




Boot Camp



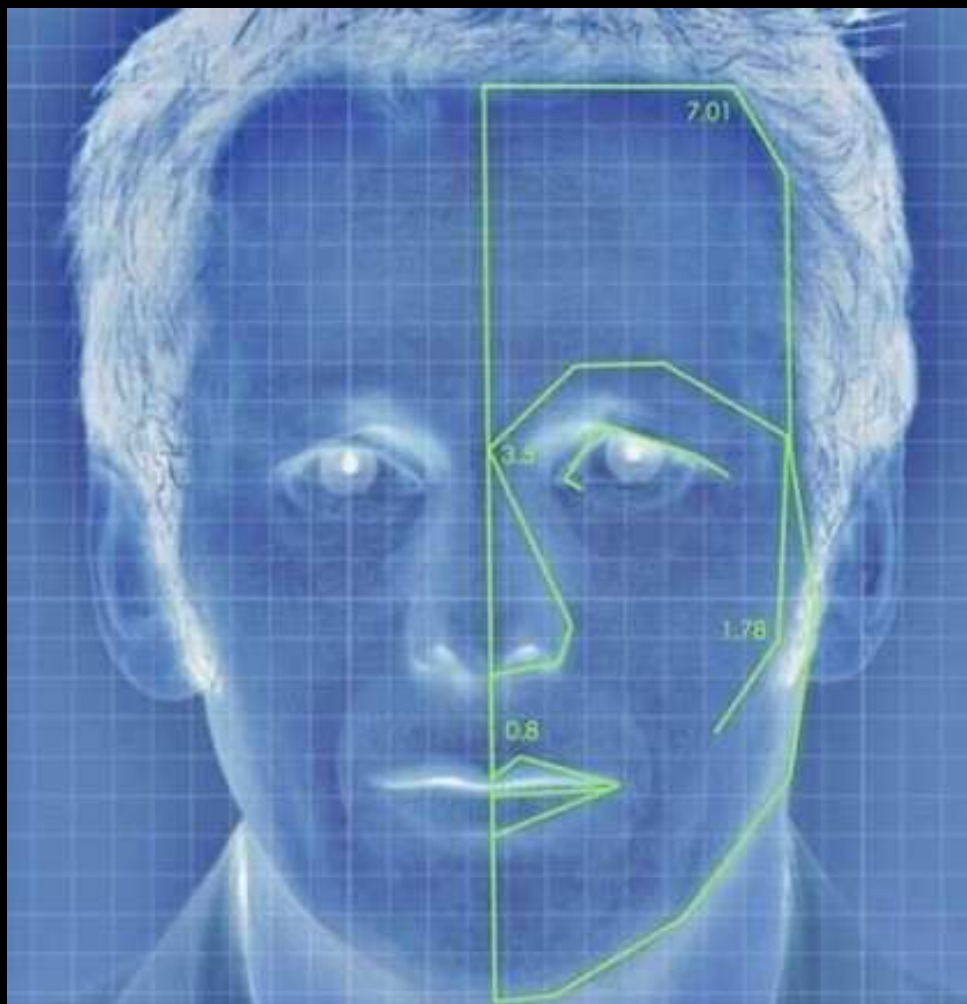
kvetching—complaining—is not only a pastime,
not only a response to adverse or imperfect
circumstance, but a way of life that has
nothing to do with the fulfillment or
frustration of desire.

Born To Kvetch: Yiddish Language and Culture in All Its Moods, by Michael Wex



Boot Camp

A training centre for recruits, with a strict disciplinary regime and hard physical exercise.



Recognise your enemy



WELL, IF YOU KNOWS OF A BETTER 'OLE, GO TO IT!

The Kingdom

Is already prepared

Is coming

Is near

It is within you

Is a small seed

Is yeast

Is a treasure – a pearl

Is the most important thing

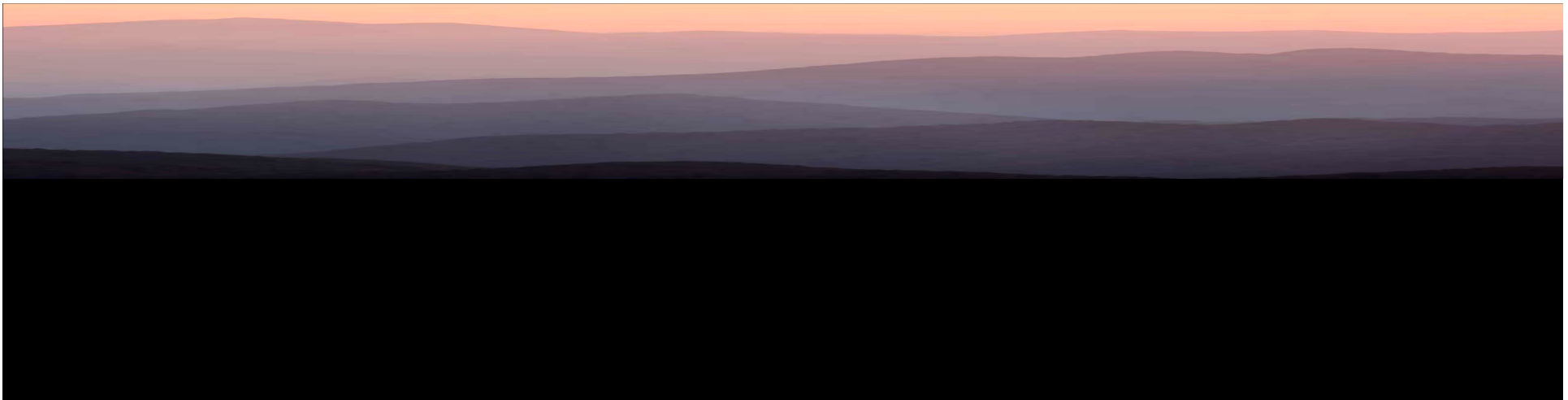
Is for the poor

Is for those who forgive, who are merciful

Must be received 'as a child'

It requires personal renewal

It is worth personal sacrifice



Tani and Elona Prroj

Some Giants

I can't forgive ... (Person/organisation)

I can't feel love towards ...

I can never trust ...

I'm not sure that God is really here for me

I'm too ashamed of ...

I don't deserve anything from God or from other people for that matter

I don't feel part of ...

I feel unsupported and isolated - I'm not really accepted

This is not the right time

I am too set in my ways to change now

I am afraid that God will ask too much of me

I'm too tired to make the effort to change

I am feeling generally quite hopeless


I've been here too many times before and have always been let down

We are all like diamonds covered with dirt

You can't polish dirt

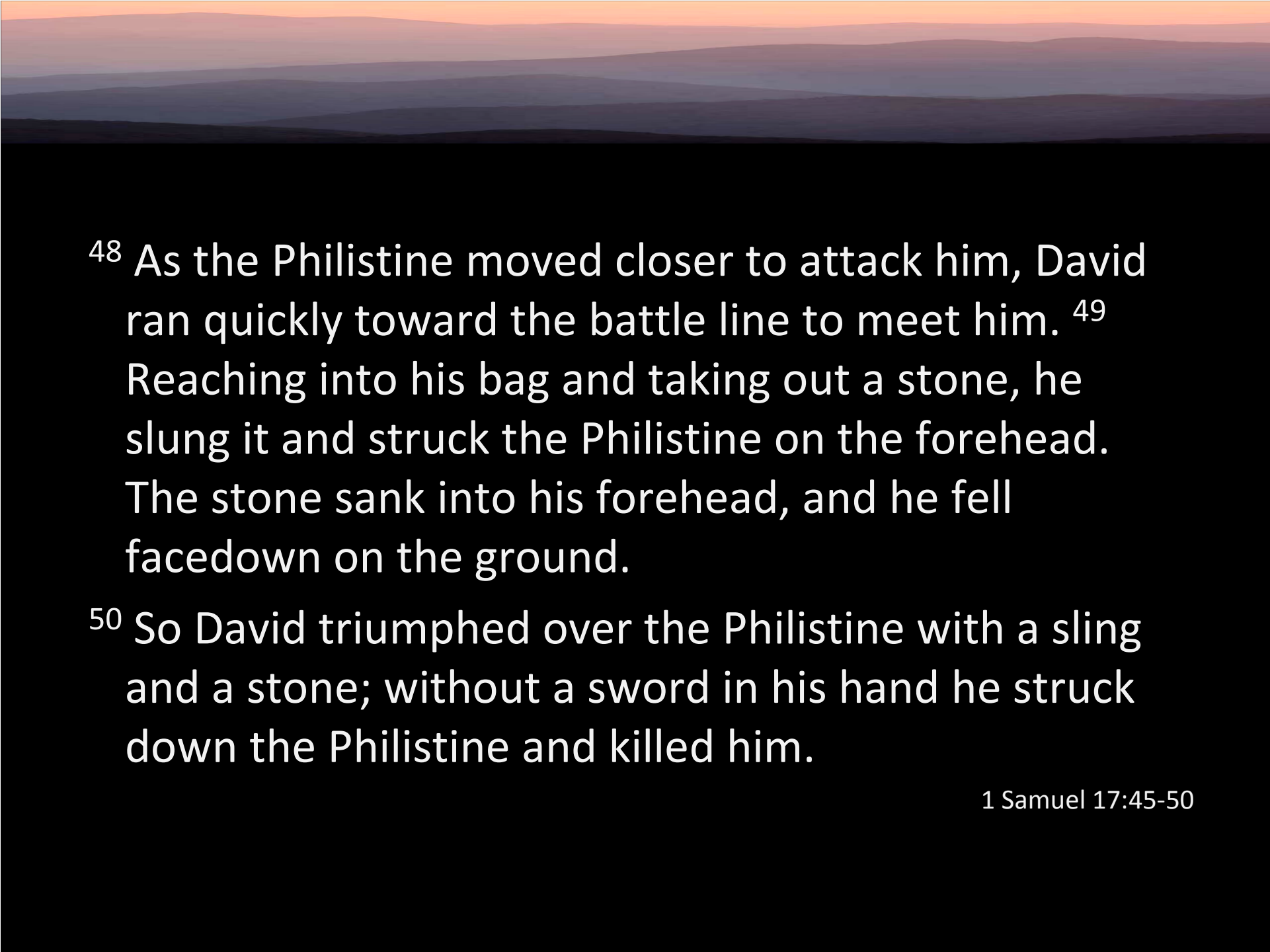


So how do you get the stuff off?



⁴⁵ David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied. ⁴⁶ This day the LORD will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. ⁴⁷ All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD’s, and he will give all of you into our hands.”

1 Samuel 17:45-50



⁴⁸ As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. ⁴⁹ Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground.

⁵⁰ So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

1 Samuel 17:45-50

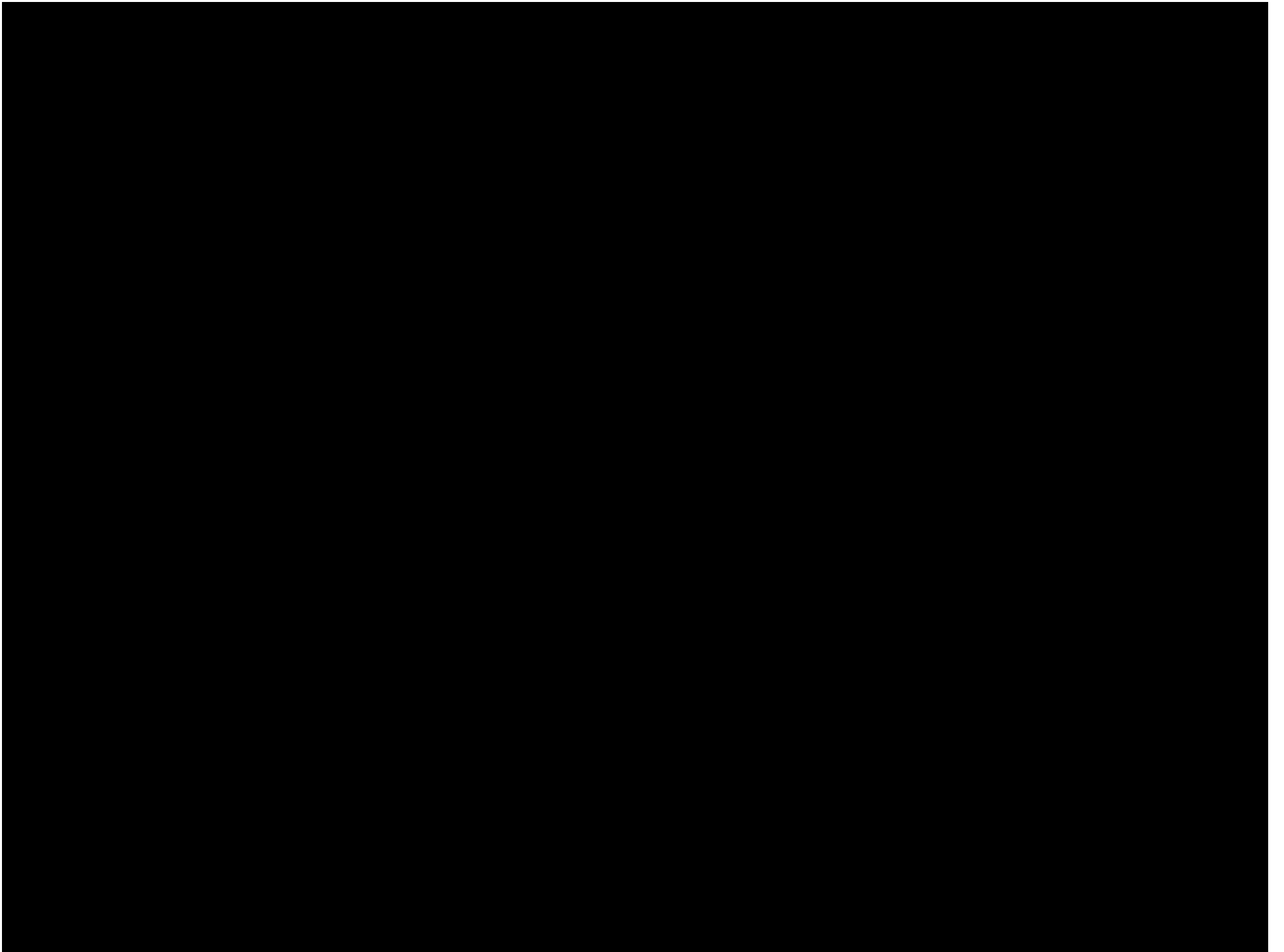


David had faith in God

David had faith in his weapons

David practiced on small giants first





⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10

Combat stress

The Bible

528th Medical Detachment (Combat Stress Control)
Manual GTA 21-3-5

Virtual Naval Hospital Field Manual No. 22-51 Leaders'
Manual for Combat Stress Control Chapter 11
Prevention of Battle Fatigue Casualties and
Misconduct Stress Behaviours files.

Garry Larson 'The far side'

We are in a battle

We fight not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ephesians 6; v 12

What is Combat Stress?

The art of war is impose so much stress on the enemy soldiers that they lose their will to fight.

Combat Stress is often the deciding factor -the difference between victory and defeat -in all forms of conflict.

The elimination of stress is both impossible and undesirable

King David - a case of Combat stress

I am poured out like water, my heart is turned to wax. My strength is dried up like a potsherd and my tongue sticks to the roof of my mouth. My heart pounds and my strength fails me. My friends and companions avoid me because of my wounds. My heart is in anguish within me, the terrors of death assail me. Fear and trembling have beset me and horror has overwhelmed me. My life draws near to the grave, I have suffered your terrors and am in despair

Ps 22, 38, 55, 88

Urgent vs Important

History shows that many men and women do not give the time and weight and interest and priority to those things in life in which they believe are the most important to them, often with resulting strain and disastrous consequences

Examples of Physical Combat Stressors

Passive posture - defenceless against attack

Immobility

Nuclear, biological or chemical warfare





Example of
Mental Combat
Stressor

- Time Pressure

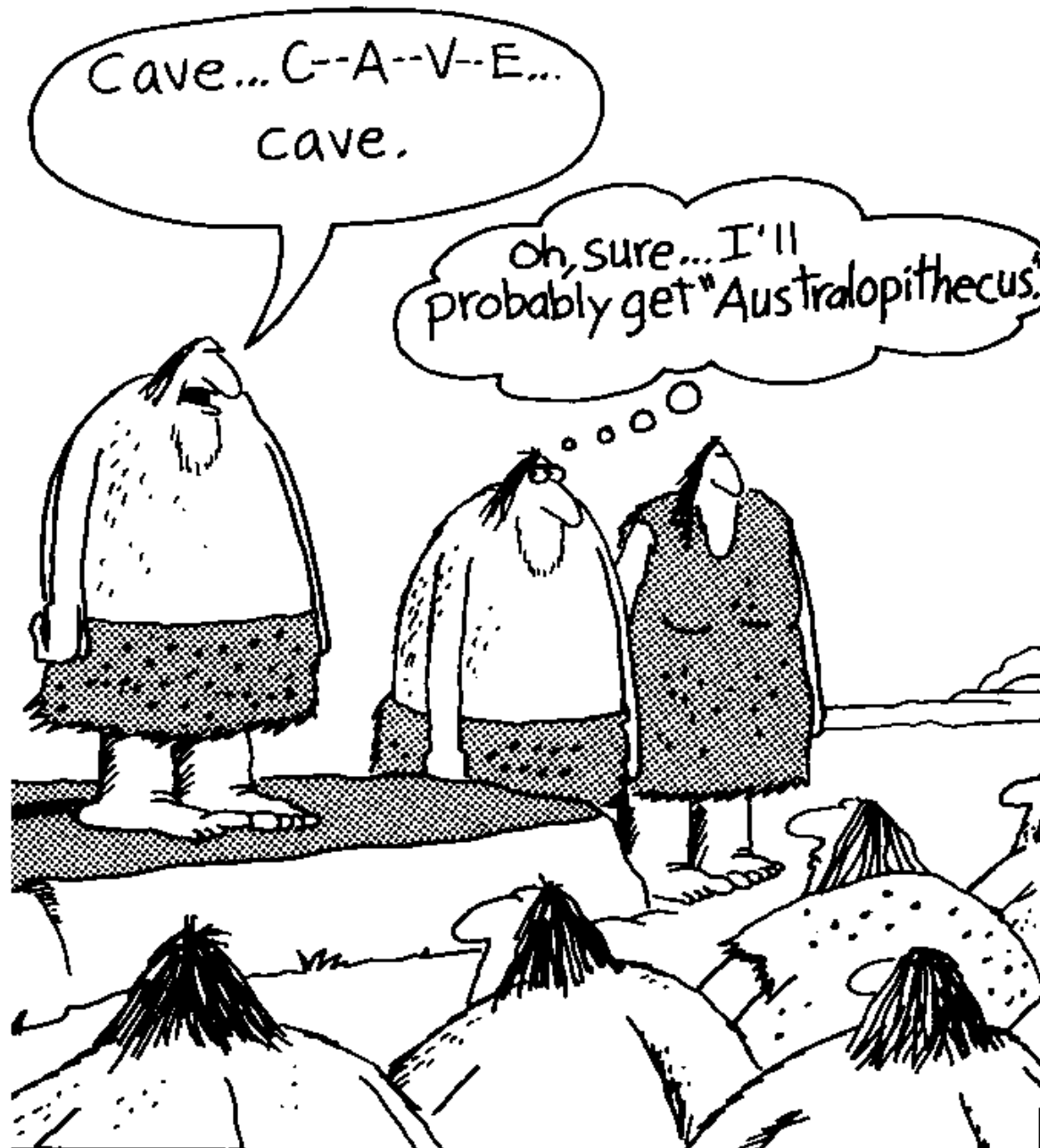




Battle fatigued soldiers have lost confidence in

- Themselves - strength, skills and training
- Their equipment –weapons, armour and supports
- Their leaders -skill, honesty, courage, care
- Ability to survive
- The cause

1 Samuel 17



Battle fatigued soldiers have lost confidence in themselves

A Primitive spelling competition

Battle fatigued soldiers have lost confidence in:

Themselves - strength, skills and training

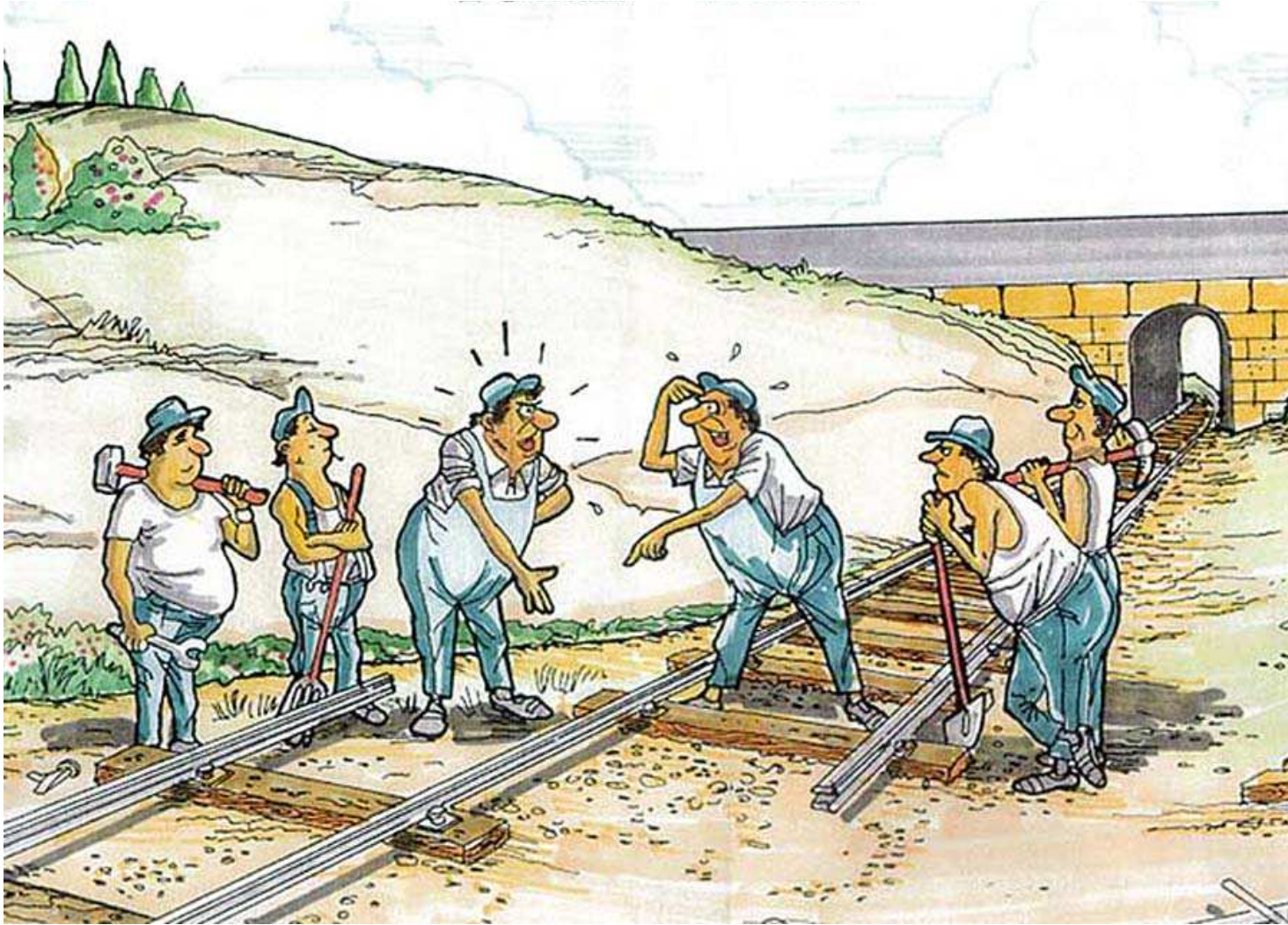
Their equipment –weapons, armour and supports

Ability to survive

The cause

Their leaders -skill, honesty, courage, care

1 Samuel 17



Normal Symptoms of Combat stress

Fatigue, weariness

Tension head and back ache, trembling, jumpiness

Pain in old healed wounds before combat.

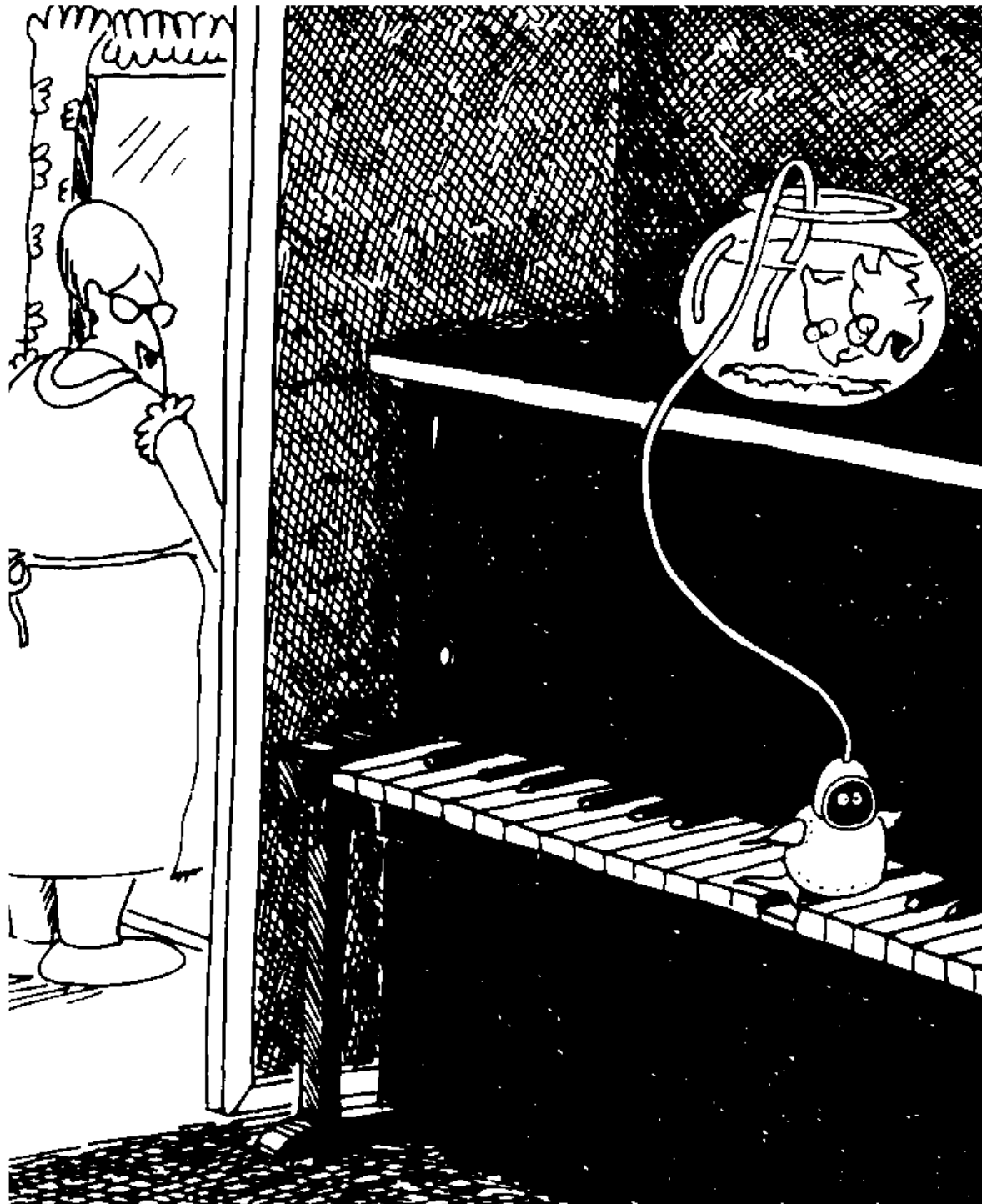
Pounding heart; may

Anxiety worrying, irritability, swearing, complaining.

Awakened by bad dreams: grieving, feeling guilty.

Anger at own team; losing confidence in self/unit.





Example of Dysfunctional Combat Stress Behaviors

1. Recklessness

The Fool!....

He's on the
keyboard

Examples of Dysfunctional Combat Stress Behaviors

Misconduct

Recklessness

Fighting with allies

Alcohol / drug abuse

Improper fraternisation

“Fragging”

Desertion

Abuse of Sick Call

Examples of Adaptive Combat Stress Behaviors

Unit Cohesion

Sense of Eliteness

Alertness and Vigilance

Increased Strength and Endurance

Tolerance for Hardship, Pain, Discomfort

Heroic Acts and Self Sacrifice



Example of an Adaptive Combat Stress Behavior

- Unit cohesion

Listen! The authorities are helpless! If the city's to be saved, I am afraid it's up to us!

This is our finest hour!"

Examples of Adaptive Combat Stress Behaviors

Unit Cohesion

Sense of Eliteness

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Primary Prevention

Control stressors :

- Home front worries
- Poor unit cohesion
- First time in combat
- Intense battle with many killed/wounded
- Insufficient tough/realistic training
- Sleep/Food deprivation
- Inadequate information or no clear sense of purpose

Exodus 17 v 1-15 and 18 v 24

Battle fatigued soldiers are most often managed using the four R's.

Rest,

Replenishment,

Reassurance,

Restoration.

1. Rest:

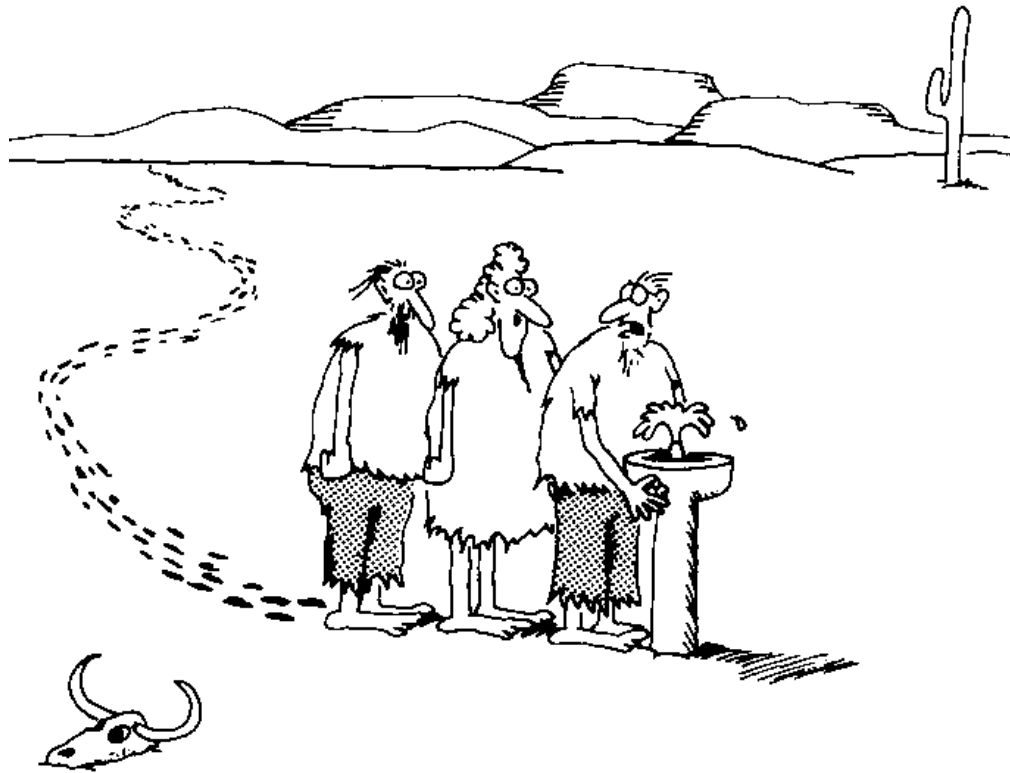
For the majority of cases simply support the individual, while providing a minimum of rest (4-6 hours) and respite from adverse physical or psychological conditions.

This can make a huge difference.

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Matthew 11; 28,29

2. Replenishment



Now hold your horses everyone

Lets run it for a minute of so and see if it gets any colder.

Lanson

Replenishment:

Provide plenty to drink, a hot meal, a wash, as possible to restore the soldier's energy level and hygiene.

Share food

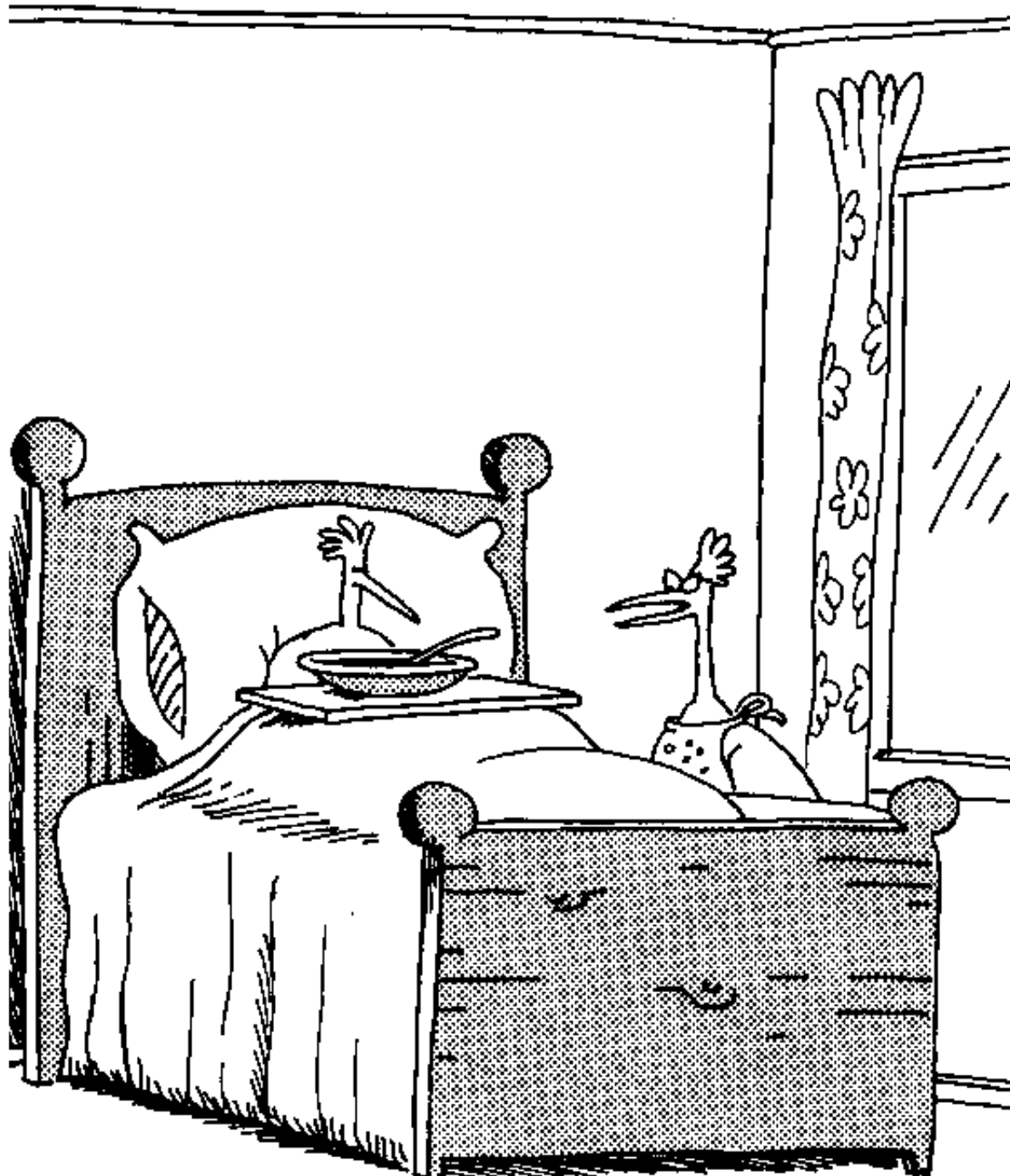
Avoid alcohol and drugs

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷ The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

1 Kings 19



3. Reassurance

Stop complaining and eat it!

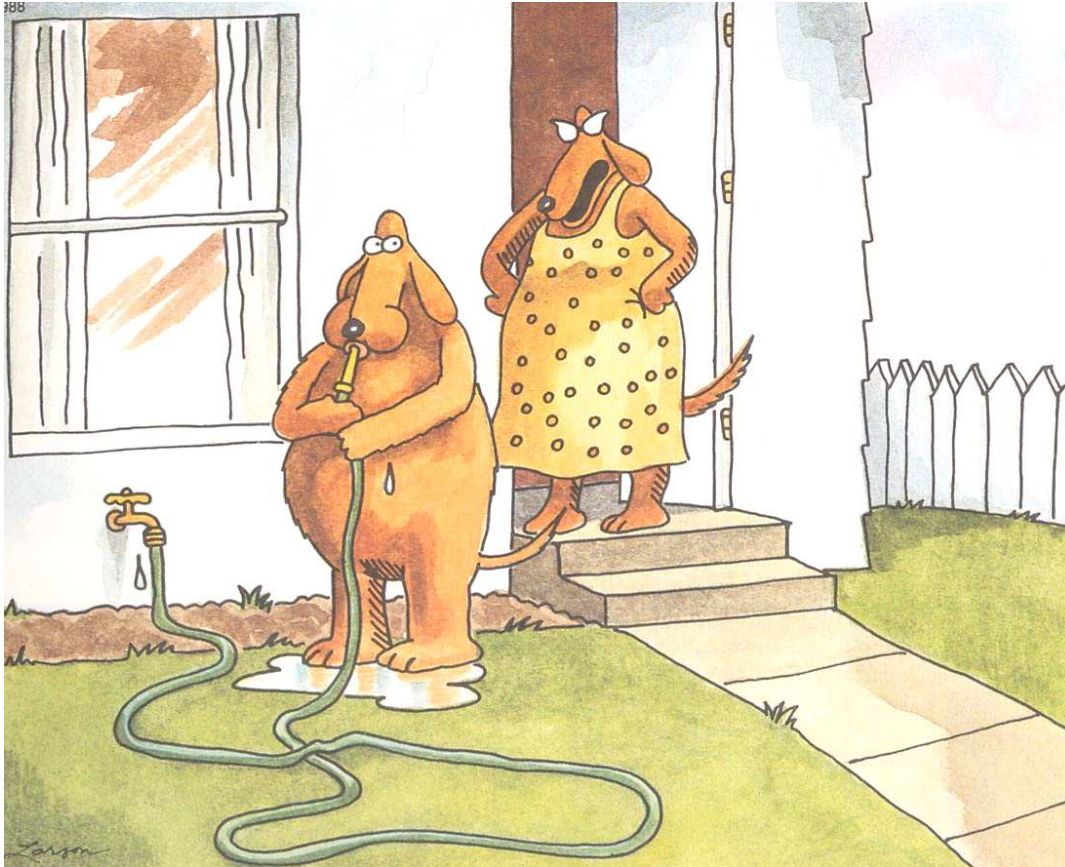
Number one chicken soup is good for the flu - and number two, it's nobody we know

Reassurance:

Reassure the person that he/she is ok and allow him/her to verbalize what happened. Most people experiencing battle fatigue are experiencing a normal response brought about by a combat situation and not necessarily suffering from a mental illness or a "weakness".

In the past, when people been labelled as sick or disturbed, they were more likely to develop a real psychological problem and less likely to return to duty.

The importance of having a friend



“So! Planning on roaming the neighbourhood with some of your buddies today?”

Restoration:

Engage the person in tasks which restore his/her identity as a person (rather than a casualty) and that restores his/her sense of competency as a capable, effective member of the team.

John 21 v 15-19

¹ Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right side to accuse him. ² The LORD said to Satan, “The LORD rebuke you, Satan! The LORD, who has chosen Jerusalem, rebuke you! Is not this man a burning stick snatched from the fire?” ³ Now Joshua was dressed in filthy clothes as he stood before the angel. ⁴ The angel said to those who were standing before him, “Take off his filthy clothes.”

Zechariah 3

Then he said to Joshua, “See, I have taken away your sin, and I will put fine garments on you.”

⁵ Then *I* said, “Put a clean turban on his head.” So they put a clean turban on his head and clothed him, while the angel of the LORD stood by.

Zechariah 3

