

Be WHAT?

Be not afraid, be strong, be not discouraged, be anxious for nothing, be transformed. How are we supposed to obey God's seemingly impossible commands?

During a recent sermon, our pastor was teaching through Jesus' healing of a leper, who threw himself on Jesus' mercy and implored Him:

"Lord, if You are willing, You can make me clean."

And He stretched out His hand and touched him, saying, "I am willing; be cleansed." And immediately the leprosy left him. (Luke 5:13)

I was struck by Jesus' command, "Be cleansed."

Huh?

How does a leper, afflicted by an incurable disease that isolated him so terribly, just . . . "be cleansed"?

How does one obey a command like that?

Further, how does one obey similar seemingly impossible commands, such as:

- Be not afraid.
- Be strong.
- Be not discouraged.
- Be anxious for nothing.
- Be transformed.

It makes me smile to think about the one answer that all these "Be _____" commands have in common:

We can't do it. Jesus wasn't kidding when he said in John 15:5, "I am the vine, you are the branches. If you abide in Me and I abide in you, you will bear much fruit. Apart from Me

you can do nothing.”

What we CAN do, *all* we can do, is to open ourselves up to the grace and power of God, giving Him access to ourselves, and inviting Him to do the work, to make the changes.

How was the leper cleansed? Jesus took his leprosy into Himself, I think, exchanging His health and “leprosy-freeness” for the man’s horrible sickness. Jesus’ holiness and perfection destroyed the leprosy the way bleach destroys mold and mildew. The point is, Jesus did it.

“Be Not Afraid”

I understand there are 365 commands to “be not afraid” in the Bible, one for each day of the year. When we are beset by fear, how can we stop being afraid? How do we just turn it off?

We can’t. But Jesus can.

Just as He reassured Joshua in entering the Promised Land that He was with him and would never leave him or forsake him (Joshua 1:5), Jesus promised us before leaving earth to go back to heaven, “I will be with you always, even to the end of the age.” (Matthew 28:20)

The last two medical procedures I had done, I was scared. I was so scared I was literally shaking. I couldn’t turn off the fear, but I could (and did) remind myself that Jesus was with me, He had me, He was in charge and taking care of me. That’s what I focused on, and that’s what shrank the fear.

I get that; as a mother, when my young kids were scared, I would reassure them with, “I’m here, I’m here, Mommy’s here with you.”

“Be Strong”

As a polio survivor whose entire left leg was originally

paralyzed and has been very weak my whole life, I can truly appreciate the apparent craziness of this command. It's like my brain telling my frail and lame leg, "Hey! Be strong!" Ain't gonna happen! So why would God give us this command?

We see the full story in Ephesians 6:10, which literally says, "[B]e being strengthened in the Lord and in the strength of His power." The verb is present passive imperative, which means we are told to move out of the driver's seat and let the Lord drive. Let Him be strong in us; let Him pour the power of His might into and through us.

It's like allowing ourselves to be hooked up to a "Jesus IV" so that His power and strength flows into our veins.

It's like buckling ourselves into an airplane seat, sitting back, listening to the mighty jet engines roar to life, and allowing the pilot to hurtle us down the runway, gaining speed, until the plane takes off and we are soaring through the skies. Somebody else does all the work.

The way to "be strong" is actually to be strengthened by a power and force not our own, by receiving and trusting in God's strength and not trying to be strong in our own strength.

"Be Not Discouraged"

This command is often paired with the command to not be afraid, which makes sense. In the Old Testament, God linked His command to "be not discouraged" with the powerful promise of His presence and power for His people. Since God is not only powerful but also sovereign—He has everything under control and will work everything together for our good if we love Him and are called according to His purpose, Romans 8:28—we can jettison discouragement and be encouraged.

I love this passage in 2 Chronicles 32:7—

“Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria and the vast army with him, for there is a greater power with us than with him.” I’m pretty sure the apostle John had this in mind when he wrote in the New Testament, “Greater is He who is in you than he who is in the world (meaning Satan).”

And how encouraged was the prophet Elisha’s servant who “had risen early and gone out, behold, an army with horses and chariots was circling the city. And his servant said to him, “Alas, my master! What shall we do?”

So he answered, “Do not fear, for those who are with us are more than those who are with them.”

Then Elisha prayed and said, “O LORD, I pray, open his eyes that he may see.” And the LORD opened the servant’s eyes and he saw; and behold, the mountain was full of horses and chariots of fire all around Elisha. (2 Kings 6:15-17)

We can choose to be encouraged over discouragement if we remember that there is a spiritual reality in the heavenly realms that our physical eyes can’t see, another reason to trust God.

“Be Anxious for Nothing”

The twin terrorists of anxiety and depression have a chokehold on many people today, especially in the wake of the pandemic. Yet we are told in Philippians 4:6 to “be anxious for nothing.” I’m so glad there is a comma and not a period after the word *nothing*, because the antidote for anxiety is right there in the text: “but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

I think Paul had meditated on his friends’ notes of the Sermon

on the Mount, where Jesus challenged His audience's worry about the basics of life in Matthew 7:25-34. His perspective was to trust His Father, who cared far more for people made in His image than lesser parts of His creation that He also cared for.

The antidote for anxiety is to tell God what we're concerned about, but not to stop there: also focus on and deepen our understanding of just how loving, kind and generous the Father is toward us.

Wise people have defined anxiety as "fear of loss." When we focus on and trust in God instead of the things we are afraid of losing, the anxiety will shrink.

"Be Transformed"

Romans 12:2 says to "be transformed by the renewing of our minds." We can't transform ourselves, we need to give God permission to change us from the inside out. It really starts with recognizing the need to BE transformed in the first place, with the humility that begins to see how much we fall short of Jesus' command to "Be perfect, as your Father in heaven is perfect" (Matthew 5:48).

Oh look, there's another "Be _____" command! Be perfect! Yikes! How can we do that?

By being transformed.

How do we do *that*?

By asking for it. By inviting the Holy Spirit to make us like Jesus and His Father. By responding with repentance when He convicts us of sin and righteousness, which is His job (John 16:8). By "taking off" the old thinking habits and behaviors that are displeasing to God, and "putting on" the new habits and behaviors that align with the heart and character of God—which we learn about as we get to know Him in His word.

And we take off and put on with the Spirit's empowering, not our own efforts.

There's an important thread to obeying all these "Be _____" commands: God does the work in us, with our cooperation, as we surrender and submit to Him.

Philippians 2:13 tells us that God is at work in us, both to will and to work for His good pleasure. He gives us "the want-to and the can-do." He's the one who enables us to live out His commands to "Be _____."

The Christian life is a supernatural life! God does the work, we get the blessings!

This blog post originally appeared at blogs.bible.org/be-what/ on June 21, 2023.

Bible Literacy Quiz: Separated Format

The original Bible Literacy Quiz can be found [here](#).

1. Who wrote the first four books of the New Testament?

[Answer](#)

2. Who wrote the first five books of the Old Testament?

[Answer](#)

3. What two Old Testament books are named for women?

[Answer](#)

4. What are the Ten Commandments?

[Answer](#)

5. What is the Greatest Commandment?

[Answer](#)

6. What is the second Greatest Commandment?

[Answer](#)

7. What is the Golden Rule?

[Answer](#)

8. What is the Great Commission?

[Answer](#)

9. What was the test of a prophet, to know that he was truly from God?

[Answer](#)

10. To whom did God give the 10 Commandments?

[Answer](#)

11. Which two people did not die?

[Answer](#)

12. What is the root of all kinds of evil?

[Answer](#)

13. What is the beginning of wisdom?

[Answer](#)

14. Who delivered the Sermon on the Mount?

[Answer](#)

15. How did sickness and death enter the world?

[Answer](#)

16. Who was the Roman governor who sentenced Christ to death?

[Answer](#)

17. Who are the major prophets?

[Answer](#)

18. What people group is the Old Testament about?

[Answer](#)

19. What happened while the Lord Jesus was in the desert for 40 days?

[Answer](#)

20. How many people were on Noah's ark?

[Answer](#)

21. Who was the first murderer?

[Answer](#)

22. Which person was afflicted with terrible trials but trusted God through it all?

[Answer](#)

23. Who was Israel's most well-known and well-loved king?

[Answer](#)

24. Who was "the weeping prophet?"

[Answer](#)

25. Who was thrown into the lion's den?

[Answer](#)

26. Who were the two people in the famous fight with a stone and a sling?

[Answer](#)

27. What is the book of Acts about?

[Answer](#)

28. What are epistles?

[Answer](#)

29. On what occasion was the Holy Spirit given to the church?

[Answer](#)

30. Whom did God command to sacrifice his only son?

[Answer](#)

31. What was the Old Testament feast that celebrated God's saving the firstborn of Israel the night they left Egypt?

[Answer](#)

32. Who was the Hebrew who became prime minister of Egypt?

[Answer](#)

33. Who was the Hebrew woman who became Queen of Persia?

[Answer](#)

34. Who was the pagan woman who became David's great-grandmother?

[Answer](#)

35. Which angel appeared to Mary?

[Answer](#)

36. How did the Lord Jesus die?

[Answer](#)

37. What happened to Him three days after He died?

[Answer](#)

38. What happened to the Lord Jesus 40 days after His resurrection?

[Answer](#)

39. What should we do when we sin, in order to restore our fellowship with God?

[Answer](#)

40. How did the universe and world get here?

[Answer](#)

41. Where did Satan and the demons come from?

[Answer](#)

42. Who directed the writing of the Bible?

[Answer](#)

43. Where was the Lord Jesus before He was conceived in Mary?

[Answer](#)

44. Who taught in parables?

[Answer](#)

45. What are parables?

[Answer](#)

46. Which two animals talked with human speech?

[Answer](#)

47. With which woman did David commit adultery?

[Answer](#)

48. Which one of their sons succeeded David as king?

[Answer](#)

49. Who was the female judge of Israel?

[Answer](#)

50. Who was the wisest man in the world?

[Answer](#)

51. Who was the first man?

[Answer](#)

52. Who was the most humble man on earth?

[Answer](#)

53. Who was the strongest man on earth?

[Answer](#)

54. Where were the two nations of God's people taken into captivity?

[Answer](#)

55. Which cupbearer to a foreign king rebuilt the wall of Jerusalem?

[Answer](#)

56. Who were the two Old Testament prophets who worked miracles?

[Answer](#)

57. Which Old Testament prophet spent three days in the belly of a great fish?

[Answer](#)

58. What is the last book of the Old Testament?

[Answer](#)

59. For which Israelite commander did the sun stand still?

[Answer](#)

60. Who was the first king of Israel?

[Answer](#)

61. Who built the temple in Israel?

[Answer](#)

62. Which of the twelve tribes of Israel served as priests?

[Answer](#)

63. Which city fell after the Israelites marched around it daily for seven days?

[Answer](#)

64. What did God give the Israelites to eat in the wilderness?

[Answer](#)

65. Which two people walked on water?

[Answer](#)

66. Who was the first martyr?

[Answer](#)

67. Who betrayed Jesus to the priests, and for how much?

[Answer](#)

68. What is the Lord's Prayer?

[Answer](#)

69. Who was the first person to see the risen Lord?

[Answer](#)

70. Which prophet and cousin of the Lord was beheaded?

[Answer](#)

71. To what country did the young Jesus and His parents escape when Herod was threatening His life?

[Answer](#)

72. What was Christ's first miracle?

[Answer](#)

73. Which one of the Lord's personal friends did He raise from the dead?

[Answer](#)

74. Who was the greatest missionary of the New Testament?

[Answer](#)

75. Who was Paul's first partner?

[Answer](#)

76. Whom did an angel release from prison?

[Answer](#)

77. Which event caused God to splinter human language into many tongues?

[Answer](#)

78. Which chapter of an Old Testament prophet's book gives a detailed prophecy of the Messiah's death by crucifixion?

[Answer](#)

79. Who wrestled all night with the Lord and was left with a permanent limp?

[Answer](#)

80. Which two pastors did Paul write letters to?

[Answer](#)

81. Who was hailed as a god when he was bitten by a snake but nothing bad happened?

[Answer](#)

82. Which two New Testament writers were brothers of the Lord Jesus?

[Answer](#)

83. Which two New Testament books were written by a doctor?

[Answer](#)

84. Who had a coat of many colors?

[Answer](#)

85. In what sin did Aaron lead the Israelites while his brother Moses was up on the mountain talking to God?

[Answer](#)

86. How many books are there in the entire Bible?

[Answer](#)

87. What's the difference between John the Baptist and the John who wrote several New Testament books?

[Answer](#)

88. Who saw the Lord appear to him in a burning bush?

[Answer](#)

89. How many sons did Jacob have?

[Answer](#)

90. Who gave up his birthright for a bowl of stew?

[Answer](#)

91. Which Psalm starts out, "The Lord is my shepherd, I shall not want?"

[Answer](#)

92. Who disowned the Lord Jesus three times before a cock crowed?

[Answer](#)

93. What did the Lord do just before the Last Supper to demonstrate His love and humility?

[Answer](#)

94. Where is the New Testament "Hall of Faith?"

[Answer](#)

95. Who appeared with the Lord in glory on the Mount of Transfiguration?

[Answer](#)

96. Who is the second Adam?

[Answer](#)

97. Which Old Testament prophet married a prostitute because God told him to?

[Answer](#)

98. What are the two sacred ordinances that the Lord commanded us to observe?

[Answer](#)

99. What are supernatural enablings that allow a believer to serve the Body of Christ with ease and effectiveness?

[Answer](#)

100. Whose tomb was Christ buried in?

[Answer](#)

101. Who wrote the book of Hebrews?

[Answer](#)

102. Which is the “epistle of joy?”

[Answer](#)

103. What is the book of Revelation about?

[Answer](#)

104. Who is the bride of Christ?

[Answer](#)

Answers

1. Matthew, Mark, Luke, and John. [Back](#)
2. Most conservative scholars hold that the Pentateuch was written by Moses. [Back](#)
3. Esther and Ruth. [Back](#)
4.
 1. I am the Lord your God; you shall have no other gods before Me.
 2. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.
 3. You shall not misuse the name of the Lord your God.
 4. Remember the Sabbath day by keeping it holy.
 5. Honor your father and your mother.
 6. You shall not murder.
 7. You shall not commit adultery.
 8. You shall not steal.
 9. You shall not give false testimony against your neighbor.
 10. You shall not covet your neighbor's house. You shall not covet your neighbor's wife—or anything that belongs to your neighbor. (Exodus 20:2-17) [Back](#)
5. "Love the Lord your God with all your heart and with all your soul and with all your mind." (Matthew 22:37,38) [Back](#)
6. "Love your neighbor as yourself." (Matthew 22:39) [Back](#)
7. "Do unto others as you would have them do unto you." (Matthew 7:12) [Back](#)
8. "Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I will be with you always, to the very end of the age." (Matthew 28:19,20) [Back](#)

9. He had to be 100% accurate in his prophecies. The penalty for a false prophet was death by stoning. (Deuteronomy 18:20-22) [Back](#)

10. Moses. (Exodus 20) [Back](#)

11. Genesis 5:24 says that Enoch, who was Noah's great-grandfather, "walked with God; then he was no more, because God took him away." The other was the Old Testament prophet Elijah, who was taken up to heaven in a whirlwind with a chariot and horses of fire. (2 Kings 2:11) [Back](#)

12. The love of money. (1 Timothy 6:10) [Back](#)

13. The fear of the Lord. (Psalm 111:10) [Back](#)

14. The Lord Jesus. (Matthew 5-7) [Back](#)

15. Romans 5:12 says that sin entered the world through one man, and death through sin. The fall of man is recorded in Genesis 3, where God's perfect creation was spoiled by Adam's sin. [Back](#)

16. Pontius Pilate. (Matthew 27:26) [Back](#)

17. Isaiah, Jeremiah, Ezekiel, and Daniel. [Back](#)

18. The Hebrews, who became the nation of Israel. They were descendants of Abraham through Isaac. [Back](#)

19. He was tempted by the devil. (Matthew 4:1) Hebrews 4:15 tells us that He was tempted in every way, just as we are—yet was without sin. [Back](#)

20. Eight: Noah and his wife, his three sons Shem, Ham, and Japheth, and their wives. (Genesis 7:13, 1 Peter 2:5) [Back](#)

21. Cain, who killed his brother Abel. (Genesis 4:8) [Back](#)

22. Job. (See book of Job) [Back](#)

23. David. (1 Chronicles 29:28) [Back](#)
24. Jeremiah. [Back](#)
25. Daniel. (Daniel 6) [Back](#)
26. David and Goliath. (1 Samuel 17) [Back](#)
27. The early years of the church, as the gospel begins to spread throughout the world. [Back](#)
28. Letters. [Back](#)
29. Pentecost. (Acts 2:1-4) [Back](#)
30. Abraham. (Genesis 22:2) [Back](#)
31. Passover. (Exodus 12:27) [Back](#)
32. Joseph. (Genesis 41:41) [Back](#)
33. Esther. (Esther 2:17) [Back](#)
34. Ruth. (Ruth 4:17) [Back](#)
35. Gabriel. (Luke 1:26) [Back](#)
36. He gave up His life while being crucified. (John 19:18) [Back](#)
37. He was raised from the dead. (John 20) [Back](#)
38. He ascended bodily into heaven. (Acts 1:9-11) [Back](#)
39. 1 John 1:9 tells us, "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." [Back](#)
40. Genesis 1:1 tells us, "In the beginning, God created the heavens and the earth." We are told further in Colossians 1:16 and 17 that the Lord Jesus Christ was the one who did the creating. [Back](#)

41. Satan was originally the best and the brightest angel, but he sinned in his pride, wanting to be God. Some of the angels followed him, and these “fallen angels” were cast out of heaven. (Isaiah 14, Ezekiel 28) [Back](#)
42. The Holy Spirit. (2 Timothy 3:16, 2 Peter 1:21) [Back](#)
43. In heaven. (Philippians 2:6-11, 1 Corinthians 15:49) [Back](#)
44. The Lord Jesus. (Matthew 13:3) [Back](#)
45. A short, simple story with a spiritual point. [Back](#)
46. The serpent in the Garden of Eden (Genesis 3:3) and Balaam’s donkey (Numbers 22:28) [Back](#)
47. Bathsheba. (2 Samuel 11) [Back](#)
48. Solomon. (2 Samuel 12:24) [Back](#)
49. Deborah. (Judges 4:4) [Back](#)
50. Solomon. (1 Kings 3:12) [Back](#)
51. Adam. (Genesis 2:20) [Back](#)
52. Moses. (Numbers 12:3) [Back](#)
53. Samson. (Judges 13-16) [Back](#)
54. Israel was taken into Assyria (2 Kings 17:23), and Judah into Babylon (2 Chronicles 36:20). [Back](#)
55. Nehemiah. (Nehemiah 2:5) [Back](#)
56. Elijah and Elisha. (1 Kings 17 – 2 Kings 6) [Back](#)
57. Jonah. (Jonah 1:17) [Back](#)
58. Malachi. [Back](#)
59. Joshua. (Joshua 10) [Back](#)

60. Saul. (1 Samuel 13:1) [Back](#)
61. Solomon. (1 Kings 6) [Back](#)
62. Levites. (Deuteronomy 10:8) [Back](#)
63. Jericho. (Joshua 6:20) [Back](#)
64. Manna and quail. (Exodus 16) [Back](#)
65. Jesus and Peter. (Matthew 14:29) [Back](#)
66. Stephen. (Acts 7) [Back](#)
67. Judas betrayed Him for 30 pieces of silver, the price of a slave. (Matthew 26:14-15) [Back](#)
68. Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen. (Matthew 6:9-13) [Back](#)
69. Mary Magdalene. (John 20:16) [Back](#)
70. John the Baptist. (John 14:10) [Back](#)
71. Egypt. (Matthew 2:13-15) [Back](#)
72. He turned water into wine at the wedding at Cana. (John 2:11) [Back](#)
73. Lazarus. (John 11) [Back](#)
74. Paul. (see book of Acts) [Back](#)
75. Barnabas. (Acts 13:2) [Back](#)
76. Peter. (Acts 12) [Back](#)

77. The building of the Tower of Babel. (Genesis 11) [Back](#)
78. Isaiah 53. [Back](#)
79. Jacob. (Genesis 32:22-32) [Back](#)
80. Timothy and Titus. [Back](#)
81. Paul. (Acts 28:5-6) [Back](#)
82. James and Jude. (Matthew 13:55) [Back](#)
83. Luke and Acts. (2 Timothy 4:11) [Back](#)
84. Joseph. (Genesis 37:3) [Back](#)
85. They made an idol in the form of a golden calf. (Exodus 32) [Back](#)
86. 66: 39 in the Old Testament, and 27 in the New Testament. [Back](#)
87. John the Baptist was a prophet who proclaimed the kingdom of God was near in preparation for his cousin Jesus' ministry. The John who wrote the gospel of John, the epistles—1, 2 and 3 John—and Revelation, was one of the twelve apostles and one of those closest to the Lord, along with Peter and James. He called himself "the disciple whom Jesus loved." [Back](#)
88. Moses. (Exodus 3) [Back](#)
89. Twelve. They were the ancestors of the twelve tribes of Israel. (Genesis 35:22) [Back](#)
90. Esau. (Genesis 25:33) [Back](#)
91. Psalm 23. [Back](#)
92. Peter. (Matthew 26:69-75) [Back](#)
93. He washed the disciples' feet. (John 13:5) [Back](#)

94. Hebrews 11. [Back](#)
95. Elijah and Moses. (Mark 9:4) [Back](#)
96. The Lord Jesus Christ. (1 Corinthians 15:45-49) [Back](#)
- 97 Hosea. (Hosea 1:2) [Back](#)
98. Baptism (Matthew 28:19,20) and Communion, or the Lord's Table (1 Corinthians 11:23-26). [Back](#)
99. Spiritual gifts. (Romans 12:6-8, 1 Corinthians 12, Ephesians 4:8-13, 1 Peter 4:10-11) [Back](#)
100. Joseph of Arimathea. (Matthew 27:57-60) [Back](#)
101. Nobody knows. [Back](#)
109. Philippians. [Back](#)
103. The end of the world. [Back](#)
104. The church—that is, all who have trusted Him for salvation. (Ephesians 5:25-27, Revelation 19:7-8) [Back](#)

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Is Comparison Always Bad?

Sue Bohlin contrasts some downsides and upsides of comparing ourselves to others.

“Comparison is the thief of joy.”

I've been hearing that for decades.

But is it, always?

Examples of how true that is, most certainly abound.

I recently read my friend Amy's Facebook account of her college experience. A gifted singer, she was a jazz vocalist major at a university known for its excellent music program. The only problem was that she had a friend and classmate who was so much better than Amy. She used to go home on weekends and bemoan the difference to her parents, asking why *they* couldn't be jazz musicians like her friend's parents. She eventually changed her major to pre-med, which was easier in comparison.

"A few years later," she writes, "I was watching the Grammys. I went on to watch my friend Norah win 11 out of 11 Grammys she was nominated for!!! At that moment she did something bigger than most people ever even do in the industry.

Yes. I had compared myself to Norah Jones . . ."

Yeah, it's not such a great idea to compare yourself to a legend.

Comparing oneself to others can easily result in landing in one of two bad places, particularly through social media.

You can look down your nose at people you think you're better than, puffing yourself up with pride and arrogance. You can judge others for how they look, where they (or their children) go to school, what kind of car they drive, the home they live in. It's easy to slide into contempt for people who don't measure up to your standards.

It's not just personal assets though. On Facebook and Cruise Critic, I read people dissing Carnival Cruise line as "the Wal-Mart of cruising." This affordable vacation provides customers with 24/7 electricity and clean water, unlimited food and drink, a clean room and a comfortable bed with their own bathroom, daily room cleaning, more entertainment and recreation options than they can possibly take advantage

of—all available in the middle of the ocean. Millions if not billions of people on earth can only dream of this level of luxury.

Or, more likely, you can compare your reality to everyone else's curated, carefully chosen and often edited pictures of the images they want the world to see. Particularly for teenagers and young adults, this is resulting in a higher degree of depression and anxiety than the world has ever seen.

The invention of filters for social media apps such as Instagram and Snapchat makes it possible for people to compare their reality to the impossibility of unattainable perfection—of their own face! Growing numbers of people are requesting plastic surgeons to make them look like they do on their filter-adjusted images. Of course, no one can make a human being perfect.

So this leads to a morass of self-pity. It feels like people can almost taste a level of perfection they long for but it is denied them. How cruel! They wouldn't even know this kind of sadness and discontent if it weren't for technologically-driven comparison.

In a completely different vein, we are also seeing the incredibly sad results of boys comparing themselves to girls and wishing they had a girl's body and a girl's life—and girls convinced their lives would be better and they would be happier and safer in a boy's body.

This kind of comparison is bad enough on its own, but with the rampant gender ideology and medicalization of gender-confused people, it is now easier than ever before to feed the fantasy and delusion that the other sex would be better through easy access to cross-gender hormones and body-mutilating surgeries.

This is heartbreaking.

And it is yet another example of how comparison can be the

thief of joy, because trying to secure what God has not granted us leads to all kinds of disappointment.

So . . . is comparison *always* bad?

No!

It can be a source of perspective that feeds our awareness of how blessed we are.

As I continue to recover from the trauma of [tongue cancer surgery](#), I have discovered a worldwide Facebook support group for tongue cancer survivors. This is how I have learned how easy I have it. My cancer was cut out of my tongue, but I didn't need a "tongue flap," a graft harvested from my arm or leg. I didn't need a feeding tube, and I can still swallow, and eat, and taste, and talk. There was no cancer in my lymph nodes, so I didn't need chemotherapy or radiation. As I have read of other people's horrendously difficult journeys through tongue cancer, I am deeply moved with gratitude for my relatively easy path.

I see people living in homelessness, and I give thanks for the blessing of a home to live in.

I look at my canes, which I need as my polio-ravaged body continues to weaken, and I give thanks for the privilege of walking. I didn't need my canes for the year and a half I wasn't able to walk because of horrible arthritis in my hips. When walking was restored to me after [hip replacement surgeries](#), my wonky polio gait changed from one kind of limp to another, but limping meant *I was walking again!* Thank You Lord!

I think the ultimate value in the redemptive kind of comparison, though, is found in comparing ourselves not to other people, but to Jesus.

Hebrews 12:2 tells us to "fix our eyes on Jesus." If we

compare ourselves to Him, we will see ourselves as appropriately small, weak, lesser than, and desperately needy of Him. If we fix our eyes on Him, we won't be distracted by comparing ourselves to others and end up feeling either puffed up or put down. If we compare ourselves to Him, we will experience true humility, which is seeing ourselves as neither too big nor too small, but right-sized.

So comparison can be bad and ugly, but it can also be a source of great blessing. May we be wise in what we do with it.

This blog post originally appeared at blogs.bible.org/is-comparison-always-bad/ on May 16, 2023.

Trusting God on the Other Side of Bizarre

In my last blog post, [Trusting God in the Bizarre](#),” I shared how a diagnosis of tongue cancer had blown up my world and how I was wrestling with [my fear](#)—again—of pain and suffering.

It has now been 11 weeks since a surgeon removed a third of my tongue. I am still healing, both my tongue and my neck, from which he removed 20 lymph nodes—which were cancer free. I still thank the Lord for that graciousness. My speech is no longer impaired although it *is* affected. I sound like I have a cough drop in my mouth when I talk, and the “s” sound is still a challenge.

Let me share with you what “Trusting God in the Bizarre” looks like on the other side of surgery.

I continue to believe that this cancer is a form of spiritual warfare, and it was a very personal attack as retaliation for

continually speaking out about the goodness of God's design for sex, gender, and sexuality. According to Ephesians 6:13, the outcome of successful spiritual warfare is to *just stay standing*. ("[W]hen the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.") I dug in my heels, so to speak, and determined to keep standing in the goodness of God, not allowing the enemy to knock me down. And to keep standing in my trust of His sovereignty, that a good and loving God is in control. As I praised Him for using pain as a sculpting tool to shape me like Jesus, my heart of thanksgiving repelled the enemy, for the Lord abides in the praise of His people (Psalm 22:3). I love the image of the God of light dwelling in the heart of the believer, because darkness cannot stand before light. It has to flee. And so did the enemy, as I thanked and praised God for His lovingkindness to me.

Before the surgery, I was pretty much terrified of the physically torturing pain that never came—a source of wonder and deep thanksgiving. What I was *not* prepared for was the emotional pain of soul-wrenching loss. The grief of losing my life before the surgery; the grief of losing a body part; the grief of losing my clear speech, which I had always taken for granted. In the first couple of weeks, my husband Ray told people at church, "She almost never smiles anymore," and when I did, it was lopsided, still affected by the surgery, the numbness, the cut nerves.

I journaled, *I am depressed and sad and grieving and unhappy and feeling crummy. My life is not lost, it's put on hold. . . . STUPID HARD. That's my phrase for this. And the shock of it shows I'm blessed by how beautiful my life has been up to this point.*

For two of those early post-op days I was deep in the weeds of grief, exhausted from frequent tears that came unbidden. Instead of a tissue box, I kept a stack of napkins next to my recliner and it was amazing how many I went through. Then the

third day, I received such moving encouragement via texts from my son in California that tears of gratitude and appreciation flowed. I actually started to feel dehydrated from the crying. When the fourth day proved to be tear-free, I was amazed by how much energy I had! What a poignant reminder of how exhausting tears are, and why people overtaken by tears need to be given extra-large doses of grace and compassion.

Before my surgery, I asked God to give me a handle to hang onto when I woke up and then afterwards, and He gave me this: "Be a window." I journaled, *A window doesn't work at being transparent and clear, just as a branch doesn't work at receiving the life of the vine. I just need to ABIDE. I will have the IV right there as a visual reminder to be "actively passive" in receiving the Lord's life and letting Him shine through me.*

Wincing internally because of my speech, I kept using the phrase, "I'm not ready for prime time," but the Lord showed me that oh yes it is. I noticed that when people knew about my tongue cancer surgery, they were able to understand me easily, not like strangers who didn't know and would ask me to repeat myself. He impressed on me that I am in a window of time, ever-closing as I slowly heal, where people are listening more closely to me than ever before. I don't know if God is anointing me, or if He's anointing the ears of people I'm talking to, but something special is happening.

When I realized that rather than putting my life on pause, waiting for "prime time," I am in a limited-time window of blessing, I prayed, "Please don't let me miss any opportunity You are opening for whatever You want to do through me?" Various doors opened to speak or teach—at church, at a women's luncheon, in a couple of classes at a Christian high school—and when I am able to share about recovering from tongue cancer surgery, *people listen extra hard.*

So the first direction I got from God was, "Be a window." Now

that's been expanded to, "Be a window IN this window."

Before the pathology report for my lymph nodes came back clear, I wrote:

I have been begging God for no cancer in the lymph nodes, but what if He says no? What if my path goes into the radiology unit?

God is good even when there is cancer. He loves me even if He has given a green light to more cancer. If He says yes to lymph nodes then He has a plan for me to bring glory to Himself through me, through my response. He will show others what the response of faithfulness and trust looks like, as I seek to "be a window." Lord, give me direction and wisdom in how to show YOU off without showing ME off. You know—oh, how You know!!—how I struggle with pride. I want to be the best example of a faithful suffering Christian—but I don't want to suffer to do it! Thank You for using this trial to make me more like Jesus. Thank You that I will look back on this "light and momentary affliction" (2 Corinthians 4:17) and think, "TOTALLY WORTH IT!!" Thank You that this is how I glory in my suffering (Romans 5:3)—by focusing on You and on what is true, and not the pain. Just as Peter needed to focus on You and not the storm when he walked on water.

I recorded several videos for social media to give updates on how I was healing and how I was sounding. In this one, I was transparent about the fact that sometimes I have a hard time with the "s" sound. But it struck me that there is more value in people seeing the Spirit-enabled grace of self-acceptance in the face of loss, than if my speech were unaffected in the first place.

<https://www.facebook.com/559034244/videos/1924001134618178/>

Several people have asked, "What do you think God wanted you to learn from this trial?"

I honestly don't think it's about gaining more information about God or learning more life lessons. I think it's about building my character and perseverance. I think it's about growing my roots deeper in my dependence on Christ and maturing me spiritually, to make me more like Him. That's the spiritual fruit that the Lord wants to see His people bear, I think.

I'll keep you posted. *still a little lop-sided smile*

This blog post originally appeared at <https://blogs.bible.org/trusting-god-on-the-other-side-of-bizarre/> on March 22, 2023.

Trusting God in the Bizarre

I have tongue cancer. Bizarre, right? I'm not male, nor do I engage in the particularly bad combination of both smoking and drinking, which are the big markers for this nasty invasion. In two weeks I am scheduled for surgery to remove the cancer by cutting out a big chunk of my tongue—which is a particular challenge and sadness for a professional speaker.

One of the things I have discovered is that, even without any drugs, the weight of this diagnosis and the upcoming difficult surgery and recovery has consumed a lot of my mental and emotional energy. Everything in my life has taken a back seat to this crisis.

Let me share some observations from my “Cancer Journey” journal, in no thought-through order because . . . see the above paragraph.

The oral surgeon who biopsied my tongue is a dear believer from church. When he delivered the bad news to me with amazing tenderness and gentleness, he was “Jesus with skin on” to me. I truly sensed the Lord was telling me through my doctor-now-friend that He was allowing this challenge that was going to be hard, and a lot of work, but He is with me. I was so blessed to be able to freely respond by asking, “Would you please pray for me?” And he did. The first of many, many prayers I have received.

Years ago, when an older friend got breast cancer, I asked her if she struggled with anger at God for letting this bad thing happen to her. She said, “Oh no! God has been so faithful and so good to me all these years of walking with Him, I know that He is allowing this for a reason. I trust Him.” And that’s why she didn’t ask the “Why me?” question, either: living in a fallen world, why NOT her? At that time, I prayed, “Lord, I will continue to ask that You spare me from cancer, but if You don’t, I am pre-deciding to respond the way Delores did.” So I didn’t have to work out my response when the diagnosis came.

My primary care doctor told me a long time ago to stop diagnosing myself; I’m never right. (And not to consult with Dr. Google either.) But that’s what I had done concerning the soreness on the side of my tongue that has lingered for months. Two dentists advised me to see an oral surgeon and possibly get it biopsied, but I was so *sure* it couldn’t be cancer that I dragged my feet following through. I am fully repenting of “leaning on my own understanding” (Proverbs 3:5) and diagnosing myself. And I now have a fuller understanding of why [self-sufficiency](#) is a sin . . . and I’m repenting of that too.

Early in this cancer journey, Jesus spoke to my heart through Revelation 2:10—“Do not fear what you are about to suffer.” I know He was addressing the church in Smyrna with that verse, but He pretty much burned it into MY heart when I read it one morning. He knew that, being a pain weenie, I was going to

struggle with fear. I have to keep reminding myself of what to do with my fear: Psalm 53:6 says, "When I am afraid, I will trust in You." And in these days of Advent, I get to be reminded frequently through Christmas music that Jesus is Immanuel, "God with us." I need to trust Him; I need to trust IN Him; I need to recall Isaiah 43:1-5, where He says, "Don't be afraid, for I am with you." Just like I used to soothe my frightened children when they were small with, "It's OK, it's OK, Mommy's with you."

One night as I prepared for bed and took my evening medication and supplements, I realized that taking oral pain meds post-surgery is going to be a challenge with a crippled tongue. Then I realized that I am going to be losing a body part, and I need to grieve that. The next morning, on the phone with our church's women's pastor who was checking on me, I shared about this realization. As she prayed for me, choked up with compassion, my tears started to fall. The moment I hung up, great heaving sobs overtook me. And I grieved.

(As hard as it was on me, losing a body part because of disease, I also cried out of anger that the enemy has deceived so many people, especially young people, into thinking that they would be happy if they would just have perfectly healthy body parts amputated. I cried out of compassion for their inevitable double grief of not only losing a *healthy* body part, but the eventual realization that they were lied to about what would fix everything in their thoughts and feelings. And that evil spirits laugh at their pain.)

Instead of a women's Christmas Coffee at church, we were blessed to have 25 hostesses open their homes in multiple cities and multiple zip codes for 25 teachers to share the same basic message that each of us made our own. In my final point, about abiding in Christ, I was able to hold up an IV bag and tubing to illustrate what abiding is like: Jesus said He is the vine, we are the branches. Our job as branches is to stay connected so His "supernatural sap" can flow into us.

Just like when we're hooked up to an IV, our job is to stay connected. I asked my hostess's husband to record that part of my message as well as my application about abiding in Christ as I wrestle with this cancer. I was able to edit it down to 6 minutes and post it on Facebook with a request for prayer.

<https://www.facebook.com/559034244/videos/703017111419005/>

Now on my own Facebook feed, I see a very limited number of people's posts. But somehow (cue God to show up) my post made it to hundreds of people's feeds, and 400+ comments and over 3600 views of the video later, I am being prayed for—a LOT! Thank You Lord!

And I need the prayers. I think the cancer is spiritual warfare that God is allowing for His glory and my good. And for other people's good as well, though I may never see it on this side of eternity. One of my friends said, "You are outspoken and the enemy wants to silence you. What better way than to go after your tongue?" On top of the attack on my body, I've also wrestled at times with fear about the pain. I think it's a spirit of fear. (I've been here before: see my blog post "[I'm Scared, Lord.](#)")

But God . . . because He loves me . . . just gave me a connection on Facebook with a young lady who is not only recovering from the same tongue cancer surgery, it was done by the same surgeon as mine! She has encouraged and reassured me about the pain management. We look forward to meeting face to face soon. That is a Christmas gift from the Lord, and it's part of His answer to the prayers of many people.

I have been in this place of experiencing peace from the prayers of God's people before. My last trip to Belarus, before I lost the ability to walk, I posted a request for people to pray daily for me for "stair grace." There are few elevators in Belarus, and the building where we were staying and teaching had two flights of stairs I had to climb several

times a day. I asked for 10 people to pray, and 70 promised they would support me through prayer. And boy did they ever. It was amazing how easy it was to go up and down stairs for almost two weeks.

Until the last day, on my last stair climb, when I sensed the Lord telling me, "I have been answering your friends' prayers for stair grace all this trip. Now I'm going to remove the grace so you can experience what it would have been like without the enabling grace." And. It. Was. HARD!!! I was sore, I was out of breath, my polio leg yelled at me. So I know the huge difference prayer makes, and I am so grateful for the prayer support I've already received. I am desperate for the prayers of God's people!

[The story continues](#) . . . in God's loving hands. . . as I continue to trust Him in the bizarre.

This blog post originally appeared at

blogs.bible.org/trusting-god-in-the-bizarre/ on December 20, 2022.

Probe Live: Truth Decay

Probe
for answers

PROBE MINISTRIES
INVITES YOU TO

TRUTH DECAY:
POSTMODERNISM,
RELATIVISM, AND
PROGRESSIVE
CHRISTIANITY



Kerby Anderson, host of nationally broadcast radio show *Point of View* and president of Probe Ministries, will discuss how these ideas have infiltrated the church.

THURSDAY DEC 1, 7PM

THE HOPE CENTER

2001 W PLANO PKWY, PLANO, TX 75075

Join us for the next Probe Live event

Thursday, December 1, 2022

7:00 p.m.

The Hope Center, Plano TX

We encounter postmodern thinking when we share the gospel and then hear, "That's your truth, but it's not my truth." Moral relativism surfaces when someone says, "That may be your morality, but it's not my morality," or "Who are you to say abortion or homosexuality is wrong?" And progressive Christians deny absolute moral truth and therefore question the fundamental doctrines of the Christian faith.

Probe Ministries President Kerby Anderson will provide an overview of these faulty ways of thinking and answer questions from the audience.

We will record this message but not live stream it.

Learning to Lean Hard—AGAIN

Walking with God. The scriptures talk a lot about how we walk, which is biblical language for how we live. But walking itself, beyond the analogies, has a special meaning to me.

As an infant, polio paralyzed me from the waist down, but little baby helper nerve cells sprouted up and gave me some use of my leg back. I needed a full-length brace to be able to stand and walk at all for my first years. And every step of my life has been a rather noticeable limp. So to me, walking = limping.

So when I hear words of wisdom like, “Don’t trust any leader who doesn’t walk with a limp” (meaning, a leader who hides their brokenness and need for Jesus), I’m all over that. I’ve got that “walk with a limp” thing DOWN!

My limp was the cause of great shame for decades. I have always avoided looking in mirrors and plate-glass windows, anything that would remind me of what I look like when I walk. I didn’t need reflective surfaces, though, to be reminded of my limp; the stares of people, especially children, did that, making my soul burn with embarrassment. Every single day.

And when I was 35, a physical therapist instructed me to start using a cane. It helped with stability and relieving some of the stress on my polio leg. As long as I was going to use a cane, I thought, I may as well *enjoy* it by using fun and

pretty canes (thanks to [FashionableCanes.com!](https://fashionablecanes.com/))

And then bad arthritis hit both my hips, and the pain escalated to the point where I literally could not walk or stand for a year and a half. My mobility scooter became my legs 24/7.

I wasn't limping anymore. Because I wasn't walking anymore, with or without a cane.

By God's grace, particularly through Medicare, once I hit 65 I was able to have both hips replaced. The arthritis went into the medical waste bin along with my natural hip joints. I have had no pain since 2018, a daily source of gratitude for me.

And the ability to walk and stand was restored to me. What a blessing!

One day I realized that yes, I was limping again, because *I was walking again!* That put a whole new spin on seeing limping as a *privilege!*

God has used this journey to teach me a number of lessons. (Such as ["Lessons From a Hospital Bed"](#)) I recently learned a new one.

I often advise people to "lean hard on Jesus" regardless of the reason, but especially in times of trial and crisis. Sometimes they wonder, What does that look like? Legit question!

And one day as I was walking across my kitchen, leaning hard onto my cane, the Holy Spirit nudged me. As usual, without thinking about it, I was depending on my cane to provide stability and assistance and relieve some of the weight and pressure on my increasingly-weak leg. Then, when my cane struck some water on the floor I didn't see, it slid as if I had been walking on ice. By God's grace I did not fall, though I could easily had done so—and falling is baaaaaad for people

with artificial hips. I suddenly had a new appreciation for how much I need my cane. And I need it to be firmly planted on non-slippery surfaces.

Just like I need Jesus, who is far more secure than my cane on a dry surface.

I need to lean hard on Him in grateful dependence, trusting Him to empower me, lead me, grow me, change me, provide for me. Just like I do my cane, a physical reminder of what “leaning hard” looks like.

But there was another lesson coming.

I don't need my cane to walk like I used to need my scooter to move. But when I walk without it, my wonky polio limp is not only there, it's even wonkier than it was before because my new hips changed my gait. Sometimes when I need to carry two items from one room into another, I hook my cane into the crook of my elbow so I have both hands free to carry stuff. When I do that, my walk—my limp—is almost bizarre.

It is not lost on me that when I hook my cane onto my arm like a fashion accessory instead of leaning hard on it, my walk is wonky. And unnatural. And when I depend on myself, walking in self-sufficiency instead of leaning hard on Jesus, the walk of my life is at least equally wonky. And unnatural. And unattractive.

So yes, my cane is like Jesus. He wants us to lean hard on Him, to depend on Him, instead of treating Him like a fashion accessory. He actually said, “I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for ***apart from Me you can do nothing.***” (John 15:5, emphasis mine)

The other day, as I entered the living room with both hands full, my husband said, “I would have been happy to help; you don't need to wear Jesus on your arm.”

I laughed . . . and then the next time, instead of leaning on self-sufficiency I asked for help. Because leaning on Jesus means, among many other things, that He helps me spurn self-sufficiency and ask for help.

The lessons continue.

(I wrote a 2016 blog post ([Leaning Hard](#)) about my first set of lessons in learning to lean hard, which I had forgotten about until I went to upload this one. I will clearly need to keep learning the lesson.)

This blog post originally appeared at blogs.bible.org/learning-to-lean-hard-again/ on November 16, 2022.

“How Is It Moral To Own People as Property?”

How is it moral to own people as property and pass them along to your heirs, Leviticus 25:44-46?

We wouldn't say it's moral, but it IS part of life in a fallen world deeply impacted by sin.

The Bible never condones slavery, but God does regulate it to protect people where slavery was part of an economic system.

Much of slavery in the ancient world was different from the heinous, inhuman, and degrading slavery of the past several hundred years (and unfortunately, continuing into today). People would choose to sell themselves into slavery as a way

of managing debt and insufficient income to provide for themselves and their families.

Slavery has been and is part of a fallen world, but ultimately, when Jesus Christ sets everything right in the new heavens and the new earth, there will be no slavery. God does have a plan and a timeline for abolishing slavery altogether and forever.

Here's some helpful insight on the subject: www.gotquestions.org/Bible-slavery.html

Blessing you,

Sue Bohlin

Posted Sept. 2022

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Helping Teens Understand Homosexuality – Facts to Help Youth Withstand the Current Culture

Sue Bohlin provides practical ways to communicate with teens about common misunderstandings and the truth concerning homosexuality. Recognizing that teens deal with peer pressure to experiment and feelings of same sex attraction, she provides real ways to help teens make their way through this maze of contradiction and confusion.

In this article we look at ways to communicate the truth about homosexuality to teens. We examine the lies they are told and the sexual pressure they are under. We also look at ways to help kids process their gender confusion, as well as address helpful ways to encourage teens who already identify themselves as gay or lesbian. And finally, we provide perspective on how to treat those who struggle with same-sex attraction in a compassionate and godly way. By looking at this topic, from a Christian, biblical worldview perspective, we can communicate the depth of God's love and His desire for us to experience the best life possible.



The Lies They Hear

In many schools and in the rest of the culture today, only one perspective is allowed to be heard. Consider four lies that are very familiar to teens today:

First, *"Homosexuality is normal and healthy."* It's neither. The fact that it simply occurs (in about 2% of the population) doesn't make it normal. When we look at the way males and females were designed to complement each other both emotionally and sexually, that tells us something about the nature of homosexuality, that something has gone wrong somewhere. This is not judging the people who experience same-sex attraction; it's like a red light on the dashboard of a car, denoting that something needs attention.

Acting physically on same-sex attractions is certainly not healthy. Those who do are at far greater risk for sexually transmitted diseases, including AIDS; alcoholism and drug abuse; depression; emotionally exhausting relationships; and a shortened lifespan.^{1} Please see the "Facts About Youth" website from the American College of Pediatricians, especially this article: [Health Risks of the Homosexual Lifestyle](#).

Lie #2: *"If you're attracted to someone of the same sex, that*

means you're gay or lesbian." Not so. It really means that there are unmet, God-given needs for love and attention that were supposed to be met earlier in life. Having crushes on other people, of both sexes, is also a normal part of adolescent development. It means teens are transitioning emotionally from child to adult.

The third lie is, *"Since you were born that way, you can't change."* First, there is no scientific evidence that anyone is born gay. It's a myth that has been repeated so often that people believe it. Second, thousands of people who were once gay have experienced significant changes in their attractions and behavior.^{2} Change is possible.

The fourth lie is, *"Embrace and celebrate your gay identity, because gay life is cool."* Those in ministry to those dealing with unwanted homosexuality have heard many heartbreaking stories of the truth: a dark side of intense and difficult relationships, relational patterns of disillusionment and breakups, physical and emotional unhealthiness.

Countless people have said they wished they never entered the gay community in the first place, but it's hard to leave.

Teens and Sexual Pressure

Adolescents are under an extraordinary amount of sexual pressure. They live in a sex-saturated culture, and the messages they receive from the media and, unfortunately, in school, clearly communicate an expectation that sex is just part of having a social life. Rarely do they hear about the heart-wrenching consequences of being sexually active, both physically and emotionally. The agenda pushing sexual freedom is also engaged in trying to normalize homosexuality as well.

Teens are pushed to decide early if they are gay, straight, or bisexual, as young as elementary school. But kids in their early teens, much less even younger than that, are no more

equipped to “decide” their sexual orientation than they are to choose a college major and career track. A landmark study done by the University of Minnesota determined that at age twelve, one fourth of the students were unsure of their sexual orientation. Their bodies were just beginning to experience the changes that would turn them from children into adults, and they were being asked if they were gay, straight, or bisexual. No wonder so many were confused! But by age seventeen, that number of kids unsure of their sexual orientation had dropped to 5%.[\[3\]](#)

And psychiatrist Dr. Jeffrey Satinover says, “[W]ithout any intervention whatsoever, three out of four boys who think they’re gay at age 16 aren’t by 25. So if we’re going to treat homosexuality as a state, 75% of ‘gays’ become ‘non-gay’ spontaneously. That’s a statement which I consider ludicrous, but if you accept this tacit proposition—that being gay is an actual state, like being short or being tall, black or white—then in three out of four people that condition changes itself spontaneously. . . . That’s with no outside intervention, just the natural processes of development.”[\[4\]](#)

We need to tell teens, “It’s too soon to ‘declare a major’ in your sexuality.”

Teens are also pressured to experiment with both sexes as the only way they can know their sexual orientation. It’s presented as nonchalantly as our cruise ship table partner suggesting we try escargot—“Hey, how can you know if you like it unless you try it out?”

Teenage sexual behavior can have lifelong consequences, but they are not in a position to recognize that. Their brains don’t finish developing until age twenty-five, and they tend to make decisions out of the region of the brain that controls emotion. So they are easily swayed to make dangerous and irresponsible choices, like engaging in any kind of sexual behavior.

Teens need to be encouraged to face the sexual pressures and stand against them.

Gender Insecurity

At a conference I attended, author and ministry leader Andy Comiskey^{5} shared a painful experience in junior high where one day, out of the blue, the whole school was abuzz with the rumor that Andy was gay. There was even graffiti about it on the wall. He struggled with his sexual identity, but he had never acted out. He walked into a classroom on an errand and on his way out, two boys called "Faggot!" He was crushed and humiliated. Later on, he made it into a self-fulfilling prophecy and immersed himself in the gay lifestyle.

I went up to him and asked, "If you could rewrite the script of that incident, knowing what you do today, what would it look like?" He said, "Oh, I wish there had been some sensitive adults, especially in the church, to talk freely with me and other kids about 'gender insecurity.' They wouldn't even have to talk about homosexuality or use the word—many kids can relate to the idea of 'gender insecurity.' It would have been so freeing for me to have someone acknowledge that it's a real thing, but it didn't mean I was gay. I wish there were people who could have spoken truth into my life at that point."

One kind of truth that kids should hear is that around age ten, attraction for the same sex begins. This attraction is emotional, non-sexual, and involuntary. It doesn't mean teens are gay or lesbian; it means they are transitioning through normal adolescent development. We have to learn to attach to people of our same sex before we can learn to attach to people of the opposite sex. But most teens don't know this.

Some kids don't feel secure in their masculinity or femininity for a variety of reasons, usually having to do with not being affirmed by parents and peers. God gives each of us [needs for attention, approval and affection](#). When those needs are not

met, the onset of hormones can sexualize this “hole in the heart.” Some teens can find themselves longing for the attention, approval and affection of people of their same gender. When others put on them the false and hurtful labels of “homo,” “fag,” or “lez,” they can easily find themselves believing the lies.

When teens are not secure in their gender, they *don't* need to be pointed to gay groups at school. They need to be affirmed and encouraged to develop their innate, God-given [masculinity or femininity](#), to see their gender as good. They need to have other kids reach out to make them feel “one of the guys” or “one of the girls.” They need time to finish growing up.

Teens Who Identify as Gay or Lesbian

Growing numbers of teens are self-identifying as gay or lesbian. In many circles, being gay—or claiming to be gay—is now considered cool, especially among girls.

Teenagers experiment with same-sex relationships for a variety of reasons. Some experience normal crushes on same-sex peers and think this means they are gay—or their friends *inform* them that's what it means. What it really means is that they are learning to form deep and intense attachments which is a necessary precursor to maintaining long-term adult relationships like marriage.

Others experiment with same-sex relationships out of a legitimate need to belong. Some kids are simply curious; they just want to try it out like a new shade of lipstick.

Some teens experiment with same-sex relationships because others have labeled them gay or lesbian, and they wonder, “Am I? Do they know something I don't know? Maybe I am and I need to go in that direction.” This is one reason it's so important to impress on all kids the absolute unacceptability of name-calling and other cruelties. It's not only bullying behavior,

it can have terrible emotional consequences.

Some adolescents pursue same-sex relationships because they are anxious about growing into adolescence and the responsibilities of adulthood. So they hide behind immature and emotionally volatile same-sex feelings and behaviors.

Often, what teens are attracted to in same-sex peers are the characteristics they wish they had in themselves: popularity, good looks, a winsome personality, a strong physique. This kind of jealousy doesn't mean they are gay or lesbian; it means there is an area they need to build confidence in!

Most girls who get involved in same-sex relationships start out in friendships that grow increasingly controlling and needy. In these emotionally dependent relationships, girls can get so enmeshed with each other that their relationship turns physical.

Many people who later identify as gay or lesbian report feeling different from others, feeling like they don't fit in or belong. Girls can feel like they don't belong to the world of girls, and guys almost always feel like they can't measure up in the world of males. This is gender insecurity, not homosexuality, but teens usually don't hear this message. They need to.

Labels such as "gay" and "lesbian" and "homo" and "dyke" are incredibly hurtful, and it is easy for those who are slapped with those labels to believe them. But God doesn't call anyone homosexual or lesbian; those labels are man's invention, not biblical truth. It's essential for teens to know who they are in God's sight—beloved, precious, and stamped with the imprint of His acceptance and delight.

When Teens Struggle with Same-Sex

Attraction

If you know teens who are struggling with feelings of same-sex attraction, or who seem to be experiencing gender insecurity, let me make some suggestions on how to minister to them.

First, don't address the issue of homosexuality head-on. Same-sex strugglers are always wrestling with feelings of inferiority, rejection, shame and fear, so it's extremely uncomfortable for anyone to bring up the subject. The heart of the issue for kids who find themselves attracted to others of the same sex are these dark and negative feelings. It's much better to ask indirect questions that encourage them to talk about the underlying feelings of disconnection with a parent, or the ridicule of their peers, or depression and sadness.

Second, don't use any labels. Teens who struggle with their gender identity already have a huge struggle with feeling that the rest of the world has put an unwelcome label on them. The false, man-made labels of "gay" and "lesbian" are hurtful, false, and restricting.

Consider what it would be like if we created a label such as "angro" for people who are easily ticked off and walk around in a continual low-level state of hostility. What if people went around saying, "I'm an angry person. That's just the way I am—that's WHO I am. I'm an angro." They might believe they were born angry, that they have an "angro gene." Not only is the label of "angro" false and misleading, but it can lead people to believe the lie that it is a permanent state or condition rather than a description of one's current feelings.

That's what happened with the relatively recent labels of "gay" and "lesbian." They can become like jail cells, making people feel hopelessly trapped in a state or condition. It's much better to help teens deal with the fact that they are experiencing some attractions to their same gender, and those feelings are like the red light on the dashboard of a car.

They mean there's something going on inside that needs some attention. And that's literally true: God creates all of us with the need for attention, affection and approval, and those are the things adolescents are craving when they have feelings for people of the same sex. The needs are legitimate; we need to help them be met in healthy ways. This is where the church and other Christian youth organizations can make all the difference in the world.

Third, communicate to kids who struggle that God did not make them gay. God doesn't make anyone gay, and there is no scientific evidence that there is a biological basis for homosexual feelings or behavior. Even if they feel that they were born gay, this is the result of being told a fairy tale. Were American kids born English speakers? That's all they ever knew, right? No, they weren't *born* English speakers, they were born *language* speakers. Which language they speak is a matter of the shaping influences of their upbringing. Kids who experience same-sex attraction were born to be relational creatures, but how those relationships shape their souls is a function of their temperaments, their home life, and how they relate to other kids.

Fourth, give them a safe place to process their feelings without being shamed or condemned. For many teens, this unfortunately rules out their home, school, or church. I'm sure it grieves God's heart that for many people, church is the most unsafe place on the planet for those who struggle with various life-controlling sins and urges. But there is a great free, online support group for struggling youth, moderated by an experienced and understanding youth pastor, at www.livehope.org. Kids can safely talk to others like themselves and learn how intimacy with Jesus Christ brings healing and change to broken and wounded hearts.

Fifth, many students who experience same sex attraction often feel fake if they don't choose to identify with or act on their feelings. They have believed the lie that gay or lesbian

is what they are. They want to be real. But getting real is becoming who God created them to be, despite their feelings of what those around them might say.^[6] Finding out who God says they are is the true path to being real and not fake.

The Call to Understanding and Compassion

Many teens feel, "I just don't get this whole gay/lesbian thing." That's perfectly understandable. Only 2-3% of the population deals with same gender attraction. The fact that it's such a huge issue in our culture is completely out of proportion to the actual number of people experiencing it.

Kids need to know a few things about those who do struggle with same-sex attractions and feelings. First, they didn't choose it. It's something people *discover*, not something they *decide on*. And almost every single person who discovers they have strong feelings and fantasies about the same sex is horrified and terrified by this discovery. It's a very painful part of their life, so it's important for others to be respectful and kind.

Second, having crushes and strong feelings for friends and teachers of the same sex is a normal part of adolescent development. It doesn't mean a teen is gay or lesbian. When other kids assure them that it does, it is slapping a false and hurtful label on them that they may find almost impossible to take off. If someone walked up to you and put a "Hi, My Name Is" nametag on you that had someone else's name on it, you probably wouldn't have any trouble taking it off and saying, "There's a mistake here—that's not who I am." But when kids do the same thing with the "nametag" of "gay" or "lesbian," they usually put it on kids who don't have the security and self-confidence to realize that's not who they are, and they can go through the rest of their lives believing a lie.

Third, be compassionate. People don't know who around them is

struggling, either with their own same-sex desires and attractions, or the painful burden of knowing a family member or loved one has them. They only have to show contempt once for those who experience same-sex feelings to show that they're not a safe person.

Fourth, be respectful. That means cutting phrases like "Oh, that's so gay" out of their vocabulary. It means not throwing around words like "homo" or "fag" or "queer." Every gay joke or insult is like sticking a dagger in the heart of those who carry a painful secret.

The bottom line for helping teens understand homosexuality is to call them to see God's design as good, and show grace and compassion to those who don't see it. Be "Jesus with skin on" in both His holiness *and* His kindness.

Notes

1. Peter Freiberg, "Study: Alcohol Use More Prevalent for Lesbians," *The Washington Blade*, January 12, 2001, p. 21. Karen Paige Erickson, Karen F. Trocki, "Sex, Alcohol and Sexually Transmitted Diseases: A National Survey," *Family Planning Perspectives* 26 (December 1994): 261. Robert S. Hogg et al., "Modeling the Impact of HIV Disease on Mortality in Gay and Bisexual Men," *International Journal of Epidemiology* 26 (1997): 657. Also note this article by Dr. John R. Diggs, Jr.: [The Health Risks of Gay Sex \(catholiceducation.org\)](http://catholiceducation.org).
2. Read a few of the testimonies at the Living Hope Ministries website, www.livehope.org.
3. www.freetobeme.com/yw_minn.htm
4. Homosexuality and Teens: An Interview with Dr. Jeffrey Satinover, Massachusetts Family Institute. www.mafamily.org/Marriage%20Hearing%202003/satinover2.htm
5. Founder and Director of Desert Stream Ministries, author of *Pursuing Sexual Wholeness and Strength in Weakness*.
6. www.becomingreal.org

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See also: answers to many questions in [“Probe Answers Our E-Mail: Homosexuality”](#)

“I’m Looking for a Way to Deprogram Homosexuality”

I’m a licensed counselor looking for ways to de-program homosexuality.

I’m afraid we don’t know any formulaic means for de-programming homosexuality. And neither Probe nor Living Hope Ministries (a ministry that helps people with unwanted homosexuality) does “conversion therapy.” In my 20+ years with LHM, the only method I have seen that makes a difference is the time-honored process of Christian discipleship, where we point people to Jesus and walk with them in submitting to Him and His word, cooperating with the Holy Spirit in facing the wounds and hurts of the past and grieving them, forgiving those who hurt us, and obeying God’s commands because they are given to protect and bless us. The fruit of this process is transformation from the inside out (Romans 12:2), because Jesus doesn’t make things better, He makes things new.

What I have personally witnessed over and over is that God helps the person reframe their understanding of their lives, especially the hurts of the past (and there is always pain in the past) and their sinful responses to those hurts. This is true of any believer, not just those dealing with homosexuality. As the person invites Jesus to be Lord over more and more internal real estate, He brings change and

understanding. For example, I keep seeing that men reframe their craving to connect with other men sexually as their heart's cry for healthy attention, affirmation and affection from other men, either (or both) a father figure, or a best-friend kind of relationship. In women, I see that women reframe their craving to intensely connect with another woman, as their heart's cry for those same 3 As from a mother or a best friend. When those legitimate needs are met in healthy relationships with other believers, the craving subsides. One of my closest friends, who spent 25 years as a lesbian activist before becoming a Christ follower, says that what used to be screaming in front of her face (her same sex attraction), is now white noise in the background of her life. It's not totally gone, and she can feed it when she's stressed which means additional temptations, but its control over her life has been replaced by intimacy with Jesus and with healthy relationships with women.

I don't know how this happens outside of the grace and power of God in a believer's life and in the context of community, because we need each other.

I'm glad you asked. And by the way, I see from your email address that you utilize EMDR in your therapy. God bless you for that! I am the beneficiary of its effectiveness as I have seen my husband healed of childhood traumas through EMDR. A number of the people at Living Hope—and friends from church as well—have found EMDR helpful in their counseling, which makes sense because trauma is part of so many people's stories who now deal with same-sex attraction.

Blessing you today,

Sue

Posted Sept. 2022

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