

# Dave's Laptop

November 4, 2014

Well, if I get this off in time, and if you haven't voted yet, please do!



And, as promised on Sunday, attached with this *Laptop* is a version of the Twelve Steps from Ben Davis that focuses more on present-tense behavior than on past behavior. I commend it to you.

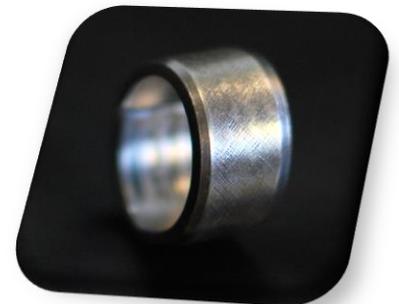
The bulk of this Laptop, though, is different from anything I've sent before. What I really want you to do is to watch a YouTube video that you can find at this link: <https://www.youtube.com/watch?v=jn5IBsm49Rk>. You can watch it by copying and pasting the link into your web browser, and you may be able to watch it just by "control clicking" the link.



This video is about fourteen minutes long, and consists of Christine Miserandino telling a national lupus convention about how she came up with what is known as "The Spoon Theory" of chronic illness. I guarantee that it is worth your time to watch it.

There are several reasons why I want you to know about "The Spoon Theory," chief of which is that it may forever change your perception of friends and family who live with chronic illness of any sort. In my family, that would be our daughter, Anna. In our church family, that would currently be Dawn Howard-Davis, among others.

It is in support of Anna and other "spoonies" that I have ordered a ring made from a spoon to remind me to live supportively and in gratitude that The Spoon Theory is not currently my own lot. You'll see me wearing it before long.



Not only have I just been introduced to The Spoon Theory myself, but I've just learned that October was Dysautonomia Month . . . and I'd never even heard the word "Dysautonomia" until last week. Talk about a steep learning curve!

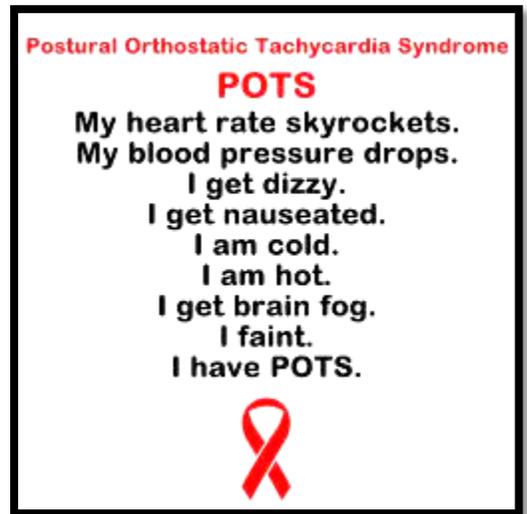


Here's what I've learned so far. Dysautonomia is an umbrella term used to describe several medical conditions that cause the Autonomic Nervous System to malfunction. You probably know that the Autonomic Nervous System controls the "automatic" functions of the body that we don't consciously think about, such as heart rate, blood pressure, digestion, dilation and constriction of the pupils of the eye, kidney function, and temperature control. People living with various forms of Dysautonomia have trouble regulating these systems, which can result in

lightheadedness, fainting, unstable blood pressure, abnormal heart rates, malnutrition, and in the most severe cases, death.

Over 70 million people worldwide live with Dysautonomia. People of any age, gender or race can be affected. There is currently no cure for any form of Dysautonomia, and most patients take years to get diagnosed due to a lack of awareness among the public and within the medical profession itself.

In Anna's case, her Dysautonomia has resulted from the rare genetic disease, Ehlers-Danlos Syndrome (EDS), and one of its most disabling effects for her is Postural Orthostatic Tachycardia Syndrome, or "POTS." Affecting from 500,000 to 3,000,000 Americans, POTS causes lightheadness, fainting, tachycardia, chest pains, shortness of breath, GI upset, shaking, exercise intolerance, temperature sensitivity and much more. **While POTS predominantly impacts young women who look healthy on the outside, researchers compare the disability seen in POTS to the disability seen in conditions like COPD and congestive heart failure.**<sup>1</sup>



I'm not telling you this to generate sympathy for me, us, or Anna. I want you to watch this video and consider these realities because you, too, know one or more persons who live with chronic illness, and we need to walk with them in encouragement, not in the many less helpful ways we sometimes do.

Thanks for watching.

Dave

## Top 10 Things to NOT Say to Someone with a Chronic Illness

10. You can't be in that much pain.
9. Stop being lazy and get a job.
8. You just want attention.
7. Your illness is caused by stress.
6. No pain. . . no gain!
5. It's all in your head.
4. If you just got out of the house . . .
3. You're so lucky to get to stay in bed all day!
2. Just pray harder.
1. **But you LOOK so GOOD!**



*Care Enough to be Informed*

<sup>1</sup> <http://www.dysautonomiainternational.org/page.php?ID=34>;  
<http://en.wikipedia.org/wiki/Dysautonomia>;  
<http://www.ninds.nih.gov/disorders/dysautonomia/dysautonomia.htm>

The  
Invisible  
Battle



**October is  
DYSAUTONOMIA  
Awareness Month**



## **The Joshua Code: Fifty-Two Verses Every Believer Should Know**

O.S. Hawkins (Thomas Nelson, 2012)

### **Week forty-two: Ambassadors for Christ**

*“We are ambassadors for Christ, as though God were pleading through us: we implore you on Christ’s behalf, be reconciled to God” (2 Corinthians 5:20).*

As believers, we are to be ambassadors for the King of all kings. An ambassador is a representative. For instance, the President of the United States appoints ambassadors to represent the interests of our country in most of the nations in the world. Since the leader of our nation cannot be everywhere, he sends ambassadors to live in each of the various countries and represent the United States.

Paul said, “We are ambassadors for Christ.” You and I are sent from heaven to be His representatives. We are to be Christ’s ambassadors on our block, in our school, at our office, and wherever we may go. In order to truly represent our King with honor and integrity, we should know some of the common marks of an ambassador.

#### **AN AMBASSADOR’S CITIZENSHIP**

A true ambassador of Christ is one whose “citizenship is in heaven” (Philippians 3:20). Those who are truly Christ’s ambassadors are those who have passed “from death to life” (1 John 3:14) and from darkness into light by trusting in Christ alone by faith for their salvation (1 Peter 2:9). Hence, they may reside “in the world” but they are not “of the world” (John 17:13–17). They belong to another kingdom.

#### **AN AMBASSADOR’S CHARACTER**

Representatives from the United States must be above reproach in character. Before they are ever appointed, they undergo the closest scrutiny imaginable. Their moral character, their financial dealings, their work record, their every word and deed come under the microscope. Ambassadors should be blameless in character. Should ambassadors for the King of kings and the Lord of lords be any less?

#### **AN AMBASSADOR’S CONDUCT**

Ambassadors must not have divided loyalties or interests. They must be selfless in their approach to representing their country. The same certainly holds true for those of us who are ambassadors for Christ. Christ expects those of us who represent Him in our world to live for Him with conduct that becomes our office.

#### **AN AMBASSADOR’S CONSISTENCY**

Ambassadors must be consistent in their dealings with, and totally loyal to, their government. If not, their actions would be treasonous. I wonder if there are some ambassadors for Christ who should be tried for treason. Jesus saved us. He made us His own ambassadors, yet some of us have sided with the world’s crowd. We seldom speak to others of Jesus’ goodness nor represent His interests well.

#### **AN AMBASSADOR’S COMMUNICATION**

Effective ambassadors are in constant, daily communication with the State Department. At the same time, they constantly communicate with leaders of the nation to which they are assigned. In most situations, ambassadors are bilingual, speaking both the language of home and the native language of the country where they are serving. If we are to be effective ambassadors for Christ, we ourselves must be in constant, daily contact with headquarters. We must also be communicating the wishes, desires, and commands of our Leader to those among whom we live.

#### **AN AMBASSADOR’S CONSIDERATION**

Ambassadors are most effective when they are winsome as they go about their work. How much more should we, as Christ’s ambassadors, be winsome as we go about our own work and witness. We should be the most appealing and welcoming people found anywhere. In fact, the Bible says we are to be “the fragrance of Christ” to those around us (2 Corinthians 2:15). Let’s make sure we live up to our calling.