



CHRISTIAN FOCUS

New Titles 2020/21

Christian Focus | Mentor

Christian Heritage | Christian Focus 4 Kids



When everything around us seems uncertain, how reassuring it is to know that our God never changes, that he is the same yesterday, today and forever. How heartening it is to know that he is good and that he is in control of all things. But sometimes we look at the waves of our circumstances crashing around us and forget these truths, so here are three things to encourage you to trust God in any and all circumstances.

Look at what God has done in the past

Remind yourself of how he has worked in your own life, and read about how he has worked throughout history. There are a number of fascinating and encouraging biographies for all ages throughout this catalogue. *Through All the Changing Scenes* on p.8 is a powerful book about how God's unfailing care has carried one man through very difficult circumstances. *God's Bible Timeline* on p.38 is a visual overview of the whole Bible, showing how God has been working to save his people since the day they first sinned.

Ground yourself in truth

Two new books in *The Good Portion* series on p.20 on the doctrine of Christ and the doctrine of salvation offer straightforward, warm-hearted explanations of foundational truths of the Christian faith. On p.44, *Sing and Play Big Bible Truths* has been designed to help parents introduce their toddlers to God's Word, and remind themselves that sometimes the simplest truths are the most profound.

Tell God How You Feel

When the world around feels overwhelming, do we turn to the Bible and to prayer? Christina Fox's new book, *Tell God How You Feel*, working with the Psalms of Lament, encourages young children to turn to God with their feelings. For adult readers, *A Certain Brightness* on p.21 is full of short, hopeful devotions to encourage those who are struggling.

OUR MISSION

Staying Faithful – In dependence upon God we seek to impact the world through literature faithful to His infallible Word, the Bible. Our aim is to ensure that the Lord Jesus Christ is presented as the only hope to obtain forgiveness of sin, live a useful life and look forward to heaven with Him.

Reaching Out – Christ's last command requires us to reach out to our world with His Gospel. We seek to help fulfil that by publishing books, which point people towards Jesus and for them to develop a Christ-like maturity. We aim to equip all levels of readers for life, work, ministry and mission.

You should be able to pick up these books through your local bookstore, but if you have any difficulties purchasing books please go to our website www.christianfocus.com where you'll find more information about each book and forthcoming titles too.

OUR IMPRINTS

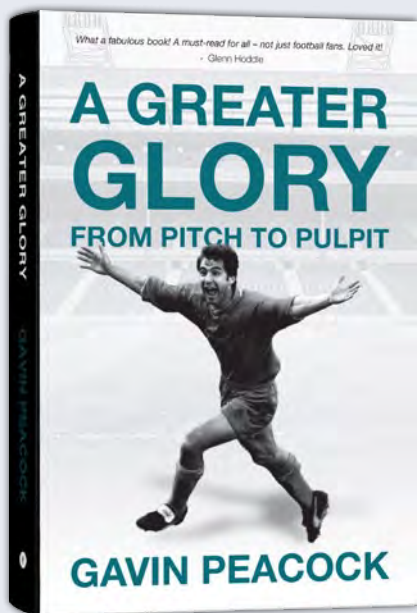
CHRISTIAN
FOCUS
*Good Books with the
Real Message of Hope*

MENTOR
Encouraging Christians to Think

CHRISTIAN
HERITAGE
Useful Books of Lasting Value

CF4•K
*Because you're never
too young to know Jesus*

www.christianfocus.com



A GREATER GLORY

From Pitch to Pulpit

GAVIN PEACOCK

In his fascinating autobiography Gavin Peacock tells all about his life – from football mad kid to professional footballer to church minister.

“A terrific story of someone who has spent his life heading towards the goal to receive a prize that doesn’t tarnish with time.”

ALISTAIR BEGG, Senior Pastor, Parkside Church, Chagrin Falls, Ohio

978-1-5271-0679-6 **£11.99 \$15.99**

RUNNING THE RACE

Eric Liddell – Olympic Champion and Missionary

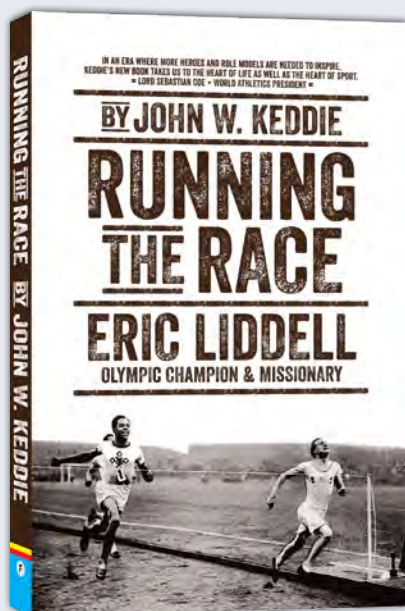
JOHN W. KEDDIE

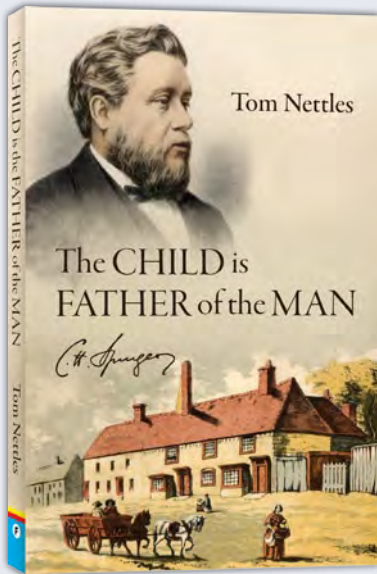
A Christian athlete and missionary, Eric Liddell’s passion for his Saviour could be seen throughout his life. From university days to internment at Weihsien POW Camp, John Keddie’s biography brings together a specialist understanding of both Liddell’s faith and sporting achievements to provide an engaging account of this normal man’s extraordinary life.

“... perfect to inspire a new generation, it is powerfully written and beautifully illustrated. A joy to read.”

MICHAEL A. G. HAYKIN, Professor of Church History and Biblical Spirituality, The Southern Baptist Theological Seminary, Louisville, Kentucky

978-1-5271-0531-7 **£12.99 \$15.99**





THE CHILD IS FATHER OF THE MAN

C. H. Spurgeon

TOM NETTLES

Tom J. Nettles examines 10 key characteristics of Spurgeon's early life that became identifying features in later life.

"Through it all, Spurgeon's exuberant love for God, the gospel, and for the church shines through."

STEPHEN J. NICHOLS, President, Reformation Bible College, CAO Ligonier Ministries, Sanford, Florida

978-1-5271-0648-2 **£9.99 \$14.99**

10 DEAD GUYS YOU SHOULD KNOW

Standing on the Shoulders of Giants

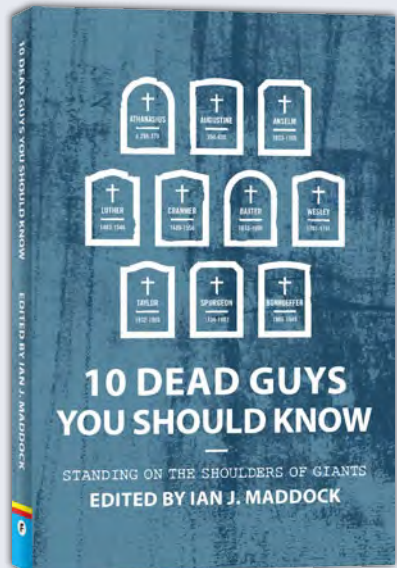
IAN MADDOCK

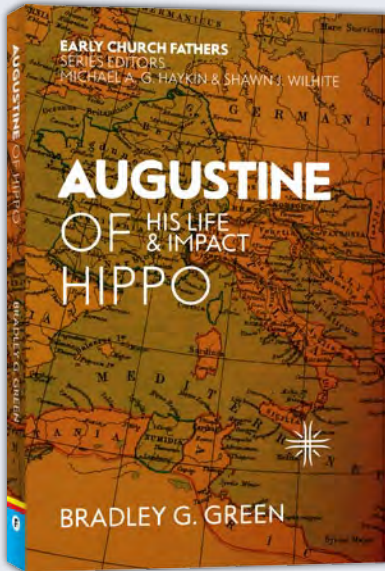
This collection of ten short biographies will introduce you to Christians from a variety of places and times, who all boldly preached the gospel, despite the risk to personal reputations and safety.

"This welcome introduction is well-researched, reflective, warm-hearted, and witty."

TOM SCHWANDA, Associate professor Emeritus, Christian Formation and Ministry, Wheaton College, Wheaton, Illinois

978-1-5271-0608-6 **£7.99 \$10.99**





AUGUSTINE OF HIPPO

His Life and Impact

BRADLEY G. GREEN

Bradley Green's biography of Augustine of Hippo is a great starting point for anyone wanting to understand the life and beliefs of this theological giant.

"... a well-researched, thoughtful, and straightforward introductory guide to the main elements in Augustine's mind and writings, from which any student of historical theology can profit. I will be urging my students to utilize it."

NICK NEEDHAM, Lecturer in Church History, Highland Theological College, Dingwall, Scotland

978-1-5271-0587-4 **£8.99 \$12.99**

BASIL OF CAESAREA

His Life and Impact

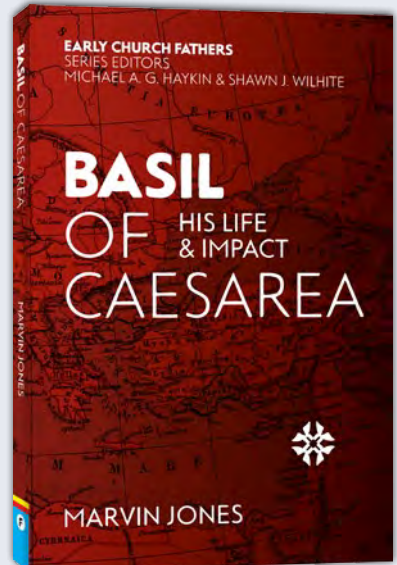
MARVIN JONES

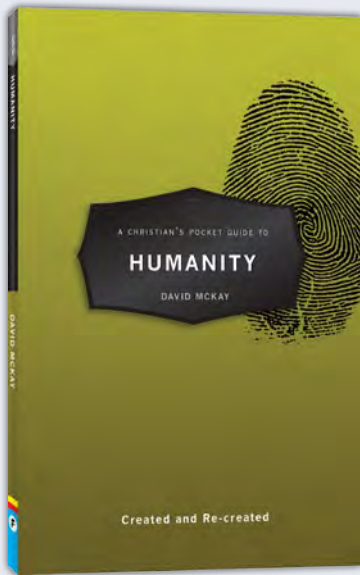
Much is known about Basil of Caesarea (329–379) – a Greek Bishop in what is now Turkey. A thoughtful theologian, he was instrumental in the formation of the Nicene Creed and fought a growing heresy, Arianism, which had found converts even in those in high positions of state.

"Introduces us not just to the subtlety and real acuity of Basil's thought but to a man of great warmth and affection... challenges us as well as instructs us."

MICHAEL OVEY, (1958–2017) Principal, Oak Hill Theological College, London

978-1-5271-0154-8 **£8.99 \$12.99**





A CHRISTIAN'S POCKET GUIDE TO HUMANITY

Created and Re-created

DAVID MCKAY

The issue of identity and the value of human life have come to the fore in recent years and David McKay's short book reminds us of who God has created us to be.

"... helps us to recover our bearings with a fine summary of Biblical teaching on humanity: created, fallen, redeemed, and ultimately glorified. Here are the foundations of a better understanding of our nature and our purpose, and a reminder of our great salvation in Christ."

BILL JAMES, Principal, London Seminary, London, UK

978-1-5271-0640-6 **£5.99 \$8.99**

A CHRISTIAN'S POCKET GUIDE TO EASTERN ORTHODOX THEOLOGY

An Evangelical Perspective

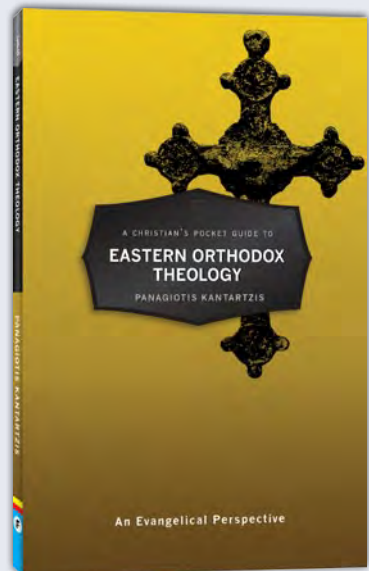
PANAGIOTI KANTARTZIS

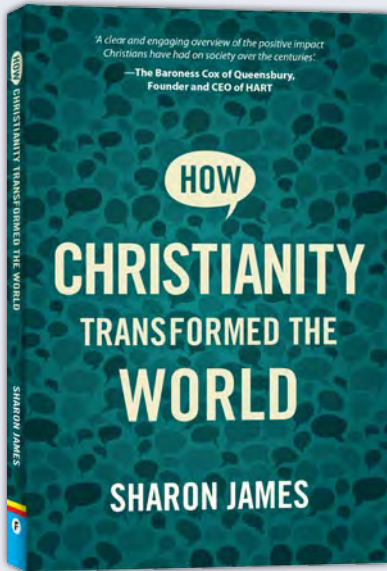
Panagiotis Kantartzis introduces us to Eastern Orthodoxy from an Evangelical perspective and tells us what we need to know.

"Blessed with wide learning, acute theological insight, and pastoral experience from living in an Orthodox country, Dr. Kantartzis is outstandingly qualified for this task, which he does superbly."

ROBERT LETHAM, Wales Evangelical School of Theology, Bridgend, Wales

978-1-5271-0641-3 **£5.99 \$8.99**





HOW CHRISTIANITY TRANSFORMED THE WORLD

SHARON JAMES

Many people today would say that Christianity has done more harm than good to our world. Sharon James examines how in seeking to love their neighbour and reflect God's moral character the followers of Jesus have had a largely positive impact on our society.

"... skilfully combines historical research, biblical ethics and contemporary analysis to prove that the gospel really is good news for all people!"

ELIZABETH MCQUOID, Author and commissioning editor, Keswick Ministries

978-1-5271-0647-5 **£7.99 \$12.99**

TOUGH ISSUES, TRUE HOPE

A Concise Journey through Christian Ethics

LUKE H. DAVIS

Luke Davis takes us on a journey through some of the big questions in the arena of Christian ethics, highlighting why our ideas matter. He helps us to have a firm grasp of what the issue is, what God's Word has to say about it, and what practical impact that has on our lives.

"Peppered with anecdotes and soaked in Scripture, the reader learns to think carefully and live wisely. And all along the way, he makes room around the table for those who may not accept the Bible as authoritative."

TONY GILES, Assistant Pastor, Cornerstone Presbyterian Church, Franklin, Tennessee

978-1-5271-0520-1 **£13.99 \$17.99**





HELPING THE SUFFERING

*Autobiographical Reflections
on Supporting Those in Pain*

JAMES MULDOON AND JENNIE MULDOON

James and Jennie Muldoon are familiar with suffering. They tell their heart-breaking story here, explain how they were supported and comforted by their brothers and sisters in Christ, and give ideas for where to start when we are helping those in pain.

"I'm confident this book will help God's people 'weep with those who weep' and shine forth the comfort and mercy of Christ Jesus."

MATT SEARLES, Director of Training, South Central Gospel Partnership Author of *Tumbling Sky: Psalms for Weary Souls*

978-1-5271-0558-4 **£6.99 \$9.99**

THROUGH ALL THE CHANGING SCENES

A Lifelong Experience of God's Unfailing Care

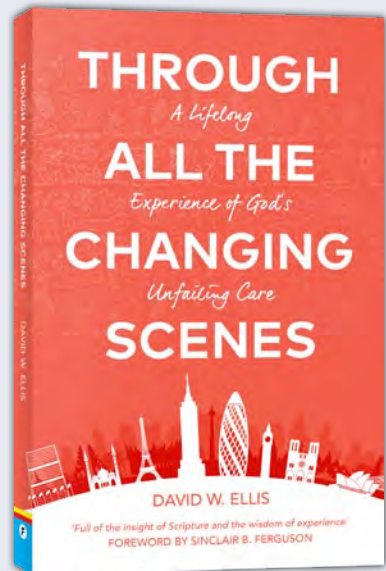
DAVID ELLIS

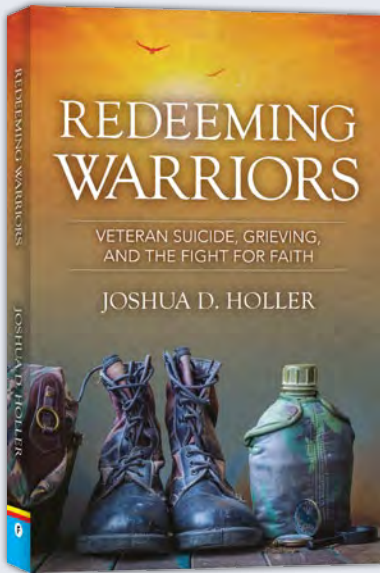
This honest and moving book weaves memoir with biblical meditation. David Ellis' tale of political upheaval, burnout and caring from his wife through her Alzheimer's provides the framework through which we can reflect on the providence and sovereignty of God. It provides robust wisdom and encouragement for all.

"Rich treasures from two rich, rich lives. Sandwiched by their own love story at the beginning and the end, David Ellis writes beautifully and profoundly, and challenges us as readers to a faith that is daring and uncommon today."

OS GUINNESS, Author and Conference Speaker

978-1-5271-0557-7 **£9.99 \$13.99**





REDEEMING WARRIORS

Veteran Suicide, Grieving, and the Fight for Faith

JOSHUA D. HOLLER

Josh Holler, Marine Corps veteran and pastor, addresses the reality of veteran suicide, and argues that is not primarily a problem born out of exposure to combat and PTSD, but out of a broken relationship between people and God.

“... a candidly engrossing account of the veteran's struggle with suicide ideation. ... an essential read for those who have served in the military or desirous of helping the vet appropriately reengage civilian culture.”

RICHARD TOWNES, Retired Marine and US Navy Chaplain, Pastor, Bethel Lutheran Church, Howard City, Mississippi

978-1-5271-0586-7 **£11.99 \$15.99**

NOT UNINFORMED

Sure and Certain Hope for Death and Dying

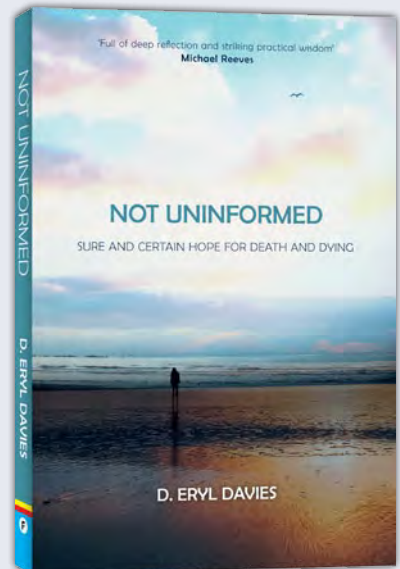
D. ERYL DAVIES

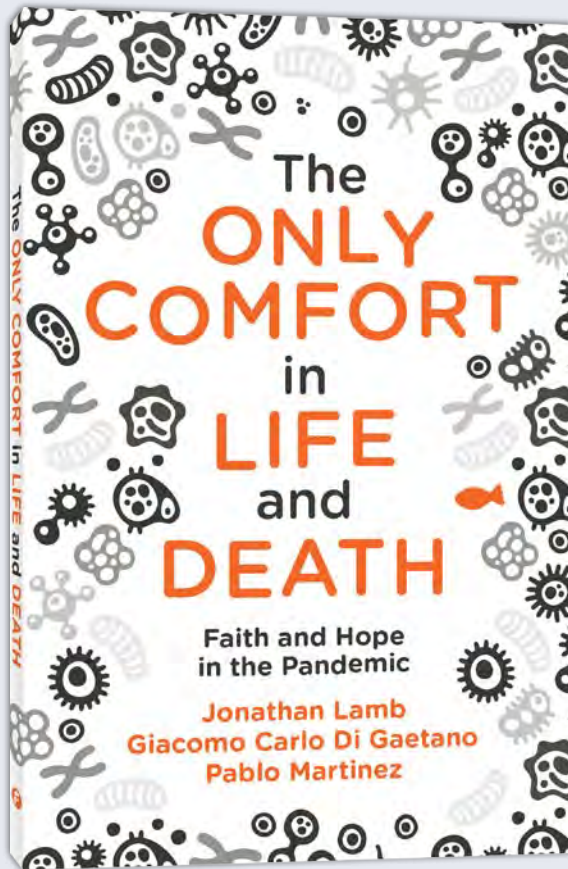
Death is something that unites all people. We all encounter its effects at some point, and yet is something we are reluctant to discuss openly. With an emphasis on pastoral care, Eryl Davies looks through the biblical lens at this great taboo, confronting big questions about death, dying and grief.

“... meticulously researched, biblically faithful, pastorally wise and full of humanity. Written by a seasoned Pastor/Theologian, this distilled wisdom will help church leaders and congregations think through caring for those who mourn.”

PAUL LEVY, Minister, International Presbyterian Church, Ealing, London

978-1-5271-0556-0 **£8.99 \$12.99**





THE ONLY COMFORT IN LIFE AND DEATH

Faith and Hope in the Pandemic

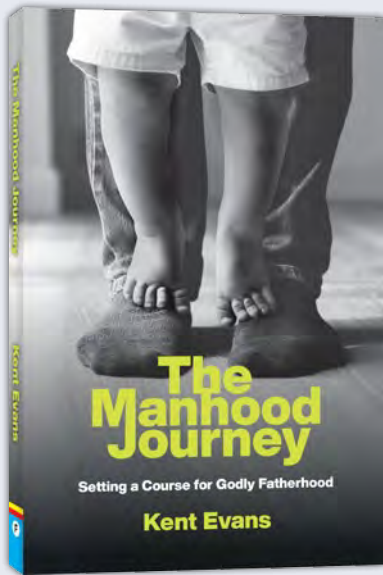
JONATHAN LAMB, PABLO MARTINEZ AND GIACOMO CARLO DI GAETANO

Authors from three of the worst covid-hit countries in Europe have united in this book to reflect on the only comfort we have in the midst of crisis – Jesus Christ. Together they answer the question, what can we believe and hope for in times like this?

“A trio of European experts in psychology, theology and apologetics offer a fascinating and thoroughly biblical response, not just to the current Covid crisis, but to every crisis. The authors confront the raw reality of suffering with a vibrant resurrection hope.”

JEREMY MCQUOID, Teaching Pastor, Deeside Christian Fellowship, Aberdeen, Scotland and Chair of Council, Keswick Ministries

978-1-5271-0635-2 **£4.99 \$6.99**



THE MANHOOD JOURNEY

Setting a Course for Godly Fatherhood

KENT EVANS

Biblical fatherhood cannot be outsourced. Our children are following our lead, but where are we leading them? Are we leading them towards the perfect Father, encouraging them to grow in their faith and to become the adults that God made them to be? What does a godly dad look like?

“Simple. Practical. Biblical. It will challenge the most mature dad. But it is also very accessible for the new dad trying to get his footing on this shaking, scary ground that is fatherhood. I commend both this book and the man behind it.”

BRIAN CROFT, Pastor, Auburndale Baptist Church, Louisville, Kentucky and Founder, Practical Shepherd

978-1-5271-0564-5 **£6.99 \$9.99**

PARENTING ESSENTIALS

Equipping Your Children for Life

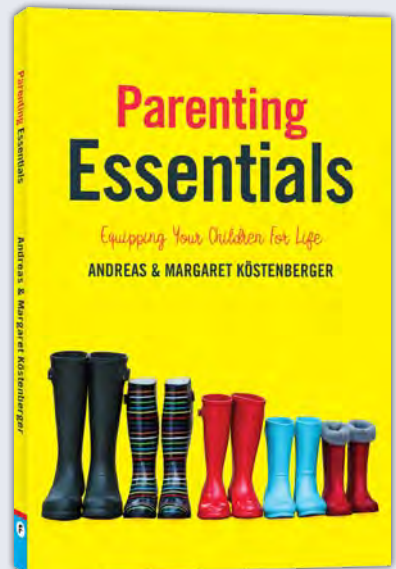
**ANDREAS KÖSTENBERGER AND
MARGARET KÖSTENBERGER**

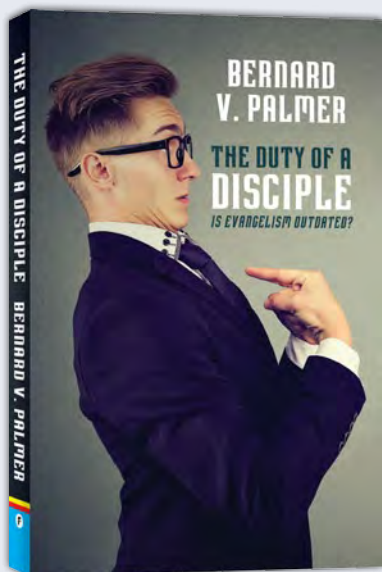
The world desperately needs parents who care deeply about parenting, who embrace their God-given role with humility, commitment, love, and a healthy dose of humor. This book takes a practical, biblical-theological approach to what a mom and dad can do together to parent in a realistic, relational and responsible way.

“A great read—practical, biblical, and spiritually challenging.”

JOSH MOODY, Senior Pastor, College Church, Wheaton, Illinois

978-1-5271-0538-6 **£7.99 \$10.99**





THE DUTY OF A DISCIPLE

Is Evangelism Outdated?

BERNARD V. PALMER

Sharing the good news is one of the most caring things we can do for other people, so why are we so reluctant to do it? Bernard Palmer encourages us to speak openly about Jesus to the people around us. Making sure we understand the gospel we have been instructed to proclaim, he guides us through the biblical basis and examples, and gives us some practical tips for evangelising.

“Packed with stories, Biblical truth and personal experience, this book will stimulate fresh thinking about the urgency of evangelism. I thoroughly recommend it.”

JONTY ALLCOCK, Lead Pastor, The Globe Church, London

978-1-5271-0540-9 **£12.99 \$15.99**

THE MISSIONARY-THEOLOGIAN

Sent into the World, Sanctified by the Word

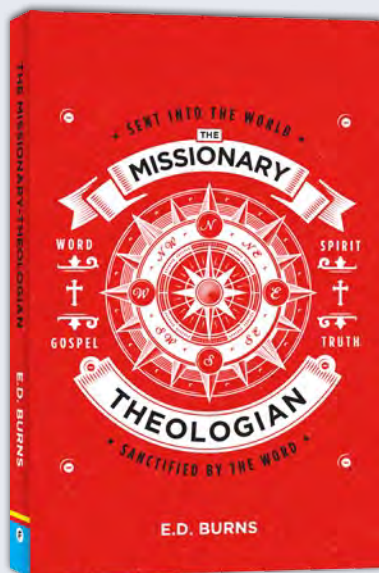
E.D. BURNS

Gospel doctrine is the lifeblood of mission. E.D. Burns' brotherly and friendly plea challenges those who are already in, or are considering joining, the mission field to rest in Christ's work and abide in His Word.

“This is a book I have been hoping to find for years. It is a biblical tonic for missions misunderstanding. It will strengthen your theological moorings, correct sentimental misconceptions, and warm your heart devotionally toward biblical missions.”

RICK HOLLAND, Senior Pastor, Mission Road Bible Church, Kansas City, Kansas

978-1-5271-0539-3 **£12.99 \$15.99**





BOTH-AND

Understanding Apparent Contradictions in Christianity

ROSS CUNNINGHAM

Introducing each chapter with an attractive graphic representation of the paradox in question, Ross Cunningham takes 23 pairs of seemingly contradictory truths and concisely and clearly explains how they can co-exist.

“... clever, creative and clear. What a great way to learn theology!”

DAVID ROBERTSON, Well-known pastor and apologist

978-1-5271-0637-6 **£9.99 \$14.99**

FROM GLORY TO GOLGOTHA

Controversial Issues in the Life of Christ

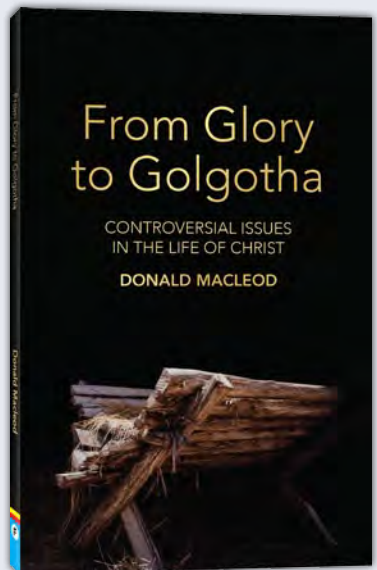
DONALD MACLEOD

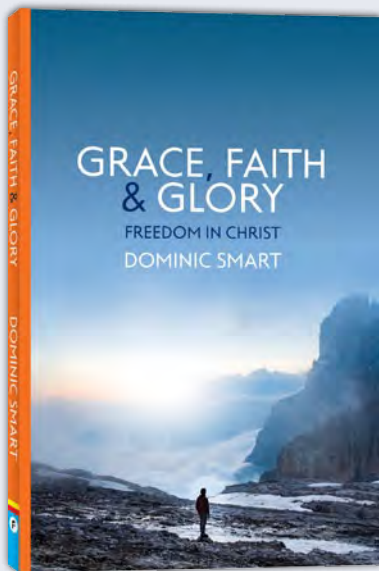
Renowned theologian and author, Donald Macleod explains controversial topics from the life of Christ with clarity and care. This new edition includes 4 new chapters, originally published as articles on the Desiring God website.

“... passion and intensity, decades of study, deep theological reflection and serious polemical interaction, and even more, the heart of a believing theologian who knows he needs Christ and His Cross. If your prayer is ‘more love to Thee, O Christ,’ here is fuel for your devotion.”

LIGON DUNCAN, Chancellor and CEO, Reformed Theological Seminary

978-1-5271-0636-9 **£9.99 \$12.99**





GRACE, FAITH AND GLORY

Freedom in Christ

DOMINIC SMART

Churches can collude in the deception that keeping rules and regulations can make us right with God. Dominic Smart shows how legalism robs the Christian of joy and assurance, but also robs God of the glory that is rightfully His.

“Legalism is a recurring problem for Christians Dominic brilliantly exposes them for what they are and points to the solution: not license to do as I please, not mere ‘law’ to stop my doing do, but the liberating Lordship of Jesus. Read and go free!”

STEVE BRADY, Senior Minister, First Baptist Church, Grand Cayman

978-1-5271-0605-5 **£7.99 \$9.99**

INTO ALL THE WORLD

The Missionary Vision of Luther and Calvin

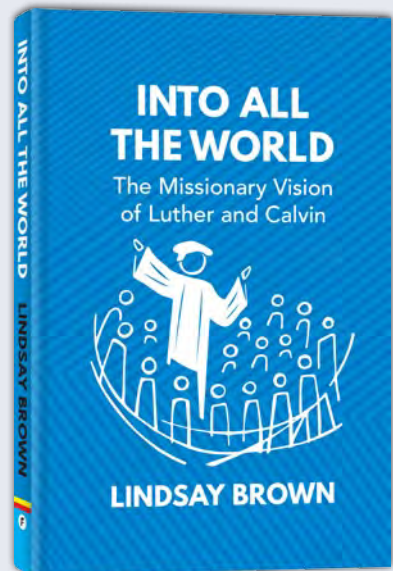
LINDSAY BROWN

Luther and Calvin, the great reformers of the sixteenth century, are remembered for their writings and theological debates, but do we think of them as great missionaries? Lindsay Brown looks at the impact of their evangelistic vision.

“Superb! Calvin’s renewed vision for mission and evangelism with his strategic thinking and initiatives for the advance of the gospel provide an urgent challenge for Christians today.”

D. ERYL DAVIES, Elder, Heath Evangelical Church, Cardiff & Consulting Editor, Evangelical Magazine

978-1-5271-0422-8 **£8.99 \$12.99**





ALL THINGS ARE READY

*Understanding the Gospel
in its Fullness and Freeness*

DONALD JOHN MACLEAN

It is one of the glories of the gospel that it is universal in scope. Donald John Maclean seeks to remind Christians of the fullness and freeness of the gospel, and to encourage them to share it with those who have not yet turned to Christ.

"This is a relentlessly biblical and relentlessly open-hearted book, which shows us very clearly that those who delight most in the truth of God's glorious sovereignty should be passionate and persistent evangelists—like Jesus."

LEE GATISS, Director of Church Society, and Adjunct Lecturer in Church History, Union School of Theology, Bridgend, Wales

978-1-5271-0649-9 **£9.99 \$13.99**

COMPEL THEM TO COME IN

Calvinism and the Free Offer of the Gospel

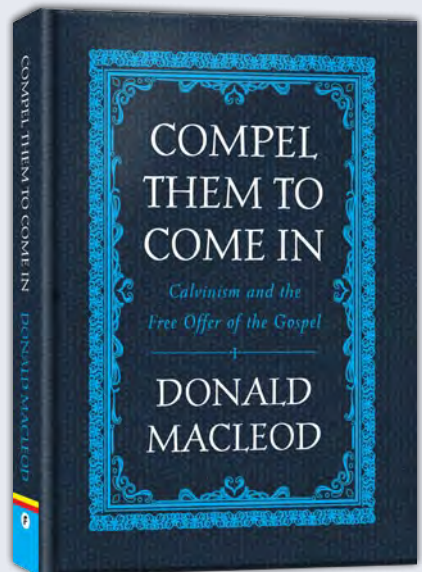
DONALD MACLEOD

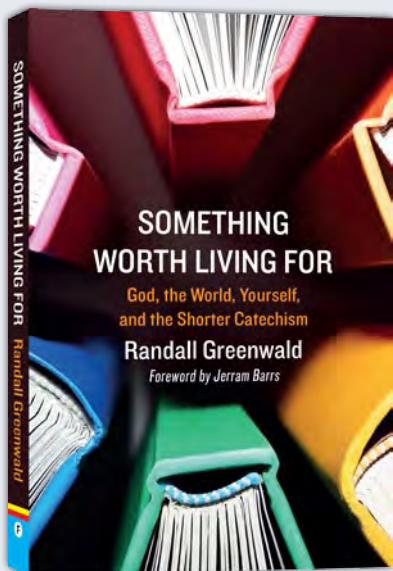
If we believe in God's sovereign predestination, how can we offer Christ to sinners indiscriminately? The Bible clearly entreats us to go after the lost, so Donald Macleod tackles the objections raised by those who argue that since there is no universal redemption there should be no universal gospel offer.

"This is one of the most soul-stirring, liberating books that I have read on this subject. Donald MacLeod provides the reader with a necessary reminder to seek to persuade and implore men and women on Christ's behalf to be reconciled to God."

ALISTAIR BEGG, Senior Pastor, Parkside Church, Chagrin Falls, Ohio

978-1-5271-0524-9 **£12.99 \$15.99**





SOMETHING WORTH LIVING FOR

God, the World, Yourself, and the Shorter Catechism

RANDALL GREENWALD

Randall Greenwald takes the question and answer format that The Westminster Shorter Catechism follows and, in short chapters, encourages us to dig for the gold that is to be found in its pages.

“... Greenwald helps us read our Bibles better, showing us the landmarks, highways, and terrain so that we can better cruise and delight in the backroad passages of Scripture.”

AIMEE BYRD, Author of ‘Housewife Theologian’, ‘Theological Fitness’, and ‘No Little Women’

978-1-5271-0588-1 **£8.99 \$12.99**

HOW TO LIVE AN ‘IN CHRIST’ LIFE

100 Devotional Readings on Union with Christ

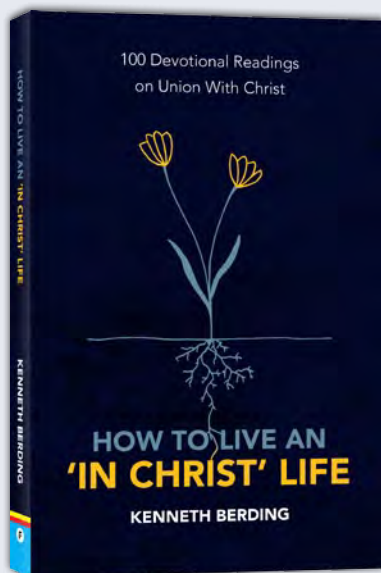
KENNETH BERDING

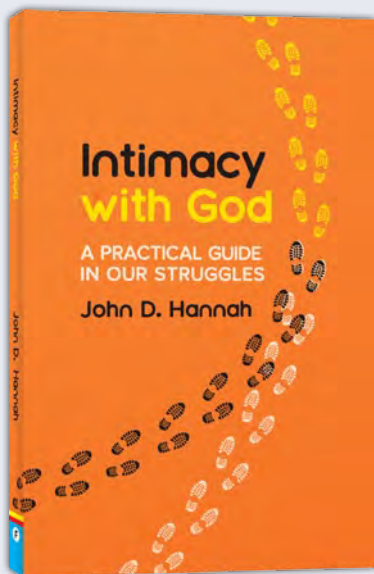
Everywhere we look in the letters of Paul we encounter ‘in Christ.’ In these 100 devotional readings, we discover why inChristness is so important and how to live an in-Christ life.

“I cannot remember the last time I read a book on union with Christ and was so convicted that I stopped and prayed. Without compromising biblical and theological depth, Berding unveils the innumerable ways union with Christ makes a real difference in the Christian life.”

MATTHEW BARRETT, Associate Professor of Christian Theology, Midwestern Baptist Theological Seminary, Kansas City, Missouri

978-1-5271-0559-1 **£10.99 \$14.99**





INTIMACY WITH GOD

A Practical Guide in Our Struggles

JOHN D. HANNAH

John D. Hannah examines the nature of the spiritual life, and argues that while our Christian walk is bound to traverse peaks and valleys, there is a lifestyle we can put into practise that allows us to focus on the faithfulness of God's promises

"The reader walks away not with a sense of the impossibility of the Christian life, but with a renewed longing for authentic intimacy with God."

MICHAEL J. SVIGEL, Chair and Professor of Theological Studies, Dallas Theological Seminary, Dallas, Texas

978-1-5271-0555-3 **£8.99 \$12.99**

DEEP SIMPLICITY

Meditations on Abiding in Christ

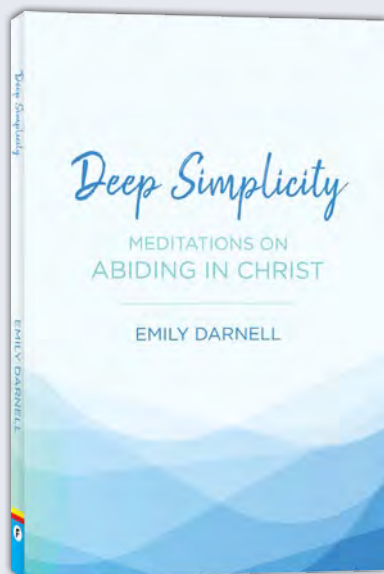
EMILY DARNELL

To abide is to remain, to rest, to dwell, to be at home. Emily Darnell encourages readers to truly abide in God and His Word, not just to read a couple of verses, but to take time to meditate on it and be nourished.

"Every page is rich in biblical wisdom to be savoured phrase by phrase. If you read slowly and reflect prayerfully, this sharply focused book will deepen your devotion to Christ, nurture your inner life, and align your thoughts with eternity."

JONATHAN LAMB, Minister-at-large for Keswick Ministries, IFES Vice President, and former Director, Langham Preaching

978-1-5271-0589-8 **£8.99 \$11.99**



WHAT DOES THE BIBLE TEACH ABOUT...

“In a sex-crazed world, here are wise words that are timely, truthful and transformative.”

PHILIP DE COURCY

“These books are biblical, readable, practical and answer many of the questions many are asking.”

MIGUEL NUNEZ



WHAT DOES THE BIBLE TEACH ABOUT TRANSGENDERISM?

A Short Book on Personal Identity

GAVIN PEACOCK AND OWEN STRACHAN

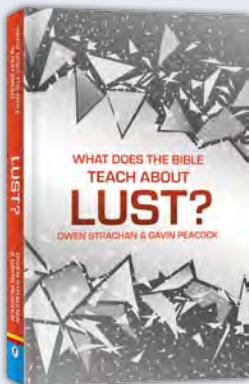
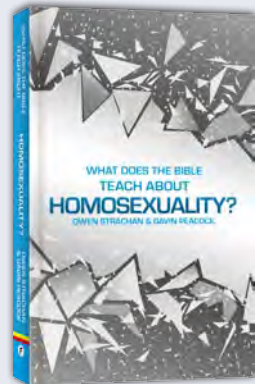
978-1-5271-0478-5, £6.99 \$8.99

WHAT DOES THE BIBLE TEACH ABOUT HOMOSEXUALITY?

A Short Book on Biblical Sexuality

GAVIN PEACOCK AND OWEN STRACHAN

978-1-5271-0477-8, £6.99 \$8.99



WHAT DOES THE BIBLE TEACH ABOUT LUST?

A Short Book on Desire

GAVIN PEACOCK AND OWEN STRACHAN

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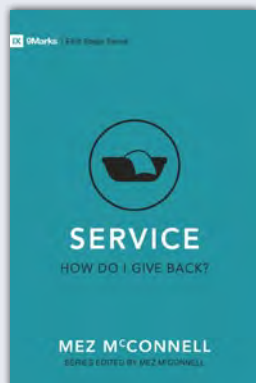


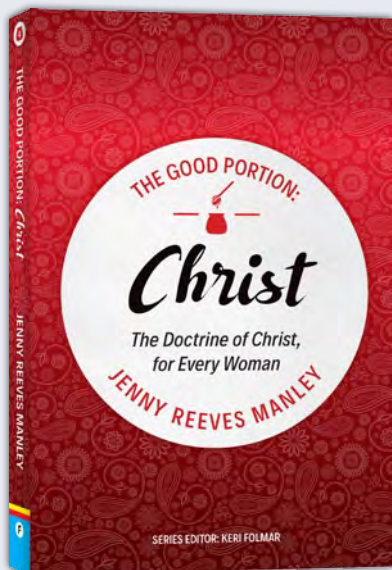
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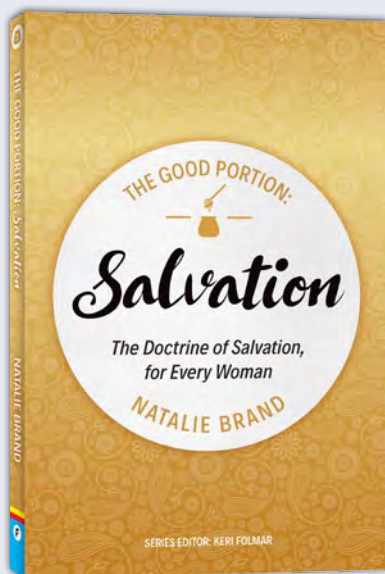
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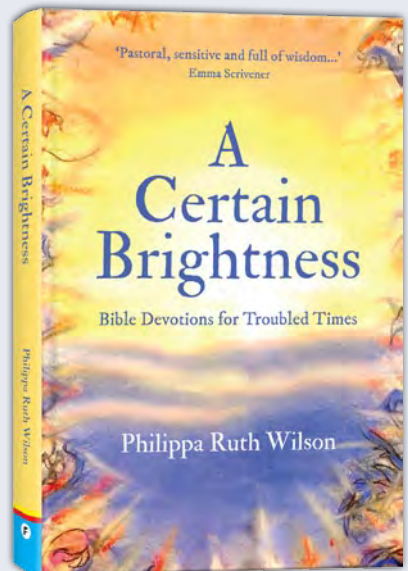
PHILIPPA RUTH WILSON

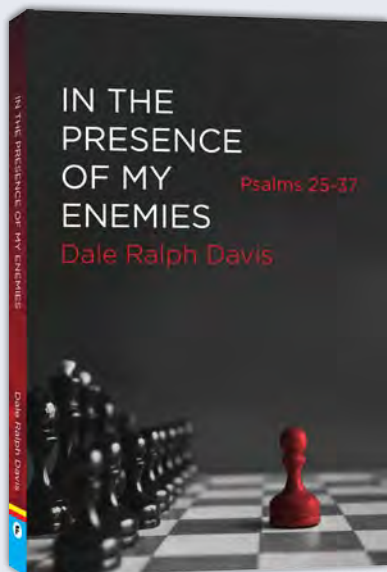
The devotions in this book are short, encouraging, and a reminder of the light when everything seems dark. Philippa Wilson has begun each chapter with a five-word Bible phrase that is easily memorised and ended with a prayer. Beautiful illustrations by Rebekah Lesan make this an ideal book to give to friends who are struggling.

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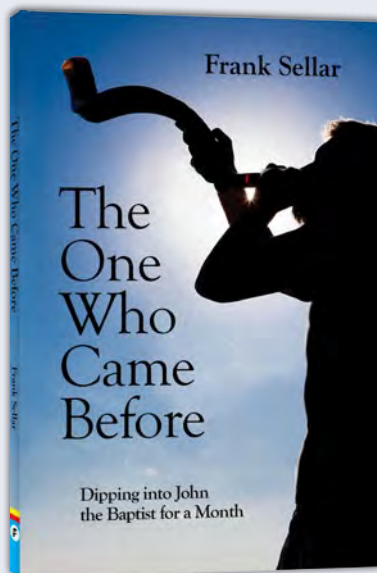
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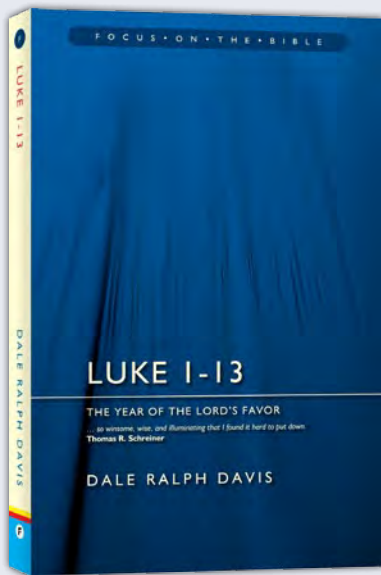
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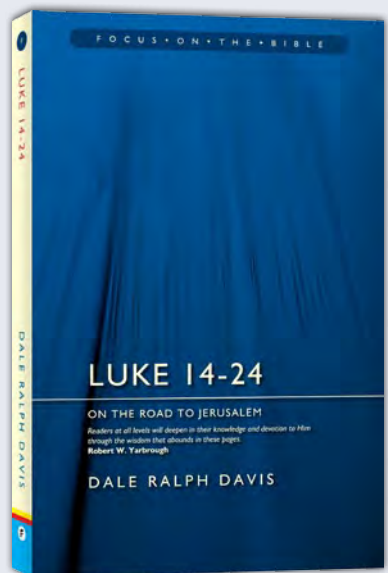
DALE RALPH DAVIS

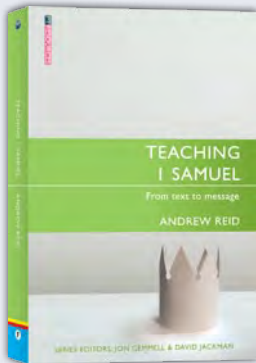
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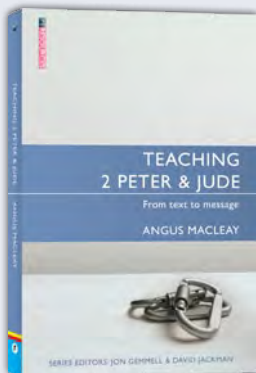
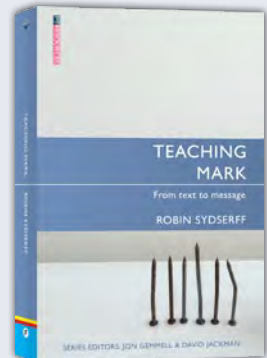
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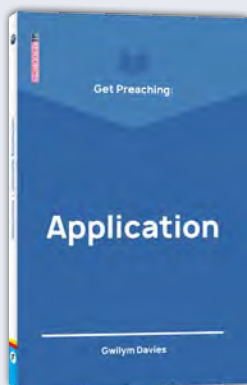
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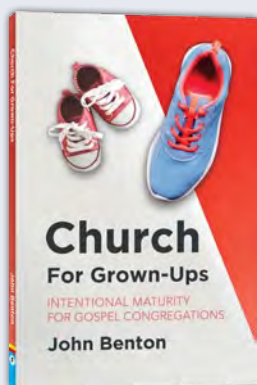
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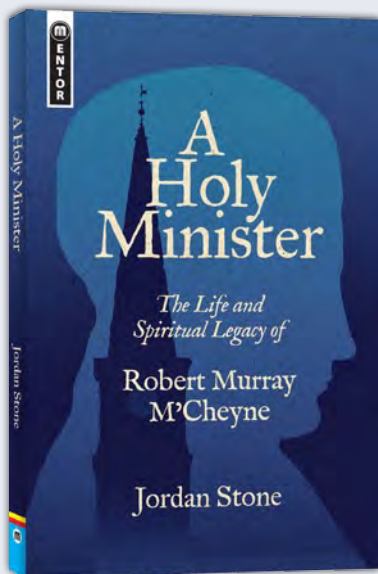
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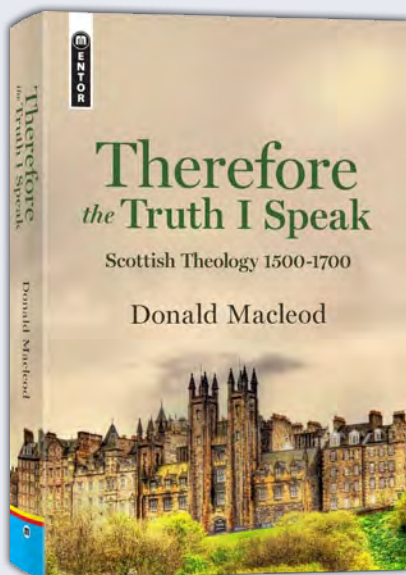
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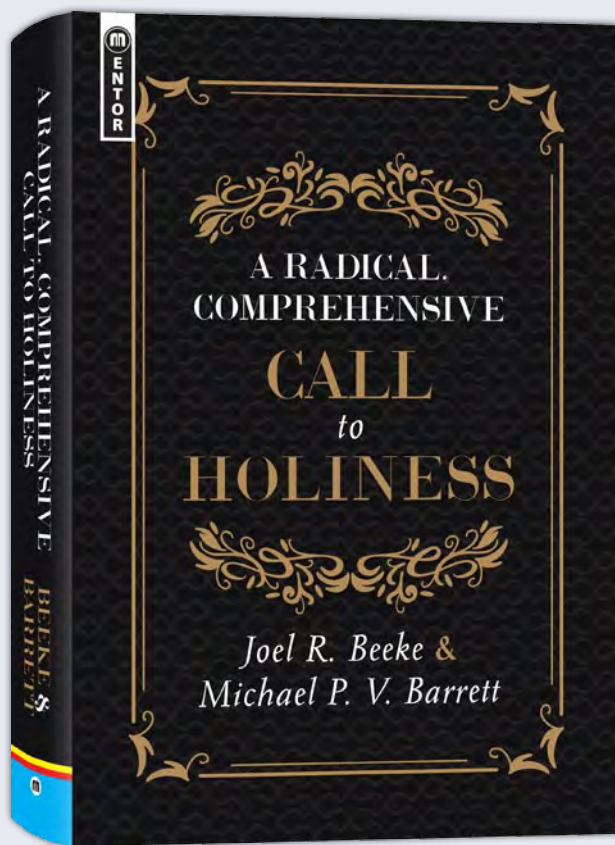
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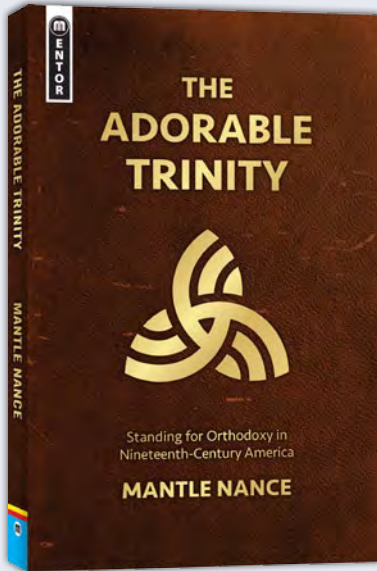
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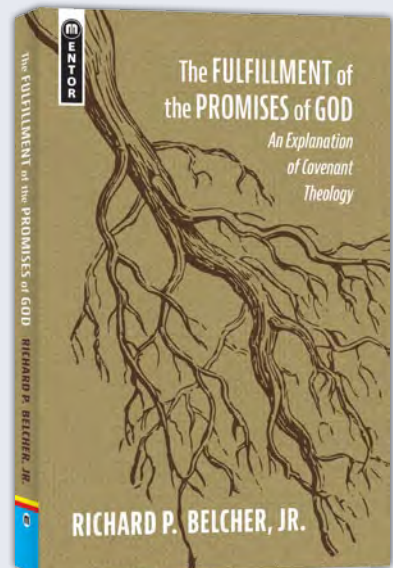
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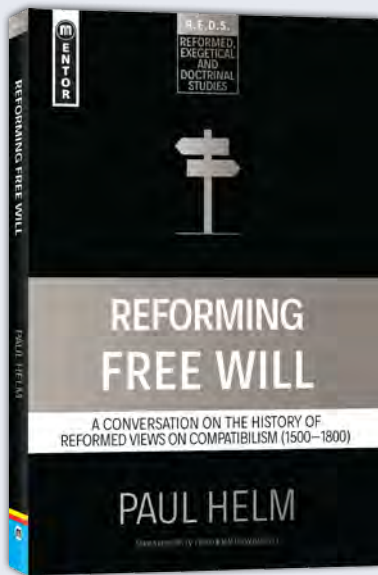
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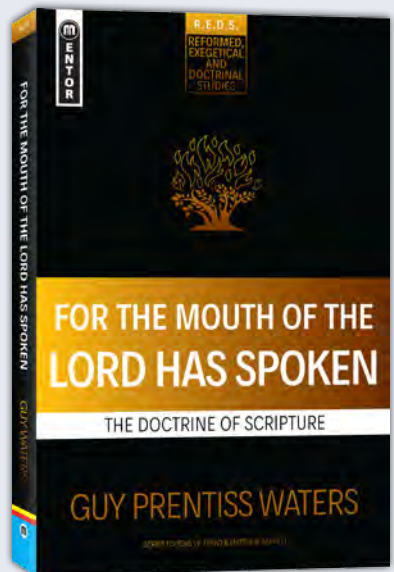
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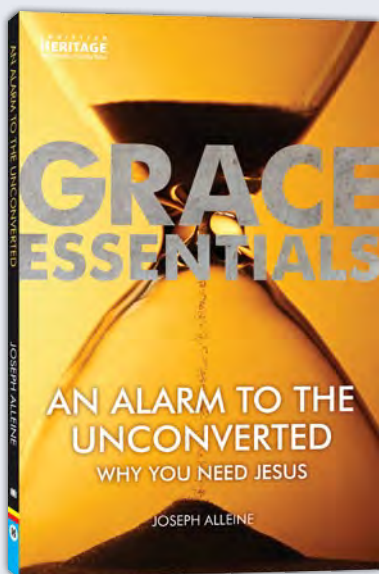
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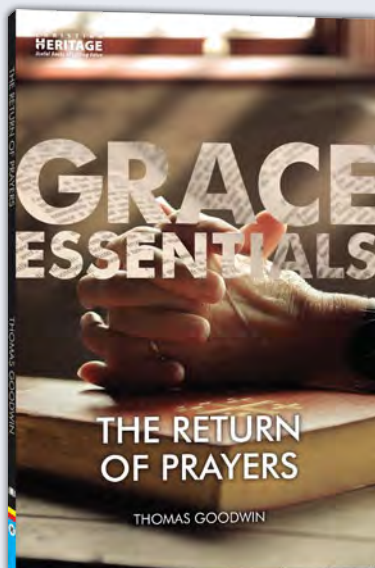
THOMAS GOODWIN

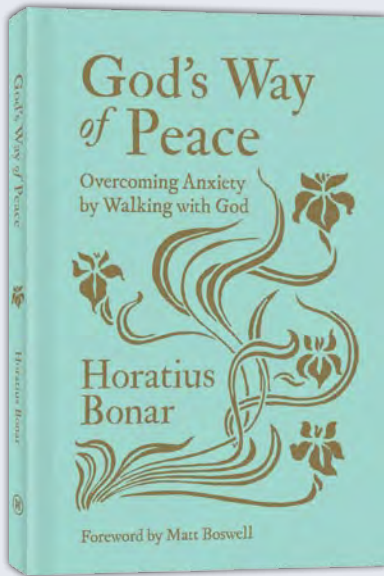
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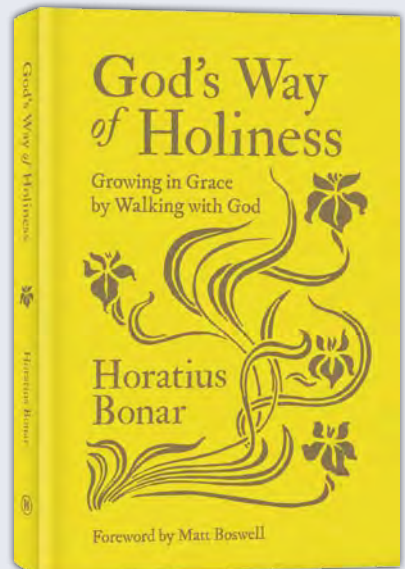
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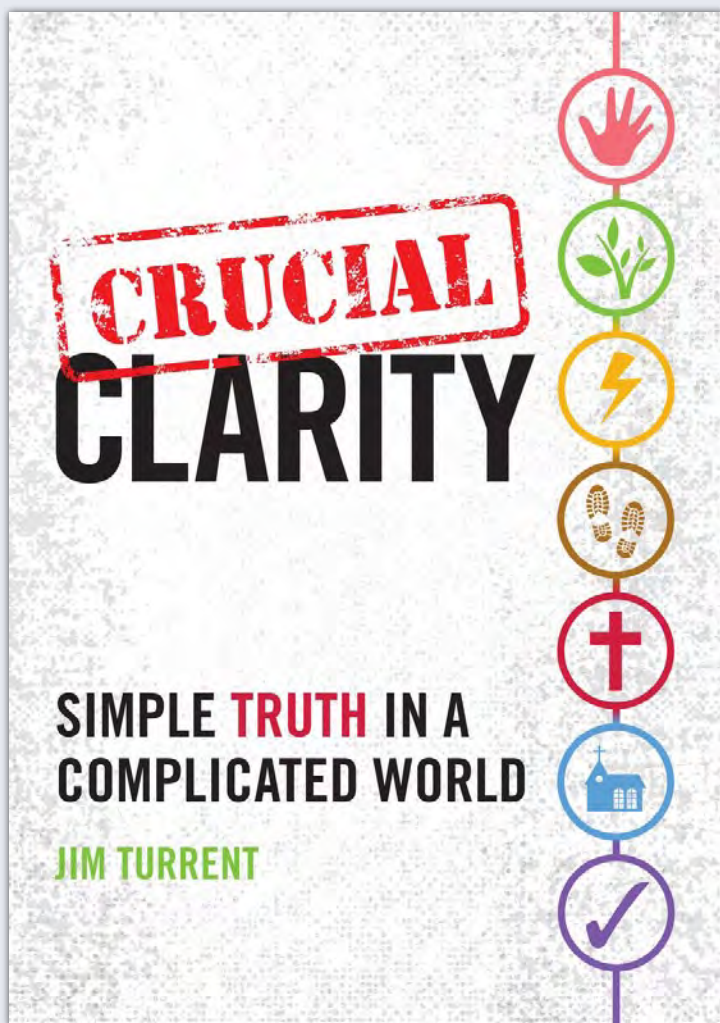
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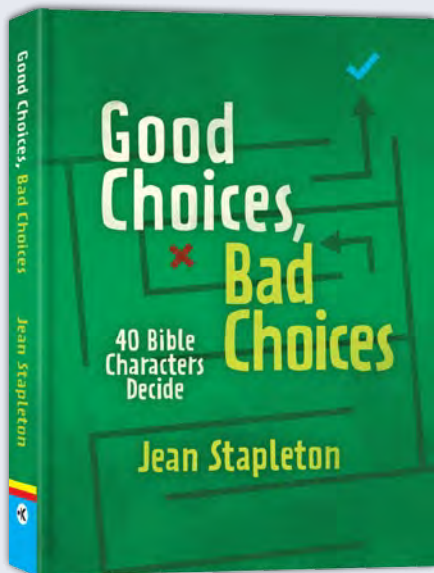
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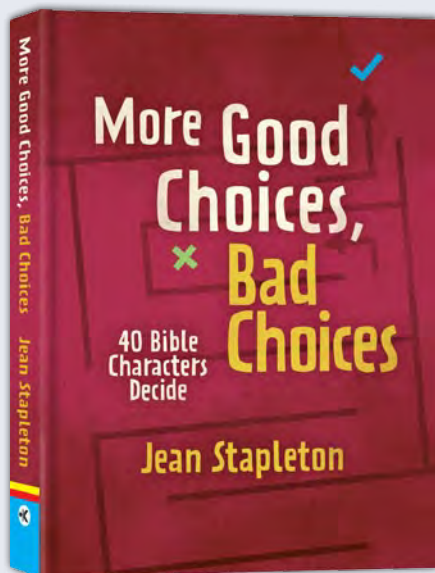
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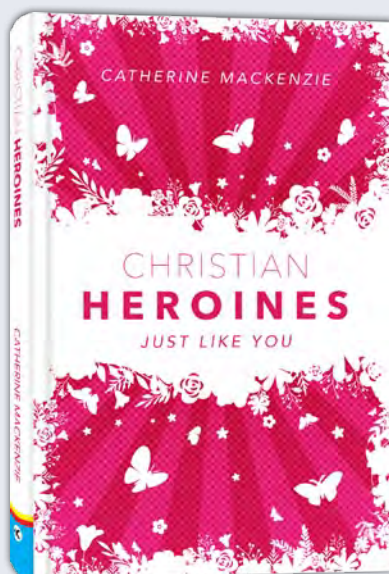
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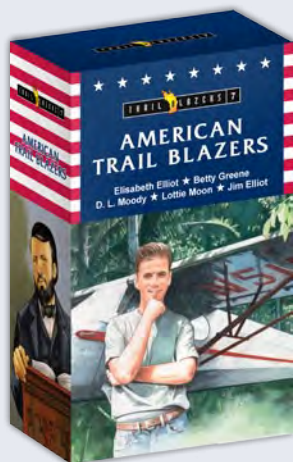
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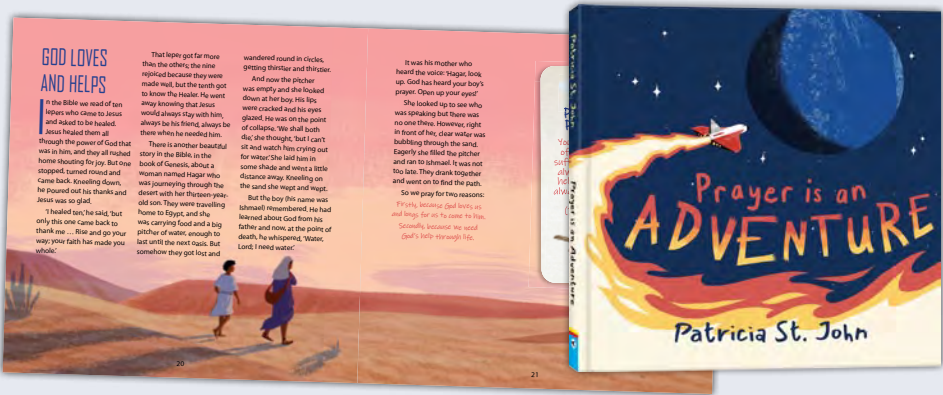


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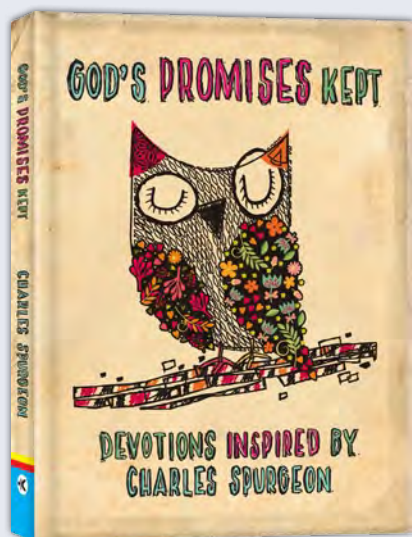
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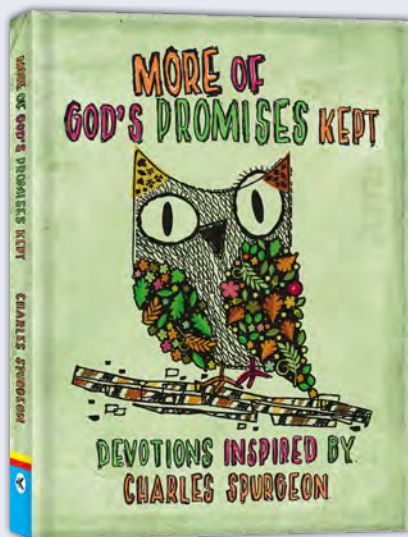
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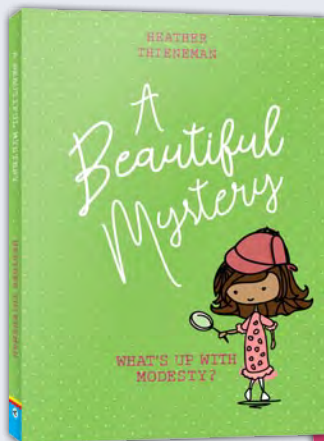
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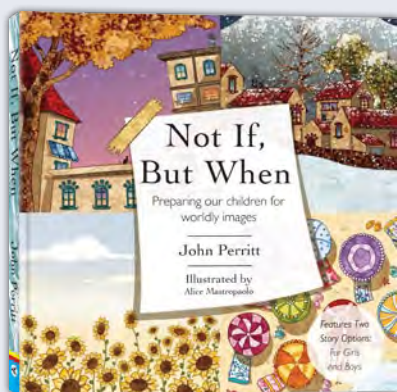
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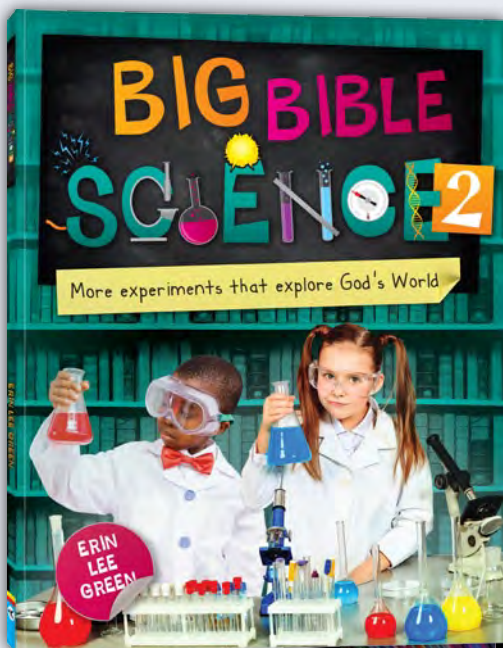
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ANGULAR MOMENTUM AND CENTRIPETAL MOTION

To understand the meaning of angular momentum in terms of a rotating object.
Demonstrate centripetal motion and Newton's First law of motion.



1. A playground swing with long chains
2. A small, sturdy bucket with a secure handle
3. Water
4. One strip of paper for each child plus a few extra strips (1 inch wide, 11 inches long)
5. Tape
6. Writing utensils

Genesis 1:1 tells us that "In the beginning, God created the heavens and the earth."

God set everything in motion when He created the universe. One of the kinds of motion we see in spinning motion. Can you think of anything that spins or moves in a circle? (bellows, ice skater, watch on its side, spinning basketball, etc.). Today, we are going to experiment with **angular momentum** and **centripetal motion**.

- Angular momentum is how an object spins on its axis. Think of a top spinning in place.
- Centripetal motion is circular motion. Think of a satellite orbiting the earth or a stone tied to a string being swung in a circle.



SPIN & ANGULAR MOMENTUM

Hypothesis: Write your own using the writing in activity. Instruct children to hold on tight. Use a baby swing if child is too young to hold on properly. The children will be dizzy after experiencing angular momentum.

1. Ask a child to sit in the playground swing.
2. While standing stationary, spin the child in the swing seat in order to wind the chains up, up, up (at least 5 or 6 turns).

3. Form a hypothesis. Release the swing and let the child spin. Say, "ANGULAR MOMENTUM" as the swing spins.

4. Test the hypothesis. Release the swing and let the child spin. Say, "ANGULAR MOMENTUM" as the swing spins.

5. Let the children take turns, saying "ANGULAR MOMENTUM" every time the swing spins.



CENTRIPETAL MOTION



EXPERIMENT 1: ANGULAR MOMENTUM AND CENTRIPETAL MOTION

IMAGINE



1. This is the same as Activity 1, except have the child extend his legs and torso out before the swing is released.
2. Release the swing. Then ask him or her to hold his or her arms and legs in. (This decreases the child's inertia and increases his or her rate of rotation).
3. What happened to the speed of the spin?
4. Next, send the child up again. Form a hypothesis. What will happen to the speed of the spin if the child begins the spin with arms and legs tucked in, then extends his or her body half way through the spin? (This increases the child's inertia and decreases his or her rate of rotation).



CENTRIPETAL MOTION

CENTRIPETAL MOTION

STRETCHES A BUCKET FULL OF WATER! BEYOND BY DOING CIRCLES



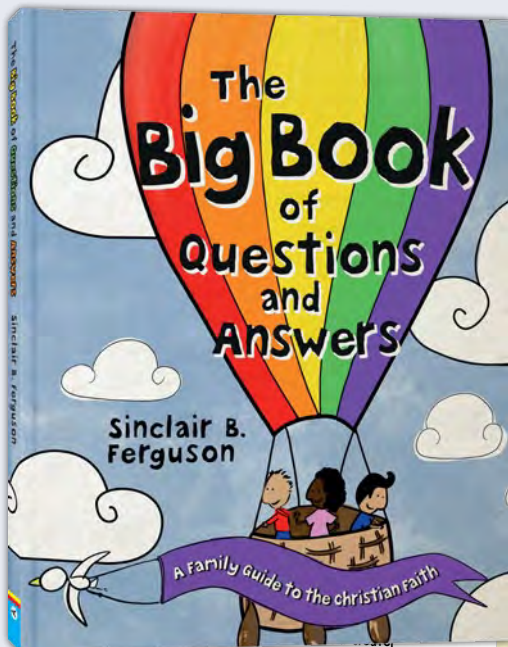
1. Fill the bucket about half way with water.
2. Form a hypothesis. Can the bucket be swung up and down without the water spilling?
3. Let the children test their hypothesis.
4. Ask the children to stand back for safety.
5. Then the teacher demonstrates that the bucket can be swung in a vertical circle without spilling the water.
6. So careful not to swing the bucket too slowly.



Is the water in the bucket defying gravity? Gravity is still pulling down on the water, even when it is above your head. According to Newton's first law of motion, objects in motion tend to remain in motion unless acted upon by an outside force. This is known as inertia. The water's inertia is pulling it in a straight path (imagine the earth). While the water is falling, the bucket is falling with it. By swinging the bucket, you provide the force circular path as directed by their arm (the radius). It pulls the bucket and water toward the center of the circle and keeps them from following the straight path of inertia. Centripetal motion is simply movement in this circular path. (Note to teachers: The force that pushes the water toward the outside of the circle, keeping it in the bucket, is centrifugal force. The force that pulls the bucket toward the center of the circle is centripetal force).

EXPERIMENT 2: ANGULAR MOMENTUM AND CENTRIPETAL MOTION

33



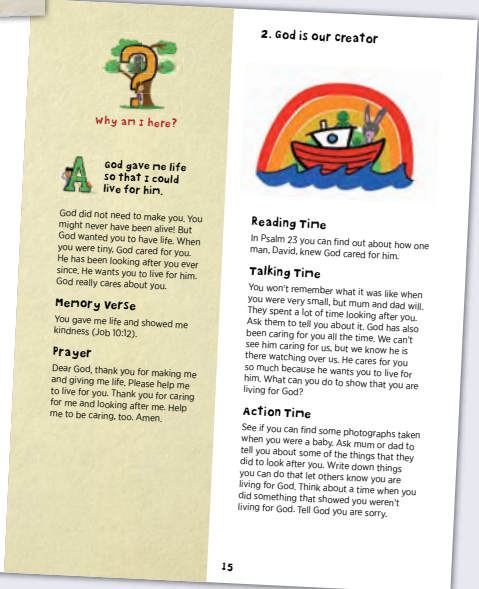
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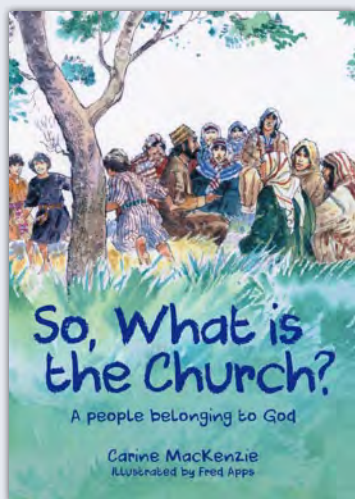
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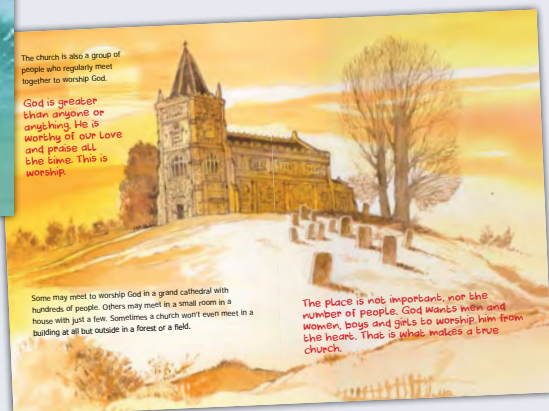
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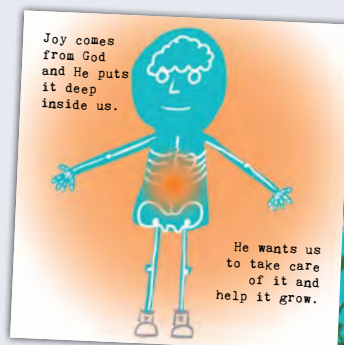
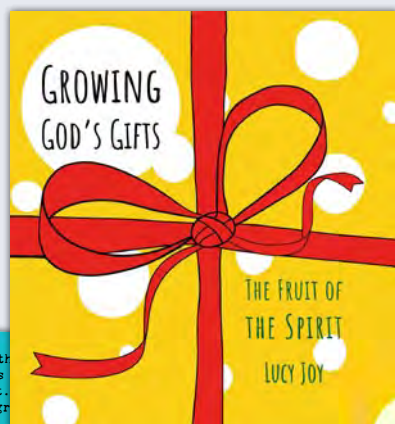
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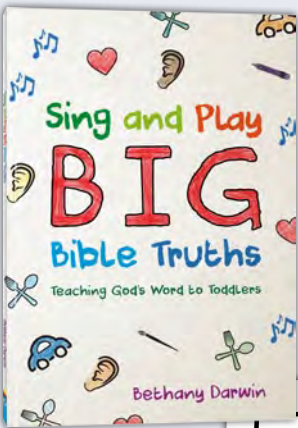
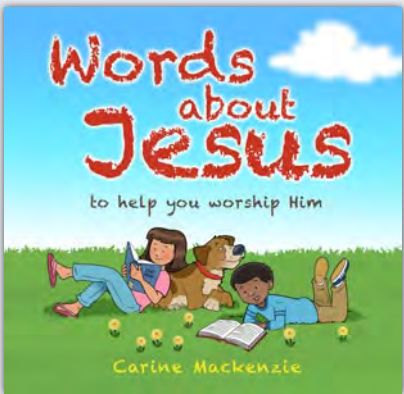
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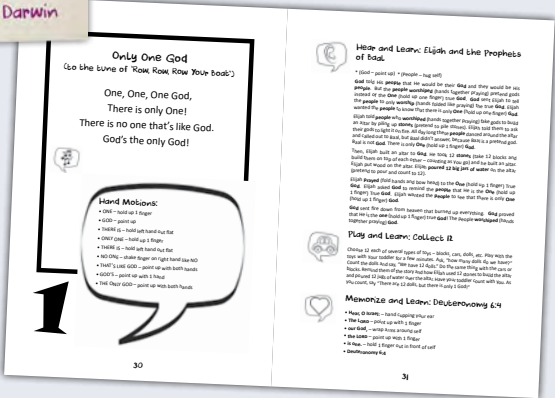
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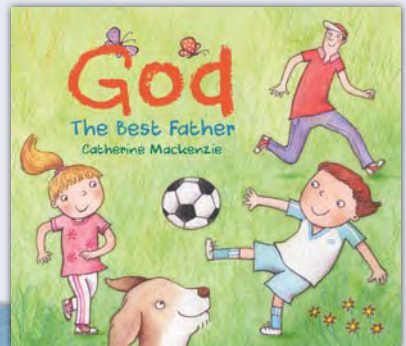
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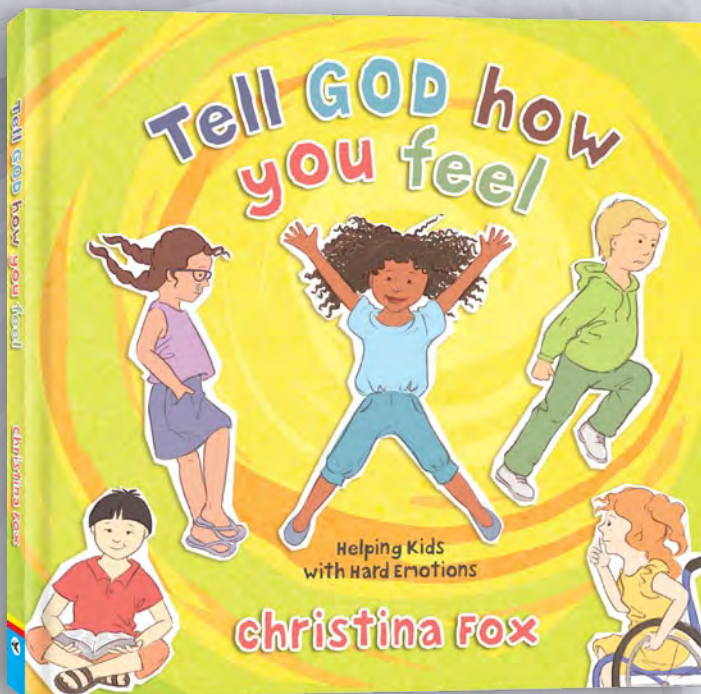
When Jesus was baptized God, the Heavenly Father, the best Father ever, spoke out loud from heaven, 'This is my Son, whom I love; with him I am well pleased' (Matthew 3:17).

How can you show love to others?
How can you show God that you love him?

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