Dealing with Disappointment



There seemed to be a gigantic collective gasp at the 2016 Rio Olympics when American gymnast Simone Biles bobbled on the balance beam and had to steady herself with her hands. Instantly, the girl expected to win five gold medals lost the gold, even before finishing her otherwise excellent routine. She still won a bronze, but Simone (and the entire media machine) knew she was capable of a gold.

How disappointing!



Simone handled her letdown with grace and realism, limiting her disappointment to the one missed skill rather than globalizing—as we so often do—by saying things like, "I am such an idiot! I can't *believe* I did that!" Then, quickly moving beyond her setback, she delivered an almost perfect floor exercise the next day, earning her fourth gold medal and propelling her into gymnastics history.

What is the wise, biblical, God-honoring way to handle disappointment?

Fortunately, we have lots of examples of people in the Bible who wrestled with disappointment:

- Women carrying the pain of years and years of infertility (measured month by month)—Sarah, Rebekah, Rachel, Samson's mother, the Shunammite woman, Elizabeth.
- Joseph served for years with faithfulness and integrity inside a prison for a crime he did not commit; after correctly interpreting the dreams of fellow prisoners with access to the pharaoh, his hopes of being freed were dashed when the cupbearer forgot him.
- David was anointed as future king, but the years dragged on as he was chased by a mentally ill king consumed by paranoia.
- The Psalmists anguished numerous times: "How long, O Lord?"

Solomon, with his wisdom super-power, wrote in Proverbs that "hope deferred makes the heart sick" (Prov. 13:12). The distance between our hopes/expectations and reality—"hope deferred"—constitutes disappointment.

The way to handle disappointment doesn't change, because ***the key is re-focusing on God***, and He doesn't change. He is good, and He is faithful, all the time. No matter what.

I have found two "power tools" for dealing with the pain of

when our hopes and expectations are deferred or, worse, obliterated.

First, take a firm hold on the comforting truth of the sovereignty of God: ***a good and loving God is in control***.
He permits nothing to touch our lives without His express permission, with a perfect purpose. If God allows disappointment to darken our days, it is His good gift of a "something better" later. (Please see my post "Rejection is Protection.") Disappointment may be preparation for something in the future. It may be a just-right tool for producing Christlikeness—spiritual maturity—in us. It may prevent something bad we couldn't possibly foresee.

The other power tool is **God's command to give thanks** *for* all things (Ephesians 5:20), *in* all things (1 Thessalonians 5:18). We don't have to *feel* goose-bumpy, warm-and-fuzzy thankful; giving thanks is a choice of the will. When we give thanks for something God has chosen to allow into our lives, we are acknowledging He is Lord, that He is "large and in charge." We are acknowledging that He has the right to allow disappointment to cast its shadow on our lives, and it keeps us connected rightly to our Creator, as His creature. "Lord, I thank You for allowing this deep disappointment into my life, even though I don't understand how You could possibly redeem it and make it okay." That's what trust looks like, and it pleases the Lord. It also helps us maintain an eternal perspective, that everything—*everything*—is part of a much bigger picture we cannot see.

Olympic athletes aren't the only ones to encounter disappointment. It is inevitable in a fallen world. How will *you* respond?

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The Horrible Choice in Dallas

The recent ambush and murder of Dallas (Texas) police officers has been consuming and draining for many of us who live here. David Brown, Dallas' Chief of Police, has responded incredibly well to an unthinkable horror. During the standoff with the shooter who had already taken the lives of five officers and wounded seven more, plus two civilians, Chief Brown stayed on top of negotiations between the Dallas Police Department (DPD) and the shooter.

But those negotiations only revealed that Micah Johnson, well-protected and heavily armed in a parking garage, remained adamant about his agenda: to hurt and kill as many white people, and white police officers specifically, as he could. In an interview with CNN the next morning, Chief Brown reported that over a two-hour period of negotiations, he characterized the shooter as "basically lying to us, playing games, laughing, singing, asking how many did he get and that he wanted to kill some more, and there were bombs there, so there was no progress on the negotiation."{1}

Dallas' mayor Mike Rawlings reported that "We gave him choices. We said, 'You can come out and not be hurt, or you can stay there and be hurt.'"{2} Mr. Johnson chose to refuse to surrender.

Chief Brown made the difficult decision to end the standoff before any more lives were lost by arming a remote-controlled robot with explosives that killed the shooter.

As this story unfolded, it struck me that Chief Brown, a Christ-follower who worships at Dr. Tony Evans' church Oak Cliff Bible Fellowship, is now peculiarly equipped to understand one of the most difficult aspects of the Old Testament: God's commands to kill large numbers of people. In fact, just two days after the shootings, I sat in my church answering this very question by a friend who is wrestling with whether God is good. How could a good God order the killing of men, women and children in Canaan? How could a good police chief order the killing of a man holed up in a parking garage?

After hours of negotiation that included 45 minutes of exchanging gunfire with the shooter, Dallas police determined that Micah Johnson had a hard heart. And, in that situation, an apparently unredeemably hard heart that would not allow for a good outcome (which would mean surrender at the least, and confession and repentance eventually for the sin—and the crime—of multiple murders).

God faced something similar on a much, much larger scale: wholesale cultural evil. Genesis 6:5 says, "Yahweh saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time." For 120 years Noah served as a "preacher of righteousness" (2 Peter 2:5), but only eight people entered the ark to be saved. God wiped out all the evil in every other human being alive on the whole planet. What a horrible, and drastic—but necessary—choice.

Then, we see wholesale cultural evil again in Canaan, the inhabitants of the land that God promised to Abraham and his descendants. The whole culture engaged in idolatry and even child sacrifice. The Canaanites' rampant sexual sin was so bad it even defiled the land. The Canaanites' lifestyle was like cultural cancer. And just as an oncology surgeon has to slice into what may appear to be a healthy body to cut out deadly

tissue that will kill a person if not removed, God acted to remove spiritual cancer in the pre-flood world and again in Canaan.

We see God's heart about this revealed in Ezekiel 33:11–"'As surely as I live, declares the Sovereign LORD, I take no pleasure in the death of the wicked, but rather that they turn from their ways and live. Turn! Turn from your evil ways! Why will you die, people of Israel?'" It broke God's heart to have to take out the wicked people on the earth. Just as our brother in Christ, Chief Brown knows that Micah Johnson was made in the image of God, and was a soul so dearly loved that Jesus died for him. There is no pleasure in having to deal with a man so insistent on destruction that the only way to keep him from taking more lives is to take his. Chief Brown says it was a good call, but that doesn't mean it gave him pleasure.

Just as, I believe, our good God stopped the growth of moral cancer on His planet and in His land, but it gave Him no pleasure.

Discipline, especially the most drastic kind, is a horrible choice to have to make. But it is right. And good. Even as it breaks the heart of the discipliner.

1. theconservativetreehouse.com/2016/07/10/dallas-police-chief-david-brown-extensive-interview-explaining-attack-videos/
2. beta.dallasnews.com/news/news/2016/07/09/dallas-policedecided-use-bomb-end-standoff-lone-gunman?_ga=1.39744103.531856088.1465668815

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Orlando's Bizarre Coincidence?

My phone dinged Sunday morning, June 12, with Facebook's notification that three of my friends were safe in regard to the Orlando shooting. I had no idea what that meant, but fortunately social media makes it easy to find out what's happening in the world within seconds. My heart sank when I learned of the largest mass shooting in American history at a gay nightclub, with 49 dead and 53 injured. I couldn't even begin to wrap my mind around the pain and horror inflicted on the victims and their families and friends.

Then I learned about the very different kind of pain and horror that also happened in Orlando two days later, when an alligator snatched a two-year-old boy and won the wrestling match with the boy's father, pulling the toddler under the water and drowning him—in preparation, one might assume, to make a meal of him later.

I shared the horrifying news with students at Probe's Mind Games camp, where we were teaching that week. Three of the campers are from Orlando, and I learned that Floridians just *know* that alligators are everywhere, and they take precautions. When Aimee heard that the incident had happened on one of the Disney World properties, she asked, "Where's the family from? I bet not Florida. [It was Nebraska.] We *know* about alligators. You can't see them, but they can see you.

Even in four inches of water.”

It is certainly possible that the back-to-back nightclub shooting and the alligator snatching both happening in Orlando was just a bizarre coincidence. But I wonder if one is a physical representation of a spiritual reality about very real warfare that happens in the unseen spirit realm.

Alligators are predators. They’re always looking for something to kill and eat. I couldn’t help but be reminded of 1 Peter 5:8, “Be sober and alert. Your enemy the devil, like a roaring lion, is on the prowl looking for someone to devour.”

I am absolutely sure that our enemy the devil was actively prowling at the Pulse nightclub. Jesus said that the devil comes to “steal, kill and destroy” (John 10:10), and he was successful at all three the morning of June 12. As I looked at pictures of all the people who died that day, I saw young men and women who were someone’s sons and daughters, someone’s nieces and nephews and grandchildren, someone’s friends and co-workers, their lives snatched by a horrible predator.

I thought about the parents and loved ones of gay-identifying people who faithfully pray that God will open the eyes of their beloveds in “the far country” of sin and self-indulgence (Luke 15) to see the destructive path they are on and repent. I thought about the parents and loved ones I know personally, with whom I join my prayers for God to protect their children in the far country before the heartless, evil predator snatches them like the alligator grabbed little Lane Graves.

Disney has been changing their signs, from the polite request “No Swimming Please” to the explicit “Danger: Alligators and Snakes in Area.” People need to know when they are exposed to dangerous predators, right?

It's true in the spiritual realm as well. Sexual and relational brokenness often leads to sin that opens people to attacks of our enemy the devil, like a roaring lion, always on the prowl looking for someone to devour. Just as real as the alligators in what's supposed to be "The Happiest Place on Earth." Celebrating and encouraging what God calls sin—especially any kind of sexual behavior outside of marriage between a husband and wife—is like erecting a sign at the Seven Seas Lagoon that says, "Come on in, the water's fine."

But it's not. Whether people wade into the shallows or dive into the deep, they are making themselves an offering to the predator, right in his territory.

Like a lion or alligator, the enemy of our souls is on the prowl, seeking to steal, kill and destroy.

Just ask the parents of the ones who died at the Pulse nightclub. Or the parents of little Lane Graves.

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on June 28, 2016.

Pain: God's Just-Right Tool

I wrote this blog post on May 7, 2012. When I ran it again almost five years later, I added this introduction:

Not quite five years ago, when I originally wrote this, I had no idea that by this point, I would hardly be walking, using a scooter 95% of the time and unable to move without a walker

for the rest. Pain and serious weakness are my daily companions. As I noticed the counts on my most popular blog posts and discovered this one among the top, I am grateful that the wisdom God gave me five years ago is even more true today. And I am grateful that I can even minister to myself.

It's now almost ten years later, and I certainly had no idea that by THIS point, the Lord would have so incredibly graciously allowed me to have had both hips replaced so that I live free from pain. Never, ever saw that coming. But I also know that this is a sweet but temporary season, as I keep getting older and the late effects of polio continue to threaten. So I live with a deep sense of gratitude for this season of respite, knowing that any point I may be forced to re-enter the place of pain.

"You know, you're like the Martha Stewart of kitchen gadgets and tools," my friend observed as she unloaded our dishwasher. "You've got stuff I never knew existed."



I really do like having just-right tools. I only use my cherry pitter during cherry season, but it's perfect for the job. I don't use my electric knife sharpener every day, but when I do pull it out to put a finely honed edge on a knife, it brings joy to my culinary tasks. I love being able to chop up nuts in my food chopper in no time flat—and no mess. Tools like these are a reason I enjoy cooking and baking.

Once as I was using a razor blade holder to scrape paint off the windows on our garage door, I said, "Thanks, Lord, for the blessing of a just-right tool." I sensed Him say, "Do you think it's any different for Me? I enjoy having the just-right tool in My hand as well." At the time I got the impression He

was talking about using us as instruments of grace and blessing in His hand, but lately I've become aware of a different kind of just-right tool in God's hand.

Pain.

Physical pain, emotional pain, the pain of trials and suffering of all kinds. Pain is an incredibly effective tool to achieve God's purposes in our lives: transforming His children into the image of His Son Jesus, tearing down strongholds that keep us from being all that He made us to be, restoring what was lost in the Fall.



Since God has no magic wand and no Easy button (that's only for Staples commercials), He has to use other means to accomplish the considerable task of changing people who are far more broken and messy and less than we were created to be, into the people He intended us to be from the beginning.

Some of the just-right tools I have personally seen in God's hands:

George and Pam (not their real names) found the wheels coming off their lives when they learned their middle-schooler was doing drugs, followed shortly by dealing them. Though they were faithful church attenders, neither of them actually knew Jesus. They were directed to a grace-drenched, gospel-preaching church where they both trusted Christ and everything changed. George told me recently that as he had learned, "Suffering keeps us from the delusion of self-sufficiency. This delusion was my main problem. When the sufferings of my failure as a husband, father and man became crushing, I

surrendered." They are now leaders in several ministries at their church.

Jennifer Clouse's second battle with cancer, which she shares generously via her blog and her friendships with about a gazillion people. Jen is teaching many people what the grace of humor looks like from inside a cancer diagnosis that moves her closer to heaven every day. Her ability to see God in everything is as instructive as when she stood before women teaching the Word. (Note: Jennifer has been with the Lord since 2016.)

Barbara Baker is a missionary in Mexico whose desire to minister to people is far greater than her body's ability to support it. As her frailty and weakness grows, so do her limitations. When Ray and I visited Barbara and Jonathan in Puebla last year, I saw what happens when the diameter of a spotlight is reduced; it becomes like a laser! Barbara's physical limitations mean that the things she *is* able to participate in are that much more valuable, that much more grace-filled. Her light is that much more concentrated.

Holly Loughlin has been fighting Cystic Fibrosis her whole life, which has now reached what used to be the upper limit for CF patients. On her most recent hospitalization, she started daily blogging what life was like for her, and I absolutely loved what she wrote on Day 10:

> "The Lord is always in the business of redeeming. Sometimes I see that so clearly here. Everyone gushes about what a great CF patient I am and they are all eager to introduce me other CFers who are struggling because of my hope and outlook and work ethic. But, I wasn't always like this. I went through 3 really rough years where I refused to do anything that had anything to do with CF. I didn't take any pills, do any treatments, or even eat the way I was supposed to. All of those things felt like chains that held me at the mercy of CF. I suffered needlessly and went in the hospital

many more times than was actually necessary during those years, but the Lord was gracious and allowed me to survive it. Somewhere around the time I went off to UNT at 18 I realized that CF wasn't something I was going to be able to escape, no matter how I lived and that I had been given a specific set of tools that, if anything could, would help me achieve the goals and dreams I had for my life. I realized that eating, sleeping, doing my treatments and taking my pills were the things that were going to give me the best shot at having a great life.

"I had no idea then how great my life was going to be one day. Some of my dreams didn't come true. I had to give them up because my body just wouldn't accomplish them no matter what I did, but the Lord was so gracious to give me new dreams, better dreams. And here I am 20 years later with the best husband anyone could dream up, a daughter more amazing than I could ever have imagined, and a lot of life still ahead of me. That's our God. He loves to gives His children good gifts. He loves to be called upon. He loves to surprise us when we least expect it. And I'm thankful that He is even now using the folly of those years so long ago to reach out and give hope and encouragement to others.

"I could never have imagined that I would be sitting up in the hospital at this age being the go-to person for giving hope, love, and light to people who are as lost in the weeds of CF now as I was then. I'm so thankful that the Lord has let me live to see this, to be this. I know how much I would've given to have had someone for me like I am able to be for these folks."

Daniel and Kelly Crawford received the devastating news that their unborn son Abel had Trisomy18, a genetic condition incompatible with life. Shortly after he was born, they wrote on their blog,

"[W]e've been living in this challenging tension since last

> July… a total inability to control or manipulate an outcome, which forces you to make a decision: we can fall headlong into depression & despair, or we can return to the promises of the Faithful One.
>
> "So just as we've tried to do all along, we want to live out Psalm 143:8 and remind ourselves of God's steadfast trustworthiness every morning. We want to cling to 2 Corinthians 4:16-18, setting our gaze on our great eternal Hope amidst affliction. And we want to remember James 4:14-15, seizing every precious hour of every precious day and knowing that even you & I are never guaranteed tomorrow.
>
> "God's sovereignty is something I have subscribed to wholeheartedly for a good long while, but you really 'put your money where your mouth is' in these scenarios that truly are out of your hands."

Their precious little boy lived for 15 days before slipping out of his mama's arms into Jesus' arms. The just-right tool of Trisomy18 was what God used to fulfill what the Crawfords confidently told the thousands of people who prayed and wept and followed their story: "The ultimate plan and purpose for Abel's life (and our life) is to glorify the Glorious One." And he did.

And then there's me.

Advanced arthritis on top of Post-Polio Syndrome means I now need a walker instead of just a cane to walk and stand. Most steps hurt. Two ortho docs have said I will need both hips replaced, but post-surgery rehabbing is questionable when one of my legs is basically worthless. Could this be a just-right tool in God's hand?

I choose to believe it is. Every day I have the choice to remember and give thanks that ***a good and loving God is in control.*** I've always lived with a lot on my plate, but He has allowed my "plate" to get smaller. As I upgraded to a walker,

I downgraded from a dinner plate to a bread plate. Like Barbara, limitations abound and I have to check with the Lord: what do *You* want me to do?

I have seen God do some marvelous things in my family through this new challenge. He is good. I may be falling apart on the outside, but my "inner man" is more vibrant than ever, as long as I cling to the truth that God is good.

My new life verse is 2 Corinthians 4:16-18—

> Therefore we do not despair, but even if our physical body is wearing way, our inner person is being renewed day by day. For our momentary, light suffering is producing for us an eternal weight of glory far beyond all comparison because we are not looking at what can be seen but at what cannot be seen. For what can be seen is temporary, but what cannot be seen is eternal.

That's my story and I'm sticking with it.

This blog post last appeared at blogs.bible.org/engage/sue_bohlin/pain_gods_just-right_toolon May 31, 2016.

LGBT and Political Correctness

Everything about the subject of LGBT (lesbian/gay/bi-sexual/transgender) identity and sexuality is colored in some way by political correctness. PC thinking embraces all beliefs and positions (except orthodox Christianity), and seeks to

validate any and all self-expression (as long as it differs from biblical morals). One of the most amazing demonstrations of PC thought is this video, in which a short Caucasian male asks students at the University of Washington how they would respond if he told them he was a 6’5″ Asian woman. The students were more committed to his right to be whatever he said he wanted to be, no matter how silly it sounded, than what was objectively true:

So much of PC thought in our culture today reminds me of the Hans Christian Andersen tale of a vain emperor who cares about nothing except wearing and showing off his luxurious clothes. He hires two weavers—two scammers—who promise him the finest, best suit of clothes made from a magic fabric that is invisible to anyone who is hopelessly stupid or unfit for his position.

Neither the emperor nor his ministers can see the fabric themselves, but they pretend that they can for fear of appearing unfit for their positions. Finally the weavers report that the suit is finished. They mime dressing him, and the emperor marches in procession before his subjects.

The townsfolk, who of course cannot see the (imaginary) fabric, play along with the pretense, not wanting to appear stupid or unfit for their positions. Then a child in the crowd, too young to understand what was going on, blurts out the truth for all to hear: “The emperor’s not wearing any clothes!” The townspeople try to hush him up, even though what he’s saying is the truth.

Political correctness is often about maintaining an illusion and hushing up the people who speak the truth. Those who speak out the truth, like the little boy, are shamed with the

intention of silencing them. This certainly happens in the arena of sexuality and identity, where the illusion is that sex is the highest pleasure and the most important aspect of life, and everyone has a right to express their sexual feelings however they want.

In order to think rightly about political correctness, we need to know what's really going on—what is fueling the illusion. (Which is why it's so important to understand worldview!) Recently I was privileged to address a Christian high school chapel on this topic, and I told the students that they were born into a cultural brine that is shaping and pickling their thoughts about sexuality and identity, just like the college students on the video. They needed to know how our culture got to the place it is today so they have a chance to refuse the pickling process.

In 1989, Marshall Kirk and Hunter Madsen wrote a manifesto for normalizing homosexuality, *After the Ball: How America Will Conquer Its Fear and Hatred of Gays in the 90s*. Their very specific, very achievable goals now describe American culture. (Please note, the bolded words are Kirk and Madsen's words, not mine):

1. **Talk about gays and gayness as loudly and often as possible.** This would desensitize people to the issue of homosexuality so it would become an always-present, no-big-deal aspect of American culture.
2. **Portray gays as victims and not as aggressive challengers.** Two main ways to achieve this: propagate the "born that way" mythology, and portray homosexuals as victims in an anti-gay society.
3. **Give protectors a just cause.** Fighting discrimination, or what is portrayed as discrimination, makes people feel good about themselves as they defend the underdog.
4. **Make gays look good.** Particularly in media such as TV and movies, make the gay characters as good-looking, charming, smart, witty and winsome as possible.

5. **Make the victimizers look bad.** Make the "anti-gays" look so nasty that average Americans will want to dissociate themselves from such types.

Every one of these goals has been attained, and this is the culture we now live in. In order to be aware of the PC thought that shapes how most people think, we need to be aware that the entire society has been manipulated.

What earned Probe Ministries a spot on the Southern Poverty Law Center's list of hate groups is our website content about homosexuality, which agrees with the biblically orthodox position that same-gender sexual behavior, like every other violation of God's intention for sex to be limited to the marriage bed of one man and one woman, is wrong. As my pastor says, "Truth sounds like hate to those who hate the truth." There are so many cultural lies about God's design for sex and identity that when we proclaim God's truth in a culture that embraces lies, we get called hateful and discriminatory.

In order to think biblically, we need to know the difference between the culture's lies (politically correct thought) and God's truth:

CULTURE'S LIE: Who I am is a sexual being. Whether it's a culture or an individual, when God is left out of the equation, sex is elevated to the #1 most important spot because it's so powerful and a source of such intense pleasure (or can be). So people define themselves by their sexuality.
GOD'S TRUTH: Who I am is God's beloved creation. Made in the image of God, created for intimacy and fellowship with Him, my worth proven by what the Son was willing to pay for me: His very life.

CULTURE'S LIE: Sex is a need and a right for everyone to experience. Many people believe it is on the same level of necessity as food, water and sleep.
GOD'S TRUTH: Sex is so powerful it is to be contained only

within marriage between one man and one woman. The mingling of bodies and souls through sex is deeply spiritual as well as physical. God's prohibitions against sex outside of marriage are His gift to us, meant for our protection from the painful consequences of sexual sin. They are like guard rails on a treacherous mountain road, intended to keep us from going off the cliff to pain and destruction.

CULTURE'S LIE: I create my own identity depending on what I feel. Untethered from a connection to God as Creator, people live out the sad, repeated description of Israel in the book of Judges, where "all the people did whatever seemed right in their own eyes." (Judges 17:6, for one).
GOD'S TRUTH: My identity is who my Creator says I am. All of us exist because God wanted us and hand-crafted each of us (Psalm 139). Feelings are real but they're not reliable. Jeremiah 17:9 instructs us on why our feelings can't be trusted: "The heart is more deceitful than all else and is desperately sick; who can understand it?"

CULTURE'S LIE: Gender is whatever we want it to be. Biological sex has been separated from gender (how one feels about maleness and femaleness). (Personally, this strikes me as illegitimate as proclaiming that the white keys on a piano are bad and the black keys are good.) Facebook currently offers 58 choices of gender.
GOD'S TRUTH: God created man in His own image, in the image of God He created him; *male and female* He created them. (Gen. 1:27) The first words in the room when a baby is born are still, "It's a girl!" or "It's a boy!" Gender is still binary because God still creates male and female.



CULTURE'S LIE: I can create my own reality. For example, recently a man abandoned his wife and seven children, announcing his chosen identity of a 6-year-old girl.

Another man, deciding his identity is a female dragon, cut off his ears and nose, dyed his eyes, and inserted horns in his forehead.



GOD'S TRUTH: There is objective truth and objective reality because God is real and true. We do not have the freedom to dismiss what is objectively true and real; 2 + 2 will always be 4, not 7 or 200, and gravity will always be operational on the planet. These things are real and true because a real and true God rooted His creation in His own nature.

CULTURE'S LIE: "Born this way." This lie has so much traction because it's repeated so often people assume it to be true.
GOD'S TRUTH: No Evidence. There is actually no scientific evidence of a gay gene or any other determiner of same-sex attraction. **Identical Twins Studies:** In identical twins (who share the same DNA), when one identifies as gay or lesbian, the other one only identifies as gay or lesbian about 11% of the time. If homosexuality were a genetic issue, the correspondence would be 100%.

American culture continues to pump out the illusion—the fantasy, the myth—that sexuality is the most important thing about life and about us, and that sexual identity and expression is where life is found.

Beware: ***the emperor has no clothes!***

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/lgbt_and_political_correctness on May 18, 2016.

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3 Life Hacks That Will Revolutionize Your Relationships

Ever hear of "life hacks"? Little tips and tricks to make your life easier, like running a sticky note between your keyboard keys to collect crumbs and computer lint. Here are three life hacks that will act like relational lubricant.

"When you said/did X, I felt Y. Did you mean to communicate that?"

Instead of assuming we know someone's motives and thinking, we need to clarify that we understand what they intend. Sometimes things just come out wrong, not at all what is meant, and it's easily misinterpreted.

"When you gave me permission to take comp time after I worked

all weekend, I sensed you were giving it begrudgingly and you weren't happy about it at all, like I had broken an unwritten rule or expectation. Did I read you right?"

"When I asked you about _____, it seemed that you got really quiet and shut down. It felt like you were shutting me out. Is that accurate, or am I missing something?"

"When I asked you to unload the dishwasher, you rolled your eyes and sighed. It's the only thing I've asked in two days, but it sounded to me like you were upset. As if it were an unfair burden to place on you. Is that what you meant to communicate?"

The other person might respond with, "Yeah, I was upset and felt put-upon, but really I have no right to be. I'm sorry for reacting so badly." Or they might say, "I did? I don't remember tha—oh wait, you know what? I had just heard such-and-so on TV and it disgusted me. My body language was in response to what was going on in the other room. Sorry, I didn't hear you at all."

It's always a good idea to clarify what's going on. And not assume you can read the other person's mind. Only God can do that.

Own the Plank in Your Eye

Whenever there is a conflict, it's the result of clashing perspectives or motives or interpretations. According to Jesus' teaching in Matthew 7:3, the first step to resolving conflict is to take responsibility for our part in it. It's amazing how hostilities can de-escalate when someone steps up to the plate and takes responsibility for their contribution to a problem.

Even if our part is only 5%, we're 100% responsible for that 5%. And even if we're sure we haven't done anything wrong, we can acknowledge the possibility that we may have said or did something that was misinterpreted, and we can own that.

It's natural to expect the other person to then take responsibility for their part in the conflict, but alas, very often that doesn't happen. They will just let you take the blame/credit all by yourself even though you know perfectly well the other person was at fault at well. That's okay. When you live for an Audience of One, it's always right to do the right thing, trusting God to work out the justice part. Guilty parties never get away with it forever.

It's not just a life hack, it's supernatural, divine direction from the One who designed people and intended us to be in relationship. Own your part in a conflict—and watch the tension deflate like letting air out of a balloon.

How to Apologize

The specifics on this life hack came from one of the best blog posts in the history of the internet. There are four parts:

1) I'm sorry for _____. . .: Be specific. Show the person you're apologizing to that you really understand what they are upset about.

Wrong: *I'm sorry for being mean.*

Right: *I'm sorry for being unkind when I said you were fat and ugly.*

2) This is wrong because _____: This might take some more

thinking, but this is one of the most important parts. Until you understand why it was wrong or how it hurt someone's feelings, it's unlikely you will change. This is also important to show the person you hurt that you really understand how they feel. I can't tell you how much of a difference this makes! Sometimes, people want to feel understood more than they want an apology. Sometimes just showing understanding- even without an apology- is enough to make them feel better!

Wrong: *This is wrong because you are hyper-sensitive.*

Right: *This is wrong because I hurt your feelings and made you feel bad about yourself.*

3) In the future, I will _____: Use positive language, and tell me what you WILL do, not what you won't do.

Wrong: *In the future, I will not say that.*

Right: *In the future, I will keep unkind words in my head.*

4) Will you forgive me? This is important to try to restore your friendship. Now, there is no rule that the other person has to forgive you. Sometimes, they won't. That's their decision. Hopefully, you will all try to be the kind of friends who will forgive easily, but that's not something you automatically get just because you apologized. But you should at least ask for it.

I love these four steps, and I would add eye contact to the mix.

These four steps to apologizing are powerful because they are

biblical.

1. “I’m sorry for” means you are confessing, or agreeing with the other person, that you did something wrong. Biblical prayers of confession are very specific in naming the sins committed, such as idolatry, adultery, and murder. Apologizing to another person needs to be just as specific.

2. “This is wrong because” reveals that you understand of why it’s a problem. David prayed for that kind of self-awareness in Ps. 139:23-24, “Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.”

3. “In the future, I will” is a commitment to repent and choose a better, more righteous behavior than the one being renounced and forsaken. Zaccheus gave an example of this in Luke 19:8-“Zaccheus stopped and said to the Lord, ‘Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much.'”

4. “Will you forgive me?” is a humbling, difficult question to ask. Putting ourselves in the “one-down position” of asking for forgiveness risks exposure and shame-after all, the other person may say no-but forgiveness was extraordinarily important to Jesus. “For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.” (Matt. 6:14-15)

Apologizing the right way is probably the most powerful way to restore a strained or broken relationship.

God created us for relationships and for community. These three life hacks can go a long way toward make them run more smoothly.

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Shame-Based Families, Grace-Based Families

The messages of a shame-based family:
"Don't talk, don't trust, don't feel."
"Everybody has to put their needs aside so we can tiptoe around _____ and not make them mad."
"Why did you do that, you dumb b*tt?"
"If you disappoint me this much, how much more are you disappointing God?"
"Oh please, you're not wearing that, are you?"
"Loser . . . stupid . . . such an embarrassment . . . I hope nobody knows you're my daughter . . . You'll never amount to anything . . . I wish I'd never had you . . . You're so fat. And ugly."

Every message of a shame-based family is an arrow into someone's heart. Left there unacknowledged and not pulled out with truth, it starts generating lies and pain that can last a lifetime.

Lots of people grew up in this kind of family, but we are not sentenced to repeating it into the next generation. We can put on the brakes and steer our families in another direction altogether-the direction of grace.



Grace-based families also have messages:
“You are loved and valued, no matter what you do.”
“When we disagree, you never have to worry that I will stop loving you.”
“I was wrong and I am sorry. Will you forgive me?”
“Did you do your best? You’re the only one who can know.”
“Let’s talk about why you did that. What other choices did you have? What can you learn from this?”
“Can you help me understand what happened, what you were thinking or saying when you ____?”

The underlying message of a shame-based family is, “You are not acceptable and you risk being rejected and abandoned.” The underlying message of a grace-based family is, “You are an important and cherished part of this family and you will always be loved and accepted, even if we need to discipline you for wrong choices.”

Shame-based families shame out loud through name-calling, deadly comparisons (“Why can’t you be like ____?”), and anything that indicates the person is not good enough. Grace-based families affirm out loud with uplifting expressions of belief in each other, appreciation for each other, and affectionate use of each other’s names. Each person feels that their name is safe in everyone else’s mouths□but most especially mom and dad’s.

The focus of shame-based families is on performance, looking good and being good on the outside. It’s all external. Not embarrassing the family is huge. The focus of grace-based families is on the heart, remembering that character is shaped and developed in the family. The child’s value□which never changes□is separated from his or her behavior, which is eminently changeable. These families remember that God is not

real pleased with our choices sometimes, but He never stops loving us.

Shame-based families specialize in unspoken rules and expectations. They are discovered when one gets broken. Often, one of the unspoken rules is that no one is supposed to notice or mention problems; if you bring a problem into the light by asking, “Hey, what about this?” YOU become the problem. When one of my friends told her parents that her brother had been molesting her, her father threatened, “Don’t you ever talk about this again. It is over.” When the abuse continued and she told her youth pastor, her father responded that his daughter was mentally ill, a pathological liar, and not to believe her.

There is often a “can’t-win” rule in effect: children are taught never to lie, but they are also not allowed to tell Grandma her cooking tastes awful. Or children are taught that smoking is bad, but if they point out that mom or dad smoke, they are shamed and shut down.

In grace-based families, rules and expectations are clearly spelled out. If an unspoken rule comes to light because someone broke it, it gets talked about without shaming the one who broke a rule they didn’t know was in place. If someone notices or mentions a problem, the problem is addressed instead of attacking the one who brought it up. In grace-based families, the *problem* is the problem, rather than the person who identified it.

Shame-based families often use coded messages to communicate, saying one thing while intending that their audience read their minds and respond to the actual message they wanted to give without coming right out and speaking it. Someone might say, “I have such a headache” and the second person replies, “That’s too bad” or “Sorry” and then continues to do whatever they were doing. The first gets upset that the other person didn’t offer to get them a pain reliever. The one with the

headache used to be me, until a wise mentor responded with, “Would you like an Advil? Healthy people ask for what they need and want. Just ask me if I have one.” Whoa. That was a game-changer for me!

The communication in grace-based families tends to be clear and straight. It’s about saying what is true and what is actually meant. Scripture calls that “speaking the truth in love” (Ephesians 4:15). And healthy communication does not involve an unnecessary third person, a term called “triangulating.” If someone complains about another person, or gives a message for another family member, a wise person redirects them to the one they actually need to communicate with, refusing to be the third person in a two-person communication. Another wise person has said, “If you don’t have a dog in that fight, stay out of it.” That works!

Shame-based families are preoccupied with fault or blame. They are always looking for where to place or shift the blame when something goes wrong. Then the culprit can be shamed, humiliated, and made to feel so bad they don’t do it again.

In grace-based families, the emphasis is on responsibility and accountability. People are responsible for their choices and held accountable for their behavior. Grace-based parents try to remember that all of life is training for a child, and it takes many, many times to learn wise and healthy behavior. So while a child may be disciplined, they are not punished for not getting something right. Instead of being shamed for slamming the door, they may be instructed, “OK, I guess you need practice in closing the door without slamming it. So you’ll be practicing 25 times in a row, starting right now.” Another way that grace-based families can build responsibility and accountability is by using natural consequences without anger: “Since you left your bicycle in the driveway again, you will lose the privilege of enjoying it for a week.” And sometimes, discipline without punishment means talking about what happened without shaming, by asking good questions: “So

what can you learn from this?" "What can you do differently next time?"

Family is meant to be God's safety net underneath is, the safe place to fall when we make mistakes and learn painful life lessons. By His grace and through being intentional, shame-based families can become grace-based families as we reflect on how God, the perfect Parent, loves us perfectly and unconditionally-yet teaches us to be responsible as we grow up to maturity.

Note: the grace-based family in the picture are my friends Rick and Abbie Smith with their sons Noah and Jaxten. If you want a blessing, check out their story of grace at noahsdad.com/story.

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Out of the Abundance of the Heart…Flows Road Rage. And Other Stuff.

In this morning's traffic, my husband apparently violated one of the most important unwritten rules of the road: he changed lanes into the very spot that another driver intended to move into. Suddenly this large pickup truck zoomed up alongside us just so he could dangerously cut us off, then slammed on his brakes. To teach us a lesson, I suppose: *Don't you dare get in my way! I'm the most important person on the road!* A few minutes later from a safe distance we watched him tailgate the

person in front of him. He was clearly an angry and aggressively hostile driver.

We did not have to wonder what was in his heart. Lots of anger, lots of entitlement, lots of pride.

One of the most insightful observations Jesus ever made was when He said, “Out of the abundance of the heart, the mouth speaks.” (Matthew 12:34) Whatever fills the heart is what is going to spill out of the mouth. But it goes far beyond that.

It’s our *re*actions, more than our actions, that demonstrate what’s really in our hearts. When people fire off emails or Facebook comments or Twitter blasts without thinking, it reveals what’s in their hearts. When people leave scathing comments on a blog they disagreed with, dumping their thoughts and hitting “submit” without further thought, they are broadcasting what’s in their hearts. When upset people send hurtful, insulting texts because they’re “just being honest,” they are showing that they are people who honestly don’t have good hearts.

Have you ever been in a public place where “F bombs” fill the air like heavy pollution? The hearts generating such vulgarity and complete disregard for the sensibilities of those within earshot are full of vulgarity and thoughtlessness. That’s why it flows so easily out of their mouths.

When I was in Africa, my beautiful and wise Rwandan interpreter told me, “We have an African saying□always believe a drunk man.” I laughed at the sheer wisdom of that; after all, alcohol removes not only inhibitions but also filters. When a well-known celebrity’s racist rant was recorded during his arrest for drunk driving, his public apology included that he had “said things that I do not believe to be true and which are despicable.” Well, according to his Creator, what came out of his mouth was a painfully accurate display of what he actually does believe, despicable as it may be.

So what do we do with this connection between the heart and what flows out of it?

I think it’s wise to see the ugliness of road rage, F bombs, angry and unkind comments and texts, and unloving rants like red lights on the dash board of our car. It means something is wrong under the hood. It means we need to invite the Lord to shine His light of truth on what’s in our heart and show us where we need to submit to His right to be Lord of every square inch of it. It means we need to confess as sin anything that is not honoring to Christ and to other people, and ask Him to change that in us so we look like Him.

Because the abundance of a heart filled with love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control is going to flow out with words and actions others will actually want to be around.

And they’re much better to share the roads with!

Are Ghosts Real?

The morning program on a Dallas radio station recently featured a story about one of the show personalities going to a “ghost hunt” at a supposedly haunted hospital. The staffer came back with video of a flashlight turning on and off by itself. She went as a skeptic but came back as a believer.

In ghosts.

She offered her perspective: we all go to heaven or hell, but some people get delayed on their way to their final destination. The discussion opened a stream of callers eager to share their “knowledge” about ghosts, such as the woman who has slept in cemeteries to learn about spirits. “Sometimes

children don’t know they’ve died,” she assured the radio audience.

Are ghosts real? How should we think about ghost hunting and anecdotes of people seeing disembodied spirits? My grandmother reported that she had seen her late husband walking through the living room years after he died; what do we do with stories like that?

It really doesn’t matter how we feel or what we think—the only thing that matters is what God has revealed to us about the spirit world. And there is no room in a biblical worldview for the spirits of dead people wandering around, stirring up mischief or playing with flashlights.

The Bible says that “It is appointed for men to die once, and after this comes judgment” (Hebrews 9:27). That means heaven or hell. The apostle Paul wrote that for the believer in Christ, to be absent from the body is to be present with the Lord (2 Cor. 5:8). In chilling language, Deuteronomy 18 forbids any kind of dabbling with the occult, which the pagans already living in the Promised Land indulged in, and which God absolutely prohibited:

“When you enter the land which the LORD your God gives you, you shall not learn to imitate the detestable things of those nations.
There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer,
or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead.
For whoever does these things is detestable to the LORD; and because of these detestable things the LORD your God will drive them out before you.” (vv. 9-12)

Ghost-hunting is seeking occult encounters, which is the

domain of evil spirits, and God warns us to stay far away from all of it.

But people, lots of people, have reported seeing *something*. How should we interpret seeing those who have died, and inanimate objects moving of their own accord? I would suggest that this is all the work of demons, evil angels who have rebelled against God. God's word tells us they masquerade as something other than what they are; Satan disguises himself as an angel of light, and his servants disguise themselves as servants of righteousness (2 Corinthians 11:14-15). Devils lie and deceive. It makes sense that they would deceive people by appearing as ghosts and impersonating dead people. Whether they terrorize the living through fear or just distract us from what is true and good, it's all the work of God's enemy.

We not only live in a fallen world, we live in a war zone where we walk around as targets of the enemy, whether we recognize it or not. Paul wrote that we struggle against the powers of this dark work and against spiritual forces of wickedness in the heavenly places (Ephesians 6:12). Part of that spiritual war is the strategy of terrorism or distracting us by things like counterfeit ghosts and the movement of physical objects by unseen but real spirit beings who can manipulate the physical world.

When I think about the radio listeners who called in to offer their "knowledge" about ghosts, I found myself thinking about the critical-thinking "Killer Questions" that we ought always be using as a filter for what we read, see and hear. Especially "Where do you get your information?" and "How do you know that's true?" Someone who sleeps in a cemetery to gain information about the spirit world may well be receiving information from "the other side," but how accurate and trustworthy is it? Why should she believe everything the spirits are telling her? What kind of spirits are feeding her "facts" about how things work in the spirit realm?

I am grateful for the trustworthiness and reliability of God's word that tells me how to think about ghost-hunting and ghost-busters. It's about messing with demons pretending to be something other than what they are. (In my angel article Angels: The Good, the Bad and the Ugly, I call them "ugly angels") That's why He forbids us to dabble with anything dark and occult. He wants to protect us because He's a good, good Father.

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On Coffee: Drinking and Thinking

I'll admit it, I'm hopelessly biased, but my son is a world-class Mr. Coffee expert. Kevin regularly travels to three different continents in search of relationships with farmers growing excellent coffee he can roast and sell in his San Francisco café. Over the years he has shared his coffee knowledge (and bags of really *really* good coffee) with my husband and me. We now know the difference between utilitarian commodity coffee that is just a caffeine delivery system, and the complex flavors of a cup of specialty coffee that stands alone even without cream or sugar. For Christmas, he gave us the perfect coffee-making setup to take with us on a cruise, assuring us that we would have the best coffee on the ship.



Unfortunately, the fancy new hotpot for heating water was too fancy for the fire-conscious security officers, and they confiscated it during the cruise. So we tried drinking the ship's coffee, but much of the time it tasted like it had been prepared by someone who doesn't understand the importance of proportion between coffee grounds and water. One day I took a picture at breakfast to commemorate the day I absolutely could not drink the abysmally wretched beverage they called coffee. I'm just not that picky. I now have an "educated palate," but I'm not a picky person. Unless someone really crosses a line. And they did.

Now that I've been taught about coffee complexity and the role of terroir (the soil and climate where coffee is grown, just like with vineyards), I taste and appreciate coffee differently. It occurred to me that something similar, but far more important, happens to our thinking when we are taught biblical truth and values. Once our eyes are opened to God's perspective and His presentation of truth, it changes how we process what we see and hear.

And, like developing a cultured palate for great (or not-so-great) tasting coffee, we develop discernment in spotting truth (or not-so-true) and error.

For example, I just received a phone call from someone who found me online and called to bounce some ideas off me. He said he thinks he's the Messiah because he has made several predictions that have come to pass over the past couple of years. I told him that he can't be the Messiah since the angel told the disciples that Messiah Jesus would return to earth the same way He left, through the sky and the clouds (Acts 1:11). And the Messiah is sinless and perfect, and since he is a sinner, he can't be the Messiah. I asked him what he was reading and studying in God's word, and he said that right now he's reading the Book of Enoch. I told him that Enoch was

written by man, not supernaturally inspired by God, so it's not scripture. He needs to be reading and studying God's word, not man's word.

It's knowing God's word that allows me to compare this young man's thoughts to the truth of God and explain where his thoughts and feelings, while they feel right and true, are off base. As C.S. Lewis wrote, "A man does not call a line crooked unless he has some idea of a straight line." When we have the "straight line" standard of God's word, we can identify what crooked is.

Someone else recently expressed his understanding of the Trinity as "There's Father God, then Jesus is God as a human being, and the Holy Spirit is God in our hearts." He thought the Trinity was different expressions of God as He related to us. Because of having received good teaching and good Bible study skills, I was able to compare his thoughts to how the Bible reveals truth about the three-Personed God: eternally existing, before there was a universe Father, Son and Spirit loving and adoring and delighting in each other totally apart from us. (Gen. 1:1-2, Eph. 1:3, John 17:5) The Trinity existed forever, long before there were people.

It's nice to be able to tell the difference between great coffee and good coffee and dreadful coffee, but it's far more important to be able to tell the difference between spiritual truth and error, between wisdom and foolishness, between God's thoughts and man's thoughts.

By the way, we finally figured out that we could have room service bring us a carafe of steaming hot water, which I poured over our wonderful coffee grounds to make what was still the best coffee on the ship.

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