

STAND UP FOR GOD



*Biblical Principles Learned
in a Military Career*

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U.S. NAVY SEAL COMMANDER (Ret.)

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in a Military Career

By
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*Dedicated to my loving wife, Paulette.
She has been a great helpmate and wonderful partner in ministry.
She is a blessing from God.*

*“But be ye **doers** of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a **doer**, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.”*

James 1:22–25 (KJV)

*Jesus saith unto him, **I am the way, the truth, and the life:** no man cometh unto **the** Father, but by me.*

John 14:6 (KJV)

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Foreword

A principle may be defined as an accepted or professed rule of action or conduct. Living by quality principles will help create character. As I pondered much of my military career, I considered how so many things I went through, and learned from, pointed to biblical principles in the Bible. The Bible shows us God in so many ways. God and His Word are one. Thus, these principles showed me some glimpses of God's nature, and His perspective on some aspects of human life.

In essence, everything one needs to know to be successful is in God's Word. As one applies biblical principles, and does things God's way, one will move forward in a positive direction in life because God's ways are always best for us—as individuals, as a group, or as a nation. One will become wise as one becomes a doer of the Word. I say this with complete confidence because God always honors His Word.

There are many more biblical principles one can glean from the Bible; I've only provided some that I personally learned from my military and paramilitary experiences. As you read your Bible, and receive sound biblical teaching, you'll gain insight into many more.

Just looking at society tells us clearly how important principles are. Those who follow solid biblical principles will show the

positive fruits of those principles in their lives. Those who don't often end up ruining their lives, land in jail, or fall far short of their potential in life.

It's pretty simple. Live your life in accordance with biblical principles, and you'll become known as an individual with strong character and moral values. Your reputation will be perceived as honorable as others will attest, and a reputation is something that you can't buy or sell. It's gained from the way you live, and it speaks volumes about you and who you are.

Michael H. Imhof
Commander, U.S. Navy (ret.)

Introduction

I put off doing this book for some time. I had thoughts about doing it, but just put it off until recently when the Holy Spirit moved on my heart to put words on paper. I resisted for a while, thinking perhaps it was just me, until I realized that the Lord was working with me to do this.

I'm confident that there are many books and written materials on the subject of principles. So why should I write one on this subject since there is already plenty of material out there? First, God has His reasons for me doing this, and second, biblical principles I gleaned were based on personal military and paramilitary experiences. This creates testimony, and others can greatly benefit from testimonies. Testimonies often encourage one's faith when they see the goodness of God demonstrated in the lives of other people. God is not a respecter of persons, and what He'll do for one, He'll do for others. God is not capricious; He's consistent to His Word and values.

There's one thing about truth. It's absolute and it always proves its course. The Bible is God's truth to us. It's really our owner's manual for life. We need to live our lives in accordance with its teaching. To shun God's Word, and live in opposition to it, is foolery.

This work is pretty simple and to the point. It's not extensive in length and it's easy to read. That said, as you read the pages, please examine the principles alluded to as you ponder them in your heart. In light of God's Word, what is He attempting to communicate to you? If adjustments need to be made, then make them. You'll be the better for it.

God loves you so much. Know this is true. He only wants the best for you, and wants to do good things in your life. As you build biblical principles into your life, this will lead to godly character.

Chapter 1

Class 79 Experience

I started Basic Underwater Demolition/SEAL (BUD/S) training at the Naval Amphibious Base in Coronado, California, with Class 79 during 1974. I graduated from BUD/S training with Class 80 in January of 1975. Class 79 was after Class 78. That's easy to understand; however, there's an intriguing aspect to that statement. Class 78 was known as the class that never was. How can that be? It's because no one graduated from that class. One can be rolled back due to injury, drop on request (DOR) by ringing a bell during training, or dropped by the administrative staff for performance. All personnel from Class 78 fell into one of these categories.

BUD/S training, at that time, was divided into three phases—Physical Fitness; Land Warfare/Demolition; and Dive phases. Training was about six months in duration. The end of the first phase culminated in what was known as Hell Week. This week consists of cold, wet, brutally difficult operational training on exceptionally little sleep during the course of the week. Per NAVYSEALS.com, “Hell Week tests physical endurance, mental toughness, pain and cold tolerance, teamwork, attitude, and your ability to perform work under high physical and mental stress, and sleep deprivation. Above all, it tests determination and desire.”

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—NAVYSEALS.com

As previously mentioned, I started with Class 79. So how is it that I graduated with Class 80? I was in the middle of Hell Week during First Phase (Physical Fitness). We were conducting a night swim in San Diego Bay. Although I was keeping up in the swim, I told my swim buddy that I was having a hard time breathing (we swam with swim buddies as a safety factor). My swim buddy motioned for the safety boat to come over. I explained my breathing situation to the instructors on the safety boat. Before I knew it, I was pulled onboard from the water, and taken

by ambulance over Coronado Bridge to Balboa Hospital in San Diego.

I was kept there overnight and I’m confident I slept quite soundly. As I recall, I was diagnosed with asphyxia pneumonia. In other words, water had gotten into my lungs, and apparently, was robbing my lungs of oxygen. As I was kept there for observation and recovery during the next day, I remember arguing with the doctors and nurses, pleading my case to let me out of the hospital so I could get back with my training class. I remember a friend from a different class came to the hospital and encouraged me to try and get back with Class 79 so I wouldn’t have to do Hell Week again.

Eventually, after a period of time, I’m not sure how, I was allowed to leave. I eventually made it back over Coronado Bridge to the Naval Amphibious Base. I remember finally locating my class on the Naval Amphibious Base grounds. I approached the

instructors telling them that I didn't quit and that I wanted to get back with the class. Unfortunately, I was told by the instructors present that I had missed some of Hell Week and that I would be rolled back to Class 80. My morale sunk very low. It was a depressive moment. In other words, I would have to start training over and go through Hell Week again.

I do recall an interesting event during this particular Hell Week before I was taken to Balboa Hospital. We were doing night surf passage through the surf zone with our inflatable boat small (IBS). We had seven men in the boat. All needed to paddle for us to make it through the surf zone. I remember one individual in the front of the boat became mesmerized by this huge plunging wave coming towards us. He held his paddle to the side and did not paddle as he became focused on this huge wave. As could be expected, the wave lifted us up and washed us ashore, with bodies thrown out of the boat and paddles flying. This event stressed the importance of teamwork. All working together was exceptionally important.

So often we get into trouble when we look at the circumstances. My classmate became mesmerized by the huge wave coming towards us. This story reminded me of Peter when he was walking on the water towards Jesus. Peter began to look at the waves, and fear set in. He began to sink. Isn't that like all of us in life? We look and become mesmerized by the circumstances instead of staying focused on God's Word. We must base our faith on the Word of God continually and not be swayed by circumstances or appearances. What does the Word of God say? We must always side with God's Word. The Bible is our reference for living. I sometimes think of it as our owner's manual for life. We must live our lives in accordance with the Word of God. Matthew 7:24-27 says, "Therefore whosoever heareth these sayings of mine, and **doeth them**, I will liken him unto a wise man, which **built his house upon a rock**: And the rain descended, and

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reference for living.
I sometimes think of
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the floods came, and the winds blew, and beat upon that house; and it fell not: for it was **founded upon a rock**. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand.”

When a situation comes up in one’s life, one needs to refer to the Bible. One needs to ask oneself, *what does the Bible say about my situation?* It’s our bedrock for living. Mark 13:31 says, “Heaven and earth shall pass away: but **my words shall not pass away.**” This means that God will always honor His Word.

Chapter 2

Class 80 Experience

I was told by the instructors that I would be Class Leader for a while for Class 80 so a more senior officer could have more time to work on his physical fitness. It turned out that I would do this until Hell Week. At that time, he would take Class Leader position and I would become a Boat Crew Commander for Hell Week. Although I liked the thought of this, I also was apprehensive about it because I knew the instructors would really harass me even more because of the position. So thus, I assumed Class Leadership up to Hell Week for Class 80.

I remember during First Phase training one officer had a watch on during morning physical fitness training. It was dark and I had not checked him for wearing a watch. One of the instructors noticed it, and told me to go get wet in the ocean because he was not supposed to have a watch on. In other words, I was responsible for my men. I proceeded to run to the ocean, jump in, and come back to the training area to resume the exercises.

On another occasion, we were doing a soft sand run on the Silver Strand beach. Running in the soft sand takes a fair amount of effort and one is apt to gasp for air if there is a quick pace. The instructors were pushing the class and there was a lull in Jodi calls. Jodi calls are group chants to express esprit de corps and

teamwork. Often times I would lead these Jodi calls, but as I said, there was a lull during a stretch of this particular soft sand run. All of a sudden, I was told to go jump in the ocean and get wet. I did so, and then I ran to catch up with the class. I was being held responsible for the class since I was the acting Class Leader at the time. There were not enough Jodi calls.

Hell Week for Class 80 started on a Sunday evening, and finally culminated on the following Saturday afternoon. I remember getting just a little sleep on Friday evening of that week. Hell Week keeps one constantly moving and doing things. Running, rubber boat training, obstacle course, land operations, swimming, log physical training, and other areas of training are conducted during this week. One is always on the go, and of course, harassment from the instructors commonly takes place. It's a grind that one must endure as instructors are checking for desire and determination.

Are you going to quit? The instructors want you to quit now

if you're going to quit as opposed to getting assigned to a SEAL Team and then quitting on an operation. There's rhyme and reason to why they push you during a week of training of this nature. It's typical for people to drop out during Hell Week for each BUD/S training class. It's designed to weed people out.

*Are you going to quit?
The instructors want
you to quit now if you're
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to getting assigned to a
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I can remember finishing Hell Week on that Saturday afternoon. When I got back to my quarters, I went to bed after a quick shower and woke up late Sunday afternoon to go to the rest room. It was a deep and solid sleep. My body was exceptionally tired. I then proceeded to have a great sleep for the rest of Sunday evening.

As I recall this Hell Week, I still remember the instructors yelling at us through bull horns from the shoreline as we were doing IBS passage over the Hotel Del Coronado rocks on Coronado

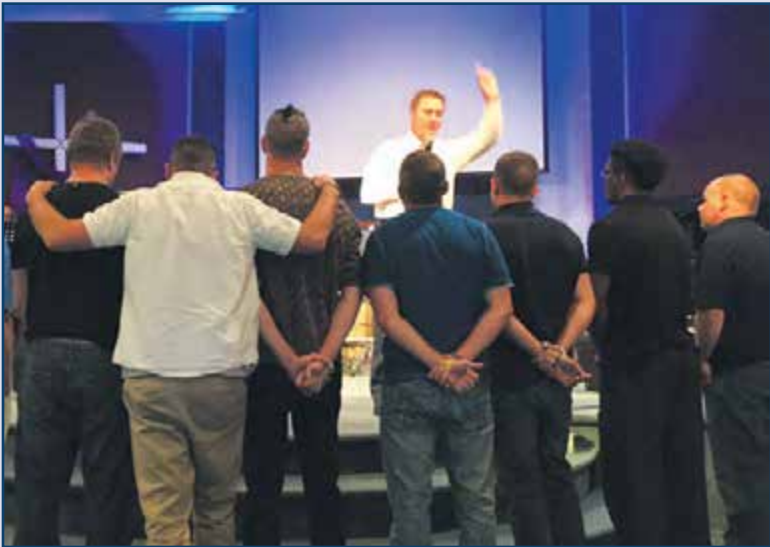
*Various Underwater Demolition/
SEAL (BUD/S) Training Photos*



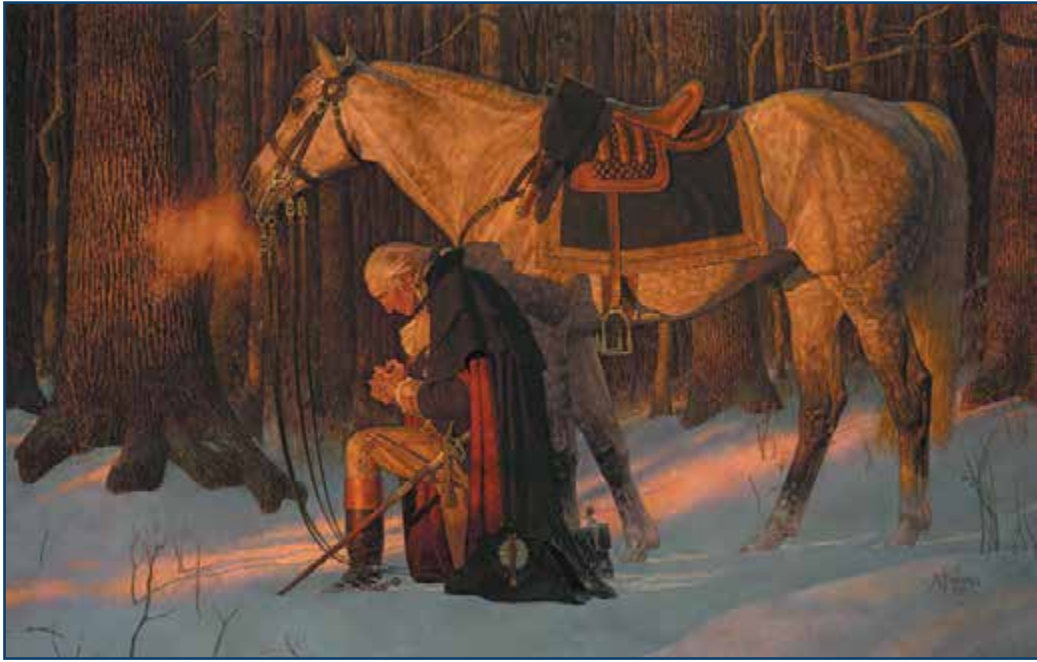
*Various SEAL
Photos (cont.)*



*Some Ministry
Photos (cont.)*



One of My Favorite Paintings:
The Prayer at Valley Forge,
by Arnold Friberg



God's Hand was on America at its inception. Anyone who studies the life of George Washington can see this to be so. God consistently protected Washington so he could lead the colonies into becoming a great nation.

There are numerous accounts of the providence of God in George Washington's life. Given the task of taking Fort Duquesne during the French and Indian War (1754-1763) was British General Edward Braddock, a 65-year-old career soldier who had recently arrived in America from England. The year was 1755,

About the Author



Commander Michael H. Imhof, U.S. Navy (ret.), and former Navy SEAL, was born in Fort Bragg, North Carolina and raised in Blasdell, New York. He attended the State University College of New York at Buffalo, where he received a Bachelor of Science Degree. He was commissioned in 1973. After completing Basic Underwater Demolition/SEAL training in Coronado, California, Commander Imhof was assigned to SEAL Team TWO, subsequent Naval Special Warfare commands, and other duty assignments.

Commander Imhof, possessing a Naval Special Warfare designator, has served throughout the world in numerous positions. Assignments include Platoon Commander, Training Officer, Operations Officer, Staff Officer, Executive Officer and Commanding Officer. A graduate of the U.S. Army Special Forces Officer Qualification Course, he also earned a Master's Degree in Administration from George Washington University and served as an instructor at the U.S. Naval Academy. He has numerous service awards.

He has lived in Egypt, Jordan, Israel, Panama, South Korea, Liberia, Sudan, Somalia, Sinai and Afghanistan besides serving in numerous other countries throughout the world. On December 17, 1981, he was hijacked in Southern Lebanon while on duty with the United Nations Truce Supervision Organization. He believes his later escape was truly a blessing of God. A military officer of strong Christian convictions, Commander Imhof is ready and willing to share his faith with all. He is convinced that the Bible is the authoritative and uncompromised Word of God and gives thanks for the wonderful blessings of God in his life. He is the author of five Christian books.

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Travel with Commander Michael Imhof around the globe and learn about what it means to **Stand Up for God**. The former U.S. Navy SEAL shares his many experiences including Basic Underwater Demolition/SEAL training, being HIJACKED in Southern Lebanon, assignments at SEAL commands, and working with officers from the Soviet Union. These vivid stories, plus many more, will show the reader what it's like to be a fearless Christian in a sinful and selfish world.

Commander Imhof, possessing a Naval Special Warfare designator, has served his country in numerous positions. Assignments include Platoon Commander, Training Officer, Operations Officer, Staff Officer, Executive Officer, and Commanding Officer. He has used each of these opportunities to shine the light of God to those in darkness and invites us to share in this journey—a journey that is not always easy, but always rewarding.

His material is concise and written in simplicity and clarity.

*It's **OUTSTANDING READING**
and has something of interest for all.
It is **HIGHLY RECOMMENDED!***

Commander Michael H. Imhof, U.S. Navy (ret.), and former Navy SEAL was born in Fort Bragg, North Carolina, and raised in Blasdell, New York. He attended the State University College of New York at Buffalo, where he received a Bachelor of Science Degree. He was commissioned in 1973. After completing Basic Underwater Demolition/SEAL training, Commander Imhof was assigned to SEAL Team TWO, subsequent Naval Special Warfare commands, and other duty assignments. A graduate of the U.S. Army Special Forces Officer Qualification Course, he also earned a Master's Degree in Administration from George Washington University and served as an instructor at the U.S. Naval Academy. He has numerous service awards.



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