

How to Ensure Your Kid Won't Walk Away From the Faith After Graduation

That title sounds like clickbait, doesn't it? What parent doesn't want to make sure their not-ready-for-prime-time young adult will continue to walk with the Lord, honoring Him with their life, and making wise, biblically-based decisions? Wouldn't it be great if such a 5-point guaranteed method existed?

Too bad. It's doesn't. Life isn't like that. We can't control other people like that.

But I can make some suggestions that have made a difference in other families.

1. PRAY. And never stop. Our children are the targets of spiritual warfare. They are hated by the enemy of our souls who hates God, hates His people, and wants to destroy our children.

2. From the time they are itty-bitty, play "Spot the Lie." Pay attention to the lies of the world, the flesh and the devil ([1 John 2:16](#)), and talk about them with your children when you're sitting at home, when you're walking and driving, when you're putting them to bed, and when they get up in the morning ([Deuteronomy 6:7](#)). For example, one day when my now-grown children were in elementary school, the car radio played Bette Midler's song "From a Distance," which says that God is watching us from a distance. I asked, "Is that true?" My sons thought about it and said, "No! He's right here with us!" Exactly. We spotted the lie. And called it what it was.

3. Educate yourself about how to answer the Big Questions of Life so you can talk to your kids about them: How do we know

there is a God? How do we know we can trust the Bible? How do we know Jesus is God? Why does a good God allow pain and evil and suffering?

What makes kids walk away from the faith is usually having unanswered questions. They might not ask for fear of a lame answer, or they might deduce that they shouldn't doubt, shouldn't question the things we teach them, and they should "just have faith." Well, here's the thing: we should trust our lives and our eternities to Christ not because of warm fuzzy feelings, but *because Christianity is true!* Do you know WHY it's true?

Let me recommend a couple of new books, written by moms to equip other parents to be confident in their own faith so they can effectively teach it to their kids.

[*Keeping Your Kids on God's Side: 40 Conversations to Help Them Build a Lasting Faith*](#) by Natasha Crain is super accessible and understandable. One of the best apologetics books I've seen.

[*Teaching Others to Defend Christianity*](#) by Cathryn Buse is written by a former NASA engineer (now a stay-at-home mom of littles) who uses her "mad logic skillz" to walk the reader through the basic Big Questions of Life in an organized way.

One other resource: a few months ago I was asked to speak to a group of moms on "Apologetics for Parents of Littles." You can [download the recording here](#) and [get the handout here](#).

4. Talk to your kids about these big questions of the Christian life: about God, the Bible, Jesus, pain and suffering. Ask them what they think and how they're working through these very important issues. Talk about these things *before* they leave your nest after high school!

5. One final suggestion: send your kid(s) to Probe Ministries' Mind Games camp, a one-week total immersion in worldview and apologetics, both classic apologetics (those Big Questions of

Life) and cultural apologetics, such as Grace and Truth About LGBT, Genetic Engineering, The Differences Between Guys and Girls, How to Watch a Movie, Christian Views of Science and Earth History, and more. It's a faith-builder and question-answerer, with lots of free time for fun and connecting with other campers. For many of the campers, it deeply impacts their hearts and souls, nailing down the glorious fact that Christianity is TRUE! My husband I have been privileged to pour into high school and college students through Mind Games for over 20 years; it is truly our joy! This year it's June 11-17 at Camp Copass in Denton, Texas. Check out the videos and lots of information at probe.org/mindgames.

I am deeply grateful to my friend Dr. Kathy Koch for allowing me to guest blog for her. This post was originally published at drkathykoch.com/faith-graduation/ on May 22, 2017.

What's Your Superpower?

If you could choose a superpower, which one would it be? When asked this question as an icebreaker, I've heard some people say they'd love to fly; others say they would choose mindreading. Some would love to be invisible.

But for the believer in Jesus, the idea of having superpowers isn't a fantasy.

It is the *reality* of being indwelled by God Himself, the source of actual and real supernatural power. And He gives gifts, spiritual gifts, that consist of supernatural enabling. We find the spiritual gifts in four places in the New Testament: 1 Corinthians 12 and Romans 12, Ephesians 4 and 1

Peter 4.

Consider these spiritual gifts—superpowers, if you will—given by the Holy Spirit to allow His people to minister to others:

Teaching – The supernatural ability to explain clearly and apply effectively the truth of the Word of God.

Pastor/Teacher – One who is supernaturally equipped to shepherd and feed the flock of God with the result of their growth and maturity.

Evangelism – The supernatural capacity to present the gospel message with exceptional clarity and an overwhelming burden for those who don't know Christ.

Word of Knowledge – The supernatural ability to receive information and truth directly from God without natural means. To know without knowing how you know.

Word of Wisdom – The supernatural ability to have insight concerning God's perspective and relay this insight succinctly to others. "Deep insight with handles."

Faith – The supernatural ability to believe God for the impossible.

Exhortation (Encouragement) – The supernatural ability to come alongside and help others by comforting, encouraging, challenging, and rebuking.

Showing Mercy – The supernatural ability to minister compassionately and cheerfully to those who are difficult to minister to.

Giving – The supernatural ability to give of one's material goods to the work of the Lord consistently, generously, sacrificially, with wisdom and cheerfulness.

Leadership/Administration – The supernatural ability to organize and lead projects while handling people tactfully and providing the vision to keep them at the task.

Service – The supernatural ability to serve faithfully and joyfully behind the scenes, in practical ways, in long-term commitments to service.

Helps – The supernatural ability to minister joyfully to God's people in short-term service with flexibility and sensitivity to what needs to be done.

Discernment of Spirits – A supernatural ability to distinguish between the spirit of truth and spirit of error, between holiness and evil. Can instantly sniff out when someone's a phony or lying.

My husband and I created a list of diagnostic questions to help people find their superpowers, which you can find here: www.probe.org/how-do-you-determine-your-spiritual-gift/

Flying and mind-reading aren't on our list, but you might find your superpower here!

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/whats_your_superpower on Apr. 4, 2017.

“How Do Dinosaurs Fit Into the Bible?”

My nephew and I recently saw a giant T-rex skeleton on exhibit. He was so fascinated and started asking a lot of questions. It really made me wonder, How do dinosaurs fit into the biblical story? There is no denying they exist, but when and where and why did God make them and then take them away? I want to make sure I am prepared to answer this question if he ever asks.

My husband and I have an article “How to Talk to Your Kids About Creation and Evolution,” where we discuss dinosaurs in this [section: www.probe.org/how-to-talk-to-your-kids-about-evolution-and-creation/#dinosaurs](http://www.probe.org/how-to-talk-to-your-kids-about-evolution-and-creation/#dinosaurs)

Also, please read Ray’s article “Christian Views of Science and Earth History,” [www.probe.org/christian-views-of-science-and-earth-history/] which covers the three perspectives on the age of the earth that most Christians hold. From a young earth perspective, dinosaurs existed before the flood (Noah probably would have taken juveniles on the ark) and likely went extinct after the flood because there wasn’t sufficient food to support their large body size. From an old earth perspective, dinosaurs died out 65 million years ago at the end of the Cretaceous Period and so there is no reinterpreting of anything. They don’t appear in the biblical account because by the time God created Adam and Eve, they had been gone for millions of years.

Hope you find this helpful.

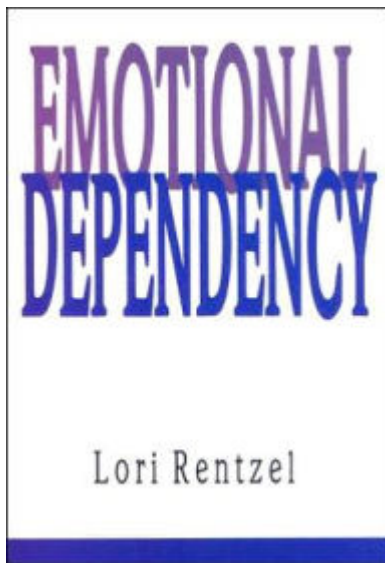
Sue Bohlin

“Are ‘Twinflame’ Relationships Real, From God, or Demonic?”

Does the term “twinflame” come from God? Does it come from a “divine” source? Would this be considered demonic due to its telepathic tendencies and reincarnation belief? I have a family member who thinks they have found their “twinflame” and believes that he has a “higher” connection with this person than his wife. I have been brought up in a Christian home, and feel that this goes against everything that I have been taught. Did Jesus himself preach about reincarnation? What can I say to this person to let them know that “twinflames” do not exist?

I had never heard of the word “twinflame” till we got your question, but as I researched it, I had to chuckle with rueful recognition of the relational dynamics. Websites addressing this supposed “twinflame” phenomenon of one soul in two bodies describe the breathtaking rapture of an immediate and intense connection with another person that often overshadows actual real-life relationships (such as a spouse, as in your family member’s case). What’s really happening is that a person becomes infatuated with their *perception* of someone else, imbuing the object of their intense affections with a kind of “magic” fueled by their imagination and fantasy; in their mind, the other person is more beautiful, smarter, more

eloquent, more sensitive and more of an amazing match than the all-too-real known quantity of the flesh-and-blood people they do life with. As Focus on the Family's Dr. James Dobson said early in the days of the internet when we were discussing the ugly downside of online relationships, of course the fantasy wonderfulness (my words, not his) of the other person is going to overshadow the spouse who leaves socks or towels on the floor!



Someone has put a New Age spin on an old, old temptation of *relational idolatry*. Putting another person or the relationship up on a pedestal as the most important thing in life is idolatry, and it is sin. Lori Rentzel nailed this concept in her excellent essay "Emotional Dependency." (You can find the essay online [here](#). It is also available published as a little booklet by InterVarsity Press.)

Interestingly, as I read about "twinflame" to a friend who spent decades as a lesbian activist, her comment was, "Oh, there's the beginning of a lesbian relationship!" The intensity of relational idolatry is a counterfeit to true intimacy no matter the gender of the people involved. (Consider my blog post [The Dark Underside of Female Friendships](#).)

You asked about supposed "telepathic tendencies and reincarnation belief." There can certainly be a demonic component to this kind of relationship because there are layers of deception going on, including belief in previous lives. Probe has several articles and answers to email about reincarnation you might find helpful (and no, Jesus didn't preach about reincarnation because it's not real):

[The Mystery of Reincarnation – A Christian Perspective](#)

[Does the Bible Talk About Reincarnation?"](#)

["Was Reincarnation Ever in the Bible?"](#)

["You Should Research Reincarnation and the Lost Words of Jesus"](#)

[Reincarnation: The Christmas Counterfeit](#)

Having read the entire Bible multiple times and studying it for decades, I assure you that Twinflames is not a biblical concept. No, it doesn't come from God.

What can you say to your family member to let them know that "twinflames" don't exist? How about something like, "I am very concerned that you are buying into a deceptive lie about this other relationship that threatens to wreck your marriage and your spiritual life. I've done some research; please consider that the concept of 'twinflames' is a made-up idea to justify illegitimate attractions to another person. I can give you more information if you want it."

I send this with a prayer that God will open the eyes of your family member before he drives his marriage off a cliff.

Blessing you,
Sue Bohlin

Posted March 2017

Addendum 2/20/2021:

Having received scores of comments on this topic since publishing this page 4 years ago (and not being willing to allow that amount of falsehood and confusion on our website by posting them), I am more convinced than ever that the idea of Twin Flames is one of the most clever, heartbreaking, demonic deceptions ever invented. The degree of anguish that people have shared over this powerfully evil deceit demonstrates why the Lord Jesus said that Satan comes to "steal, kill, and destroy" (John 10:10). This is yet another one of his nasty methods of hurting people and holding them hostage through a

lie.

Lots of people have written that the Twin Flames phenomenon is in the Bible, but it's not in the text. For example, identifying Jesus and Mary Magdalene, and David and Jonathan, as Twin Flames. Claiming that Adam and Eve are the original Twin Flames. That the Song of Solomon is all about a Twin Flame relationship. There are lots of relationships in the Bible, including intense ones, but no Twin Flames. It's not there.

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“This Too Shall Pass”

I wrote this blog post on May 7, 2012, not quite five years ago. 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 . . .

Sometimes it's the simplest things that help us navigate life. The old, old adage “this too shall pass” is one of them.

No matter what trial, grief, trouble or challenge we face, there is comfort in reminding ourselves that it's temporary. Some are very short-lived—the time crunch of a deadline, the pain of recovering from surgery, waiting for results of a test or an application. We can remind ourselves, “By this time next week (or month), this will be behind me. This too shall pass.”

Some are very long-term—a permanent disability like [my polio](#) or my dear friend [Lael Arrington's](#) painful rheumatoid arthritis. The death of a loved one, or a marriage, or a cherished dream. The realization that God is choosing to give us grace for, not deliverance from, our thorn in the flesh. Even so, when we remember that our time on this earth is short compared to our life on the new earth, we can remind ourselves, “A hundred years from today, this trial will be just a memory. I can either be glad for how I handled it, or regret the short-sighted choices I made. Because this too shall pass.”

It's helpful to remember that even the good times, the fun times, the stress-free (or low-stress) times will also pass, because life is like that. When we remember everything is temporary, it helps us hold onto sweet moments and days with a looser grasp while reminding ourselves to be grateful for the blessings we're enjoying because “this too shall pass.” If we are mindful of the transience of the good days, we won't be devastated when they dissipate.

“This too shall pass” is one way we can live in light of eternity, keeping our earthly life in perspective. When the hard times come, whether moments or years, we can comfort ourselves with the truth that “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” (2 Cor. 4:17-18).

When the good times come, we can give thanks for the way they point like signposts to heaven's unending joy.

Which will NEVER pass away!

This blog post originally appeared at blogs.bible.org/tapestry/sue_bohlin/this_too_shall_pass on May

8, 2012.

The Voice in My Head

I love my husband's recent Christmas gift to me: a hearing aid. (Actually, he appreciates it about as much as I do, since I'm not daily asking, "Excuse me?" and "What?") A number of years ago I had been diagnosed with a 25% hearing loss in one ear, but it had grown to 45%. That's a lot of missed words in conversations, sermons, and TV shows.

Mine is a little device that sits in my ear canal, pretty much invisible. Because it's so small, the battery is teeny tiny and needs to be replaced every five days or so. I know it's time to swap it out when a little metallic voice suddenly says "Battery" in my ear. That means I have maybe two minutes before a final, second "Battery"—then a small click that means my wonderful restored hearing is gone and I'm back to the world's sounds being muffled till I put a new battery in.

I am grateful for that little voice because it tells me something very important about something I need to do, and fast.

And every time, I am reminded of Isaiah 30:21—"And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." My immediate prayer is, "Lord, please teach me to hear you as clearly as I hear that little voice in my ear!"

Hearing God's voice is a realistic part of being in relationship with him. In the Old Testament, Jeremiah 33:3 records God's invitation: "Call to me and I will answer you, and will tell you great and hidden things that you have not

known." In the New Testament, Jesus promises, "My sheep hear my voice, and I know them, and they follow me" (John 10:27).

So how do we hear God's voice?

1. **Choose to listen.** It starts with being intentional. We need to believe that God speaks to His children, and act on that belief by putting ourselves in "listening mode." That's not about sitting down with a demanding spirit that says, "OK, Lord, you have five minutes to talk to me or I'm outta here." In my experience, the God of the universe does not respond to self-centered demands like that. It's more like turning on a baby monitor and leaving it in the "always on" position. And keeping one ear "open" for any sounds coming from the monitor.

The primary way God speaks to us is through his word. Sometimes as we read the scriptures, a verse seems to leap off the page, right into our hearts, and burn with a personal application. Even as a new believer in college, I knew that when I read Isaiah 55:2, the context was God speaking to his people Israel: "Why do you spend your money on that which is not bread, and your wages on that which does not satisfy?" But in 1973, struggling with a holy discontent about my college degree plan, God spoke to me through this verse, giving me the freedom to stop college at the end of my junior year. And sure enough, in the 43 years since, I have never once regretted not earning a degree in elementary education because being a classroom teacher was never God's plan for my life. Teaching, yes, but not in a school classroom.

But God also speaks to us in our spirit. My friend Bob was a pastor. One morning he felt impressed to drive to a nearby lake to meet with God. He sat there on a picnic bench waiting to hear from God (and, frankly, expecting some direction on what to preach the following Sunday). After 45 minutes of just quietness, hearing nothing, he sensed God say to him, "OK, Bob, you can go to your office now."

Eyebrows raised, he said, "I thought maybe you were going to give me some instruction on what you want me to preach this Sunday . . .? What's the point of sitting here for almost an hour, Lord?"

In his spirit, Bob heard, "I just wanted to spend some time with you."

It takes time and practice to learn to hear God like Bob does (and he learned over time and by practicing). But that's what friends do. They talk with each other.

2. Expect God to speak. Who knows how many things in life we miss simply because we weren't expecting them, so they blow right by? When we live with an attitude of expectancy, it's a lot easier to hear that "still small voice" (1 Kings 19:12) when God does speak to us.

I learned this while at a conference a number of years ago. So many of the conference attendees lived with this attitude of expectancy that it was common mealtime conversation to share what people had heard and experienced from the Lord that day. I wanted that for myself! I went from one session to the next "with my ears on" (in old CB-radio lingo), hopeful to hear from God.

I was in one breakout session about fifteen minutes when I suddenly became aware of a strong impression—a pressure on my heart—that I was supposed to call my husband. Right then. It came out of the blue, connecting to nothing I was hearing in the breakout, so I left the session and walked to my dorm room to get to a phone (oh, how things have changed with the invention of the cell phone!) When my husband answered, I learned that he was very sick and was feeling even worse because there was no way to contact me and he was feeling not just miserable, but *alone* and miserable. He was quite surprised to learn that God had told me to call him. There wasn't anything I could do from the other side of the country,

but it was comforting to both of us that God intervened so that we could talk to each other.

3. Predecide to focus on God's voice despite what other voices you're hearing. It takes time and experience to learn to recognize his voice, but I can promise you this: it will never contradict his word, and his peace will be attached. We hear the "voice" or sounds of what matters to us. I once read a story about a native American who accompanied a city dweller to New York City. As they walked down the sidewalk, the native suddenly stopped in the midst of all that concrete and said, "I hear a cricket!" His city dwelling friend scoffed: "Are you kidding? How can you hear such a small sound with all this racket?" At that, the native pointed to the soil surrounding a small tree growing out of a concrete planter in the sidewalk; sure enough, there was a cricket rubbing its legs together. His friend shook his head, amazed. The native said, "It's not so amazing. We hear what's important to us. Watch this." He reached into his pocket, pulled out a handful of coins, and threw them on the sidewalk. Instantly, scores of people around them stopped, swiveling their heads at the sound of money hitting the ground. "See? What's important is money to them, and nature to me. We hear what's important to us."

We need to filter out the sounds and voices of the world, which would call us away from intimacy with God, and "keep the first thing, the first thing." When God speaks, we want to be found listening.

Because when he speaks, it's something far more important than "Battery."

This
blog post originally appeared at
blogs.bible.org/engage/sue_bohlin/the_voice_in_my_head on
February 7, 2017.

“Is It True That Adam Was 90 Feet Tall?”

My question may sound funny at first. So I was witnessing to a Muslim that I know and we got into a discussion on the book of Genesis, more specifically on Adam and the garden of Eden. So the Muslim man I was discussing with claims that Adam was 90 feet tall in the Koran!? He said that this is a known historical fact of science. This seems just crazy talk, so my question may seem crazy but is there any historical/scientific proof for such a claim? Sounds more like a fairy tale and scientifically impossible. Just wanted to know your thoughts.

Good for you for witnessing to our Muslim friend! No, it's NOT a known historical fact of science. Just ask him for the evidence of this claim. (And remember that the Koran is a man-made book with no divine inspiration. We shouldn't be surprised that it would have statements like this in it.)

Here's a page that references the claim: answering-christianity.com/adam_90_feet_tall.htm And here's a page that responds to the claims: www.answering-islam.org/Responses/Osama/90feet-adam.htm Hope you find this helpful.

Sue Bohlin

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“How Do We Respond to the Charge That We’re on the Wrong Side of History?”

When I present my view on the LGBT issue, the Biblical view, people say I’m on “the wrong side of history.” What say you? I know this is an empty PC mantra but how should I answer?

When we’re smack dab in the middle of history-making, from a biblical perspective it’s waaaaay too early to declare what is “the wrong side of history.” We have already received revelation about how things will go toward the end of the world in the book of Revelation and other biblical books, so we can have an idea of where we’re headed. And it’s not pretty.

When Prohibition was enacted in the United States, there might have been people declaring that those objecting to it were on “the wrong side of history.” Except that they weren’t, because things change.

I can tell you personally, as one who has been involved in homosexual ministry (to those with unwanted same-sex attractions) for 18 years, God’s “thou shalt nots” of all sex outside of marriage are given out of love for us and a complete knowledge of how He designed us for male-female complementarity. Those insisting that the [LGBT agenda](#) (see the book *After the Ball*, which spells it out) is right and we hopelessly outdated dinosaurs are wrong, will still run into

the fact that God made us male and female to reflect the beauty and glory of unity in diversity. Even if it's un-PC.

Frankly, I think we will have to get used to being misunderstood and judged. And we can take comfort in the fact that Jesus knows a whole lot about that.

Thanks for writing,

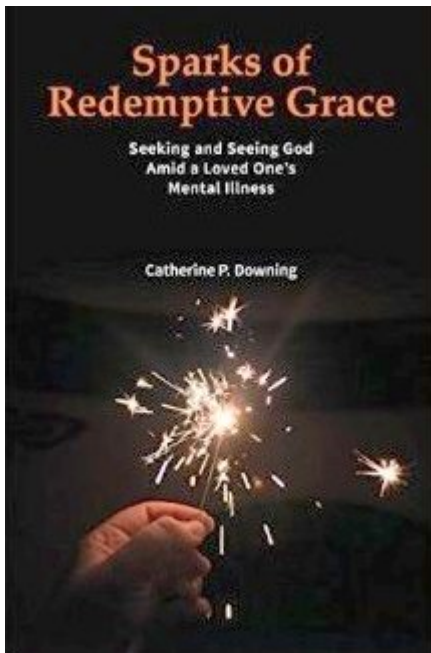
Sue Bohlin

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Mental Illness and the Family

The January 2017 shooting at the Ft. Lauderdale airport is still being investigated, but what surfaced immediately in seeking a motive for Esteban Santiago's deadly action was his family's observations that he appeared to be fighting a mental health challenge. When he returned from military service in Iraq, he reported hearing voices and his family reported that "his mind was not right."



Totally apart from the issues Mr. Santiago is dealing with, both psychologically and legally, my heart goes out to his family. The family members of a person struggling with mental health issues carry a heavy load, often in isolation and silence, because of the stigma of shame often associated with mental illness.

I am more sensitive to this after recently reading a different kind of book. *Sparks of Redemptive Grace – Seeking and Seeing God Amid a Loved One's Mental Illness* is a short but powerful book written by the mother of a young man in a battle with bipolar disorder.

Catherine P. Downing offers grace-drenched perspective that can and should change the way we think about this struggle. I learned a lot from her. For example, she writes,

It is a heartbreaking truth that I had to learn to say, "Douglas has bipolar disorder," instead of, "Douglas is bipolar." A minor wording difference. A monumental identity distinction. To have a disease, rather than to be one, is a defining stance of dignity.

But it's not just the family members dealing with mental illness who need to be educated on how to think and respond and love well. We the *church family* also need to be better equipped to love "the least of these" with the compassion of Jesus. That is going to mean loving the family members staggering under the weight of their loved ones' illness as well. We are often quick to arrange meals for new mommies or families where someone has had surgery, but what about the families trudging through the exhausting day-in-day-out invisible battle when it's the brain or the mind that is diseased?

One of the ways we can love families dealing with mental illness is by adjusting our unrealistic expectations. Mental illness isn't something people "get over" quickly . . . and sometimes not even on this side of eternity.

And then there is the ongoing grieving for the should-have-beens of lost dreams and hopes, and even the loss of the "normal" kind of life most of us assume we will live. The first sentence of the introduction reads, "My husband, Nelson, once said that if we ever write a book the title should be, *It Wasn't Supposed to Be Like This.*" Those living with this kind of unrelenting grief need friends who will support them, never give up praying for them, being "Jesus with skin on" for them. (Check out this really excellent list of how to pray for families impacted by mental illness: sparksofredemptivegrace.com/31days31ways2pray4families/)

I was blessed to read this short list of suggestions for how the church can support the families of those dealing with mental illness in the Bible.org article "[Mental Health and the Church](#)":

1. Make your church a safe place for those who suffer. To do that, a church body needs to be transparent about brokenness and acknowledge that all of us struggle with weak areas in our lives.

2. Equip your church with the tools it needs to serve those with mental illnesses and their families. Develop or identify your congregation's theology of suffering. Train clergy and staff. Offer support groups. Create alliances with local mental health professionals.

3. Treat hurting people like people. Be a friend. Include them in gatherings. Invite them when groups are going to lunch. As needed, refer them on to professional help, but don't pass them on. At the same time, set healthy boundaries in your relationships. Don't expect them to be able to do that.

4. Address the stigma of mental illness by talking about it openly. Include general prayers for the mentally ill in congregational praying. Highlight and financially support local ministries who serve the homeless, the incarcerated and indigent mentally ill populations.

5. Treat those with mental illnesses and their families as you would any who have chronic pain in their lives or are lifelong caregivers. Pray for and with them. Give them space to talk about what is going on in their lives. Attend to practical needs such as transportation to medical appointments, assist, when appropriate, with extraordinary

expenses.

I have committed to make hearing new news about the Ft. Lauderdale shootings a reminder to pray for the family members of the troubled shooter. At the same time, I want to be “Jesus with skin on” for those in my world who need comfort for the same kind of pain in their family.

Also check out the website for this helpful little book, www.sparksofredemptivegrace.com

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/mental_illness_and_the_family on January 10, 2017.

Leaning Hard

I wondered when it would happen, when the pain and weakness from post-polio, exacerbated by hip arthritis, would set me up for a fall. And now I know. The other day I took a tumble.

I forgot to have my husband put my walker in the back of my mini-van. At some point this year I discovered that leaning on a cane for stability wasn't enough, and I need a walker for literally every step. But this level of loss and disability is still new to me; sometimes I forget that my “new normal” demands things like taking a walker with me. When I got to my destination, all I had was my cane, and I thought, “It's okay, I'll have the cane in my right hand and I can lean on the car

with my left to make my way to the back of the van to get my scooter.”

But it was a drizzly day, and when I leaned hard on the bumper my hand slipped, and I went down HARD. Fortunately, it was also a cold day and my padded coat helped cushion my shoulder and hip as I hit the ground. I instantly had a new appreciation for that old commercial, “I’ve fallen and I can’t get up!” Yep. That was me.

My cell phone was in my pocket, praise God, and I was able to call for help. It took two aides to lift me to a vertical position and then get my scooter out of the van, shaken and feeling very fragile but basically okay.

The doctor I was there to see also came out, and when she spoke I knew it was the Lord’s voice through her: “Sue, you’re trying to do too much on your own.” Yep. That was me too.

I’ve thought a lot about how things have changed for me in the past couple of years as I’ve lost so much of my mobility and ability to do even the simplest things around the house. And since there is often a strong correlation between the physical world and spiritual reality, each one teaching us something about the other, I’ve become especially aware of my dependence on my walker and my scooter.

So it deeply blessed me when a friend dealing with stage-four renal cancer was featured in a video where she quoted from J.I. Packer in Joni Eareckson Tada’s book *A Lifetime of Wisdom*:

“God uses chronic pain and weakness, along with other afflictions, as his chisel for sculpting our lives. Felt

weakness deepens dependence on Christ for strength each day. The weaker we feel, the harder we lean. And the harder we lean, the stronger we grow spiritually, even while our bodies waste away. To live with your 'thorn' uncomplainingly – that is, sweet, patient, and free in heart to love and help others, even though every day you feel weak – is true sanctification. It is true healing for the spirit. It is a supreme victory of grace."

The weaker we feel, the harder we lean. And the harder we lean, the stronger we grow spiritually, even while our bodies waste away. Whoa.

"Leaning hard" is the opposite of our American, self-sufficient, can-do independence. But it's the secret to spiritual vitality and power because "leaning hard" means we access Christ's strength instead of our own puny efforts.

"Leaning hard" is my new way of understanding "abiding." And abiding is where stability comes from, just as I am far more stable when I'm "leaning hard" on my walker when I have to walk and on my scooter when I get to ride.

The memory of leaning hard on my slippery car bumper, only to discover it was not a reliable place to support myself so I landed hard on the ground, was also a powerful lesson in the futility of leaning hard on myself or anything other than Jesus Christ Himself. I now have a kinesthetic memory of that spiritual truth!

It stinks to fall, of course, but I sure do love the insight that came from it.

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/leaning_hard on December 27, 2016.