

What Not To Say When Someone is Grieving

Last week my dear friend Sandi Glahn wrote another boffo [blog post](#) about the myths of infertility, which included some of the dumb things people say.

It may be insensitivity or a lack of education that spurs people to say things that are unhelpful at the least and downright hurtful much of the time. I still remember my own daggers to the heart after our first baby died nine days after her birth. And for the past several years, I have been collecting actual quotes said to those already in pain.

So here's my current list of What Not To Say when someone is hurting:

Don't start any sentence with "At least. . . ."

- "At least you didn't have time to really love her."
- "At least he's in heaven now."
- "At least you have two other children."
- "At least that's one less mouth you'll have to feed."
- "At least it didn't have to go through the pain of birth."
- "At least you've had a good life so far, before the cancer diagnosis."

Don't attempt to minimize the other person's pain.

- "Cancer isn't really a problem." (e.g., Shame on you for thinking that losing your hair/body part/health is a problem.)
- "It's okay, you can have other children."

Don't try to explain what God is doing behind the scenes.

- "I guess God knew you weren't ready to be parents yet."
- "Now you'll find out who your friends are."
- "This baby must have just not been meant to be."
- "There must have been something wrong with the baby."
- "Just look ahead because God is pruning you for great

works.”

- “Cancer is really a blessing.”
- “Cancer is a gift from God because you are so strong.”

Don't blame the other person:

- “If you had more faith, your daughter would be healed.”
- “Remember that time you had a negative thought? That let the cancer in.”
- “You are not praying hard enough.”
- “Maybe God is punishing you. Have you done something sinful?”
- “Oh, you're not going to let this get you down, are you?”
(Meaning: just go on without dealing with it.)

Don't compare what the other person is going through to ANYTHING else or anyone else's problem:

- “It's not as bad as that time I. . .”
- “My sister-in-law had a double mastectomy and you only lost one breast.”

Don't use the word “should”:

- “You should be happy/grateful that God is refining you.”

Don't use clichés and platitudes:

- “Look on the bright side.”
- “He's in a better place.”
- “She's an angel now.” (NO! People and angels are two different created kinds! People do not get turned into angels when they die.)
- “He's with the Lord.”

Don't instruct the person:

- “This is sent for your own good, and you need to embrace it to get all the benefit out of it.”
- “Remember that God is in control.”
- “Remember, all things work together for good for those that love God and are called according to His purpose.” (Romans 8:28 is powerful to comfort oneself, but it can feel like

being bludgeoned when it comes from anyone else.)

What TO say:

- “I love you.”
- “I am so sorry.” You don’t have to explain. Anything.

What TO do:

- A wordless hug.
- A card that says simply, “I grieve with you.”
- Instead of bringing cakes, drop off or (better) send gift certificates for restaurants or pizza places.

And pray. Then pray some more. It’s the most powerful thing we can say or do.

This blog post originally appeared at blogs.bible.org/what-not-to-say-when-someone-is-grieving/ on January 20, 2009, and you can read the many comments there.

What Not to Say: Adoption

The power of words to hurt and offend seems limitless, as Sandra Glahn and I have learned both in life and in the comments from our blogs about “what not to say.” [See [Infertility: People Say the Dumbest Things](#) and [What Not to Say When Someone is Grieving.](#)]

I came across a new list of What Not to Say About Adoption from a single dad blogger. With some editing, here is his contribution:

[Single Dad Laughing’s Guide to Adoption Etiquette.](#)

1. **Never, ever, ever, ask how much a child costs.** This includes the phrase, “How much did you pay for him?” First

of all, it's none of your business. Second of all, if you're interested in adoption, research it through the appropriate channels. Speak with an adoption agency. Adoptive parents don't purchase children. They simply pay legal fees and agency fees. Just like biological parents pay hospital and doctor bills. Don't turn the child into nothing more than a commodity.

2. Never ask if a celebrity inspired the adoption. Believe it or not, Tom Cruise, Connie Chung, and Angelina Jolie did not convince me one way or the other in the biggest decision of my life. Are you serious?

3. Never ask "Where is his real dad?" Forget the fact that it will hurt *my* feelings. How do you think it will affect my son's feelings to feel like I'm not a real dad to him? Adoptive parents *are* real parents. The term you're looking for is "birth mother" or "birth father."

4. Don't say things like, "As soon as you adopt you're going to get pregnant" when you find out somebody is adopting. First of all, there are usually many, many years of pain and financial burden strapped to infertility, treatments, and heartache. Do you really think that what you're saying will help them? Secondly, while it is funny when it happens, it's rare.

5. Never say, "Why did she give him away?" Do I really need to explain why this one would hurt a child? The proper term is "placed." A birth mother and birth father *place* their child for adoption. And again, it's personal and none of your business, so don't ask if you aren't my BFF.

6. Don't say, "It's like he's your real son." This is similar to number three, but worthy of mentioning. He *is* my real son.

7. Don't say, "Do you love him as if he was your own?" Ummm... probably more than you love your little terror, that's for

sure. And again... he *is* my own.

8. Never say things like, "You're so wonderful to adopt a child." I am a parent. Just like anybody else with kids.

9. Don't start spewing your horrible adoption stories. "This one time, my friend's sister's aunt's dog's previous owner's niece adopted a baby and the real dad came back and they took the baby away after they had him for two years." First of all, it probably isn't true. Second of all, how would you feel if I told you about all the ways you could lose your child? Adoption is permanent. And in the extremely rare circumstances that something like that happens, it's not something you should spread because the hurt that exists for all the parties involved must be immeasurable.

10. Don't say things like, "Is it hard for him to be adopted?" Well, it wasn't, until you asked me that right in front of him, you thoughtless soul.

11. I don't want to hear about your second cousin who was on a waiting list for twelve years and never got a baby. Granted, this one was much more annoying when we were going through the adoption process. Nobody wants to know that some people never get chosen. Show some kindness. Even to ugly people.

Some of our dearest friends have grown their families through adoption, and they have their own contributions to make, such as, "How can you ever love your adopted child as much as your biological children?" (Because the heart just grows bigger that way. Because the same God who adopted us into His family loves us just as much as the natural kids. Because love grows from the heart, not from the uterus.)

I am grateful for the input from people who have been on the receiving end of thoughtless comments and questions to help the rest of us be more loving in the way we interact with others.

Do you have anything to add to this list?

This blog post originally appeared at
blogs.bible.org/engage/sue_bohlin/what_not_to_say_adoption
on Sept. 28, 2010.

Newsweek's Gay Marriage Propaganda Piece

The Dec. 15 (2008) issue of *Newsweek* features a breathtakingly biased essay called "The Religious Case for Gay Marriage." The author, Lisa Miller, has a high view of homosexuality and a low view of scripture—and an even lower view of those of us who dare trust in God's word. (Managing Editor Jon Meacham supports Ms. Miller's piece in his column: he says the "conservative resort to biblical authority is the worst kind of fundamentalism.")

Both Ms. Miller's logic and her understanding of scripture and theology are riddled with problems. Let's look at a few.

The biblical illustrations of marriage are so undesirable that no sensible person would want theirs to look like it. Abraham slept with his servant because his wife was infertile. Jacob fathered children by four mothers. Polygamy abounded in the patriarchs and the kings. Jesus and Paul were unmarried, Paul regarding "marriage as an act of last resort for those unable to contain their animal lusts."

People have been making this mistake for years, taking the narrative sections of scripture and inferring that this is what God says to do since "it's in the Bible." As my friend Dan Lacich put it, it is the mistake of taking the

“descriptive” and making it “prescriptive.” That would be like charging the editorial board of the *Dallas Morning News* with being pro-murder and pro-steroid abuse because it published news stories about those issues.

It’s true that the Biblical account includes a stunning array of ways to mess up God’s simple and beautiful plan for marriage. If we keep reading, it also includes the heartbreaking consequences of violating that plan. And, in the Song of Solomon, it also includes a lavish treatment of romantic love between a husband and a wife that illustrates how good it can be.

“[T]he Bible is a living document, powerful for more than 2000 years because its truths speak to us even as we change through history. In that light, Scripture gives us no good reason why gays and lesbians should not be (civilly and religiously) married—and a number of excellent reasons why they should.”

It’s clear Ms. Miller agrees with Bible scholar Alan Segal that “the Bible was written by men and not handed down in its leather bindings by God.” (I’ve never come across a single individual who actually believed a physical book was plopped in anyone’s lap from heaven, but we keep hearing this argument.) Robert Gagnon, professor of New Testament at Pittsburgh Theological Seminary, points out that while scripture has a human element, it is not *merely* the compilation of human ideas. The ideas behind the words written down by men come from the mind of the same God who created men and women, and who invented sex and marriage. Ms. Miller is wrong about gay marriage because she disregards the truth of God’s word in favor of human philosophies, about which we are warned not to be taken captive (Col. 2:8).

“Most of us no longer heed Leviticus on haircuts or blood sacrifices. Why would we still accept its stance on homosexuality?”

Ms. Miller mentions the two proscriptions against homosexual behavior in Leviticus 18 and 20 as “throwaway lines in a peculiar text given over to codes for living in the ancient Jewish world.” This is a common argument for dismissing the Bible’s stance on same-sex behavior, but it’s not that simple. Both chapters forbid child sacrifice, adultery, incest, bestiality, and homosexuality. Why wrench the one verse on homosexuality out of each chapter’s context to throw away and keep all the surrounding prohibitions? We never hear this argument used to normalize having sex with one’s child or one’s father or one’s dog. Nor should we. Ever.

Sexual issues are moral issues. They are not in the same category as laws for haircuts or blood sacrifices. We know this because sexual laws don’t change over time, as did civil and ceremonial laws. Moral commands are rooted in the character of God, specifically His purity and holiness. His character does not change over time, and neither do His commands about how we are to express our sexuality.

“While the Bible and Jesus say many important things about love and family, neither explicitly defines marriage as between one man and one woman.”

If we’re looking for an in-your-face 21st-century kind of Bible verse that says “Marriage is only between one man and one woman,” we won’t find it. What we do find is an equally in-your-face first-century teaching about marriage from the lips of the Lord Jesus Himself. In Matthew 19:4-5, He puts back to back two important verses from the foundational creation account of Genesis 1 and 2: “Male and female He created them (1:27) and said, ‘For this reason a man shall . . . be joined to his wife and the two shall become one flesh’ (2:24).” (Also found in Mark 10:6-8.) This was the creation. This was the original intent. All variations on this are corruptions of God’s intent.

Jesus never mentioned homosexuality. . .

He didn't have to, for the same reason we have no record of Him denouncing nuclear war. It was unthinkable in the Jewish culture to which He spoke. If you look in the historical records of the time, references to homosexuality just aren't there. Not that it didn't ever occur in private, but that it was off the "radar screen," so to speak. There were also no advocates for same-sex relationships in the Jewish culture. (But there were in the Gentile culture to which Paul was called as an apostle, which explains why *he* addresses homosexual behavior and calls it sin.)

Dr. Gagnon writes about Jesus,

"Telling his audience in first-century Palestine that men should stop having sex with other males would have been met with perplexity since the point was too well known, too foundational, and too strongly accepted to merit mention. I myself have never been in a church where the pastor explained why believers shouldn't be in a sexual relationship with their parent, child, or sibling or shouldn't enter a polyamorous relationship. I have never thought that the reason for this is that the minister was open to incest or polyamory of an adult-committed sort."

. . .But he roundly condemns divorce.

Again, Dr. Gagnon insightfully points out:

"Jesus takes time to condemn divorce/remarriage not because it is a more serious violation of God's sexual norms than homosexual practice—or than incest or bestiality, two other sexual offenses that Jesus also never explicitly mentions—but because it, along with lust of the heart, was a remaining loophole in the law of Moses that needed to be closed. The law already clearly closed off any option for engaging in homosexual practice, incest, bestiality, and adultery, whatever the excuse."

The *Newsweek* article closes with a quote from Ms. Miller's priest friend James Martin. "In his heart he believes that if Jesus were alive today, he would reach out especially to the gays and lesbians among us, for 'Jesus does not want people to be lonely and sad.'" I couldn't agree more. I can easily picture the Lord walking into gay bars with a warm smile on His face and open arms, ready to look straight past the shame that holds so many same sex attracted people in its grip, and offer them the embrace of grace instead. But He wouldn't be officiating at any gay weddings. He would lovingly exhort them, one by one, as He did the woman caught in adultery: "Go and sin no more." It's true He doesn't want people to be lonely and sad. His intention is for the community of His body to provide the sense of legitimate belonging and significance that people are seeking in gay marriage. As is often the case, the joy He offers is so much more than our too-little dreams and hopes. But it's freely available.

I am grateful for the insights of two excellent commentaries on this issue:

Dan Lacich's blog, *Provocative Christian Living*,
<http://provocativechristian.wordpress.com/2008/12/12/newsweek-magazine-and-the-case-for-gay-marriage/>,

and

Dr. Robert Gagnon's article "More than 'Mutual Joy': Lisa Miller of *Newsweek* against Scripture and Jesus,"

<http://www.robgagnon.net/NewsweekMillerHomosexResp.htm>

This commentary was originally published on [Tapestry](#), the Bible.org Women's blog, and is used by permission.

Procrastination: Conquering the Time Killer – A Christian Cure

Steve Cable considers the causes of procrastination from a biblical perspective. Understanding why we procrastinate is an important step in developing a Christ-centered cure for our ailment. Don't wait until it's too late. Stop procrastinating today!

How many of us would drop twenty dollar bills out of our car window as we drive down the highway or smash Rolex watches with a hammer as a means of relaxation? Yet, many of us consistently waste the most valuable resource available to us—our time. Benjamin Franklin put it this way: “Dost thou love life? Then do not squander time; for that’s the stuff life is made of.”^{1} From a biblical perspective, Paul admonishes us: “Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil” (Eph. 5:15-16).^{2} Looking at this statement in the original language, Paul commands us to *redeem* our time; that is, take time which is part of a fallen, sinful world system and convert it into something good and eternal through using it wisely for God’s purposes.

If we are honest with ourselves, most of us will admit to feeling uncomfortable with our time stewardship. We want to use our time wisely, but when we look back on the last week, month, or year, we feel some remorse over the amount of time we wasted. A big reason that many of us are uncomfortable with how we use our time is the affliction of procrastination. One researcher in this field summarized her conclusions this way: “Procrastination is, hands down, our favorite form of self-sabotage.”^{3} In other words, procrastination undermines our attempts to accomplish our plans and goals.

I want to look at the epidemic of procrastination from a biblical perspective. With God's help we will gain a better understanding of why we struggle with procrastination and learn some practical perspectives to help us conquer this time killer.

A Biblical Perspective on Time

You might be asking, Is this really a Christian worldview issue or simply a self-help question? Well, the Bible is very clear on how much God is concerned about how we use our time. Let me summarize a few of the principles the Bible teaches us about time:

1. God created time as a part of His "good creation" (Gen. 1:1).
2. God transcends time, existing in the past, present, and future simultaneously (Is. 43:12, Heb. 13:5, 1 Pet. 1:20, 2 Pet. 3:8).
3. God works in this world within the context of time (Gal. 4:4-5).
4. Our time on earth is precious and fleeting (Jas. 4:14, 1 Pet. 1:24).
5. Time has no meaning or value in eternity (Rev. 4:8-10).
6. God is very concerned with how we use our time on this earth (Eph. 5:16-17).

One way to see how much the Bible has to say about time is to replace references to *life* on this earth with the idea of *time* on this earth. After all, Ben Franklin was right in saying that time is the stuff that earthly life is made of. For example, let's apply this idea to a familiar verse, 2 Corinthians 5:14:

For the love of Christ controls us, having concluded this,

that one died for all, therefore all died; and He died for all, so that they who *"have time on this earth"* might no longer *"use their time"* for themselves, but for Him who died and rose again on their behalf.{4}

So, Christ's sacrificial love for us demands that we use our time for Him.

Another example would be 1 Corinthians 10:31:

So whether you eat or you drink or *"however you spend your time, use all of your time for"* the glory of God. (NIV)

Peter highlighted the importance of how we use our time when he wrote:

If you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay on earth; knowing that you were not redeemed with perishable things like silver or gold from your futile way of life inherited from your forefathers, but with precious blood, as of a lamb unblemished and spotless, the blood of Christ (1 Pet. 1:17-20).

Knowing the heavy price our Father paid to redeem us, we should be very concerned about whether we are making the most of the time God has entrusted to us. It is very clear that misuse of our time is a great concern to God. As Christians, we have the ability to convert passing time into something good and eternal.

Now if any man builds on the foundation with gold, silver, precious stones, wood, hay, straw, each man's work will become evident; for the day will show it because it is to be revealed with fire, and the fire itself will test the quality of each man's work. If any man's work which he has built on it remains, he will receive a reward. If any man's work is burned up, he will suffer loss; but he himself will be saved, yet so as through fire (1 Cor. 3:12-15).{5}

Naturally, Satan and the world system want us to waste that time and pass into eternity having accomplished nothing of eternal value. Thus, anything that causes us to waste our time is a spiritual issue. Thoreau captured this truth when he wrote: “As if you could kill time without injuring eternity.”[{6}](#)

In other words, procrastination is not a casual laughing matter. It is of great concern to our Lord.

Procrastination: The Consequences

As we continue to consider how to conquer procrastination, it would be helpful to have a working definition. An anonymous pundit quipped, “They said procrastination was the source of all my sorrow. I don’t know what that big word means—I’ll look it up tomorrow!” Procrastination literally means “to put off until tomorrow.” One study defined it as “postponing the completion of a task to the point of feeling uncomfortable about one’s delay.”[{7}](#)

Well, feeling uncomfortable is not fun, but it doesn’t sound that bad. Is that the only consequence of procrastination? Whether it is putting off balancing the checkbook, yard work, term papers, filling out expense reports, or reading the Bible, many of us have learned to live with our favorite areas of procrastination. However, studies have shown that procrastination has many undesirable consequences.

A direct consequence is decreased performance and productivity. Some procrastinators say they put off starting projects because they perform better under pressure. Don’t kid yourself! A study of university students showed that students who procrastinated had significantly lower grades than those who did not. Christians are called to “keep our behavior excellent among the Gentiles” and to “work heartily as unto the Lord.” When procrastination impacts our performance, we

are presenting a negative witness to the world.

The direct consequences of procrastination can be magnified well beyond our expectations. Consider these examples:

- In 1815, Napoleon was prepared to attack Wellington's British army at dawn, but delayed his attack until 11 AM. This delay allowed the Prussians to arrive in time to attack the French flank turning a certain French victory into a bitter defeat. Literally, procrastination caused Napoleon to meet his Waterloo.
- On October 31, 1846, after a tortuous shortcut gone bad cost them several weeks, the Donner Party decided to rest for a few days rather than press on over the Sierra Nevada mountains. Their delay caused them to be trapped by a monster blizzard resulting in thirty-six people dying of starvation and the rest living out their lives with the stain of cannibalism.
- The nation of Israel chose to delay entering the Promised Land, and the result was forty years of wandering in the wilderness.

These are extreme examples, but most of us have experienced times when we put off getting car repairs, working on the house, or starting a project, and found out that the consequences were much worse than we anticipated.

In addition to the direct consequences, frequent procrastination increases stress, anxiety, and guilt with all their related side effects. A recent study found that "college students who procrastinate have higher levels of drinking, smoking, insomnia, stomach problems, colds and flu."[8](#) Many times we delay a task because we feel we need to relax instead, but the ultimate result is greater levels of stress.

Procrastination: Some Causes

Most of us struggle with procrastination in one or more areas of our lives. However, what we share are common symptoms, not necessarily a common root cause. Studies of procrastination have identified some distinctly different causes. If you have a pain in your foot, you need to know whether it is a splinter or bone cancer before selecting a course of treatment. If you are going to conquer procrastination, you need to be aware of your primary root cause.

Two of the most common causes are laziness and avoiding negative feelings. These cause us to delay starting tasks that may be difficult or unpleasant in favor of more pleasurable activities. Research has found that considering a task as boring or adverse is more likely to result in procrastination than a lack of capability to do the task well.[\[9\]](#) The Bible often addresses this issue including Proverbs 24 which says:

*I passed by the field of the sluggard
And by the vineyard of the man lacking sense,
And behold, it was completely overgrown with thistles;
Its surface was covered with nettles,
And its stone wall was broken down.
When I saw, I reflected upon it;
I looked, and received instruction.
“A little sleep, a little slumber,
A little folding of the hands to rest,”
Then your poverty will come as a robber
And your want like an armed man (vv. 30-34).*

This cause is modeled by the college student who spends weeks playing video games and hanging out until the night before the term paper is due.

Two other common causes are lack of perspective and poor time management skills. This person is willing to take on an unpleasant task, but has a hard time knowing which tasks need

to be tackled right away and which can or should be delayed. This cause is epitomized by the college student who begins working on their term paper at the beginning of the semester by spending hours selecting just the right binder and creating cover graphics rather than researching their topic.

Perfectionism and fear of failure drive some people to procrastinate. Some perfectionists recognize that they don't have enough time to do a perfect job so they are discouraged about undertaking the job at all. Others believe they need uninterrupted time to be able to do a perfect job and they never can seem to clear off enough of their schedule to get started. And some wait until the last moment so they can blame any shortcoming of the finished product on insufficient time. They want to be able to say, "I am really much more talented than this shows, but I had to throw it together at the last moment. So, what can you expect?"

A very different cause is resentment. This person says, "I know I should be starting this task, but my spouse has been bugging me about it and I am going to show them that I am in control of my own time."

Procrastination: the Cure

Many of us feel frustrated by a pattern of procrastination. Like one author, we take the position "I am definitely going to take a course on time management . . . just as soon as I can work it into my schedule."[10](#)

However, God does not command us to make the most of our time without giving us the ability to do so. We need to tackle procrastination head on if we want to find a cure in our lives. From the rebuilding of Jerusalem under Nehemiah to the race to the moon in the 1960s,[11](#) some timeless principles stand out. From my studies of literature and the Bible and my experience in simultaneously raising a family, working as a

corporate executive, and pastoring young adults, I suggest five steps to reduce the impact of procrastination in your life. They are:

1. Probing your problem,
2. Praying for perspective,
3. Proper priorities,
4. Perspective-based planning, and
5. Proactive partnering.

Probing Your Problem

When we find ourselves consistently suffering the consequences of procrastination or we find ourselves tempted to procrastinate again, we need to do more than just say, "I am putting off tasks that I shouldn't." We need to examine why we are tempted to delay. The director of student counseling at Cal Tech University counsels us, "Each time you feel 'stuck' or find yourself procrastinating, ask yourself, 'What is going on here?' What am I feeling and how might that contribute to my procrastinating?"[\[12\]](#) Knowing that we are being motivated by resentment or fear or simply a desire to avoid unpleasant activities or feelings should determine how we apply the next four steps.

Prayer

Acknowledge that God has given us all of the time we need to accomplish everything He wants us to accomplish. Since that is probably far more than we normally accomplish, we need to invite God to lead our time management initiative. We need to pray for a clear understanding of God's priorities and perspective. If we are dealing with laziness, we should ask for self control. If we are dealing with emotions such as resentment or fear, we need to ask God to take our thoughts captive in obedience to Christ. If we are struggling with anxiety, we need His peace that passes understanding. If we are struggling with perfectionism, we need to acknowledge that

our total significance is found in Christ, not in our performance. Do not try to bypass this step. Time is a key battleground in the spiritual war. If we run onto the battlefield in our own power and wisdom, we will soon find ourselves hopelessly behind.

Proper Priorities

A simplistic view of our priorities can often get us into time management trouble. God does not want us to have a hierarchy where we do everything possible for the top tier no matter how trivial before we move onto the next level of the hierarchy. Most of us usually have important time commitments for our spouse, our employer, our children, our church, our neighbors, and our personal spiritual and physical health, all on our task list at the same time. The Bible teaches us that Christ is our *life*, not just a priority (Gal. 2:20; Col. 3:1-3). We need to seek His direction each day for what is important for that day. If we are dealing with laziness, we need to acknowledge the importance God places on the tasks we are given.

In the flesh, we have a tendency to forget the unpleasant hard tasks on our list in order to partake of more pleasant interruptions to our plan. One practical tool to help deal with this is keeping an up-to-date task list. Over the last thirty years I have done this in a number of ways. What I have found most practical for me is as follows:

- Keep an ongoing list of all known tasks no matter how far away they are due. I do this on my computer since this is my long-term master list.
- Each week, list all tasks for that week on a sheet of paper. I put my work related tasks on one side of the paper and my personal/family tasks on the other.
- Add a column for each day of the week. Select the first day you may be able to work on each task and place an A or B for

that task in the column for that day. An A means the task is critical and really needs to be worked on that day. A B indicates that it would be good to work on that task, but it is not mandatory.

- As tasks are started, mark a dot by the letter. As tasks are completed, put a check mark by the task. If tasks are delegated, put the other person's initial by the task. If tasks are rescheduled, put an arrow by the task.

- Update the sheet of paper every morning to reflect that day's priorities. For example, a task that was a B on Monday and Tuesday may need to be changed to an A on Wednesday.

Note: If I am working on B tasks before addressing all of the A tasks, it is a warning that I may have moved into procrastination mode.

Perspective-based Planning

Committing to keep an updated list of priorities is a big step, but that list may not be very meaningful if we do not set aside time for planning. Many of us have been surprised by unintentional procrastination. We thought we had plenty of time until we started working on the task and discovered that it was harder than expected or we forgot that we needed to order some parts with a long lead time. If your task is to pick up a loaf of bread, then no planning is required. If your task is a major term project, a major product development, or putting a man on the moon, you need to take some time to think through the subtasks required by this project. Proverbs 1:25 teaches us:

The plans of the diligent lead surely to advantage,
But everyone who is hasty comes surely to poverty.

Perspective based planning means to look at the priority of the overall project and ask these questions about each

subtask:

- What other tasks must I accomplish before I can do this task?
- How long should this task take?
- What are the consequences of delaying this task?
- Are the tasks broken down into small enough increments to take advantage of openings in my schedule to work on them?
- Should this task be delegated to someone else?
- How likely is this task to take longer than expected?

Once I have done this planning, I can do a good job of filling out my weekly priority sheet.

Proactive Partnering

If you are struggling with procrastination issues, don't try to tackle it on your own. Galatians 6:1-5 tells us that we are to help restore those who are struggling and help bear one another's burdens. Yet we are to accept this help without passing our responsibilities onto someone else: "For each one will bear his own load."

Look around for someone who seems to be effective in managing their time. Share your dilemma with them and ask them to help provide guidance and accountability. Ask them to take a look at your weekly priority lists and project plans to see if they are reasonable. Pick out some intermediate deadlines that they will check on and hold you to. It is much easier to recover from missing one intermediate deadline than to be almost to the final deadline and realize that you are way behind.

An accountability partner can also help us avoid swinging from procrastinator to workaholic. Sometimes the partner needs to reassure us that it is ok to take some time for relaxation. After all, Jesus told his disciples, "Come away by yourselves to a secluded place and rest a while" (Mark 6:31). Sometimes the partner needs to challenge our priorities.

You may have noticed that each of these steps will take some time. Productive people have learned that sufficient time spent in planning will save much more time in the long run.

Conclusion

We have been given the high calling of using our time for God's glory. We are called to be wise and make the most of our time. However, many of us know that we let procrastination rob value from the time God has entrusted to us. God understands our temptation in this area and wants to help us conquer procrastination. We can participate in this by acknowledging our underlying motivation, adopting God's perspective and priorities through prayer, practicing a discipline of planning, and allowing others to hold us accountable. When we commit to practicing these things, we will be able to rejoice in the privilege we have of converting fleeting time into eternal value.

Notes

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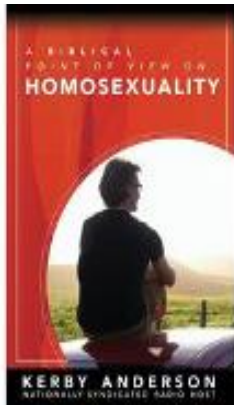
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Answering Arguments for Same-Sex Marriage – A Christian Worldview Perspective

Kerby Anderson considers the arguments in favor of same-sex marriage from a biblical worldview perspective. He shows that arguments such as tolerance, equal rights, and no impact on others do not hold up under critical examination. As Christians, we can love those who live a different lifestyle without allowing them to claim their lifestyle is identical and harmless to society.

Shouldn't We Be Tolerant?



As more and more states are either legalizing same-sex marriage or willing to recognize same-sex marriages from other states, it is crucial that Christians know how to answer arguments for same-sex marriage. We will look at some of these arguments and provide answers from my book, *A Biblical Point of View on Homosexuality*.[\[1\]](#)

One of the first arguments for same-sex marriage is that we should be tolerant. We used to live in a society where the highest value was a word with a capital T. It was the word Truth. Today, we live in a society that has switched that word for another word with a capital T: [Tolerance](#).

Should we be tolerant of other people and their lifestyles? The answer to that depends upon the definition of "tolerance." If by tolerance someone means we should be civil to other people, then the answer is a resounding "yes." In fact, civility should be the hallmark of Christians. Jesus expressed the goal of civility when he taught that "You shall love your neighbor as yourself" (Matthew 22:39).

[Civility](#) also includes being gracious even in the midst of disagreement or hostility. Other people may be disagreeable, and we are free to disagree with them. But we should disagree in a way that gives grace. Often such a gentle response can change a discussion or dialogue. Proverbs 15:1 reminds us that "a gentle answer turns away wrath."

Civility also requires humility. A civil person acknowledges that he or she does not possess all wisdom and knowledge. Therefore, one should listen to others and consider the

possibility that they might be right and that he is wrong. Philippians 2:3 says, "Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself."

There is also an important distinction we should make between judging a person and judging their sinful behavior. Some have said that the most frequently quoted Bible verse is no longer John 3:16 but Matthew 7:1. It is where Jesus says, "Do not judge, or you too will be judged." People misuse this verse all the time to say you should not judge anything another person does.

The context of this verse is important. It seems that what Jesus was condemning was a critical or judgmental spirit. It is a judging spirit when someone believes they are superior to you. Jesus was obviously not saying that people should not make judgments. A few verses later Jesus calls certain people "pigs" and "dogs" (Matthew 7:6). He even calls some "wolves in sheep's clothing" (Matthew 7:15). There are many passages in the Bible that admonish us to use sound judgment and discernment (1 Kings 3:9; Proverbs 15:14; 1 Corinthians 12:10; Philippians 1:9-10).

The Bible says that Jesus was "full of grace and truth" (John 1:14) and provides a model we should follow. We should model both biblical compassion and biblical convictions when considering the issue of homosexuality and same-sex marriage.

Don't Homosexuals Deserve Equal Rights?

Each person in our society deserves equal rights. But redefining marriage is not about equal rights but about adding special rights to our laws and Constitution. Currently we all have the same right to marry a person of the opposite sex who is of a certain age and background. We don't give people the right to marry their siblings. We don't give people the right

to marry a young child. As a society we have placed certain limits on marriage but give everyone the equal right to marry under those specified conditions.

When we redefine marriage, then all sorts of new relationships will also vie for social acceptance. Already the legalization of same-sex marriage in one state had resulted in the call for the legalization of polygamy. Some gay activists are calling for the legalization of polyamory (multiple sexual relationships with multiple partners).

We should also realize that the government is not prohibiting homosexuals from engaging in their behavior or even having a partner. All government is saying is that it is not going to redefine marriage to include same-sex relationships. And when citizens of this country have been given an opportunity to vote on a constitutional amendment in their state defining marriage, they have overwhelmingly approved of the traditional definition of marriage.

As we have already noted, the push for same-sex marriage has been more about respect and acceptance than it has been about rights. If government recognizes the legal validity of gay marriage, then that places government's "seal of approval" on homosexuality.

Often when gay activists are calling for equal rights, they are really asking for special benefits. Homosexuals have the same right to marry as heterosexuals. They have the right to marry a qualified person (age, marital status) of the opposite sex. Homosexuals and heterosexuals cannot marry someone of the same sex, someone who is too young, someone who is already married, etc.

But the activists argue that because they cannot marry someone of the same sex, they lose out on certain benefits. But that is not a justification for redefining marriage. It may be a justification for reconsidering the benefits we provide as a

society, but it isn't a justification for changing the definition of marriage.

Consider the issue of visitation rights. Gay activists argue that government needs to grant same-sex marriage rights to homosexuals so they will have visitation rights. But again, this may be an argument for changing the laws concerning visitation, but it isn't an argument for redefining marriage.

A bigger question is whether this is really a problem. In this day where major corporations and governmental entities are granting domestic partnership rights, it is difficult to see this as a problem. If such a case were brought to light people could use public pressure to force the hospital to change its policies.

Isn't Homosexual Marriage Like Interracial Marriage?

When objections are raised about legalizing same-sex marriage, proponents argued that the same concerns were said about interracial marriage. For years gay activists have tried to hitch their caboose to the civil rights train. While many in the African-American community have found this comparison offensive, the tactic is still used on a fairly regular basis.

There are significant differences between interracial marriage and same-sex marriage. First, removing certain state laws banning interracial marriage did not call for a *redefinition* of marriage but merely an *affirmation* of marriage. Traditional marriage is not about equal rights but about establishing norms for sexual relationships within society. We ban discrimination based on race because it is an immutable characteristic that each person has from the moment of conception. And the word "race" appears in the Constitution.

A person who participates in homosexual *behavior* is different

from someone who is born with an immutable *characteristic*. As many people have pointed out, there are no former African-Americans or former Asian-Americans. But there are hundreds of people who have left homosexuality.

Actually, interracial marriage and same-sex marriage differ from one another at the most fundamental level. The genetic difference between various races is insignificant biologically. A recent study of human genetic material of different races concluded that the DNA of any two people in the world would differ by just 2/10ths of one percent.[{2}](#) And of this variation, only six percent can be linked to racial categories. The remaining ninety-four percent is “within race” variation. And the moral difference between the races is also insignificant since the Bible teaches that God has made all of us “from one blood” (Acts 17:26, KJV).

But even though race and ethnicity are insignificant to marriage, gender is fundamental to marriage. There is a profound biological difference between a man and a woman. Marriage is defined as a bond between a man and a woman.

The Supreme Court case of *Loving v. Virginia* struck down state laws prohibiting interracial marriage, arguing that marriage is one of the “basic civil rights of man.”[{3}](#) The Supreme Court of Minnesota later ruled in *Baker v. Nelson* that race and homosexual behavior are not the same.

To legalize same-sex marriage is to change the very nature and definition of marriage. And there is good reason to believe that is exactly what gay activists want. Michelangelo Signorile is a leading voice in the homosexual community. He explained in *OUT* magazine that the real goal in legalizing same-sex marriage was to radically transform marriage.[{4}](#)

He later goes on in the article to admit that the idea of the “freedom to marry” was actually a suggestion from the Los Angeles PR firm which they thought would be successful because

it would play well in the heterosexual world.

Does Same-Sex Marriage Hurt Traditional Marriage?

One of the arguments against legalization of same-sex marriage is that it will have an adverse effect on traditional marriage. Proponents of same-sex marriage argue that it will not have any impact. They ask, "How can my marriage to someone of the same sex have any impact at all on your marriage?" So what would be the consequences of same-sex marriage?

First, when the state sanctions gay marriage, it sends a signal of legitimacy throughout the culture. Eventually marriage becomes nothing more than sexual partnership and the sanctity of marriage and all that goes with it is lost.

When same-sex marriage is legalized, the incidences of cohabitation increases. This is not theory but sociological fact. Essentially, Europe has been engaged in a social experiment with same-sex marriage for decades.

Stanley Kurtz has written numerous articles documenting the impact of same-sex marriage on traditional marriage in the Scandinavian countries. When the governments of Sweden and Norway permitted same-sex marriage, he noted a trend away from marriage. According to Kurtz: "Marriage is slowly dying in Scandinavia." A majority of children in Sweden and Norway are born out of wedlock, and sixty percent of first-born children in Denmark have unmarried parents.[\[5\]](#)

A second consequence of same-sex marriage legalization would be the complete redefinition of marriage and the introduction of a variety of marital relationships. Already we are seeing court cases attempting to legalize polygamy. The most prominent case involved Utah polygamist Tom Green. He and his lawyer used the Supreme Court case of *Lawrence v. Texas* as a

legal foundation for his marriage to multiple wives.[{6}](#) It is interesting to note that when the Supreme Court rendered its decision in the *Lawrence* case, Justice Antonin Scalia warned that the decision could lead to the legalization of same-sex marriage and the redefinition of marriage.[{7}](#)

Traditional marriage rests on the foundation of biblical teaching as well as cultural tradition. Theology, legal precedent, and historical experience all support the traditional definition of marriage. Once you begin to redefine marriage, any sexual relationship can be called marriage.

Third, the redefinition of marriage will ultimately destroy marriage as we know it. For many gay activists, the goal is not to have lots of same-sex marriages. Their goal is to destroy the institution of marriage.

Stanley Kurtz believes that once same-sex marriage is legalized, “marriage will be transformed into a variety of relationship contracts, linking two, three or more individuals (however weakly or temporarily) in every conceivable combination of male and female.”[{8}](#)

Does Legalization of Same-Sex Marriage Really Affect Families?

Those who oppose same-sex marriage often point to the connection between marriage and family. Traditional marriage provides a moral and legal structure for children. Proponents of gay marriage point out that many marriages do not have children. Thus, the connection is irrelevant.

While it is true that some marriages do not result in children due to choice or infertility, that does not invalidate the public purpose of marriage. Marriage, after all, is a public institution that brings together a father and mother to bring children into the world. Individuals may have all sorts of

private reasons for marrying, but there is an established public purpose for marriage.

If couples choose not to have children or are not able to have children, it does not invalidate this public purpose. There is a distinction between purpose and use. Over the years I have written a number of books. I would like to believe that every person who has a copy of one of my books has read it. I know that is not true. Some sit on shelves and some sit in boxes. Others sit in used bookstores. The fact that some people don't read my books doesn't mean they were not intended to be read.

Likewise, we shouldn't assume that the connection between marriage and family is insignificant simply because some couples do not or cannot have children. One of the public purposes of traditional marriage is procreation.

At the center of every civilization is the family. There may be other social and political structures, but civilizations survive when the family survives. And they fall apart when the family falls apart. Michael Novak, former professor and winner of the Templeton Prize for Progress in Religion, put it this way: "One unforgettable law has been learned through all the oppressions, disasters, and injustices of the last thousand years: if things go well with the family, life is worth living; when the family falters, life falls apart."[\[9\]](#)

Marriage between a man and a woman produce children that allow a civilization to exist and persist. Marriage begins the foundation of a family. Families are the foundation of a civilization.

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Talking Points Against Homosexual "Marriage"

The November 2003 decision by the Massachusetts Supreme Court that gave homosexual couples the constitutional right to marry has intensified debate about same-sex marriage. There are currently six different court cases concerning same-sex marriage. The topic of same-sex marriage will be in the news and part of popular discussion. Therefore, here are a few key talking points on the subject of homosexual marriage.

1. Right vs. privilege: Gay activists talk about the "right" to get married. Yet in the next sentence they talk about obtaining a marriage license. Marriage is a privilege, not a right. Therefore, the state must have a standard for issuing a

license. We don't give a license to anyone who wants to drive a car. You must know basic information and demonstrate an ability to drive. We don't grant a medical license to just anyone. Someone must demonstrate a level of competence. Marriage isn't a right, it is a privilege that the state can and should regulate.

2. Devalues marriage: Giving same-sex couples the right to marry devalues true marriage. Imagine if at the next awards ceremony, everyone received an award. Would anyone value the award if everyone received one? Any adult is permitted to marry another adult of the opposite sex. But you can't marry a child, you can't marry a blood relative, you can't marry someone already married, you can't marry someone of the same sex.

3. Basic biology: Homosexual relations deny the self-evident truth that male and female bodies complement each other. Human sexuality and procreation is based upon a man and a woman coming together as one flesh. Marriage between a man and a woman promotes procreation and makes intimate sexual activity orderly and socially accountable.

4. Public health: Homosexual sex is dangerous and destructive to the human body. The International Journal of Epidemiology reports that the life expectancy at age 20 for gay and bisexual men is 8 to 10 years less than for all men. If the same pattern of mortality were to continue, researchers estimate that nearly half of gay and bisexual men currently 20 years of age will not reach their 65th birthday.

5. Counterfeit: Arbitrarily granting a marriage license to a same-sex couple doesn't constitute marriage. It is a counterfeit of true marriage. It is like trying to tape two same-sex electrical plugs together to form an electrical current.

6. Monogamy/fidelity: Same-sex marriage will not be

monogamous. One lesbian writer calls gay marriage “monogamy without fidelity.” Another homosexual columnist writes of “a broader understanding of commitment.” A recent Dutch study found that homosexual relationships last, on average, about 1-1/2 years and that men in those relationships have an average of eight partners per year outside their main partnership.

7. *Children:* Marriage between a man and a woman is the ideal family unit. It promotes procreation and ensures the benefits of child rearing by the distinct attributes of both father and mother. Two research papers by Timothy Dailey for Family Research Council (*Homosexual Parenting: Placing Children at Risk and Homosexuality and Child Sexual Abuse*) document concerns about children raised in gay marriages.

9. *Majority rule:* A recent poll by the Pew Forum on Religion and Public Life found that public opposition to gay marriage is increasing. In July, 53 percent opposed same-sex marriage. By October 59 percent were opposed to same-sex marriage.

10. *Popular vote:* States legislatures have already spoken to the issue of same-sex marriages. Thirty-seven states have already passed a Defense of Marriage Act (DOMA) stating that marriage is between a man and a woman. In 1996 Congress also passed a national DOMA.

11. *Religion:* The Bible teaches that homosexuality is not natural and is wrong (Romans 1:26-27, 1 Corinthians 6:9-10). Other religions also concur with this judgment.

12. *Emotional:* Gays and lesbians are relationally broken people. Just as in heterosexual marriage, two broken people cannot produce a whole, healthy unit. However, heterosexuals can get help for their brokenness and repair the relationship, but the relationships of homosexual couples are intrinsically and irreparably flawed.

Confessions of a Cellphone-Challenged Journalist

I have a confession.

Not one of those tawdry confessions, but it is a little embarrassing. You see, I am cellphone challenged.

I used a cellphone once – about ten years ago when volunteering to help rebuild Miami after Hurricane Andrew. The BellSouth loaner, a real clunker, helped me navigate the storm-ravaged county amidst downed street signs and landmarks.

But I've never owned one. Voicemail takes my messages and I've seldom wanted to be more accessible. Some of my friends swear by cellphones. Others swear at them. Ever been in a movie theater when a filmgoer gets a call and decides to talk?

My wife attended a conference presentation during which a woman asked the speaker a question from the audience. In the middle of her question, with all eyes on her, her cellphone rang. She not only answered it, but also conducted a brief conversation while everyone watched aghast.

Airline travelers talk before takeoff until the flight attendant tells them to stop. They resume talking when the plane lands. They talk walking through the airport, on the inter-terminal shuttle, entering the restroom. They talk while using the toilet or washing their hands. Some restrooms sound like offices.

Drivers talk. Beachgoers talk. Students talk between classes. Shoppers talk while cruising the aisles. ("What kind of cheese did you want me to get?")

Some restaurants ask diners not to use cellphones. Some summer camps have banned them because they distract kids from social and recreational activities.

My doctor's office has a sign asking patients to please not talk on cellphones while the doctor or nurse is examining them. (Let your mind wander on that theme for a moment.)

One of my favorite signs is inside a nearby church: "Please turn off cellphones during service. (Let God call you.)"

The hit movie, "Bruce Almighty," depicts God's attempts to contact the main character (played by Jim Carrey) by leaving a number on his pager. Turns out the number is valid in many area codes. After the film's release, people and businesses began getting calls from folks asking for God.

A Florida woman threatened to sue the film studio after 20 calls per hour clogged her cellphone. A Denver radio station built a contest around the fluke. Some callers to the station seemed to think they'd really discovered a direct line to God. One left a message confessing her adultery.

Another number holder decided to offer some friendly advice. She changed her voice message to say, "Looking for God? Well, I'm not Him, but I do know Him. And knowing Him has changed my life. You can know Him too. In fact, it's a local call."

Come to think of it, that may not be a bad idea. Jeremiah (the Jewish prophet, not the bullfrog) said God told him, "Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know." It doesn't even require a cellphone.

I guess I can live with cellphones if people can realize that they're not for everyone. If you have one, I certainly don't fault you. But please, do turn it off when you go to see the doctor.

Giving Can Be Good for You: Science Says So

“All You Need is Love”

Do you want happiness and fulfillment in life? Then practice giving, advises an influential medical professor.

“It really is good to be good,” claims Stephen Post, PhD., professor at Case Western Reserve University School of Medicine. “Science says it is so.”[{1}](#)

Post and coauthor Jill Neimark present evidence in their book, [Why Good Things Happen to Good People](#). The institute Post heads has funded “over fifty studies [related to giving] at forty-four major universities.”[{2}](#) He’s convinced that giving is essential for optimum physical and mental health in a fragmented society.

Post says research has produced remarkable findings: “Giving protects overall health twice as much as aspirin protects against heart disease.” If pharmaceutical companies could charge for giving, we might see ads for “Give Back” instead of “Prozac,” he speculates. One program, “Rx: Volunteer,” has some California HMO physicians giving volunteerism “prescriptions” to their Medicare patients.[{3}](#)

Post and Neimark say around five hundred scientific studies demonstrate that unselfish love can enhance health. For instance, Paul Wink, a Wellesley College psychologist, studied data that followed about two hundred people every decade since the 1920s. Giving during high school correlated with good mental and physical health across life spans.[{4}](#)

Other research says that giving correlates with lower teen depression and suicide risk and with lower depression among the elderly. Studies at Stanford and elsewhere found links between frequent volunteering and delaying death. Post says giving even trumps receiving when it comes to reducing mortality.[{5}](#)

Give more; enjoy life and live longer? Maybe, as Jesus famously said, “It is more blessed to give than to receive” (Acts 20:35 NASB). Both Jewish and Christian biblical texts admonish us to “Love your neighbor as yourself” (Leviticus 19:18; Mt. 22:39 NIV). I don’t know about you, but I find it fascinating to explore these ways that contemporary science and social science often highlight the value of ancient biblical principles.

Post presents research to support the value of ten ways of expressing giving love. Here we will examine four of them: compassion, humor, loyalty, and listening.

“Love cures,” wrote the esteemed psychiatrist Karl Menninger. It cures “both the ones who give it and the ones who receive it.”[{6}](#)

Compassion’s Benefits

Illustrations abound of giving’s personal benefits.

Millard Fuller, a millionaire, gave away much of his wealth at age thirty. He and his wife, Linda, sold their business and affiliated with Koinonia Farm, a Georgia Christian community. They built houses in Zaire and then founded [Habitat for Humanity](#) in 1976 to help needy people build affordable homes. Fuller’s goal was “to eliminate poverty housing from the face of the earth. Get rid of shacks!”[{7}](#)

Today, Habitat volunteers have constructed over two hundred twenty-five thousand houses, helping over a million people in

over three thousand communities worldwide.[{8}](#) Countless volunteers attest to the personal satisfaction their involvement brings. And they're in over ninety countries. In Amman, Jordan, for example, I had lunch with the Habitat director there who involves compassionate volunteers in the Middle East.

As I reflect on his work, I'm reminded of another Middle Eastern leader who showed great compassion. One of His followers wrote, "When he [Jesus] saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd" (Matthew 9:36 NIV).

Stephen Post says "we're hardwired to open our hearts and to care—and in fact, compassion is important for the survival of the species."[{9}](#) He cites preliminary psychological research in which "compassion significantly reduced depression and stress."[{10}](#)

In that light, consider the intriguing tale of a former *Playboy* model who has devoted her life to helping poor kids in Haiti. Susan Scott Krabacher's childhood helped her connect with the hurting children she now serves. Sexual abuse, her mother's psychiatric breakdown, multiple foster homes, and her brother's suicide took their emotional toll. In her late teens, she became a *Playboy* centerfold and moved into the *Playboy* mansion.

Ten years of playing mixed with depression. Eventually she reconnected with the Christian faith of her youth. Observing Haiti's poverty prompted her to learn more of the biblical take on life. The foundation she and her husband started runs three orphanages for twenty-three hundred children. "I work long hours," Krabacher notes, "put up with unbelievable sacrifice, bury too many children, and get no compensation but love, which is the greatest freedom you can know and the most important thing in the world."[{11}](#)

Humor – Good Medicine

There are intriguing parallels between some modern social scientific findings and time-tested biblical life-lessons. One of these involves humor. An ancient proverb says, “A joyful heart is good medicine” (Prov. 17:22 NASB).

Humor heals. Think about how you felt the last time you roared with laughter. Maybe a funny movie, a family situation, or an uproarious joke session had you even crying and gasping for air. Your abdominal muscles and heartbeat went wild. One Stanford psychiatrist “found that a hundred laughs is the aerobic equivalent of ten minutes of rowing.”[{12}](#)

Stephen Post sees humor as a way to help others, “a very effective way of connecting, of lightening another’s life as well as our own.” Interviews with Holocaust survivors conducted by a Tel Aviv University researcher found that many cited humor “as a way of surviving trauma.” Post notes that Ronald Reagan was a master of using humor to put other people [and perhaps himself] at ease. When President Reagan was shot and at risk of dying, he quipped to the emergency room doctors, “I hope you’re all Republicans.”[{13}](#)

Of course, bitter humor can hurt rather than heal. But positive humor can help people relate and communicate openness. Post cites psychologist Robert Provine who monitored and analyzed over twelve hundred “bouts” of laughter in public places. Provine says shared, contagious laughter can be “an important signal you send to someone that says, ‘This is play. I’m not going to attack or hurt you.’”[{14}](#)

Humor is also important for a successful marriage, according to University of Washington psychologist John Gottman. He found that coping with issues “through dialogue, laughter, and affection” was a good predictor of whether marriages would last.[{15}](#)

On a Detroit TV talk show, the host and I were discussing my book, *Secrets of Successful Humor*. He asked about humor and marriage. I told him, "The secret of our marriage is that we take time two evenings each week to go out to a lovely restaurant. A nice dinner, some candlelight, soft music, a slow walk home. She goes Tuesdays; I go Fridays."

It hit a nerve. The host roared, long and loud. Contagious laughter spread throughout the studio audience. We all enjoyed some communal fun that helped open us up to each other.

Loyalty Bonds

A famous biblical proverb notes, "A friend is always loyal, and a brother is born to help in time of need" (Prov. 17:17 NLT). Post believes that "Loyalty is love that lasts. . . . The commitment inherent in loyalty defuses our deepest existential anxiety." He continues: "Broken covenants are hard to restore and never quite attain their state of original trust. It's not easy to find loyalty in our society."[\[16\]](#)

Marriage and friendship, of course, can be significant expressions of loyalty. University of Chicago demographer Linda Waite and Maggie Gallagher co-authored the book *The Case for Marriage: Why Married People Are Happier, Healthier, and Better Off Financially*. Analyzing data from over six thousand families, Waite discovered strong correlations between marriage and longevity. Gallagher says their research demonstrated that, compared to similar singles, married folks "are physically healthier, live longer . . . experience less anxiety, depression, hostility, and loneliness, and are more likely to tell you that they're happy with life in general. They have more sex than single people of the same age." Of course there's a caveat, Post notes. High-conflict marriages bring stress and can lower immune function.[\[17\]](#)

Friendships count, too. University of North Carolina

sociologist Rebecca Adams' frequent childhood moves had her attending thirteen schools by the time she entered college. She feels she learned how to *make* new friends but wasn't as good at *maintaining* them. These experiences helped motivate her to study friendship. She's discovered strong links between quality of relationships and mental well-being. Adams notes, "It's been shown over and over again that friendship is more important to psychological well-being than family relations are. . . . Friendships are voluntary. So we'll choose friendships that support our psychological well-being." [\[18\]](#)

Men can learn a lot from women about friendship. Male and female friendship styles often differ, Adams says: "Men define their friendships in terms of shared activities, and women define them in terms of conversation. For men, a friend is their fishing, golfing, or bowling buddy. For women, a friend is someone they can confide in." Of course there are exceptions, but Post notes that emotional intimacy is what nourishes friendships most. [\[19\]](#)

Giving love through compassion, humor, and loyalty all contribute to our well-being. But, is anybody listening?

"I'm Listening"

The television comedy *Frasier* was one of the most popular TV series in U.S. history. It's been called "a thinking person's comedy." Reruns are ubiquitous, about six episodes daily in our area. Frasier Crane, the protagonist, is a caring, sensitive, cultured—but insecure and sometimes pompous—Seattle radio psychiatrist who always greets his callers with, "I'm listening." Yet sometimes he becomes so wrapped up in himself that he tunes others out. He's not alone. In one amusing scene, Frasier's ex wife, Lilith (also a psychiatrist), tries to converse with Frasier's brother, Niles (yet another psychiatrist), about an especially weighty matter. Niles, focused on a video game, doesn't pay her sufficient attention,

prompting Lilith to exclaim, “Is there a *chair* here I could talk to?”

I confess that in our home, my wife Meg sometimes has to use Lilith’s line to get my attention. (Mind you, I don’t confess that it’s as often as *she* might *claim*!) But listening is a powerful form of affirmation and an important tool in understanding and communication. Solomon, a wise Jewish king, wrote, “What a shame, what folly, to give advice before listening to the facts!” (Proverbs 18:13 NLT)

Stephen Post writes, “When we truly absorb another’s story, we are saying, ‘You count. Your life and feelings and thoughts matter to me. And I want to know who you really are.’” He claims that listening can help both the listener and the one listened to. New studies indicate: “Listening activates the part of our brains hardwired for empathy. . . . When we listen to others in pain, their stress response quiets down and their body has a better chance to heal.”[\[20\]](#)

Post says that without a good listener, we can feel terribly alone, “like the psalmist in the Bible who cries out, ‘No man cared for my soul.’” He continues, “This has led some scholars to call the God of the Psalms a God of listening. Our need for a listener is an inherent aspect of all prayer.”[\[21\]](#)

So, giving love is good for you. Science says so. Compassion, humor, loyalty, and listening are important ways you can express giving love. Is it as intriguing to you as it is to me that contemporary science and social science are often in harmony with age-old biblical counsel? Makes me think I should read the Bible more often.

Notes

1. Stephen Post, PhD, and Jill Neimark, *Why Good Things Happen to Good People* (New York: Broadway Books, 2007), 15.
2. *Ibid.*, 1.
3. *Ibid.*, 7.

4. Ibid, 7-8, 48-51.
5. Ibid., 8-10, 68-69.
6. Ibid., 2.
7. Ibid., 25, 275.
8. www.habitat.org
9. Post and Neimark, *Why Good Things Happen*, 179-180.
10. Ibid., 184.
11. Ibid., 177-8; see also Susan Krabacher (as told to Kristi Watts), "Diary of a Playboy Centerfold," *The 700 Club*, www.cbn.com/700club/features/amazing/Susan_Krabacher061506.aspx; accessed January 24, 2008.
12. Post and Neimark, *Why Good Things Happen*, 132.
13. Ibid., 133-135.
14. Ibid., 139-140.
15. Ibid., 141-142.
16. Ibid., 199-200.
17. Ibid., 203-205.
18. Ibid., 216-217.
19. Ibid., 221.
20. Ibid., 231-232.
21. Ibid., 234.

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A Doctor's Journey with Cancer

When you suddenly learn you might have only 18 months to live, its a good time to sort out what really matters in life.

Last December, Yang Chen, MD, dismissed an aching pain under his shoulder as muscle strain. Five weeks later, as the pain persisted, a chest x-ray brought shocking results: possible

lung cancer that might have spread.

A highly acclaimed specialist and medical professor at the University of Colorado Denver, Yang knew the average survival rate for his condition could be under 18 months. He didn't smoke and had no family history of cancer. He was stunned. His life changed in an instant.

I wondered how I would break the news to my unsuspecting wife and three young children, he recalls. Who would take care of my family if I died?

Swirling Vortex of Uncertainty

When I heard his story, I felt a jab of recognition. In 1996, my doctor said I might have cancer. That word sent me into a swirling vortex of uncertainty. But I was fortunate; within a month, I learned my condition was benign.

Yang did not get such good news. He now knows he has an inoperable tumor. He's undergoing chemotherapy. It's uncertain whether radiation will help. Yet through it all, he seems remarkably calm and positive. At a time when one might understandably focus on oneself, he's even assisting other cancer patients and their families to cope with their own challenges. What's his secret?

I learned about Yang's personal inner resources when we first met in the 1980s. He worked at the Mayo Clinic and brought me to Rochester, Minnesota, to present a seminar for Mayo and IBM professionals on a less ponderous theme, Love, Sex and the Single Lifestyle. With the audience, we laughed and explored relationship mysteries. He felt it was essential that people consider the spiritual aspect of relationships, as well as the psychological and physical.

Later he founded a global network to train medical professionals how to interact with patients on spiritual matters. Many seriously ill patients want their doctors to

discuss spiritual needs and the profession is taking note.

Reality Blog

Now a patient himself, Yang exhibits strength drawn from the faith that has enriched his life. He has established a website www.aDoctorsJourneyWithCancer.net to chronicle his journey and offer hope and encouragement to others. The site presents a compelling real-life drama as it happens.

As a follower of Jesus, Yang notes [biblical references](#) to Gods light shining in our hearts and people of faith being like fragile clay jars containing this great treasure. He sees himself as a broken clay jar through which Gods light can shine to point others who suffer to comfort and faith.

As he draws on divine strength, he reflects on Paul, a first-century believer who wrote, We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.

A dedicated scientist, Yang is convinced that what he believes about God is true and includes information about evidences for faith. Hes also got plenty to help the hurting and the curious navigate through their pain, cope with emotional turmoil, and find answers to lifes perplexing questions about death, dying, the afterlife, handling anxiety, and more.

With perhaps less than 18 months to live, Yang Chen knows whats most important in his life. He invites web surfers to walk with me for part, or all, of my journey. If Im ever in his position, I hope I can blend suffering with service while displaying the serenity and trust I observe in him. Visit [his website](#) and youll see what I mean.

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India's Missing Girls and the Right to Choose

Rusty Wright and Meg Korpi reveal that female infanticide and feticide in India's patriarchal culture stir passions for equality and fairness but raise troubling questions. Does favoring a woman's right to choose logically imply that one supports her right to terminate a fetus simply because it is female?

Last summer, a farmer in southern India discovered a tiny human hand poking from the ground. A two-day-old baby girl had been buried alive. The reason? Much of Indian culture favors males over females, sometimes brutally so. The girl's grandfather confessed to attempting murder because his family already had too many females; keeping this one would be too costly.

This wasn't an isolated incident on the subcontinent according to award-winning filmmaker Ashok Prasad. Prasad spoke recently at Stanford University at the U.S. premiere of his BBC documentary "India's Missing Girls." Anti-female bias affects Indians rich and poor. Males can perpetuate the family name, bring wealth, and care for elderly parents. A female's family typically must pay a huge dowry when she weds, often depleting family resources. A popular Hindi aphorism: "Having a girl is to plant a seed in someone else's garden."[\[1\]](#)

Female Infanticide and Feticide

Against odds, this baby survived, but social and financial pressures bring alarming rates of female infanticide and feticide (termination of a fetus). UN figures estimate 750,000 Indian girls are aborted every year.[\[2\]](#) Demographic studies

reveal dramatically growing gender disparity since the 1980's{3}; in some regions only 80 baby girls survive for every 100 boys.{4} Many men cannot find wives.

Financial repercussions are typically cited as the reason for discarding daughters, but the decision is often an economic choice rather than necessity. Greater gender disparity occurs in wealthier states.{5} These families can better afford the sex determination tests and sex-selective abortions that, according to a report published by the UN Population Fund, are the main contributors to the decreasing proportion of female children.{6}

Adding to the offensiveness of sex-selective abortion: the fetus must be well-formed (15-18 weeks) before the sex can be detected using ultrasound-the common sex-determination technology. "India's Missing Girls" includes brief, grisly footage of terminated female fetuses being lifted from a well belonging to a clinic that performed sex-selective abortions. After the discovery, outraged women's groups protested in the streets; several such clinics were closed down.

The heartening side of the documentary is Sandhya Reddy, who runs a children's home, cares for abandoned kids, and tries to persuade mothers to keep their daughters or girl fetuses. This angel of mercy brings love, care and opportunity to society's young rejects.

"India's Missing Girl's" poignantly depicts where devaluing women can lead. The Stanford screening's sponsors included feminist and women's organizations, but feminists and nonfeminists, liberals and conservatives alike will be moved. An [abbreviated 29-minute version](#) on [YouTube](#) is worth watching, even if only the first 10-minute segment.{7}

Troubling Questions

To Western sensibilities, killing babies and terminating

fetuses solely because of gender is abhorrent. Yet no Hitler masterminds this mass extermination of females. It results from hundreds of thousands of personal decisions.

As the U.S. recognizes 35 years of *Roe v. Wade*, feticide's increasing contribution to India's missing girls raises a disturbing dilemma: Doesn't favoring a woman's right to free reproductive choice logically require supporting her right to terminate a fetus simply because it is female?

Important worldview questions emerge. Opposing female feticide seems to ascribe some sort of value to the female fetus. Is this value inherent because the fetus is female? If so, wouldn't equality require that we ascribe similar value to the male fetus because it is male?

Or is the fetus's value utilitarian, e.g., to ensure female influence in society or sufficient brides? Or is it merely economic-negative for Indian females, positive for males?

An enduring view of the fetus's value appears in Psalm 139. King David's worldview recognizes awe-inspiring biological intricacy fashioned by the Divine: You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex!{8}

Inherently valuable? Socially useful? Economically consequential? Wonderfully complex? The troubling quandary still haunts: Can opposing female feticide be reconciled with supporting reproductive choice? The question demands a logically consistent answer from every thinking person.

Notes

1. Raekha Prasad and Randeep Ramesh, "India's missing girls," Guardian Unlimited, February 28, 2007, guardian.co.uk/india/story/0,,2022983,00.html; accessed January 18, 2008
2. Ashok Prasad, "Harsh reality of India's unwanted girls,"

BBC News, 22 October 2007,

news.bbc.co.uk/2/hi/programmes/this_world/7050657.stm;

accessed January 18, 2008.

3. Christophe Z. Guilmoto, "Characteristics of sex-ratio imbalance in India, and future scenarios," Report presented at the 4th Asia Pacific Conference on Reproductive Health and Rights, Hyderabad, India, October 29-31, 2007. Published by the United Nations Population Fund

www.unfpa.org/gender/docs/studies/india.pdf; downloaded

January 25, 2008.

4. Prasad and Ramesh, loc. cit.

5. Using India's 2001 census data for each state

(www.censusindia.gov.in), we found strong negative

correlations (-0.5 to -0.7) between various indicators of wealth and female-to-male sex ratios for children under 6.

6. Guilmoto, loc. cit.

7. www.youtube.com/watch?v=gf32d735VgE; accessed January 18, 2008.

8. [Psalm 139:13-14 NLT](#).

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