

THE SUPER HERO MANUAL



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The Super Hero Manual

(Second Edition)

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Chapter 1: Introduction

What is the definition of the words, “Super,” “Hero” and “Disability?”

Super is defined by Collins English Dictionary as being, “informal, outstanding; exceptionally fine.”

Hero is defined as being, “a man distinguished by exceptional courage, nobility, fortitude, etc.”

Disability is defined as being, “lack of adequate power, strength, or physical or mental ability; incapacity.”

“Through the Eyes of the Super Hero” is as it says. It describes an outstanding group of people who share the reality of a disability—people who are able to do exceptional feats with exceptional courage despite hindrances. These people have a legacy to leave in shaping the world. They matter and the impact that they makes is nothing short of legendary. Maybe the work is behind the scenes, like the Invisible Man or perhaps they are only known among those they rescue. Perhaps only God can see the efforts made by the individuals who at times are almost completely marginalized by society. This steadfast spirit is still nothing short of the makings of a Super Hero.

Thus the Super Hero is born—tales within the pages of articles that may shed light on the potential in us all if you simply read between the lines.

Chapter 2: New ‘Recruits’

Orientation:

“Why am I here? What did I do? Why am I a patient?”

“Come with us Jed. You are showing delusions of grandeur. You need to come to the white room to intake. To better serve you, we are going to have to ask you some questions about yourself.”

“But I just want a pastor first. You don’t understand the importance of clergy. All you want is to give me drugs to pay your superiors.”

Body:

A patient entering a mental health hospital for the first time may find it to be a place that has every resource he/she does not want.

He/she may be aligned to the health science of nutrition and be desperate for supplements or organic food. The patient may be aligned to the health science of psychology and just want a friend to talk to who understands by his/her bedside.

He/she may be aligned to the health science of pharmacology and want to pop ten ‘ativans’ in an attempt to calm down. Or like me, when I did my first intake at a mental hospital, the patient may believe in standing on spirituality alone—believing spiritual guidance will solve all problems immediately.

In the Bible, there was a man named Jesus who duplicated organic fish (Nutrition), who reasoned with the masses through analogies (Psychology), who told his disciples to “take a little wine” along on their journey (Pharmacology), who delivered a demon-possessed man with authority from God (Spiritual Guidance).

All four of these health sciences were applied in a reasonable orderly manner.

There was and is a place for them all.

If you are entering this minimum to high security facility hospital or crisis unit, know that although your welcome squad is stressed out, they typically do care about your well-being. Be patient with them. Their treatment of your heroic condition will be more helpful than you first imagined.

(Nutrition) You will be provided quite a selection of healthy food.

(Psychology) On a limited basis, your friends and family will be able to come visit you. (So make a list of their names and phone numbers while you have cell phone, including your pastor.)

(Pharmacology) Your prior medication and new medication will be tightly regulated for your best possible health outcome.

(Spiritual Guidance) A chaplain will most likely be able to visit you, so make an appointment now. Lastly, if you don't have a Bible, ask for one. There should be a full Bible on the premises.

Enjoy your stay! It's a great opportunity to make friends for life and to get to know Jesus through, resources, friends, family, suffering, clergy, the Bible, and this book.

Take your badly needed rest. From here on you will learn the art of being a Super Hero.

Chapter 3: The Art of Being a Super Hero

Forget everything you learned about being great. You may lose all your friends, but the ones you keep you will call family. Do not, I repeat, Do not call yourself better than ‘ordinary’ people. It does not matter if you have saved ten people from a burning building, the glory belongs to God.

If you do not know God, then this is a great time for you to be given an opportunity. “Seek the LORD while you can find him. Call on him now while he is near..” (Isaiah 55:6)

Jesus has come to rescue you in your desperation—to meet you where you are at. He died on the cross for your sins. He paid a real price so that you can be spiritually free.

Have you been down that road before? Does it seem Jesus has let you down?

Life is full of difficulties—even Job and King David in the Bible faced threat of death, but God saw them through.

On my first intake, I needed to ask myself the question as to whether I really knew God—or whether I was acting as a Sly Villain.

Despite hardships, persecutions, and difficulties, do you really know Jesus as more than a character in a book, but as a personal Comforter? He says, “Come to me all ye who are weary and heavy-laden and I will give you rest.” (Matthew 11:28) Let Jesus minister in your life today by giving your whole heart to Him.

“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” (Romans 10:9)

It’s that simple. It’s that hard. It’s living to make Jesus the Super Star and letting Him lift you up in due time. Take a back seat, smile, and anticipate the places you’ll go, the people you’ll reach for God’s glory. If you are not yet converted to the role of hero, whether or not you have “super powers,” keep on reading. Sit back. Get caught up in the story and know that we love you.

Chapter 4: All Things are Possible!

Abstract:

What are the signs to look for in a person who is going to help change the world?

Everyone has someone they admire and look to for aid in setting a measurement for what they aspire to be. Are the symptoms of spiritual greatness potential (SGP) large shoe size, being first-born, being born into privilege, or natural charisma?

Looking at the case studies of 7 “Super Heroes” of the faith and various Scriptures, this study hypothesized that $SGP = W + R$ (POHL), but came to the conclusion that SGP cannot be determined by man.

SGP=Spiritual Greatness Potential

W= Weakness

R= Reliance

POHL= Power of His Love.

Introduction:

“I’ll say it again—it is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God!” The disciples were astounded. “Then

who in the world can be saved?” they asked. Jesus looked at them intently and said, “Humanly speaking, it is impossible. But with God everything is possible (Matthew 9:24-26).”

Peering at this passage, it is evident that in the Kingdom of God, it is hard “for a rich man to enter the Kingdom of God.” However, POHL trumps all rules in the spiritual as well as carnal world. The Power of Jesus’s Love, as Jesus is God makes all things possible.

“Remember, dear brothers and sisters, that few of you were wise in the world’s eyes or powerful or wealthy when God called you. Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful. God chose things despised by the world, things counted as nothing at all, and used them to bring to nothing what the world considers important. As a result, no one can ever boast in the presence of God (1 Corinthians 1:26-29).”

Foolishness, or weakness, is a factor to in determining whether someone will be used by God to accomplish great things. The greater “W” is, the more God can use the circumstance to show that change is coming about not by that vessel’s (person’s) power, but by God’s power. Working with Kingdom Principles the opposite of the Natural’s Principles, those who are weak are just about better

equipped to demonstrate God's greatness than those who are naturally strong.

However, we cannot forget Matthew 9:26 that says, "... But with God everything is possible."

Looking back at the equation, $SGP = W + R(POHL)$, we see that although Weakness plays a positive role in Spiritual Growth Potential, Reliance on the Power of His Love has an infinitely greater impact.

"My conscience is clear, but that doesn't prove I'm right. It is the Lord himself who will examine me and decide. So don't make judgments about anyone ahead of time—before the Lord returns. For he will bring our darkest secrets to light and will reveal our private motives. Then God will give to each one whatever praise is due. (1 Corinthians 4:4-5)"

It is God that makes the ultimate difference in SGP. And to even create an equation to determine the difference someone will make in their life is man's foolishness because it limits God's power to make a difference in that person's life.

Case Studies of Seven Underestimated Bible Heroes:

Pen Name	Weaknesses	The Facts
“Homeless” Christ Crucified	Born In a Manger Homeless Accused of Demon Possession	Savior of the World Died on the Cross for our Sins God In Flesh
The Dreamer	<i>Symptoms of Grandiosity</i> <i>Sold into Slavery</i> <i>Sent to Prison</i>	Dreams came to pass! Relentless despite persecution. Becomes a merciful ruler.
Shepherd Boy	Runt of the Family Job Experience is with Sheep	Chosen King of The Chosen Nation A Man After God’s Own Heart

**The Loud Mouth
Fisherman**

Impulsivity and Pride
Job Experience is with
Fish

Known for Denying Christ
3 Times
Walking on Water
Died a Martyr's Death for
Jesus

Locusts and Honey

Violated Social Norms in
Dress and Behavior

Prepared the Way for the
Coming of the Lord
Great in the Kingdom yet
the Least

Widow 2 Cents

Impoverished
Widow

“Put in more than all the
rest.”

Blind Paul

Persecutor of Christians
Went Blind

Suffered Greatly for the
Sake of the Gospel
Wrote Approximately Half
the New Testament

Source: The Holy Bible, NLT, 2007.

Conclusion:

No equation can be used to determine someone's potential in the Kingdom of God. That would equate to judging. But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them. People judge by outward appearance, but the LORD looks at the heart (1 Samuel 16:7)."

It is not about the card that we are dealt in this life that determines who we become or other's perceptions of us. "All things are possible with God" and without Him nothing can be accomplished.

Chapter 5: Accommodation and Compliance

Abstract:

Every individual is unique. There is no normal. As with Super Heroes, individuals come one-of-a-kind requiring accommodations from both a civilized society and from a loving, Biblical society. As seen in last study, weakness according the world's standards must not be pre-judged as a sign of less potential.

The tricky line is balancing the accommodation society knows a person needs with varying levels of spiritual faith among the masses. A danger arises with pressure to convert to no medication and all faith or all medication and no faith. When a Super Hero's condition falls to the level where medical compliance is court-mandated, great steps of faith are no longer associated with just the potential of a good testimony, but more the potential of both death and breaking the law.

The purpose of this article is to point out the place of contradiction an all or nothing faith-believer can be placed in. In addition, I want to stress the importance of faith in God to heal at times and at most times the faith to let the medicine that God has inspired work, uninterrupted.

Case Study:

I will take a moment to reflect upon my life. My name is Daniel and I have been non-compliant with my doctors' medication prescription about ten times. Each time I went off the medication, I anticipated the best. I was 'healed' and I wasn't ashamed to tell everyone about it. Every time I was medication non-compliant, if I did not return to medication soon, I ended up hospitalized. In addition, I noticed a falling away in relationship with friendships with individuals and with churches. This situation alienated me from many people.

Body:

Super Heroes are created in such a way where they have great talents, great abilities that are unique. As in the study on "Widow 2 Cents" in the last chapter, extreme deficits are interpreted differently in the Kingdom of God than in the Kingdom of this world. What can be seen as lack in "Widow 2 Cents" was seen by Jesus as putting "in more than all the rest" (in the offering).

With this Kingdom mentality, society has no place to judge a Super Hero on what contribution they can make to society nor what accommodations they need.

Fictional Example:

Jenny is riding down the street in her wheelchair and someone steals it from her because they want to build faith in her for healing.

Does this not sound absurd? Jenny was functioning well with her accommodation, but someone in society made a judgment call on her based on his/her perception of her faith. The individual believed he/she was helping Jenny, when in fact he/she was only further handicapping her and mortifying her.

Does this mean that there should be no exercises of faith? By all means no!

However, more Scripture should be looked at than Christ's miracles that healed all the sick He came in contact with. After all, He is God and we are not. We cannot blame the victim who does not get healed for lack of faith. God's "strength is made perfect in weakness as the Apostle Paul said. Paul had to deal with a messenger of satan and this was his response. Despite this mental, spiritual, whatever it was ailment, Paul did great things in the Kingdom of God—albeit from human perception.

Conclusion:

What someone accomplishes and his/her level of faith is determined by God and God alone. The situation of a Super Hero with a mental or physiological kryptonite taking medicine is similar to anyone fasting what will destroy him/her. It is giving the brain the chemicals it lacks.

With modern technology, we cannot deny one man his lithium, that naturally occurs in the brain and give another man a prosthetic leg. We must give Super Heroes the accommodations that fit their needs so they can accomplish the Heroics that they were born to do.

Chapter 6: Finding Balance and Purpose

Abstract:

This study demonstrates the need to for a Super Hero to find balance in a sound mind, work, and looking to the Holy Bible for stability.

Introduction:

Some cannot get out of bed without their morning cup of coffee. “Moderation in everything” is how the saying goes. Caffeine wakes up many and some are put out by a little tryptophan at night. These chemicals are naturally occurring in various foods and drinks. The Super Hero has a bit more of some chemicals and a deficiency of others at various levels in the brain.

Is this abnormal or something extra special? As my mother once said, “God made you and God made no junk.” There are no wasted humans as long as humankind lives with a purpose.

Chapter 6 looks at three sections of the Bible with balance and purpose in mind.

Body:

Section I: (2 Timothy 1:7)

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

First, we need not be afraid of what others think. For if God is in us, we as Super Heroes have not just been given a sound mind, but of power and love and well. As David in Psalms said, “With my God I can scale a wall.”

Super Heroes have been given distinct gifts that vary from intense empathy to one-of-a-kind boldness and enthusiasm. This makes the Super Hero just plain awesome!

“I am fearfully and wonderfully made.” (Psalm 139:14)

Yes, the Super Heroes have weaknesses, but in their weakness, God’s power can be seen with epic proportions.

Section II: (2 Thessalonians 3:10-11)

“Even while we were with you, we gave you this command: “Those unwilling to work will not get to eat” Yet we hear that some of you are living idle lives, refusing to work and meddling in other people’s business.”

Work is important for a person to find purpose in his/her life, balance, and to fulfill God’s command. Collins English Dictionary 2009, first defines “work” as “physical or mental effort directed towards doing or making something” and secondarily as, “paid employment at a job or a trade, occupation, or profession.”

With a shortage of careers in some regions, it is at times near impossible to fulfill definition two, but definition one is always possible. Definition one work can be defined as anything from trade school, to diligently putting your hands to a hobby to invest in others, to volunteering, to working for money. The Super Hero may be resting from a great adventure, but on some level they can still put forth work—even if it is making a conscious effort to better understand him or herself. Idleness is to be avoided, but “working” to make positive steps towards the future is once again, awesome.

Section III: (Ecclesiastes 3:1-8)

“For everything there is a season, a time for every activity under heaven.”

If it's Christmas Time, people want to hear Christmas Music, but not during Valentines Day. The same goes true for the behavior of a Super Hero. Chicken Little need not cry out that the sky is falling when it's not. If a Super Hero is having a medical emergency, he/she should seek help even though he/she is a Super Hero. Everyone has down days and everyone has up days.

Creating a balanced schedule that becomes complicated could be taxing for the perfectionist, but just right for the disorderly Super Hero. Once again, everything must be done in the proper season.

Conclusion:

Super Heroes need to take care of themselves like anyone else. They sometimes need special accommodations and days to take a rest. Super Heroes are human like everyone else.

Chapter 7: The Etiquette of Confidentiality

Abstract:

When knowledge of personal medical diagnoses and medication intake are used as weapons of discrimination, the information becomes confidential—no one else's business but the consumer and primary care doctor.

Body:

Some information belongs off-limits when it has the potential of being used by others to harm the consumer. Unfortunately, career applications are going the way of beginning to ask for this type of information—with fears that potential employees could be a liability on the job. Nevertheless, for the most part this information can be kept secret.

Imagine that every time Tony has a bad day at work, instead of asking him why he feels miserable, people pry and ask him if he is taking his medication. At this place in time, Tony is being reduced to nothing more than a pill—as if all his problems lay in more or less dosage. Perhaps, Tony is taking the medicine prescribed and this situation is making him feel personally violated. Maybe, Tony

has gone off the medication with his doctor's best wishes and guidance. His coping with the change is not for others to understand. They should be supportive and only interject when invited.

In this curious, invasive world, we should all take some time to follow etiquette. Instead of prying, be simply loving. You may find your Super Hero friend opening up at a crucial time since you respected him/her over the course of time. "Treat people as they want to be treated."

In addition, be transparent at the right time yourself. Working together, we can help people with disabilities to be cherished for who they are—Super Heroes.

Conclusion:

"Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too." (Philippians 2:3-4)

Value people for who they are and let them keep their confidentiality confidential.

Chapter 8: The “Hideout”

Abstract:

It is essential for the Super Hero to have a safe haven to drop-in on where he/she feels secure enough to take off his/her mask.

Introduction:

The saying goes “Home is where you hang your heart.” Many Super Heroes have no conventional homes, but find rest only at their “hideout.” This study looks at four elements of a suitable “hideout” for today’s Super Hero.

Body:

Element #1:

A satisfactory “hideout” must be welcoming enough for a Super Hero to be able to let his/her hair down. The overall environment of the “hideout” must accommodate a Super Hero’s one-of-a-kind traits while still establishing an expectation for behavior that is becoming of society at large.

This tricky equation is accomplished by a team of certified peer support specialists and the painful, yet helpful brushes against other Super Heroes in the “hideout.” Yes, relations at times in the ‘hideout’ can be abrasive, but that is part of Super Hero development.

Element #2:

Super Heroes need to hear the truth from other Super Heroes. What better way to accomplish this than at a Super Heroes’ “Hideout.” Super Heroes are special and have wisdom in fields of Super Hero powers, temperaments, medications, and other fields. Sometimes to make the truth sink in it takes one Super Hero to enter the same wavelength of thinking as another Super Hero.

Element #3:

In a suitable “hideout,” Super Heroes feel a sense of camaraderie. In this family-type setting, Super Heroes are loved for who they are. They find people with similar traits and different traits, but what they have in common is the need for one another. Perhaps, some of these Super Heroes hang their head in shame everywhere they go but the “hideout.” As an individual the Super Hero learns that his/her differences from others are not only accepted, but in some way contribute to the environment—drawing him/her as a positive alternative to isolation.

Element #4:

The last element of a successful “hideout” in the study today is a “hideout” that helps the Super Hero find independence or greater independence through finding resources. While a “hideout” builds friendships and is beneficial for the Super Hero demeanor, a “hideout” is only awesome if it points the Super Hero towards standing on his/her own feet.

A ‘hideout’ should therefore contain groups led by other Super Heroes facilitating lessons that lead the Super Hero in the direction towards a longer life, a suitable place of residence, the ending of bad habits, the fostering of positive habits such as arts and working on spirituality, and just being a more fine-tuned Super Hero.

These life-lessons are learned well on a one-on-one basis as well through mentoring. Mentoring can take place in the most unlikely of places, such as during the transportation of Super Heroes to medical specialists or while playing pool.

Conclusion:

Everyone needs a “home base.” Super Heroes need a “hideout” because after they run their homeruns, they tend to burn many bridges if not all of them. Super Heroes need a place they can turn to and for them that tends to be a peer-run safe haven that can be turned to whenever the need strikes. If you have no place to

belong to and are a Super Hero, seek another Super Hero to find the “hideout” nearest you.

Chapter 9: Even Super Heroes Sleep

Abstract:

This study looks at how faith and discipline go hand in hand for successful sleeping as a Super Hero.

Hypothesis:

A regular routine of 8 hours a night at the same time each night is ideal for the sensitive sleeper. This study will consult a Super Hero who specializes in the art of a good night sleep.

Case Study:

Today we will look at the sleep and philosophy of sleep of Mr. A—a Super Hero who sleeps with balance. Although he did not always get the ideal 8-9 hours a night of sleep, Mr. A has been intentional about productive rest for quite some time.

When he was without an official residence to sleep in, Mr. A still knew the secret of not worrying. He “looked” at a “difficult situation” as “temporary”--- that

there's hope. Mr. A. recommends not worrying about tomorrow's resources, but rather "peace, tranquility and serenity." He believes that being thankful promotes rest.

During his period of being out of a residence, Mr. A. went to bed for 6-7 hours a night.

Now, he follows a strict regime of no coffee after 2pm and no eating after 7pm. To help him take his super power medication, Mr. A. consumes non-dairy milk to clean out the stomach.

Mr. A. also recommends laying in a flat position before going to bed. In addition, he suggests breathing in your nose, out your mouth. Of significant importance to Mr. A, is a belief in Metaphysics coupled with a fervent faith in God. He believes gems have natural healing qualities.

He recommends that all Super Heroes who have no home seek out a shelter. With his strong faith and constitution Mr. A gives the following charge: "Do not worry about tomorrow." "Tomorrow's not promised."

Conclusion:

With good discipline and sound advice any Super Hero can improve their sleep duration and quality.

Chapter 10: Occupational Hazards

Abstract:

The Super Hero is recruited for assignment when he/she least expects it. The challenges of the career are unimaginable and the potential for Super Hero professional development are astounding.

Body:

What sets the Super Hero livelihood apart from other professions is the typical truth that the Super Hero never signed a contract nor had a chance to negotiate any of the stipulations of his/her work.

The rigors of the assignment may have come on even at the age of two.

Seems unfair, right?

Super Hero recruitment comes on the spot, at any point in life. It may be brought on by extreme pressure, stress, or have a genetic component.

What is certain is that the Super Hero is needed and that by all means he/she should never give up. There are times to rest. There are times to play. There are times to work, but at all times Super Hero never ceases to be a Super Hero.

He/she plays a role in helping to save the world. The Super Hero should never quit Assignment Planet Earth until his/her time is up.

If the Super Hero had not experienced certain difficulties, he/she would not have the same gift of empathy. “It takes one to know one” and even now I attest that I have been there.

Conclusion:

Don't give up. Find a Super Hero who can relate at your nearest “Hideout.” We are on the same team. With great weakness comes great strength. All of you matter to me, to other Super Heroes, to society, and to God.

Thank you.

Chapter 11: Conversion Types

Abstract:

1. What is it like to go from 0 – 60 in 3 seconds and then have your metaphorical car wrecked?
2. What is it like to be wrecked and have a stranger fix your “car?”

Body:

Every Super Hero goes through a conversion to super powers experience. Who they turn to during this conversion is important. All that is certain is that it is a rough ride that no one but God can completely understand since each experience is unique. After the Super Hero’s conversion experience to the world of disability and one-of-a-kind power(s), they typically go on a Retreat. This expensive vacation is hard for the outside world to understand.

Where has Mr. Energy Plus been for the last three months? Why is he not being a leader like a champ? He has let people down.

Be patient with him/her. (As in put yourself in his/her shoes since he/she is in fact a patient.) It takes some time for the specialists at the Retreat to find the correct balance of Energy, Rest, Relaxation, and Stability. Even after the Retreat's over, expect the Super Hero to need some more rest.

Welcome to the World of misunderstood Super Heroes and Sly Villains. In the movie Spiderman, the grandfather told Peter Parker, "With great power comes great responsibility." This saying resonates truly for the Super Hero and Sly Villain alike. They have both great powers and great weaknesses too. Should they be hasty with their gifts, they will let many people down.

Spider Man saw his family being attacked by the Villain in the story. That was one of the prices he seemed to have to pay. Whether or not you are a Super Hero, you have to pay a price to live out your purpose. It could be running through the pain, smiling in the rain and homelessness, loving when hated and being misunderstood, being accused because of unjust profiling. These things happen regularly to Super Heroes of all shapes and sizes.

The only one who can take care of the situation is Jesus Christ. Jesus stuck to his mission. He never let up. Jesus Christ went through the ultimate conversion experience, but never had the breakdown. He stayed strong and endured it all

because of love for mankind, for Super Heroes, for Sly Villains. Jesus cared for them all.

I am glad that God gave me the opportunity to have a second conversion experience to spirituality. Shortly, after June 9th, 1999, I had a conversion experience to disability. There were signs leading up to it, but this was my first full breakdown. I am thankful beyond words that my identity is not wrapped up in my first conversion experience.

People may tell you that converting to life with Jesus is actually insane. Their attitude is understandable because these same type of people accused the God of the Universe of being demon possessed. Jesus Christ went through all that for us.

Yes, weaknesses continue, but converting to a lifestyle of discipleship establishes a new identity in Super Heroes, in Sly Villains, in all people. Individuals do not have to carry around the reality of what people label them. Instead, they can say, "I choose to be a Christ-follower. I am saved. I'm living with a new purpose."

Super Heroes do not lose their powers when they convert to a life following Jesus.

In fact, they find strength. "Those that wait on the Lord shall renew their strength.

They shall mount up with wings like eagles. They shall run and not be weary.

They shall walk and not be faint." (Isaiah 40:31)

The only guaranteed side-effect of conversion to being a Christ-follower is new life. With this new life comes a sound mind, “For God did not give us a spirit of fear, but of power, of love and of a sound mind.’ (2 Timothy 1:7)

Yes, there will be continued suffering, but over the horizon will be eternal life.. “I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.” (2 Timothy 4:8)

Conclusion:

The conversion to the super power sickness is painful and requires patience to understand. In this life, another conversion experience is available, conversion to a purposeful life following Jesus.

Chapter 12: The Elusive “Batmobile”

Abstract:

Full speed ahead and no looking back—The Super Hero travels as quickly as possible, but seldom has a vehicle. He/she has to adapt to the rigors of his environment and at times has to travel great distances to accomplish his/her mission.

Introduction:

What is important in life to a Super Hero who follows the creed: Serve Jesus primarily, Serve humankind secondarily, and Serve Self last? He/she must always remember to still take care of himself/herself. Without a vehicle, it is easy to run ragged on sheer foot power. In this saga, the Super Hero desires the transportation of other Super Heroes and good citizens in order to complete the daily mission.

Body:

Meet Monsieur M. He does his best to reach out as a Super Hero peer support specialist. Sometimes the demands and requests for rides in his “Batmobile” can seem overwhelming. Like his own complex human body system, Monsieur M.’s

vehicle requires constant care. Recently, the “Batmobile” required a new battery and as it charged, people everywhere around the “Hideout” admired those wheels of beauty that they did not have.

While many Super Heroes take the public bus system, some need almost completely private transportation. This system of transportation costs a little more, but offers the benefits of being dropped off at specific locations.

Conclusion:

The Super Hero should not be afraid to ask others for help with transportation.

The fellowship of the saints, as well as family fellowship, is an important part of the life of the heroic Super Hero and often requires a ride. Whatever distance the Super Hero must go by train, foot, bus, car, to be victorious, he/she will.

Chapter 13: Abnormally Mortal?

Abstract:

Looking at the standard of Jesus Christ, all mortals that have existed and will exist, exhibit a certain degree of spiritual abnormality in comparison to Him. (Philippians 2:6-8). Yet, even Jesus lived the life of mortality in the body, without sinning. Therefore, it is the thesis of this study that strengths and weaknesses (abnormalities and disabilities) in the body should be considered normal because everyone including Jesus had them.

Introduction:

In the case of the human being, these Super Hero infirmities should be embraced instead of fixed. They should be adapted to instead of ridiculed. These differences between humans can actually be used to bring glory to God and draw others to His face.

Fictional Case Study:

Welcome to the Zone of Light, where there is no fright. People know what to expect. This is the next step in the evolutionary process. Only the same will survive or will they? It is the age of well-toned cloning. Not a sickness in sight. There are no Super Heroes since nobody needs them. Everyone is self-sufficient in

his/her own little biosphere. There are plenty of planets to go around and these humans have been to them all. This is truly the American Dream!

Truthful Case Study of Jesus Christ:

“You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal’s death on a cross. Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.”

(Philippians 2:5-11)

Body:

We need each other, just as we need Jesus Christ. If someone were to lose a leg in God’s Family, would they survive? Yes! A key in the process for survival is not what we have as individuals, but who we are collectively. Modeling after Jesus, we do not need to pretend we have perfect bodies. We must humble ourselves by being honest about the needs we have. On the contrary to hoarding what talents we

have for survival, we must pour ourselves into other people and let them pour back into us. Jesus gave His all and He is elevated to the “place of highest honor.”

Jesus demonstrated that the “last shall be first and the first shall be last.” We must emulate this theme and hold brothers and sisters in high esteem who seem to be the most broken. This will build us all up.

Together, we can beat the evolutionary food chain and apart, everyone will die—even the supposed upper tier “perfect” people.

Conclusion:

I need you and you need me. We all need each other and all have different strengths and weaknesses.

Chapter 14: The Epic Vision

Abstract:

Dreams are dreamed and then dreams are made. During the conversion to psychosis process, “ordinary” people are converted into Super Heroes with great potential. This potential is ignited by goals of epic proportions.

Introduction:

Making a great impact on this earth involves:

- (1) Knowing the power of God in us. (Philippians 4:13, 2 Timothy I :7)
- (2) Knowing that we have great potential as vision is spoken into us (by anyone, particularly brethren and the Lord). (Proverbs 29:18)
- (3) Setting goals and strategically working to meet them with obedience to God as the top priority. (Psalms 37:4)
- (4) Trusting the Lord when things do not seem to go as planned. (Proverbs 3:5-6)

Body:

Element #1:

It is He who created us. He birthed us with a vision of greatness. We were made to glorify the Lord! His power is real and evident in us. We must simply capture the truth of who we are in Christ.

“I can do all things through Christ who strengthens me.” (Philippians 4:13)

“For God did not give us a spirit of fear, but of power, of love, and of a sound mind.” (2 Timothy 1:7)

Since we can do all things, it’s time to gain vision of what we’re supposed to do.

Element #2:

“Where there is no vision, the people perish: but he that keepeth the law, happy is he.” (Proverbs 29:18)

We realize that as potential is spoken over us, through prayer and others, we need to run with it. We should piece together dreams, visions, prayers, the words of others into an action plan called purpose. For we were made for greatness!

Element #3:

“Delight thyself also in the LORD: and he shall give thee the desires of thine heart.”

(Psalm 37:4) As we develop an action plan, we need to be sure to make God the focus. When we glorify God in what we aspire to be, He gives us our deepest desires. This includes the desire to make an impact on the Kingdom of God with our unique chemical make-up and gifts.

Taking the time to intentionally make goals and set out how they will be achieved for the glory of God brings fulfillment. Thus the Super Hero's role fits neatly in like a puzzle piece for the good of everyone.

Element #4:

“Trust in the Lord with all your heart. Lean not on your own understanding. In all your ways acknowledge Him and He shall direct your paths.” (Proverbs 3:5-6)

Dreams do not typically come true in a day. A refinement process is necessary to chisel Super Power strengths. The journey is not easy but it is well worth it.

Joseph, The Dreamer, experienced these growth pains as his grandiose dreams came to fruition. In the end, as he honored God even in prison, he was given a much elevated political position.

Super Heroes frequently have mind hiccups and periods of brain flatulence. They make enormous mistakes and have to bounce back. However, the mission is not a failure until the Hero quits. Run like the wind friends and put your trust in Jesus!

Conclusion:

Super Heroes are super because of the God-given talent Lucifer has tried to destroy. Do not give up. Set a goal with your vision and continue to the end of the race to the glory of God. Hallelujah

Chapter 15: Headlines and Shadows

Preface:

First and foremost, before this chapter begins, it is necessary to declare that the true leader inside every Super Hero is Jesus. He is the model of love and purpose. Christ lived on this earth sacrificially. Although he eventually made the headlines like no other, Jesus gave all glory to God.

Abstract:

Modeling after Christ, the true Super Hero seeks to become less by living in such a way to bring fame to God. He/she may do spectacular feats without being recognized on this earth. Of course the Super Hero is a mere mortal and at times of weakness and peril, especially mental illness, he/she has a tendency to go against this creed. To run against this tendency, despite all the resistance, is a mark of true heroics.

Fictitious Case Study:

Look up, Look high. It's Cray Man to the scene rescuing another piece of litter from rain gutters of Mulberry Pies Building. To this point, Cray Man has seemed like a true hero, picking trash up everywhere to the glory of God. Today, Cray

Man will have to swim out of this headline-rich scene. He finds himself cleaning in the midst of Twichpic County Parade.

Headline: Cray "Z" Man Breaks Gutter and Falls Through Window At Twichpic County Parade

By Conscientious Observer

(Fictitious)

It was glorious weather for a County Parade. The birds were in town. Mulberry was baking her famous pies. This was to be the weekend focusing on Mayor Trindle's Inauguration. Unfortunately, Twichpic County came to know a different showstopper—that ironically enough a man who was known to take the background and lovingly nicknamed "Cray Man." His days as a fish in water are unofficially over, as today he made the scene by foolishly destroying national landmark property. People could be heard from the crowd, Chanting, "Crrra, Crrra, Crrrazy Man." What a fool. We'll always love him.

Conclusion:

It is unfortunate that once a Super Hero makes the headlines, a great amount of pressure is placed on him/her. His/her reputation is never the same again and frequently he/she may retreat to the “hideout” to cope. That does not mean that his/her hero days are over by any means. For the true Super Hero knows that God recognizes him/her for who he/she is today, not yesterday. It’s about serving Christ all the time, whether in the background or center stage.

Chapter 16: Keep Your Day Job?

What constitutes a career, hobby, or recreation?

What constitutes a consistent successful Super Hero?

Fictional Case Study:

1.

The alarm system stood faithful on the wall, still doing its job after years of service.

Tony, sitting in a pile of drool, an unfortunate side-effect of one of his medications, reminisces of how he had thought the machinery for the alarm up. His Super Hero ingenuity had been planted in hundreds of thousands of homes, saving innumerable lives. Tony, who now lives his life on disability, feels a sense of accomplishment and gratitude to God despite his late onset frequently occurring seizures.

2.

And then there's Jessica. She began life with dreams of becoming a Broadway songstress. Along the way, with all the excitement of college musicals and the loss of her father, Jessica developed a severe case of Bipolar. She was hospitalized her

after she burnt half of her hair off. Now, Jessica sings solos once a year at her church Christmas Music event. It brings her much fulfillment.

Tony with his frequent seizures and recently hospitalized Jessica, with her Bipolar Disorder, are not living what many consider the American Dream. Their lives seem frazzled and half-lived, but they know they are not here to make an impression on you! Jesus Christ rules their lives and they know that in His eyes, they are the same Super Hero that they dreamed of becoming at 5 years of age. Forget the status quo. A life lived for Jesus is a life lived to fulfillment—no matter the dollar sign.

You can take away the money, the world's definition of occupation. Now, what makes a man/woman? It's his/her relationship with Jesus and secondarily, the difference he/she makes for the Kingdom of God.

You people reading this are pretty awesome. Don't let anyone tell you the difference you can make in this world. This is a temporary world needing everyone to love intentionally with the after-life in mind.

You may lead a soul to Christ. You may keep a friend from suicide. You may keep someone from committing murder. You may not even be aware of what you have done, but God knows.

“Man looks on the outward appearance, but God looks on the heart.”

Consider a career in loving like Jesus. All it takes is everything you have to offer.

Chapter 17: Insanity Gone Hip

To American Society:

So re-package me and make me into what you want me to be “Cruel World.”

Do I look like a beer on energy to you? Call me “LOCO.”

Are you too beautiful? Is that why Backstreet Boys declares that you “drive” them “crazy?”

Wait, you mean to tell me that you didn’t trick these young ladies into taking their clothes off for the camera? You are telling me that they are just plain “Gone Wild?”

What is “wild?” What is “crazy?” What is “loco?” What is respect?

Do you think this extreme terminology is fair game to make money off of or do its derivatives poke fun at real people?

I had my times of psychosis and it wasn’t because of some alcoholic beverage. Maybe if you drink enough of your special beverage too, you can go through a period of psychosis too.

Does that sound like an advertisement? America, land of the free, why do you allow me to be exploited through your commercialism?

Where is the decency? What is Popular Culture except to mean barbaric mob mentality?

It's the same relentless follow the crowd that nailed Jesus to the cross as they shouted, Crucify Him. Crucify Him."

It's the same attitude that tolerates Abortion.

This is American Pop Culture. I am here to stay and not everyone will agree, but forever will it remain, that "the road to life is narrow" and that "few find it." "And the road to destruction is wide and many find it."

Chapter 18: The Role of Spirituality in Self-Efficacy

Abstract:

God is everything in the life of the Super Hero. Confidence in oneself is only because the Holy Spirit is in oneself. Mary Mary was right when she sang of her accomplishments by singing, “It’s the God in me.” Similarly, in the following case study, a Super Hero named “Critter” “from Crittendom” shares about how his reliance is found in his Creator.

Case Study:

“I wouldn’t be if it wasn’t for God. It’s not a choice, it’s a have to. Anything and everything, I guarantee it. And it’s because of God that I am.”

Body:

What is it to rely on yourself in the traditional sense of the word, “self-efficacy?”

Does it focus on the ability to attain the next big car, career, wife, family, the white picket fence? What happens when the anchor of success tears loose due to trauma or loss of a loved one? In many lives, the human experience can come tottering down as man struggles to find meaning.

“Critter” acknowledges that every part of him is from God. I believe that God is Critter’s stability.

Conclusion:

The Super Hero cannot depend successfully on something flimsy as his/her human experience. However, with God, the consumer can say, “I can do all things through Christ who strengthens me.” (Philippians 4:13) Such faith is spiritual efficacy at its finest.

Chapter 19: Super Power Obedience Anointing

Fictitious Case Study:

Dr. Jinx thought he could recreate the Sphinx in Egypt with ten workers and loads of concrete. His project was to be built in the mountains of Utah for a museum. After hiring the workers, who purchased expensive equipment to begin, Dr. Jinx decided to break the law and not pay his taxes.

This simple decision created a chain reaction of distrust in new employees who quit after they learned Dr. Jinx was being pursued by the IRS. “But the money was used for a good cause,” was all he could manage to say. Too bad for the damaged land on a project not complete. Too bad for employees out of work who invested in equipment. And too bad for Dr. Jinx who was left much poorer than he started.

Body:

Before we take on mountains in this lifetime, we should be faithful with little first. God honors obedience more than sacrifice.

He looks for those Super Heroes as well as “ordinary” heroes who are willing to be set apart for Him. When a person is obedient to Christ in everyday matters, they

prepare to stand for the Lord whatever the cost. In times of trying, their spiritual houses will be built upon a rock and stand to pressure.

Super Power Obedience Anointing means that a Super Hero's powers will actually increase as the hero depends on God in everyday obedience. With the discipline of obedience, comes God's power brightly being displayed in the talents already present in the Super Hero and in other abilities he/she did not possess before. The experience is nothing short of miraculous.

Integrity becomes increased trust and blessings. Purity becomes having needs met and being an example. Financial integrity becomes increased opportunities.

Dr. Jinx did not need to build the Sphinx to find significance, he should have patiently paid his taxes and let God meet his desires.

Conclusion:

The obedient Super Hero will submit to God, make requests of God for his/her needs, and anticipate great things.

“We walk by faith not by sight.” (2 Corinthians 5:7)

Dare today to take a small step of faith instead of a large fatal step of risky disobedience.

Chapter 20: Motivation

Abstract:

Super Heroes need more than just the help of other Super Heroes. They need the help of the entire Body of Christ. (This includes Super Heroes and “ordinary” everyday heroes.) “The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.”

(1 Corinthians 12:12-13)

Introduction:

Captain Planet had a great concept when he said, “By your powers combined, I’m Captain Planet.” For what can a part of the Body do isolated? We need each other, just as the eye needs the nose, and the ears need the toes.

In fact, it took a small section of the Body of Christ at a local church to come together in unison to pray over me that I would have the motivation to write this chapter today. With the support of others in the Body of Christ, motivational

power from God came on me strong and I immediately put the pen to paper after a period of failed attempts.

“But our bodies have many parts, and God has put each part just where he wants it. How strange a body would be if it had only one part! Yes, there are many parts, but only one body. The eye can never say to the hand, “I don’t need you.” The head can’t say to the feet, “I don’t need you.” In fact, some parts of the body that seem weakest and least important are actually the most necessary. And the parts we regard as less honorable are those we clothe with the greatest care.”

(1 Corinthians 12:18-23)

Yes, it is impossible to stay motivated standing on a rock far away, alone. If we call upon the Lord God, He will help. Frequently, this help comes through other members of the Body.

You may think from time to time that some of these heroes are not heroes at all. They may appear to be spying and hypocritical Sly Villains rather than helpers in the Body. However, is not God the Judge of who in the end will be a Sly Villain or a Super Hero? Everyone on this earth has a chance and may need motivation to become a Christ-follower too.

The morale of the story: Keep pressing on and give everyone an opportunity to encourage you.

Body:

To stay motivated as a Super Hero, ask for help. First, call upon the Lord your God who will not let you be “put to shame.” Second, accept the help He provides in the form of others.

Third, be strategic. Develop a plan! Seek help from God and others in this plan. Make sure you take a Sabbath day once a week at the very least. This is mandatory for both Super Heroes and “ordinary” heroes. For God orchestrated it for our benefit.

To build momentum, work on your project every day except your Sabbath Day. Tell others about your project in order to be motivated further. Tell God about it and don't be legalistic (set in stone) about your schedule.

If emergencies come up, take a day or two off. If a mental health emergency comes up, take off as much time as necessary.

Conclusion:

Remember, by combining the forces of the Church Body together, under the direction of Christ, mountains are moved. We need each other and we need you!
Do not give up. Be motivated through God's power to be who are made to be.

Chapter 21: Freedom Song

Abstract:

“Comfort, comfort my people,” says your God. “Speak tenderly to Jerusalem. Tell her that her sad days are gone and her sins are pardoned. Yes, the LORD has punished her twice over for all her sins.” Listen! It’s the voice of someone shouting, “Clear the way through the wilderness for the LORD! Make a straight highway through the wasteland for our God!” (Isaiah 40:1-3)

Who we are today, does not have to be the same as we were yesterday! This is a happy, joyous day.

Case Study:

Senor Brad had a mental breakdown about ten years. From time to time, people remind him of his previous diagnosis of Bipolar. They call him crazy and stupid, completely not understanding him. What they don’t understand is that Senor Brad is a Super Hero now. Years ago, he was diagnosed, but now he is a genuine hero who made a conversion not just to psychosis, but to God. Ever since, Brad has not been the same.

Body:

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

Senor Brad has experienced the saving grace of Jesus Christ! Nothing can take that away from him, not a loss of sanity, not extreme poverty, not any loss in this world. If Senor Brad is a new creation and the old is gone, then Senor Brad has a new identity. Thus, he can walk in power as a true Super Hero by the move of the Holy Spirit. The past is over.

Conclusion:

“I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing a hymn of praise to our God.

Many will see what he has done and be amazed. They will put their trust in the LORD.”

(Psalms 40:1-3)

Call on Jesus, He will hear your cry, and pull you out of the muck.

Chapter 22: The Big Game

Introduction:

Now rallying champions! This is it. This is the Big Dance before Angelic Audiences. The game is a foot. But this isn't a game. This is life and death.

You think you got skills? What are skills in the Kingdom of Heaven?

This is where it all goes down. Ball's in your court. Jesus has given you the pass.

You have options: Be a show-off. Pass to your teammate. Walk up and dribble.

What should you do? Clock-ticking... You are surrounded by such a great cloud of witnesses. You can sneak an elbow and be perfectly set up in the zone. You can play by the rules and risk it all.

You choose to go for a three-pointer. You are so on the Jesus Team. You are the Big-Shot Star you sink it, time runs out. Jesus Team wins.

Woohoo! This is it.

“Get away from me. You may wear the jersey, but you were never on my team.”

Huh?

Truth Huddle:

Not everyone who calls out to me, 'Lord! Lord!' will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. ²²
On judgment day many will say to me, 'Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.' ²³
But I will reply, 'I never knew you. Get away from me, you who break God's laws.' (Matthew 7:21-23)

“What did I do wrong?”

Personal Case Study:

I, Daniel, am writing to you today about my fate, if I so choose. I am in the game and I have been for some time, but if I do not enter the sheepfold Christ's way, I am nothing. If I do not live my life with the love of God, I am nothing. If it seems that I even do miracles, but have not love, I am nothing.

Love is laying down my life for the cause of love. Jesus is love. The rules to the game called life are out of this world. They do not seem and are not natural. It is so much more than putting a ball in the hoop at the right time. It is infinitely more than being a star.

Depending on who you are in the Body of Christ, playing basketball in the game of life might be being the Golden Water Person, being a referee, being a star player who gives all glory to God because he/she himself//herself has no talent in his/her own strength.

Being successful is more about making Jesus a star than anything else. It is about showing off to Him for His glory. Yes, there is a great cloud of witnesses cheering us on, but selfish gain will be nowhere to be found.

Chapter 23: Secret Missions, Real Missions

Humble Beginnings:

Every great man/woman begins life as a helpless infant dependent on a caretaker and God Himself.

Real Living:

Jesus began life on earth as a babe and rose up to be a great shepherd of many men and women. We have the potential to live great lives as shepherds and shepherdesses if we simply live as Jesus lived.

Secret Missions:

The devil himself would like to lead all mankind (including Super Heroes) on a secret mission to their death.

Why?

Super Heroes have potential. All people have potential. And pride was the downfall of the devil when he converted his powers to evil purposes.

The devil would like to tempt all of us with potential into prideful psychosis. It starts with taking on too much—trying to be a Super Hero without the motivation of the Holy Spirit—nor the Body of Christ.

Real Mission:

Our mission is to love. We need to love God and love people. Working together, we need to keep each other in check because we are not Jesus. We cannot accomplish anything by our own strength. Doing the dishes and forgiveness are examples of love in action. This mission will not always be seen by others, but it will make the profound impact necessary to collectively change the world.

Conclusion:

Look to Jesus, our Shepherd to learn to love mankind. Avoid secret missions that pridefully isolate the Super Hero from other heroes.

Chapter 24: Cancer Kills

Right to the Source:

Wake up America. People are dying. There's an illness that's going around and it's genetic. It feeds on human flesh and eats people alive. It spreads from within. Foreign contaminants can trigger this condition. It is as common as the human condition. When it is fully grown, it gives birth to death.

Body:

“But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.” (James 1:14-15)

We are the Body of Christ—Super Heroes and Ordinary Heroes. If one part of the Body has cancer, we must care. If the sin cancer should spread, the entire Body could be in jeopardy.

“Your boasting about this is terrible. Don't you realize that this sin is like a little yeast that spreads through the whole batch of dough? Get rid of the old “yeast” by removing this wicked person from among you. Then you will be like a fresh batch

of dough made without yeast, which is what you really are. Christ, our Passover Lamb, has been sacrificed for us. So let us celebrate the festival, not with the old bread of wickedness and evil, but with the new bread of sincerity and truth.

When I wrote to you before, I told you not to associate with people who indulge in sexual sin. But I wasn't talking about unbelievers who indulge in sexual sin, or are greedy, or cheat people, or worship idols. You would have to leave this world to avoid people like that. I meant that you are not to associate with anyone who claims to be a believer yet indulges in sexual sin, or is greedy, or worships idols, or is abusive, or is a drunkard, or cheats people. Don't even eat with such people.

¹² It isn't my responsibility to judge outsiders, but it certainly is your responsibility to judge those inside the church who are sinning."

(1 Corinthians 5:6-12)

Remove the cancer? Would not that be mean?

Respect for Christ's Church (Body of Christ) is extremely important. It must be taken care of like a human body and if any part rebels against survival, it must be cut off.

Praise the Lord for restoration and forgiveness—that “Man looks on the outward appearance, but God looks on the heart.” Christ is my final judge and the final judge of any Super Hero.

Conclusion:

Do not let the cancer of sin in your life. Cut it out at all costs.

Chapter 25: “Bad Dog”

AIM:

To Point out Satan for who he is.

BODY:

I had a dream in the middle of the night. I was like a soldier gone to battle. These strange organic animal-like objects started appearing bent on one thing—my destruction. As they appeared to mutilate me one turned into what appeared to be a simple mutt. I thought, yeah, let’s tame this little one. Let’s domesticate it.

But when I tried to feed it dog food, it refused. It wanted to feed on my flesh. It waited rather impatiently while I prepared to go through the army’s ration supplies. I said, “Good dog! You are being a good dog!” The dog smiled and continued to wait rather impatiently.

As I awoke, I realized that this dog related to my life. The dog represented Satan who would be happy to pretend to be pacified. He would be glad for me to assume he has a two year old mind.

God knows the best thing to do with him and his minions are to command them to flee and then to destroy them in the lake of fire. There’s no entertaining this creature. There’s no catering to his needs.

This bad dog has got to be put down in our lives or he will eat the children of the promise.

We cannot do it on our own. Otherwise, Satan will deceive us. We need to know the foe we are facing. We need to know that Satan is not some puppy dog we can turn to our liking.

Conclusion:

“The thief comes to steal, kill, and destroy, but I (Jesus) come that they might have life and that more abundantly.”

We must stand in power with Jesus and know our foe. Otherwise, “the cares of this world” are going to topple us.

Chapter 26: Memorial Stones

Introduction:

It was the hour I changed—the hour I became someone new. Memorials are memories. Before, you could call me disabled. Before, you could call me burdened. Yet, at this transition, there was a “shift in the atmosphere.” Personal Revival had birthed in me. I would “never be the same again.”

Body:

When a Super Hero is suffering, it is powerful and essential to look back at those Memorial Stones marking who he/she really is. Some people have Super Powers, but few are Super Heroes. Few have had birthed inside them a force so strong that it leads them to do the otherwise impossible, rooted in love.

My Memorial Stone was set in place the same way other Memorials are set in place—through death. Someone had to die. That someone was Jesus. The Memorial was my Baptism—December 31st, 2011. When I went under the water and returned to air, an obedient change came over me. I have not always lived it, but a seed died that day. This was a seed that God can work with in my life to this day. The Bible says in Acts 2:37-38, “Repent and be baptized in the name of Jesus for the remission of sins and the Holy Spirit will come upon you.” Today is a new beginning for me. I look back at that Memorial Stone and remember the Holy

Spirit has created in me a disdain for sin and a love of abundant living. If any force on this earth tries to steer me wrong, I will remember that I was baptized with Jesus Christ Himself and I have much reason to move forward.

Conclusion:

Now that you have finished reading this true tale of the Super Hero remember, you matter to God and by His power you can live a great life. God cares about you and so do I.

~Daniel Arnold

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