

# The EXSEL Journal

January 2018



EXPERIENCE. SERVE. LEAD.



Dear Families and Friends of EXSEL,

Greetings from snowy, busy, beautiful White Sulphur Springs! Grace and peace to you in the name of our Lord and Savior Jesus Christ. Thank you for your vested interest in the spiritual and vocational development of each EXSEL intern as expressed through your past and continued prayers and material support. We would like take this opportunity to let you know what's happening!

## Applications now being accepted for the EXSEL Class of 2018-2019!

Do you know any young men or women, ages 18 to 24, who desire to grow and mature in their Christian faith and are committed to serve Christ's Kingdom work?

Go to <http://www.whitesulphursprings.org/exseldetails/> and download an application today!

**Deadline for applications is 28 February 2018. Acceptance will be announced by 15 April 2018.** Internship will begin last week of August 2018. You can find more details at the web site or contact the program director, Jim Marrs, at [EXSEL@WhiteSulphurSprings.org](mailto:EXSEL@WhiteSulphurSprings.org) – (814) 623-5583, ext. 103

The EXSEL program continues to prove beneficial to both the individual interns and to the broader **Officers' Christian Fellowship Mission**:

**To engage military leaders in biblical fellowship and growth to equip them for Christ-like service at the intersection of faith, family, and profession.**

While serving at White Sulphur Springs, the interns benefit by experiencing spiritual, relational, and vocational personal development while directly sustaining the WSS goal of providing an environment where military members, their families, and others who visit WSS are refreshed, challenged and strengthened in their Christian faith and relationships.

As part of the EXSEL syllabus this year, we are once again using Henry & Richard Blackaby's *Experiencing God* text and associated materials as a framework for our extended readings, study and discussions. The authors have said:

**"People who struggle to spend time with God don't have a *scheduling problem*; they have a *love problem*. You have a quiet time because you know Him, not just because you want to learn more about Him."**

This is why, in the EXSEL program,

**"...the goal of our instruction is *love from a pure heart and a good conscience and a sincere faith*." (1 Timothy 1:5, NASB)**

God is providing rich opportunities here at WSS to experience Him at work around us and, as highlighted in *Experiencing God*, we join Him in His work by loving and serving others in meaningful ways - both small and great.

### EXSEL Fall Semester Memory Verses:

John 15:5

Romans 12:1-2

Matthew 22:37-38

John 14:21

John 8:47

John 5:19

Genesis 1:27

Hebrews 11:6

Luke 14:33

Genesis 2:24

John 14:23

Romans 12:5

1 John 1:5-7

*"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."*

Colossians 3:16 (ESV)

The interns are learning first-hand that sacrificial love is more satisfying than focusing on self, that aloofness and isolation result in fruitlessness and gradual spiritual darkness, and that they can be fruitful, lovely, and enjoy abundant life as they abide in the true vine, Jesus Christ (John 15:5, Matthew 22:37-40, 1 John 1:5-7, Hebrews 10:24-25).

**"You can never have a Christian mind without reading the Scriptures regularly because you cannot be deeply influenced by that which you do not know. If you are filled with God's Word, your life can then be informed and directed by God – your domestic relationships, your child-rearing, your career, your ethical decisions, your interior morality. The only way to a Christian mind is through God's Word!"**

Lieutenant General William K. Harrison, Jr.  
United States Army (ret), (1895 – May 29, 1987)  
President, Officers' Christian Fellowship, 1954 to 1972

The guests who come to White Sulphur Springs for much-needed R&R are particularly blessed by the energy and enthusiasm of these outstanding young people, the EXSEL interns who have dedicated their time and energy to serve here for a year in preparation for greatness and success in their future (Joshua 1:8).

God blessed us last semester with a number of inspiring guest speakers who significantly enhanced the quality of the interns' learning experience. Dr. Don Snider presented the philosophy behind spiritual formation, the joy of growing and changing, and the delight found in serving Christ's Kingdom.

MG Clay and Clara Buckingham shared their personal testimonies and described the importance of approaching life with a biblical worldview. Their love, hospitality, wisdom, kindness, and example of enduring faithfulness continue to inspire and bless all who come to know them.

During one of his visits with us, OCF Executive Director, Brig Gen David Warner contrasted the world's values, as portrayed by the so-called "reality" show *Survivor's* motto "Out-Wit, Out-Play, Out-Last" with an alternative *Abundant Life* motto of "Out-

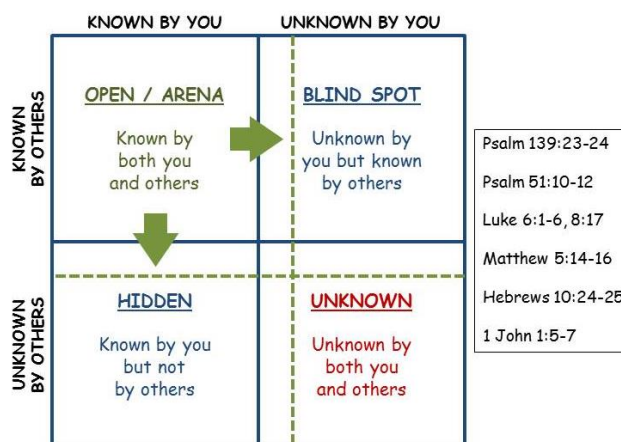
Give, Out-Serve, Out-Love." He also shared with us the **Johari Window**, illustrating how we can better serve Christ's Kingdom by intentionally seeking to enlarge our own "Open/Arena" square while decreasing the "Hidden," "Blind Spot" and "Unknown" squares, resulting in greater awareness of oneself and improved understanding of our relationships with others.

Right in line with the themes of EXSEL, COL Bob Baer presented a truly inspiring message on Servant Leadership. His perspective on the life of the apostle Peter was an excellent example of how the indwelling Holy Spirit changes a man from a coward to true servant leader.

Col Bill Spencer spoke on the importance of *Dreaming with Reality*, of committing one's hopes and dreams to God, setting goals, and partnering with God in achieving God-given potential – an important message for our interns.

Finally, COL Doug and Camie Braendel shared the sobering truths of how the abortion industry has had such a demoralizing and desensitizing affect upon the collective soul of our nation. Their personal involvement to make a difference and help those in crisis pregnancy inspires us to consider our part in promoting a culture of life.

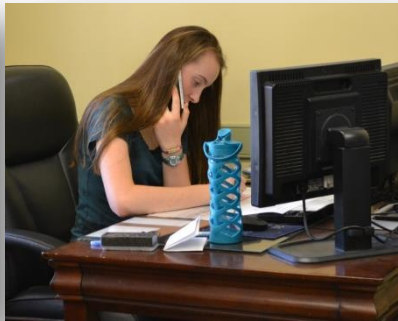
## THE JOHARI WINDOW

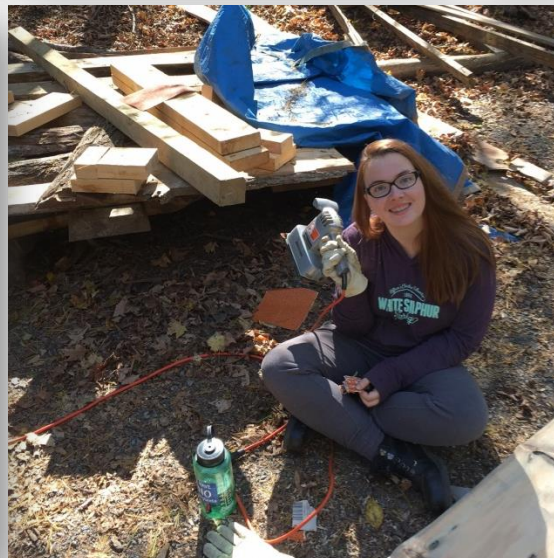
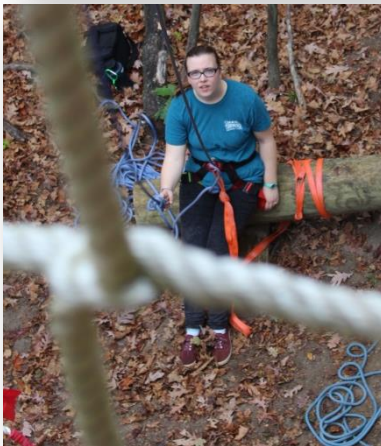




Below, and on the following pages, is a sampling of the context in which the interns operated this last semester, illustrating how they have both grown personally and, as a team, helped make WSS such an exceptional refuge:

**Firewood cutting/splitting/stacking, Trail blazing, Sign making, Dishwashing, Teaching, Cleaning, Mowing, Snow-removing, Guest greeting, Worship leading, Talent sharing, Data entering, Table setting, Paper writing, Scripture memorizing, Meditating, Journaling, Thanks-giving, Trail hiking, Star gazing, Fire building, Post-hole digging, Barn building, Event hosting, Craft making, Public speaking, Baking, Laughing, Crying, Sharing, Listening, Discussing, Horse tacking/feeding/riding, Stall mucking, Hay moving, High roping, Zip lining, Tractor driving, Fence building, Blade sharpening, Vacuuming, Bed making, Rock climbing, Gardening, Machine tooling, Resting, Reflecting, Singing, Worshipping, Wildlife-sighting, and even Square-dancing!**







Back Row: Alejandro, Charlie, Gavin, Virginia, Coby, Claudia, Jim  
 Front Row: Mercedes, Angelica, Elizabeth, Lydia, Anna

**Thank you for your continued prayer and material support of the EXSEL Discipleship Program!**

Please visit [www.WhiteSulphurSprings.org/EXSEL](http://www.WhiteSulphurSprings.org/EXSEL) and see some of the new material posted there – particularly the short video featuring the testimonials of past interns at <http://www.whitesulphursprings.org/exseldetails/>.

***The EXSEL Discipleship Program is having a profound and significant impact.***

It is both a pleasure and a humbling experience to observe what the Lord accomplishes in the life of a young adult who devotes a year of their life to serve at White Sulphur Springs. You can participate in a meaningful way in this valuable program by helping defray the associated costs. Please visit [www.whitesulphursprings.org](http://www.whitesulphursprings.org), click on “Join Our Team” and select one of the methods provided. Your gift will help us mitigate program costs as well as further improve our effort to advance the next generation of Christian servant-leaders.

***Most importantly, you can pray for our interns! (Please see reverse)***

## Please pray for these EXSEL Discipleship interns!

Alejandro Galo	Angelica Salazar	Anna Peterson	Charlie Sheppard	Coby Miller
Elizabeth Shaver	Gavin Robyn	Lydia Treharne	Mercedes Autry	Virginia Waring

- May each of these young men and women be welcomed into a loving and vibrant body of local believers, unified in their reflection of the Glory of God, where they will experience tangible evidence of the love of God in the lives of their fellow Christians.
- May they fully recognize what it is to be chosen, adopted, redeemed, forgiven, in receipt of the inheritance of Jesus, and sealed by the Holy Spirit.
- May they not walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in the seat of scoffers; but may they delight in the law of the Lord, and on His law may they meditate day and night. May they, in all that they do, prosper as they walk in the path illuminated by God's Word.
- May they thrive like trees, firmly rooted in good soil by the stream, giving fruit and shelter and fuel at the appointed times.
- May their true, fair, and faithful conduct be apparent to all with whom they come into contact; may they be transformed by the renewal of their minds, that by testing they may discern what is the will of God, what is good and acceptable and perfect; may they not be anxious about anything, but in everything by prayer and petition with thanksgiving let their requests be made known to God.
- May the peace of God, which surpasses all understanding, guard their hearts and their minds in Christ Jesus; may they discipline their minds to think on what is true, what is honorable, what is just, what is pure, what is lovely, what is commendable, what is excellent, and what is worthy of praise.
- May they humble themselves under the mighty Hand of God and develop the habits of personal and community justice and mercy.
- May the Lord Jesus, the Word of God through Whom Earth and all the universe were made and are held together, bless these interns with renewed hearts and minds, full of thoughts and desires which please Him, resulting in loving words and deeds which bring honor to His name and maturity to His church – both universal and local, shining the light of His truth in the darkness, overcoming despair and bringing enduring hope and true peace to all those whose lives they touch.
- For those among them who may not have truly embraced Christ Jesus as Savior, may they recognize their need of a Savior, repent and be baptized in the name of Jesus Christ for the forgiveness of their sins, and receive the gift of the Holy Spirit.
- And finally, as the community of Christians associated with WSS, may we all walk in a manner worthy of the calling to which we have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

“...the goal of our instruction is love from a pure heart and a good conscience and a sincere faith.”

1 Timothy 1:5 (NASB)

