turning point. We can either learn from the trial, initiating a new growth spurt, or be overcome with discouragement and regress down the inverted U path. So, how do we keep the growth curve on a positive slope? One way is to focus on our weaknesses, where there is a lot of room to grow as we overcome those weaknesses. It is a lifelong process. Intuitively, we often do just the opposite and focus on our strengths. First, consider his strengths: He rode these strengths to remarkable growth “but at times he faltered. His humility drifted into pride as he determined to take a census of the nation 2 Samuel. He had a history of violence that precluded God from allowing him to build the temple. He deeply repented, renewed His commitment to God and endured to the end. You either grow or die John. And there is a perfect measuring stick: Here are a few of the more important ones: Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. Paul exhorted Christians to measure themselves against the standard set by Jesus Christ Ephesians 4: We can begin to think and act more and more like Him. By communicating with God praying, studying His instructions the Bible and doing what He says, we can grow toward the stature of Christ. For more about the process of conversion, study our free booklet Change Your Life! For more information about self-examination

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and growth, see:

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