

# COMMAND

Christian perspectives on life in the military

FALL 2023 Vol. 72 No. 2



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4500 Milligans Cove Road, Manns Choice, PA 15550  
814-623-5583 // [wssoffice@ocfusa.org](mailto:wssoffice@ocfusa.org) // [whitesulphursprings.org](https://whitesulphursprings.org)

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Coordinators

# COMMAND

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**Col Scott Fisher, USAF (Ret.),**  
CEO / Executive Director  
**Col Chet Arnold, USMC (Ret.),**  
COO/ Deputy Executive Director  
**Josh Jackson,** Director of Communications  
**Courtney Taylor,** Assistant Director of  
Communications

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Comments, questions, or subscription changes  
Contact us at:  
4050 Lee Vance Drive, Suite 330,  
Colorado Springs, CO 80918  
[comms@ocfusa.org](mailto:comms@ocfusa.org) or 303-761-1984

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**SCOTT  
FISHER**

Executive  
Director

## 4 PRACTICAL STEPS TO KNOWING PEACE

I want to talk with you a moment about peace. If you're wondering why a former fighter pilot wants to talk about peace, it is because peace is sadly one of the most misunderstood and least experienced aspects of the fruit of His Spirit today for far too many believers, myself included at times.

According to a report last year by the American Psychological Association:

27% of U.S. adults say that most days they are so stressed they can't function;

For adults under 35, that number goes up to nearly half (46%).

According to the VA, in the first 20 years after 9/11 we lost over 120,000 veterans to suicide, and thousands more in the active duty. This is compared to approximately 7,000 active duty personnel who lost their lives in combat operations around the globe. Each of these lives is precious in God's eyes.

Please hear me...the issues surrounding clinical anxiety and suicide are many and complicated, but what should be abundantly clear to us is that here in the U.S. we are living in one of the most affluent times of our history, with incredible technological advances, and yet many people all around us are desperately seeking for peace, and if we truly want to be real with each other, so are many of us.

Know this: God has set us free from the chains of anxiety and fear and wants us to 1) experience His peace, and 2) share that peace with a broken world that desperately needs Him.

So the natural question is what do we mean by peace? Too often we think of peace solely in the negative...as the absence of something like conflict, anxiety or fear. While

PEACE, THEREFORE, IS NOT SIMPLY THE  
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this is true, it is not the totality of how peace is displayed to us in Scripture.

The Greek word used in Galatians to describe peace is *eirene*. Greek translators use this word to translate the word *shalom*, which was often used as a greeting and conveyed a wish of fullness of wellbeing or completeness. It is an inner security regardless of what we may be going through.

What does peace NOT mean? It is important that you hear this. Peace does not mean the absence of trouble, suffering or persecution. God clearly says we will have trouble. He says when, not if (2 Timothy 3:12 and John 16:33).

We live in a broken world with trouble and suffering. We don't do ourselves, our families, our friends, or co-workers a favor by implying that if you only become a believer, everything is going to be rosy...ice cream and unicorns. God says just the opposite! Jesus said, "I chose you out of the world, therefore the world hates you...A servant is not greater than His master.' If they persecuted me, they will also persecute you" (John 15:19-20).

Too many Christians are living in fear like our nation and the whole world are about to fall apart. God is sovereign and not surprised by anything going on in your life, the nation or the world. Yet,

we can have peace because we know the end of the story...God wins...and praise the Lord by His grace we are on the winning side with Him!

Peace, therefore, is not simply the absence of suffering or conflict, it is the state of our heart even in the midst of suffering and conflict. Peace is not pretending we don't have any problems but remembering that God is bigger than our problems and that as Romans 8:28 says, God is able to work all things together for good.

Let what God's Word says about peace permeate your heart today: 2 Thessalonians 3:16 says, "Now may the Lord of peace Himself continually grant you peace in every circumstance. The Lord be with you all!" and John 14:27, "Peace I leave with you, My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful."

Many of us genuinely long for God's peace in our lives, but we aren't experiencing it. We think this lack of peace just impacts us. That's simply not true. Your lack of peace not only prevents you from living the life God desires for you, it negatively impacts your witness.

Henry Blackaby said, "The Christian

**Continued on next page**

needs to walk in peace, so no matter what happens they will be able to bear witness to a watching world.” Peter says it this way in 1 Peter 3:15: “But sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence.”

For all those still wearing the uniform, this is especially key because if you are asked, then you are free to share about the Reason for your hope, joy and peace. If we’re just as anxious and fearful as everyone who doesn’t know Christ, then no one is going to see anything different in us. If they do ask you, are you ready to share, and are you ready to make a defense? Please don’t forget you’re making a defense, not being defensive, and we are called to do so with gentleness and respect.

As one bumper sticker so aptly put it: “Know God, know peace. No God, no peace.” What is robbing you of experiencing this peace and/or sharing His peace with others? The main culprit for you may (or may not) be a little different than it is for me. But whatever it is, God says in Galatians 5:1, “It was for freedom that Christ set us free, therefore do not be subject again to a yoke of slavery.”

Whatever is destroying your peace today, that is chaining you to fear and anxiety, God wants you to lay it down. He wants you to live in freedom. This may not be a sudden and sensational process, but slow and simple. Here are four practical things you can do today to start the process:

**1. Meditate on, trust in, and obey His Word.** Philippians 4:8 says, “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever

is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything is worthy of praise, dwell on these things.” Look honestly at how you spent this morning, week and year. What are you spending most of your time thinking about and dwelling on? Does it meet the criteria we see in Philippians 4:8? Are they things that foster hope, joy, and peace, or things that foster fear and anxiety?

**2. The second is to remember...and be thankful!** God commands His people throughout Scripture to remember. Why does He do that? Because we, ok let me just speak for myself, because I am too quick to forget. God instructs us to remember His character (love, faithfulness, sovereignty, goodness...) and His acts in our lives and the lives of others because when we remember what He has done in the past it gives us perspective and endurance for today and faith for what He will do in the future. Throughout Scripture, remembrance is tied with thankfulness. The more we remember, the more we should be thankful (Philippians 4:4-7 and Colossians 3:15).

**3. Third, fight for margin!** I’ll be honest, I struggle with this. In a book called Margin by Dr. Richard Swenson, he explains our lack of peace at times is self-inflicted because we refuse to establish and maintain margin...with our finances, our physical energy, our emotional energy, and our schedules.

Dr. Swenson says, “The best thing to remember about time-saving technologies is that they don’t. Instead, they consume, compress and devour time. All the countries with the most time-saving technologies are the most stressed-out countries,” while also


WHATEVER IS DESTROYING YOUR PEACE  
TODAY, THAT IS CHAINING YOU TO FEAR AND  
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quoting a man from Mali who put it this way: “You Americans have all the watches, but we have all the time.”

In encouraging us to practice simplicity and contentment, Dr. Swenson says, “Everything we own owns us. We must maintain it, paint it, play with it, build space in our house to put it, and then work to pay it off. Perhaps if we had fewer things, we’d have more time... Recognize unnecessary possessions for what they are: stealers of divine time. At the beginning of every day, we are given assignments that have eternal significance—to serve, to love, to obey, to pray. Instead, we squander much of this time on things that soon will leave us forever.”

**4. This leads us to our fourth and final application point...Pray.** If we want to know peace, we have to stay connected to the God of Peace, the Prince of Peace, and the Holy Spirit who will lead us into all truth. 1 Thessalonians 5:17 says, “Pray without ceasing,” but all too often we’re content with just checking in in the morning, maybe again at lunch, and perhaps once more in the evening, but for most of the day we are about our own business. Think about your mobile device and how tied you are to it. How you pick it up at the slightest vibration.

You don’t want to miss something. What about your Heavenly Father and Commander, the King of Kings and Lord of Lords? Don’t we need to have that level of connectivity with Him?

In closing, remember this is not our home, but one day God will call us home, and the lion will lay down with the lamb. Until then hold tightly to the peace that His Spirit freely gives us, don’t let anything quench it, and please don’t keep it for yourself, share it freely as His ambassador with a world that is desperately searching for true peace. 

### About Scott

Scott is the CEO/ Executive Director for OCF. Prior to this current role, Scott served in the U.S. Embassy in The Hague, Netherlands, and Baghdad, Iraq. He is an F-16 instructor pilot who commanded a joint group in Iraq and a squadron in Korea. He also has extensive legislative experience serving three different Secretaries of Defense and the Secretary of the Air Force.

Read more articles from Scott online:  
[ocfusa.org/author/scott-fisher/](https://ocfusa.org/author/scott-fisher/)





Noble Gibbens during his podcast interview at the OCF Home Office.  
(Photo by Courtney Taylor)

AN INTERVIEW WITH NOBLE GIBBENS

## EMOTIONAL INTELLIGENCE: THE KEYSTONE OF LEADERSHIP IN HIGH-STAKES DECISION MAKING

BY JOSH JACKSON, DIRECTOR OF COMMUNICATIONS

I RECENTLY SAT DOWN WITH NOBLE GIBBENS, a former Army Ranger who served in the 82nd Airborne Division, to chat about Emotional Intelligence (also known as EQ) and the impact of EQ on leadership. Since leaving the military, Noble has spent the past 20-plus years as an entrepreneur and has been involved with 10 different start-ups, ranging from Sales to Executive Coaching to Government Contracting.

He and I had a much longer conversation in a recent episode of the OCF Crosspoint podcast. The following article highlights many of the talking points and key parts of our podcast conversation.

As Noble shared with me, EQ is not just about understanding and managing our own emotions, but it's also about how we navigate and interact with the emotions of others. This ability becomes even more critical in high-stakes environments like the military, where decisions can have life-or-death consequences.

Consider the following statement from Dr. Amy Fraher, a retired U.S. Navy commander and aviator: "Recent social developments in our armed forces demand a different, more integrated leadership skill set than previous environments required. America's military

requires emotionally intelligent leaders who possess not only the ability to manage anxiety and frustrations, stay motivated and control impulses, but also the ability to keep fear and distress from swamping the ability to think. These emotional skills are critical to decision-making under conditions of stress."

As you read this article or listen to the podcast, I encourage you to reflect on your own emotional intelligence and its impact on your leadership journey.

**Josh: Noble, how did you get started on your EQ "journey of discovery"?**

**Noble:** So, my mom is a 4'10" Hispanic lady. My dad was a big giant emergency room doctor. In our house growing up as a kid, we would yell and scream at each other. I had an awesome younger sister. We'd yell and scream at each other, stomp off in our respective corners of the house, come back an hour later, and act like nothing happened. So, I learned absolutely nothing about conflict resolution. Zero.

I learned that feelings and emotions were

Continued on next page



not going to be brought up or discussed, right? I felt a tremendous amount of intensity. In these conflict conversations that we would have at home, as the definition of conflict a lot of times in home does, I learned very early how to stuff and avoid. Well, what happens when you stuff and avoid your feelings and emotions as a kid? That turns into a lot of unhealthy stuff. For me, it turned into a truckload of emotional dysfunction that we can get into at some point. And I took all that emotional dysfunction to West Point, into my adulthood, and beyond. So, lots of emotional dysfunction.

**Josh: Give a definition of emotional intelligence so that we have a good framework and context for where you're coming from.**

**Noble:** I've got three layers to how I define emotional intelligence. Kind of like big picture details, you know, lay out more of the bones and then more meat.

1. The highest level is getting your emotions to work for you instead of against you. That's the smallest, simplest answer.

2. The next level of emotional intelligence is borrowed from Daniel Goleman, who's an OG of emotional intelligence. He's been writing on it for many decades. One of his early models of emotional intelligence focused on four main areas: self-awareness, self-management, social awareness, social management.

3. The third level of definition of emotional intelligence is my definition of how I define emotional intelligence in my infantry term, so to speak: It is the ability to acknowledge, identify, process, and manage not only your emotions, but also the emotions of those around you so that you can make the best decision for all parties involved.

So here's the reality. EQ has always, always been here. That's how God designed it. It was new to me. Of course, I didn't know any of this stuff until four or five years ago when I

started my own emotional fitness program.

God made us with emotions. It's part of our deal, but how many people, even churches, talk about emotions? How many people in the country, in the globe, have ever been trained in how to acknowledge, identify, process, and manage their own emotions? Very, very, very small percentage of people. And we wonder why there's so much dysfunction and hurting people.

Well, nobody leaves their childhood unscathed emotionally. Whether you had a "Leave it to Beaver" childhood or a Jerry Springer childhood, no one leaves their childhood unscathed. And if we don't deal with that, those unaddressed emotional issues don't get better over time. They actually compound. So not only have emotions always been here because of how God designed us, but emotions will always, always be here as long as humans are around.

**Josh: When we are talking about someone in a position of leadership, why does EQ matter?**

**Noble:** I kind of liken it to this: I just went on a hunting trip, my first hunting trip ever in my life. Kodiak Island, Alaska. We were hunting for blacktail Sitka deer. So, we would bust out our binoculars and scan the horizon. When you bust out the binoculars, you can see exponentially more than what I can see with my bare eyes. I can see farther. I can see clearer. I can see in more detail.

Let's take it another step—NODs, night vision devices. So let's say there's no loom—you know, moonlight—when you hit the ground, get your parachute all together, and head to your link up point with your troops. You can't see anything. Well, you bust out your NODs. Now, I can see all kinds of stuff now.

EQ gives us the ability to see stuff that we normally wouldn't as a leader. And for me as a leader, do I want to make a decision at night

with no illumination and no NODs? Emotional intelligence is the NODs. The night vision devices that enable us to see things that we wouldn't otherwise be able to see.

**Josh: I think everyone has been prone to a variety of emotions—frustration or anger—at some point. When is that normal versus when does it reveal that maybe there is an EQ issue that needs to be addressed?**

**Noble:** Excellent. Emotions are not good or bad. What are your stories? What's your understanding of emotions? When I see the word emotions, what are the corresponding words and stories and narratives that come up when you hear the word emotions? For 99 percent of the dudes that I have asked that question to, it's negative—anything about emotion. Emotions are weak. Emotions are bad. Emotions will screw up your decision-making process. None of it is positive.

As men, specifically, many men have some very negative stories about emotions (of course, women can have the same stories, too), but what are you coming into that environment with to realize that?

Experiencing emotions is not bad. That is part of the human experience that God has created us with. Just read the Bible and look for instances of emotions. It will blow your mind what you discover and how it enriches your reading experience and your understanding of who God is.

However, here's when you might need help. If you have an expression or behavior that is unhealthy, unproductive, or harmful to yourself or others, then that might be a sign, especially if it happens more than once, that you need some work in this area.

**Josh: What are some of the traits of low EQ?**

**Noble:** So, let me give you my list of emotional dysfunction that was a result of my low EQ based on my upbringing and my

childhood, which is another little side note.

One of the principles of EQ is everybody develops their emotional foundation in their childhood. Everybody. And here's the crazy thing: that process starts before we can even speak.

**Josh: But EQ can be learned and developed, right?**

**Noble:** 100%. EQ is a skill. It's not like IQ or your height—you're never going to grow six inches after you become an adult. But EQ is not like that. EQ is a skill. And again—praise the Lord—because the emotional clue bus used to drive by my house and I would just wave and I never got on. Fortunately, I got on the bus a couple of years ago. By God's grace.

Let me give you a list of some of the traits and qualities that are a reflection, a possible reflection of low EQ. And this is my list of my own personal emotional dysfunctions. I was emotionally needy, I was emotionally codependent, I was a food addict (that one I'm still working on), I was a people-pleaser addict (still working on that, too), positivity as a coping mechanism, I was chronically late, chronically forgetful, chronically unorganized, chronic procrastinator, chronic oversleeper, depression, suicidal tendencies, ADD, ADHD, self-condemnation, self-sabotage, self-hatred, insecure, indecisive, no self-awareness, no self-management, hair-pin trigger for anger, no boundaries personally or professionally, never stood up for myself, I always caved.

I was constantly looking for validation and approval. I had a fear of success, fear of money, praise and hatred were all-consuming, no self-worth, no self-esteem, a stuffer and avoider of emotions ... and that's just to name a few.

However, I would argue that probably

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**Continued on next page**

90 to 95 percent of those have been healed, with the other 5 to 10 percent I'm still actively working on. I'm sure that there are other areas that God hasn't revealed that are on this list that I still have to work on that will be revealed when I'm further into the journey.

**Josh: Talk about EQ as it pertains to Scripture. How does EQ line up with what the Bible teaches?**

**Noble:** Great question: what's the biblical validity of emotions? Are there emotions in God's word? When I spoke to the staff at Spring Canyon at the beginning of the summer, one of the exercises that I had them do was go through God's word and pick a Psalm, a verse from Proverbs, or wherever, and circle every time you see an expression of or an actual descriptor of emotion.

Look at David. One day he's like rainbows and unicorns. The next day, the dude is crying and sobbing like a little baby. So absolutely, there is biblical validity to emotions. And then Jesus, right? Jesus wept. Jesus got angry.

Does God smile? What makes God happy? Go to John 15. One of my tattoos, I know the audience can't see me, but one of my tattoos on my knuckles is "abide." In John 15:1-10, Jesus says 10 times in 10 verses to abide. Well, I'm going to go out on a limb and say that when we abide with God, that that makes Him happy.

That makes Him feel some kind of way. That He has some emotions that pop off when His children abide with him.

**Josh: Let's talk about some key takeaways. Someone's reading the text of this conversation and they say, "Great, I like what you're saying, but after hearing the conversation as a listener, what can I go out and do today?" What actionable steps do you recommend that someone can take now?**

**Noble:** I frame it in a concept called GAPED.

**G is gratitude.** Express gratitude. There's a lot of research on this, and here's the basic concept. If you express gratitude three minutes or so a day for three days a week, it is the equivalent of taking a medication that's supposed to make you feel good.

It actually affects you chemically and physiologically by concentrating and focusing on gratitude three minutes a day, three days a week. You know, go read the Psalms; there are several, 84, 89, and others where it's nothing but gratitude. Give thanks. That's number one. That's something that you can begin doing immediately.

The **A is Acknowledge** the emotions that you're feeling. I needed help with this one because I knew a whopping like three or four emotions—happy, angry, sad, mad, done. Now, five years later, thankfully, I have grown significantly.

One of the assessments of one's emotional intelligence is how many words for emotions do you know? Literally, your emotional vocabulary is an assessment of where your emotional intelligence is. A tool to help with acknowledging your emotions is called an emotion wheel. If you go to Google, look up emotion wheel, and it will spit out emotion wheel pillows and stickers and mugs and all kinds of stuff. You can print one out, stick it on your bathroom mirror, put it in your cubicle, your office, whatever. And when you get just some downtime, start growing your emotional vocabulary.

**P is Permission to Feel.** Give yourself permission to feel emotions. A 40-year practicing clinical psychologist shared that it takes the body 60 to 90 seconds to feel the fullness of an emotion; not hours, 60 to 90 seconds.

What I recommend when you're going through a significant emotional event is acknowledge those emotions and write down a list of all the emotions that you're

feeling. Use that emotion wheel as your cheat sheet to be able to put down as many emotions as you can. Typically, the first 5-10 emotions that you write down are the most intense ones that you're feeling.

You're feeling some of the ones you put down at the bottom, but they're not super intense. They're not throat punching you, right? So, what I recommend is for those first emotions that you write down on your list, give yourself that permission to feel. How do you do that?

Set your watch alarm or set your phone to 60 seconds. Tell yourself, "I'm going to feel angry for 60 seconds." And feel nothing but anger for 60 seconds. Scream into a pillow, punch the pillow, punch your punching bag, whatever you got to do. The alarm goes off. You go to the next emotion—sadness, for example. Let yourself feel nothing but sadness for 60 seconds. Feel sad, cry, whatever you have to do, and when the 60-second alarm goes off, move to the next one and so on.

Each one of those is like an emotional muscle cramp. If you don't massage that emotional cramp or knot and it gets hit again and again and again throughout the day, well, at some point it's going to turn into an emotional Charlie Horse and get painful. You get emotionally hijacked and emotionally triggered and now everything goes south from there.

By giving yourself permission to feel, you're allowing your head, heart, and body to massage that emotional knot out.

**E is express your emotions in writing.** There is a lot of research on this as well—the power of journaling. There's a few ways to do that. For me, I like writing to God. So,

first I start with gratitude and then after my gratitude I express my emotions: "Hey God, here's some of the emotions I'm feeling. Man, I'm frustrated today. I got upset today. I got rejected or I'm feeling disappointed" or whatever the emotions are.


When you journal, be sure to include not just your thoughts, but also your emotions. There's also research on the catharsis of doing both thoughts and emotions.

We also have certain scripts and narratives or playlists that are running in our heads that are not based on truth. They're not accurate. They're not biblical. They're unhealthy. Express those in your writing. Pray and ask God to reveal them and let this stuff out. It's also the opportunity to write down your new thoughts, your new truths that are based on God's word and not based on emotion so that you don't have distorted or perverted stories and narratives about that person or situation.

**D is discuss with somebody** that's safe and won't judge you based on the emotions that you're feeling and expressing. Make sure that whoever you're talking to is safe and comfortable with their own big and intense emotions because if they're not comfortable with their own big intense emotions, they're probably not going to be comfortable with your own big intense emotions.

And it could be professional help, too. If you need professional help with some big stuff, reach out to someone professionally.

*This article was adapted from a conversation between OCF Director of Communications Josh Jackson and Noble Gibbens, who was a guest on OCF's Crosspoint podcast.* 🎙️



**"Get your emotions to work for you"**

Catch the full podcast interview with Noble Gibbens as he shares his story and discusses the importance of EQ in military leadership: [ocfusa.org/crosspoint](https://ocfusa.org/crosspoint)





Col Tim Hale, USAF (Ret.), during his podcast interview at Spring Canyon.  
(Photo by Courtney Taylor)

AN INTERVIEW WITH COL TIM HALE, USAF (RET.)

## THE UNSEEN ARMOR: SPIRITUAL RESILIENCE IN THE FACE OF TRAUMA

BY COURTNEY TAYLOR, ASSISTANT DIRECTOR OF COMMUNICATIONS

DANGEROUS MISSIONS. EXTENDED PERIODS OF TIME AWAY from friends and family. Physically, mentally, and emotionally demanding work. These aspects of military service, among others, seem impossible to overcome, yet over one million men and women navigate these challenges in service to our nation. How?

According to Col Tim Hale, USAF (Ret.), resilience is the answer.

### The term and the timeline

Having grown up near an Air Force base and served in the Air Force for nearly 30 years, resilience has proven vital for Hale, and he's seen a similar impact among those with whom he served.

"I got to command at a lot of different levels, which means that I got to interact with a lot of families, do a lot of things, and see firsthand the importance of resilience while I was on active duty," Hale said.

A term widely defined by Webster's Dictionary, the Department of Defense, and others, resilience according to Hale is "the ability to bounce back after mental, physical, spiritual, moral, and complex injuries," adding that the growth is a key emphasis of resilience.

Working within the military community leads to a quick realization from statistics alone that resilience is an important concept

to put into practice.

"We're still losing 22 to 23 veterans a day to suicide," Hale said. "When I talk with chaplains today, they are still almost overwhelmingly engaged with doing suicide prevention work out on their bases, out on their posts, out with the ships going out to the fleet."

Based on his knowledge and experience, Hale asserted that rates of suicide and PTSD in the military occur because of the lack of resilience in individuals' lives.

Hale said the service branches' pillars, so to speak, each factor into the resilience that can combat suicide and PTSD.

"Every one of [the branches] has something that they consider a spiritual pillar. They tell soldiers, sailors, airmen, Marines, our Space Force people, 'Hey, you've got to be prepared physically, you've got to be prepared mentally, you've got to be prepared spiritually, you've got to be prepared socially,'" Hale said. "When we talk about that spiritual wellness part of the equation, that is a recognition that the spiritual factor, when it breaks down, leads to extended trauma."

Rather than waiting until traumatic situations to assess and develop your own resilience, Hale said building resilience before those situations arise is the best course of action.

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Giving the hypothetical example of extended deployments, to which many military families may be able to relate, Hale said, “There are all kinds of programs that the DoD, that the Veterans Administration, that a lot of churches do to bring families back together ... but their success rate is a lot better if they’ve talked about it before something’s happened.”

### Choice, hope, and community

While leading a session about the topic of resilience during OCF’s annual Local Leader Conference held at Spring Canyon in the spring of 2023, Hale presented three factors that affect an individual’s resilience: choice, hope, and community.

By choice, Hale means an individual’s own decision to persevere through trauma and pursue healing. He cited academic studies and historical examples of survivors of the Hanoi Hilton during the Vietnam War, the Holocaust during World War II, and others. Hale specifically mentioned Viktor Frankl, an Austrian psychiatrist and Holocaust survivor.

“Most of his family had been killed in the Holocaust in the death camps, and he found himself stripped of everything but the capacity to choose,” Hale said. “It’s that capacity to choose, it’s that choice [that] becomes a foundational area, and people who want to recover from trauma, they’ve got to realize, ‘I still have choices.’”

For those who fear their trauma will always prevent them from making decisions to move forward and heal, Hale reminds them that God is bigger than any traumatic situation or situations we face in this life.

“God tells us, ‘I can heal your trauma, and I can be there for you,’” Hale said. “That gives us the choice to move forward with God to work on becoming a healed individual.”

Developing a foundation of resilience early on often helps with making the right

choices to grow, as does the understanding that everyone is guaranteed to face difficult things at some point. “They prepare themselves well for that through prayer, through being in the Word, through being in Scripture,” Hale said.

Hope or the absence of it can prove immensely impactful to a person’s ability to recover from trauma, as shown by the story of Chaplain Robert Preston Taylor, the third U.S. Air Force Chief of Chaplains, a WWII prisoner of war, and survivor of the Bataan Death March.

Hale said that Taylor shared hope with his fellow prisoners by bringing in whatever medicine he could and, furthermore, sharing the gospel in a hopeless environment.

“Our hope is in Jesus Christ, and that is ultimately where we have to place everything on the altar,” Hale said. “Jesus Christ is the one who can both heal us immediately or heal us in eternity. He is the only one who came and sacrificed Himself for our sin.”

Speaking about his own experience as a husband, as a father, and as a pilot in the Air Force, Hale said his resilience was built upon deciding early on that he would only be able to serve effectively in those roles by knowing he needed the Lord’s help.

The final factor, community, serves as the antidote to the isolation that can leave many feeling hopeless and left without the choice to heal. Hale cited a Harvard Business Review article from 2021 that affirmed community’s relevance to resilience. (<https://hbr.org/2021/01/the-secret-to-building-resilience>)

“Isolation is associated with elevated risk for heart attack, stroke, chronic inflammation, depression, anxiety, perceived stress, and loneliness,” Hale shared from the study. “Those are all the things that contribute to a very high suicide rate and a downgrade in our mental illness.”

Hale juxtaposed isolation with Biblical examples of God-given community, one of

which is seen in Ecclesiastes 4:9-12: “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.”

“That tells me I’ve got a vertical fellowship with the Father, the Son, and the Holy Spirit, and I’ve got a horizontal relationship of fellowship with others around me,” Hale said. “The Holy Spirit is the one who’s tying that all together to make it so that we can overcome the biggest obstacle that we have to overcome when we’re talking about depression and all those other things is that feeling within ourselves that you have nowhere to go.”

### Assessment and development

How do you know if you are a resilient individual? Hale recommended a self-examination in which you evaluate how you handle “the small things”—keeping your temper, seeing the fruit of the Spirit in your own life, or loving others around you well.

To develop resilience, Hale said three “be’s” are essential: be in the Word, be in prayer, be in fellowship.

“I’ve got to work on that vertical relationship between me and God so that I’m hearing clearly what He’s saying about the things that are going on in my life,” Hale said. “[And that vertical relationship enables] a solid horizontal fellowship with other believers

in my life, and sometimes, not even other believers, but others who are looking to me for leadership, who are looking to me for an answer.”

As resilience develops, we are sure to experience hard things that can potentially shake our foundations of resilience.


Hale tied the impact of traumatic events on resilience to an analogy of the roads around his home in Oklahoma.

“Oklahoma roads are built on a layer of clay, and when it gets a little bit wet, it gets a little bit wintry underneath, the foundation starts to shift,” Hale said. “That causes issues later on in life, and we as a Christian community [need to] come to grips with it and realize it ... We need to say, ‘Bring that to the altar, bring that to church.’”

Since his retirement from the Air Force, Hale’s passion for resilience has driven him to take on a variety of full-time and volunteer roles that allow him to “be a part of that spiritual side of the healing process for veterans.” Hale and his wife now live in Edmond, Okla. From there, Hale serves as OCF Area Coordinator for Central Oklahoma, Southern Kansas, and Northern Texas.

“Part of my passion for doing that is the importance of what we do spiritually to building those foundations of resilience so that our soldiers, sailors, airmen, and Marines and their families can have a resilient lifestyle based on their faith,” Hale said.

*This article was adapted from a conversation between OCF Director of Communications Josh Jackson and Tim Hale, who was a guest on OCF’s Crosspoint podcast.* 🎙️



**Establishing foundations of resilience**

What is resilience? How do you know if you’ve become resilient? Catch the full podcast interview with Tim Hale: [ocfusa.org/crosspoint](https://ocfusa.org/crosspoint)

## INTRODUCING TEXT GIVING

A simple & secure way to give to Officers' Christian Fellowship



### To securely make a text gift...

- 1 Text "GIVE" to (719) 581-5504.
- 2 Follow the prompts & fill out the giving form to submit your gift.
- 3 Save our text giving number in your phone for easy access.

### Tips for Future Text-Giving Donations

- Be sure to save your phone number on file while making your first text gift. With a phone number on file, you can accelerate the giving process by simply texting a dollar amount to our text giving number (ex: 50, 50.00).
- If you only text a monetary value, the funds are attributed to OCF Ministry Operations (Where Most Needed).
- Text "KEYWORD" to receive a list of available funds. If you text an amount + fund name, your gift will be attributed to that fund (ex: ROTC 50, ROTC 50.00).
- Need to make an adjustment to your giving? Text "EDIT" anytime to update your information.
- Made a mistake? Text "REFUND" within the first 15 minutes to void your text gift.

If you have any questions about text giving to OCF, please contact our Resource Development Team at [ocfplannedgiving@ocfusa.org](mailto:ocfplannedgiving@ocfusa.org)

## MINISTRY IN ACTION



Norfolk/Virginia Beach OCF photo



Fort Huachuca OCF photo

### ▲ 3/31/23, Norfolk/Virginia Beach OCF:

From LTJG Sam Perry, USN: "God has greatly grown and strengthened our community in the Norfolk/Virginia Beach OCF group, and last weekend was a beautiful example of that! Friday night we had worship night on the beach at sunset, led by guitarists Jordan and Jason. Saturday was game night at Tatiana's home. On Sunday, we had a surprise going-away party for Jordan, as he will be deploying soon, led by Helena and hosted by Reanna. So many praises for the amazing people God has brought to this community and the way He is working through and throughout our OCF!"

### ▲ 6/16/23, Fort Huachuca OCF:

During a visit earlier this spring, OCF Mountain Central Regional Coordinators Steve and Miriam Shambach attended the annual Post Prayer Breakfast, an OCF potluck dinner, and chapel services at Fort Huachuca, with fellowship opportunities in between. Throughout their multi-day visit, the Shambachs were impressed by the fellowship among permanent party individuals, MI school students (enlisted and officer), and retirees, as well as the ministry partnership between the chaplaincy and OCF members. Because of some recent PCS moves in the group, they need a new leader. Please be praying for the Lord to provide a new leader for the group.



## MINISTRY IN ACTION



Ohio State OCF photo

### ▲ 9/15/23, Ohio State OCF:

From OCF Co-Leader Kit Vaughan at Ohio State University OCF: “The group is finally recovering from the hit it took during COVID. The cadets and midshipmen are leading an exciting study of James each week. We have two retired officers, myself (I’m a former Army nurse) and a former captain that meet with each cadet or midshipman one-on-one once a week for a half-hour to 45 minutes.

“We need more mentors. Please pray that God would reveal willing qualified mentors to us. Also pray that each cadet or midshipman will come to know Jesus and grow in their faith.”

### 7/1/23, OCF USAFA 50th:

OCFers gathered to celebrate 50 years of ministry at the U.S. Air Force Academy with a dinner and reception at Mizpah Mountain (the home of OCF Field Staff Reps Paul and Janee Homan) in Monument, Colo. Five staff families spanning these 50 years were able to attend



OCF USAFA photo

along with about 200 guests to include grads, supporters, friends, and current cadets.

A time of remembrance and testimony was the highlight of the night, kicked off by Maj Gen Jerry White, USAF (Ret.), who recalled how the Navigators and OCF partnered in 1973 to start the ministry at USAFA that now maintains a mission to equip cadets to be Christ-centered leaders in the Air and Space Forces. Grads and current cadets paid tribute to the years of faithful service of all the staff families.

## MINISTRY IN ACTION



Leavenworth OCF photo

### ▲ 7/21/23, Leavenworth OCF:

From OCF Leavenworth Field Staff Rep Jim Harbridge: “Spiritual Commissioning marks the end of Discipleship Training Breakfast and the OCF Ministry Year for the Academic Year. Each student or departing Officer is commissioned and deliberately prayed over by those of us staying behind. It is a great way to wrap up the year and formalize all the lessons before sending them out to continue to serve Him at their next duty stations.”



USCGA OCF photo

### ◀ 8/4/23, USCGA OCF:

From USCGA OCF Field Staff Rep Carl Crabtree: “Busiest summer yet. Not only full swing at CGA, but more company visiting and more cadets on weekends to Shepherds Fold than ever. Praise God for a vibrant community that wants to be and grow together. Almost every weekend we had amazing young folks come over with refrigerator privileges.”





White Sulphur Springs photo

▲ 10/2/23, Harrison rededication (as seen in Connected Monthly):

More than 20 years ago, OCF determined White Sulphur Springs' original 1887 Harrison House facility was no longer usable, prompting the construction of the 2011 Heritage House. Thanks to the good Lord's provision of donors and a ministry need for multiple lodging facilities at WSS, the conference center team concluded the past year of renovations and rededicated Harrison House on 30 July.



Hampton Roads Region OCF photo

**Are you following @OCFUSA on social media?**

Follow us on Facebook and Instagram, tag us, and chat with us about how ministry is going in your area.

▲ 7/14/23, Hampton Roads Region OCF:

From our friends at Hampton Roads OCF: "On 27 Jun, we dedicated the Hampton Roads Room in the newly renovated and modernized Harrison House at White Sulphur Springs into the Lord's service. For the OCF Hampton Roads Region there were 22 different donors, and the total donations exceeded \$26,000!"



WELCOME HOME!



Get more info or register at [springcanyon.org/events](https://springcanyon.org/events)

**Winter Retreat (19 December-3 January):** Enjoy winter activities, dynamic teaching, and fireside evenings with family & friends (old & new!) during one of three sessions this holiday season.

**Spring Break Service & Adventure Week (22-31 March):** Be equipped and encouraged while working hands-on construction and maintenance. Experience great local activities from skiing to hot springs. Designed especially for cadets, midshipmen, and junior officers.

**Private Bookings (Call to schedule dates):** Perfect for family reunions, personal retreats, anniversaries, and small groups, private reservations are a great way to experience Spring Canyon year round. Find rest, relationships, and outdoor adventure amid the beauty of the Rocky Mountains.





## PLEASE MEET

# CH(LTC) DAVID AND MARIE BAUM

United States Army, Retired

OCF Fort Moore Area Coordinator

### How did you first get involved with OCF?

Marie grew up with parents who were involved in OCF. David was invited to an OCF meeting at his first assignment by Marie's father before David and Marie met!

### Why OCF?

OCF provides a setting for officers to build friendships with others who are facing the same challenges in applying their faith.

### Why a military life?

We have enjoyed building friendships and living all over the country serving alongside others who have a shared calling.

### What's on your bucket list?

Marie: a literary tour of Great Britain. David: seeing the northern lights.

### Tunes you're listening to?

Marie: The Gray Havens. David: NF Hope

### Best advice you've received?

Marie: The secret is Christ in me not me in a different set of circumstances—Elisabeth Elliot.

### What led you to become an Area Coordinator, and what do you hope to achieve?

We love using our home for hospitality, and we hope to glorify the Lord by investing in the lives of those who are serving our country.

### What has the Lord been teaching you?

David: He knows how to use my gifts and abilities and how to work on strengthening my weaknesses.

### What's your life Bible verse?

David: Isaiah 43:4, "Because you are precious in my eyes, and honored, and I love you ..."





LIVE STREAM: 10 FEBRUARY, 1000-1130 MOUNTAIN TIME

Effective ministry flows from unity.

All OCF members are invited to attend this inaugural, virtual town hall event via Zoom. In preparation for this gathering, facilitated by Council President Dale Holland and Executive Director & CEO Scott Fisher, let us know now what questions and/or topics we ought to discuss.

Visit [ocfusa.org/townhall](https://ocfusa.org/townhall) for registration and more information.

