WARNING!!!

The foundation for FACEBOOK is sinking sand

Mark Zuckerberg was born in [White Plains, New York](http://en.wikipedia.org/wiki/White_Plains,_New_York) to Karen, a psychiatrist, and Edward, a dentist.

Mark and three sisters, Randi, Donna, and Arielle, were brought up in [Dobbs Ferry, New York](http://en.wikipedia.org/wiki/Dobbs_Ferry,_New_York).

Zuckerberg was raised [Jewish](http://en.wikipedia.org/wiki/Jewish), including having his [bar mitzvah](http://en.wikipedia.org/wiki/Bar_mitzvah) when he turned 13,although he has since described himself as an [atheist](http://en.wikipedia.org/wiki/Atheist)

Zuckerberg sees blue best because of [red–green colorblindness](http://en.wikipedia.org/wiki/Red-green_colorblind); blue is also Facebook's dominant color

“The thing I really care about is the mission, making the world open."

*Facemash* is the predecessor of Facebook

a "[Draw Muhammad](http://en.wikipedia.org/wiki/Everybody_Draw_Mohammed_Day)" contest was hosted on Facebook.

**Our mission is to give people the power to share and make the world more open and connected – and we need to find the best talent to get there. That's why Facebook is proud to support the launch of the** [**Change the Equation**](http://www.facebook.com/changetheequation) **campaign.**

[**f8**](http://www.facebook.com/f8?ref=mf)f8 will take place on April 21, 2010, in San Francisco.

Facebook started as a small project that I built in two weeks. I talk in this interview about how Facebook developed from a project into a company serving over 300 million users. Innovation and moving fast play a big role in our growth. We still have a lot to build and do.

* + by [Mark Zuckerberg](http://www.facebook.com/zuck?ref=blog) on Thursday, February 4, 2010 at 5:41pm

Today we're celebrating our sixth birthday, and this week there will be 400 million people on Facebook. Just one year ago we served less than half as many people, and thanks to you we've made great progress over the last year towards making the world more open and connected.  
  
Facebook began six years ago today as a product that my roommates and I built to help people around us connect easily, share information and understand one another better. We hoped Facebook would improve people's lives in important ways. So it's rewarding to see that as Facebook has grown, people around the world are using the service to share information about events big and small and to stay connected to everyone they care about.  
  
For me personally, this has meant being able to remain close and connected to schoolmates, family and colleagues while working hard at building Facebook over the past six years. It has also been especially meaningful to me and to everyone at Facebook to see people using Facebook to seek help, share news and lend support during crises.  
  
Whether in times of tragedy or joy, people want to share and help one another. This human need is what inspires us to continue to innovate and build things that allow people to connect easily and share their lives with one another.  
  
So to celebrate six years of Facebook and the 400 million people on the service, we're doing what we like doing most—building and launching products for people.

Now facebook is Serving over 600 million people. Facebook is one of the most popular sites in the world.

Ready for Action

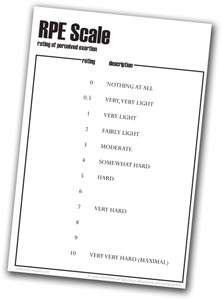
Prepare for Action

ENGAGED for Action

RPE RFA-PFA-EFA RUPFA

Real Food After-EFA-Essential fatty acids,

**Rating** of **Perceived** **Exertion** (RPE) Table

The RPE Scale is a common method for determining exercise intensity levels. It is commonly used in some research studies for that purpose, but may also be used in training programs to describe the intensity of training sessions. The scale of perceived exertion is how hard you feel your body is working, and so is a subjective measure

POW/MIA Prisoner of War-Missing in Action

* What has God planned?
* What has God commissioned the church to do?
* What has God prepared for you?

Are you prepared for action?

Without action you die (become dead –dead works)

stalled, stalemate(no potential winner) is temporary, just before death

James 1:13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: 14 But every man is tempted, when he is drawn away of his own lust, and enticed. 15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

If you lose your vision for rejoicing and true worship you will lose your vision to win the lost

2Ki 7:3 ¶ And there were four leprous men at the entering in of the gate: and they said one to another, Why sit we here until we die? 4 If we say, We will enter into the city, then the famine is in the city, and we shall die there: and if we sit still here, we die also. Now therefore come, and let us fall unto the host of the Syrians: if they save us alive, we shall live; and if they kill us, we shall but die.

Ps 77:5 I have considered the days of old, the years of ancient times.

A consideration of the mercies of God in times past is well suited to raise the expectation of his help

Ver. 5-6. There are four rules for obtaining comfort in affliction.

1. The consideration of God's goodness to his people of old. II. Remembrance of our own past experience. III. Self examination. IV. The diligent study of the word.

Ac 1:11 Which also said, Ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven.

Ps 77:1 <<To the chief Musician, to Jeduthun, A Psalm of Asaph.>> I cried unto God with my voice, even unto God with my voice; and he gave ear unto me. 2 In the day of my trouble I sought the Lord: my sore ran in the night, and ceased not: my soul refused to be comforted. 3 I remembered God, and was troubled: I complained, and my spirit was overwhelmed. Selah. 4 Thou holdest mine eyes waking: I am so troubled that I cannot speak. 5 I have considered the days of old, the years of ancient times. 6 I call to remembrance my song in the night: I commune with mine own heart: and my spirit made diligent search. 7 Will the Lord cast off for ever? and will he be favourable no more? 8 Is his mercy clean gone for ever? doth his promise fail for evermore? 9 Hath God forgotten to be gracious? hath he in anger shut up his tender mercies? Selah. 10 And I said, This is my infirmity: but I will remember the years of the right hand of the most High. 11 I will remember the works of the LORD: surely I will remember thy wonders of old. 12 I will meditate also of all thy work, and talk of thy doings. 13 Thy way, O God, is in the sanctuary: who is so great a God as our God? 14 Thou art the God that doest wonders: thou hast declared thy strength among the people. 15 Thou hast with thine arm redeemed thy people, the sons of Jacob and Joseph. Selah. 16 The waters saw thee, O God, the waters saw thee; they were afraid: the depths also were troubled. 17 The clouds poured out water: the skies sent out a sound: thine arrows also went abroad. 18 The voice of thy thunder was in the heaven: the lightnings lightened the world: the earth trembled and shook. 19 Thy way is in the sea, and thy path in the great waters, and thy footsteps are not known. 20 Thou leddest thy people like a flock **by the hand of Moses and Aaron**.

Mat. 17:14 And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, 15 Lord, have mercy on my son: for he is lunatick, and sore vexed: for ofttimes he falleth into the fire, and oft into the water. 16 And I brought him to thy disciples, and they could not cure him. 17 Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. 18 And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour.

Luke 9:38 And, behold, a man of the company cried out, saying, Master, I beseech thee, look upon my son: for he is mine only child.