Steve Cable continues his analysis of Probe’s 2020 survey of American religious views moving over to consider their response to sexual mores of today and how they navigate religion and science.

The previous reports on Probe Survey 2020 were primarily focused on religious beliefs and practices. In this report, we will look at how these beliefs impact Americans as they deal with sexual issues and with navigating the relationship between religion and science. In general, the survey results confirm a continuing degradation in Americans’, and particularly Born Agains’, view of sex within a heterosexual marriage. We find that fewer than one in five Born Again Protestants affirm a biblical view in this area. On the other hand, Americans still tend to consider religious views at least as important as scientific positions in establishing their beliefs.

**American Sexual Attitudes and Behaviors**

We asked four questions regarding sexual attitudes and behaviors in this survey.

1. Sex among unmarried people is always a mistake: from Agree Strongly to Disagree Strongly

2. Viewing explicit sexual material in a movie, on the internet, or some other
source is:

a. To be avoided
b. Acceptable if no one is physically or emotionally harmed in them.
c. A matter of personal choice
d. Not a problem if you enjoy it
e. Don’t know

3. Living with someone in a sexual relationship before marriage:

a. Might be helpful but should be entered into with caution.
b. Just makes sense in today’s cultural environment.
c. Will have a negative effect on the relationship.
d. Should be avoided as not our best choice as instructed by God

4. People attracted to same sex relationships are:

a. To be loved and affirmed in their sexual choices.
b. To be avoided as much as possible.
c. To be accepted while hoping they realize there is a better way.
d. To be loved and told God’s truth regarding our sexual practices.

First, let’s see how the different religious affiliations impact the answers to these questions.

**Sex Among Unmarried People**

First, let us establish the biblical standard for sexual relations outside of marriage. Is there clear teaching on this topic? Consider Jesus’ discussion in the Sermon on the Mount where He said, “You have heard that it was said, ‘Do not commit adultery.’ But I say to you that whoever looks at a woman to desire her has already committed adultery with her in his heart.”{1}

In 1 Thessalonians 4:3, Paul writes, “For this is God’s will: that you become holy, that you keep away from sexual immorality.” And then in 1 Peter 2:11, Peter writes, “I urge you to abstain from the passions of the flesh, which wage war
against your soul.” It is very clear that the biblical standard calls for all sexual relations to occur within a marriage between one man and one woman.

Results from the first question are plotted in Figure 1. As shown, here and in the next three graphs, we will look at those ages 18 through 29 next to those ages 40 through 55 to see if there are differences based on age. If there is a trend or variation seen in the 30 through 39 age group, then that one is also shown as seen for Born Again Protestants in Figure 1.

The graph shows the older group of Born Again Protestants is much more likely to Strongly Agree that fornication is always a mistake than the youngest group, dropping from almost one half to a little over one quarter, 46% to 29%. Over two thirds of Younger Born Again Protestants have adopted the common view of the culture that sex and marriage are not necessarily related. Note that even among the older group, less than half of them strongly agree that sex outside of marriage is always a mistake.

Looking across other religious affiliations, we see that the vast majority said they Disagreed or Strongly Disagreed with this statement. They generally believe that sex outside of marriage by unmarried people is not an issue. This is particularly true of the Unaffiliated with close to 90% (nine out of ten) disagreeing.

How have these views changed among born again young adult individuals over the last decade? Looking at the GSS survey from 2008, we find that over one in three (37%) Born Again Christians ages 18 through 29 agree with the statement, “If a man and woman have sex relations before marriage, I think it is always wrong.” Now in 2020, we find that over one quarter (27%) of Born Again Christians agree that it is always wrong. Although the questions asked were not identical, they are close enough to indicate that the drop of ten percentage points is a significant decline in young adult, Born Again Christians who take a biblical position on sexual activity outside of marriage.

Pornography.
The second question deals with views on the acceptability of viewing
pornographic material. What does the Bible tell us about feeding our minds with sexually immoral material? Jesus tells us in Matthew 15:19, “For out of the heart come evil ideas, murder, adultery, sexual immorality, theft, false testimony, slander.” We are warned in 1 Corinthians 6:18, “Flee sexual immorality! Every sin a person commits is outside of the body but the immoral person sins against his own body.” And further in Ephesians 5:3, “But among you there must not be either sexual immorality, impurity of any kind, or greed, as these are not fitting for the saints.” Clearly, avoiding sexual immorality in all forms includes avoiding explicit sexual material.

The results are shown in Figure 2. Once again, we see that Born Again Protestants are much more likely to say that we should avoid exposure to such material. Both the younger group and the older have more than 50% who say it is “to be avoided.” However, the data also shows over four out of ten Born Again Protestants believe it is usually okay. Given what we know about the negative effects of pornography on healthy living and relationships, this result is surprising.

All the other religious affiliations have only a small percentage of people who think that explicit sexual material should be avoided. Only about one in five Other Protestants and Catholics affirm that pornography is to be avoided. Once again, the Unaffiliated lag those affiliated with some religion having only about one in twenty (5%) that think pornography should be avoided.

For those who are not Born Again Protestants, around 10% to 20% say that such material is okay if no one is hurt in them. These people fail to realize that the person being hurt by these materials is themselves and their loved ones. More surprisingly, the vast majority of these people selected “a matter of personal choice” or “not a problem if you enjoy it,” implying that if people are shown being harmed in this pornographic material, that is perfectly okay if you enjoy it or want to put up with it.
Living Together Before Marriage

What does the Bible tell us about living in a sexual relationship before marriage? In Colossians 3:5, Paul states, “So put to death whatever in your nature belongs to the earth: sexual immorality, impurity, shameful passion, evil desire, and greed which is idolatry.” The current philosophy of “try before you buy” is popular but totally contrary to biblical instruction for a rich, fulfilling life. This philosophy clearly “belongs to the earth.”

The third question examines views on whether it is a good thing to live together in a sexual relationship before committing to marriage. The results are summarized in Figure 3. This is another question where Born Again Protestants show a significant difference based on age. The older group, 40 through 55, shows almost 60% who say that it should be avoided as instructed by God. The younger group, 18 through 29, shows only 40% with the same viewpoint. Across all age ranges only about one half of Born Again Protestants say that this practice should be avoided. So, even among this group, over half believe that it is okay and might be helpful.

Once again, this question reveals a stark difference between Born Again Protestants and all other religious affiliations. Other Christian groups show much fewer than one in five adherents who believe this practice should be avoided. And we see the Unaffiliated lead the other viewpoint, with about nine out of ten of them saying the practice “might be helpful” or “makes sense in today’s culture.”

Same Sex Relationships.

The fourth question deals with how people react toward those who profess to have a sexual attraction towards those of the same gender. What does the Bible say about same sex relationships? Let’s consider the instruction from 1 Corinthians 6:9b-11, “Do not be deceived! The sexually immoral, idolators, adulterers, passive homosexual partners, practicing homosexuals, thieves, the greedy, drunkards, the verbally abusive, and swindlers will not inherit the kingdom of God. Some of you once lived this way. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the
The verse above tells us two things. First, that someone who is given over to homosexual activity (like those given over to idolatry, sexual immorality, and greed) are not true followers of Christ. Even in Paul’s era, many were apparently saying they would inherit the kingdom of God and so Paul begins the statement by saying “Do not be deceived.” But it also clearly states that such a one can be washed, sanctified and justified in Jesus Christ. As Christians, we should love them and tell them the truth that God has a better way for their life.

Note that our question does not distinguish between those experiencing same sex attraction and those actively involved in living out their attraction through homosexual activity. Both categories of people need to be loved and told the truth.

The results for this question are summarized in Figure 4. As shown, we see some difference based on age for Born Again Protestants. However, it is not as pronounced as for the question on fornication above. Looked at as a group between age 18 and 55, less than one half of Born Again Protestants selected loving them and telling them what the Bible says about homosexual practices.

Once again, all other groups are much less likely to take a biblical position. However, when we add in the answer about “accepting them while hoping they find a better way’, the other religious groups (excluding the Unaffiliated) show almost four in ten who desire them to find a better way.

Note that Other Protestants are most likely at 20% (about one out of five) to say they would try to avoid people attracted to the same gender.

**Combining Questions for Born Again Protestants.**

How many Born Again Protestants take a clear biblical view of all four questions concerning sexual attitudes and behaviors? Results are shown in the adjacent chart. The chart begins with results by age for the first question concerning fornication. As you move to the right, additional questions are added to the questions already addressed to the left. Thus, the bars on the right include those
who took a biblical position on all four of the questions.

Clearly, ones in the older group are more likely to take a biblical view on sexual behavior. In fact, on the far right, we see that those 40 to 55 are twice as likely as those 18 to 29 to hold to a biblical view. However, more important, is that over 80% of the younger ages and over 75% of the oldest ages do not hold to a biblical view on these combined topics regarding sexual behavior.

To understand how disturbing these results should be, consider Born Again Christians with a biblical view on sexuality as a percentage of the entire United States population. The results are 2% for 18 through 29, 3% for 30 through 39, and a whopping 6% for 40 through 55. In other words, a slim remnant of adults in America hold to a biblical view of sexuality. A secular view promoting no relationship between sexual behavior and marriage and no limits on satisfying one’s lusts currently dominates our national thinking.

Don’t Do What You Say You Will Do.

We will address this topic more fully under Topic 10 but it is relevant to thinking about the Combining Question topic above. We asked this question:

When you are faced with a personal moral choice, which one of the following statements best describes how you will most likely decide what to do?

One of the answer choices is “Do what biblical principles teach.”

Almost half (47%) of Born Again Protestant young adults (18 through 39) selected that answer. They would follow biblical principles in making moral decisions. Yet as just seen, only about 15% of Born Again Protestant young adults selected biblical principles on all four questions regarding sexual behaviors.

Although we can’t be certain, it appears that many Born Again Protestant young adults either don’t know what topics are covered under moral choices OR they don’t know what biblical principles teach OR both. Clearly, almost half of Born Again Protestant young adults think that they are choosing to think biblically about moral choices, but most of them are not living the way they think they are.
Responding to These Results on Sexual Attitudes

All of the results presented above show that a large majority of young adult, Born Again Protestants do not adhere to a biblical position on topics related to sexual morality. The data also shows that when Born Again Protestants enter the world of higher education and secular careers, they are surrounded by an even greater majority of people who believe that pretty much anything is acceptable in the area of sexual relations. Among other conclusions, we can be sure that these two data points tell us that while young adults were involved in church as teenagers, they were not adequately taught the basics of Christian doctrine in the area of sexuality and did not receive a good explanation as to why the Christian attitudes are much, much better than the free license rampant in our society today.

Christian teaching on sexuality must occur more frequently from the pulpit, in bible studies, in small group times. If we think that parents as the only source of information are sufficient to set up young Christians to be an example of godly sexuality, the data says “not so fast.” However, we do not equip parents to discuss these matters with their children. We cannot allow their peers to set the bar on acceptable behavior.

American Attitudes Concerning Science and Religion

We included three questions probing people’s views on the relationship between science and religion. The first question relates to any apparent conflicts between current scientific theories and their beliefs based on their religion. From the answers, one can tell whether the respondent puts more credence in current scientific theories or in their religious beliefs. The question is:

**Question #1: When apparent conflicts appear between science and religious teachings, one should:**

1. Ignore science, accepting that when science learns more it will agree with your religion.
2. Examine your religious teachings to determine if the scriptures are in conflict or it is just someone’s interpretation of the scriptures that conflict.

3. Change your religious views to align with current scientific views.

4. Abandon your religion as being false.

The first two answers are consistent with a Basic/Enhanced Biblical Worldview, reflecting 1) a view that their scripture is informed by a higher source of truth than simple science can draw upon, 2) a recognition that generally accepted scientific viewpoints have often changed over time, and 3) on the type of scientific questions being addressed here, there are in most cases a variety of theories supported by different groups of scientists. The second answer includes the possibility that the person’s holy scriptures do not directly address the topic at hand, but that some religious leaders have inferred a position on the topic from their interpretation of scriptures.

The second two answers, i.e. 3 and 4, reflect a view that scientific teaching communicates truth that religious teachings are unable to counter. The third answer results in a religious viewpoint that will vary over time as scientific ideas gain or fall out of favor in the scientific community.

As shown in the figure, the majority of American young adults do not accept that science is infallible (by supporting answers 3 or 4). Less than 10% of Born Again Protestants selected one of these answers. And even among the Unaffiliated, less than half of them selected an answer where scientific theories trump other sources of beliefs.

At the same time, those who selected a view that ignores science all together (answer 1) were a small minority as well. Less than one in five (20%) of the Born Again Protestants and slightly over one out of ten for the other religious groups.

So well over 50% of all religious groups selected answer number 2, showing a willingness to go against science but also a desire to meld the views of science into their religious views. We did not ask a follow up question as to what they
would do if they determined there was an unresolvable conflict with the current position supported by most scientists. There are not many unresolvable conflicts if one is willing to adopt a position supported by a reputable minority of scientists, e.g. intelligent design.

**Question #2: My understanding of human origins is the result of:**

1. Using the Bible alone with no regard for the findings of science.
2. Using science to better understand what the Bible teaches us about origins.
3. Not sure
4. Accepting a completely naturalistic view, i.e. no intelligence involved in the process.

Note these answers follow a similar pattern to those of the first question, but now they are applied to a specific question where many people assume there is no meeting ground between science and religion.

The answers are shown in the adjacent graph. On this more specific question, the percentage of each religious group that is going to look at the Bible alone for their understanding hovers around 30% for all religious groups but plummets to under 8% for the Unaffiliated.

Conversely, only the Unaffiliated show more than three out of ten who “accept a completely naturalistic view” (choice #4). Born Again Protestants show only about one out of eight who select such a view. This result is amazing given the concerted push by some educators to force our students to accept a completely naturalistic view of creation. However it is consistent with the current state of the research on the origins of man, including new reports from 2021.\(^3\)

The majority for each group of people selected “Not sure” or said they would use science to help them better understand what the Bible teaches.

**Question #3: All real scientists believe that science is the only source of real truth.**
The potential answers ranged from Strongly agree to Strongly disagree and included Neither agree or disagree.

First note that if we strictly define real scientists as individuals meeting these qualifications—1) a Ph.D. in a scientific field, 2) actively involved in the field, and 3) published in reputable scientific journals—we will find many scientists who agree that there are other sources of truth outside of science. So, we can say with confidence that the statement in question #3 is objectively, verifiably not true. However, there are certainly some believers in scientism [the belief that science is the only way to know ultimate truth] who claim the statement is true. They accomplish this trick by claiming that anyone who does not believe that science is the only source of real truth cannot by definition be a real scientist. In other words, they use circular reasoning.

But there is certainly a movement to instill scientism as the favored viewpoint in society. How successful are these proponents of scientism? Looking at the answer shown in the adjacent chart will throw some light on this question.

We would like to see the answer: Strongly Disagree. This answer aligns with the objective truth discussed above. But what we find is that only one out of five (20%) of Born Again Protestants profess this view. Among Other Protestants and Catholics only about one out of twenty (5%) profess this view. Adding some uncertainty by adding those who say they Disagree, increases those amounts to two out of five (40%) for Born Again Protestants and one out of five (20%) for Other Protestants and Catholics.

Those who agree with the statement range from one out of four (25%) Born Again Protestants up to nearly one half (almost 50%) of Other Protestants and Catholics. Clearly, the proponents of scientism have done a good job of skewing our understanding of who scientists are and what they believe.

**Combining the Questions**

What do the results look like when we combine these questions? In our opinion, there are a number of different answers that could be consistent
with a biblical worldview. Starting with the strictest view of relying on the Bible rather than science and then adding in those who would look at the results from science to obtain a clearer understanding of what the Bible teaches or those areas where the Bible is silent. Then, we add in their view on scientism which as already discussed is demonstrated by a long list of scientists who disagree to be false, thus being a source of strong disagreement.

The results from this comparison are shown in the adjacent figure. The first thing to notice is that the percentage of Born Again Protestants who take a more fundamental position, i.e. science should be ignored as a source of information, is low for one question and goes down to only a few percentage points when all three questions are combined.

The right hand side of the chart considers all combinations of answers that reflect a commitment to biblical truth above current scientific theories combined with a willingness to consider what science has to offer. As shown, the combination of the first two questions has a large percent of Born Again Protestants, ranging from 55% for the youngest age group and growing to over 65% for the older age group. Since only a minority of Born Again Protestants stated Strongly Disagree that all scientists are adherents of scientism, when we add that question to the mix on the far right, we see less than one in five take a Biblical position on all three.

**Effect of a Basic Biblical Worldview.**

A natural question to ask is, “Does having a Basic Biblical Worldview correlate with having a biblical view on these science issues?” We can look at this question by comparing Born Again Protestants with a Basic Biblical Worldview with Born Again Protestants without a Basic BWV. The results are shown in the adjacent figure.

At a top level, we can see a correlation between a Basic Biblical Worldview and a biblical understanding of the relationship with science. This correlation appears to be strongest with those ages 18 through 29. We see that those with a Basic Biblical Worldview are about twice as likely to have a biblical view on all three of
 Responding to These Results on Science and Religion

As we can see from the first two science questions above, the majority of Americans do not buy into the idea that the only real source of truth is science. They don’t believe that scientific positions automatically take precedence over their religious beliefs. Perhaps one factor supporting this stance is an understanding that scientific hypotheses and positions have changed fairly often over the years, particularly in the areas of the origin of life and the role of evolutionary processes on our current bounty of life forms. Certainly, it is not the public school system which has attempted to promote concepts which current day scientists studying the field do not support.

However, Americans do have a skewed view of scientism, with a vast majority believing that all real scientists support this religious concept. This position is a little surprising given that the view is demonstrably false.

In one area, sexual behavior, even American Christians have thrown out the teaching of the Bible. At the same time, they are resisting the call to make science the ultimate source of truth.

Notes

1. Matthew 5:27-28
2. There is also a small number of those answering Don’t Know included in the number of those who do not state that they Strongly Agree or Agree Somewhat with the statement.
3. In March, Nobel Prize-winning physicist Brian Josephson declared that “intelligent design is valid science.” In April, researchers writing in the journal *Current Biology* asked whether Darwin’s “tree of life” should “be abandoned.”

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Who Told You That You Were Naked?

Sue Bohlin

Sue Bohlin reflects on God’s question to Adam after he fell and broke the creation.

There is a most interesting interaction in Genesis 3 between Adam and God after the Fall, when Adam and Eve sinned by rebelling against God’s command not to eat from the Tree of the Knowledge of Good and Evil. God calls to Adam, who is hiding among the trees of the Garden of Eden, “Where are you?” Adam explains, “...I was afraid because I was naked, so I hid.”

And the Lord God said, “Who told you that you were naked?” (3:11)

Hmmmm. Interesting question, one that Adam doesn’t answer.

The first thing the newly fallen man tells his Creator is that he was afraid, and he was naked. Up to this point, in a literally perfect world, there was no fear, and there were no clothes. How did he know to identify this new feeling of being afraid? And “naked” is the opposite of “clothed.” In a world without clothes, “naked” has no meaning, right?

When Adam says he was afraid because he was naked, my guess is that this was how he described the new, unwelcome feeling of shame: the horrible awareness of being very not-okay, of being vulnerable and embarrassed and exposed.
But I’ve been munching for days on the next question: “Who told you that you were naked?”

In Genesis 3:7, we read that as soon as Adam and Eve sinned, “Then the eyes of both of them opened, and they knew they were naked; so they sewed fig leaves together and made coverings for themselves.” Apparently there was an immediate and awful awareness of a change, of something very very wrong.

(I personally think they might have been previously enveloped with light and glory. Psalm 104:2 tells us that God, who made them in His image, “covers himself with light as if it were a garment.” The moment they sinned, I think they lost their light.)

But God didn’t ask, “How did you know you were naked?” He asked, “Who told you that you were naked?”

There are only four characters in the garden: God, Adam, Eve . . . and the serpent, who we find out later is “the devil who deceives the whole world” (Revelation 12:9).

So, although Adam doesn’t answer God’s question, it sure sounds to me like it was the nasty serpent.

And I wonder if that question is in the scriptures to direct us to pay attention to the voices that speak to us:

- Who told you that you were too much?
- Who told you that you were not enough?
- Who told you that you were fat?
- Who told you that you were ugly?
- Who told you that you were dumb?
- Who told you that you were incompetent?
- Who told you that you were a loser?
- Who told you that you were too old?
- Who told you that you were too young?
And now I’m seeing the pattern extend to the broken sexuality in our culture:

- Who told you that you were a boy in a girl’s body?
- Who told you that you were gay or lesbian or bisexual?
- Who told you that you were asexual or polyamorous?

Social media has given the enemy of our souls a megaphone for his devious, destructive lies.

I thank God for His clarifying question that is just as salient today as it was the day the creation broke at the Fall: “Who told you that you were _____?” We need to look beyond the message to the WHO behind it, the source of the voice planting doubt and lies in our souls.

And instead of listening to the voice of the one whose native tongue is lies (John 8:44), we should listen to the One who speaks loving truth to us about ourselves:

- You are the salt of the earth (Matthew 5:13)
- You are the light of the world (Matthew 5:14)
- You are blessed of the Father (Matthew 25:34)
- You are more valuable than many sparrows (Luke 12:7)
- You are clean because of the word which I have spoken to you (John 15:3)
- You are the branches (John 15:5)
- You are My friends (John 15:14)
- You are the called of Jesus Christ (Romans 1:6)
- You are beloved of God (Romans 1:7)
- You are a temple of God and the Spirit of God dwells in you (1 Corinthians 3:16)
- You are Christ’s body, and individually members of it (1 Corinthians 12:27)
- You are a letter of Christ (2 Corinthians 3:3)
- You are all sons of God through faith in Christ Jesus (Galatians 3:26)
- You are sons of light and sons of day (1 Thessalonians 5:5)
- You are a chosen race, a royal priesthood, a holy nation, a people for God’s own possession, so that you may proclaim the excellencies of Him...
who has called you out of darkness into His marvelous light (1 Peter 2:9)

Now when we hear, “Who told you that you are _____?” we can say, “YOU did, Lord! You told me in Your word!”

Probe Live — Thinking Clearly About Gender Confusion

Probe Ministries Administrator

Probe Live — November 18, 2021
God’s good gift of gender—male and female—has never been more broken or confused. Sue Bohlin brings the clarity of biblical worldview thinking to this issue with grace and truth.

There was a problem with part of the audio recording on the video, but here is the back-up audio recording:

www.ministeriosprobe.org/mp3s/GenderConfusion_11-18-21.mp3

Powerpoint Slides:
PDF form: app.box.com/s/iv7z9j1ao9thnn2syfwrajh94pjrxxxm
PPT form: app.box.com/s/iv7z9j1ao9thnn2syfwrajh94pjrxxxm

Your Work Matters to God

Sue Bohlin
Sue Bohlin helps us look at work from a biblical perspective. If we apply a Christian worldview to our concept of work, it takes on greater significance within the kingdom of God.

Many Christians hold a decidedly unbiblical view of work. Some view it as a curse, or at least as part of the curse of living in a fallen world. Others make a false distinction between what they perceive as the sacred—serving God—and the secular—everything else. And others make it into an idol, expecting it to provide them with their identity and purpose in life as well as being a source of joy and fulfillment that only God can provide.
In their excellent book *Your Work Matters to God*, Doug Sherman and William Hendricks expose the wrong ways of thinking about work, and explain how God invests work with intrinsic value and honor. Rick Warren echoes this idea in his blockbuster *The Purpose Driven Life* when he writes, “Work becomes worship when you dedicate it to God and perform it with an awareness of his presence.”

First, let’s explore some faulty views of work: the secular view, some inappropriate hierarchies that affect how we view work, and work as merely a platform for doing evangelism.

Those who hold a secular view of work believe that life is divided into two disconnected parts. God is in one spiritual dimension and work is in the other *real* dimension, and the two have nothing to do with each other. God stays in His corner of the universe while I go to work and live my life, and these different realms never interact.

One problem with this secular view is that it sets us up for disappointment. If you leave God out of the picture, you’ll have to get your sense of importance, fulfillment and reward from someplace else: work. Work is the answer to the question, “Who am I, and why am I important?” That is a very shaky
foundation—because what happens if you lose your job? You’re suddenly a “nobody,” and you are not important because you are not employed.

The secular view of work tends to make an idol of career. Career becomes the number one priority in your life. Your relationship with God takes a back seat, family takes a back seat, even your relationship with other people takes a back seat to work. Everything gets filtered through the question, “What impact will this have on my career?”

The secular view of work leaves God out of the system. This is particularly unacceptable for Christians, because God calls us to make Him the center of our life. He wants us to have a biblical worldview that weaves Him into every aspect of our lives, including work. He wants to be invited into our work; He wants to be Lord of our work.

Inappropriate Hierarchies: Soul/Body, Temporal/Eternal

In this article, we’re examining some faulty views of work. One comes from believing that the soul matters more than the body. We can wrongly believe that God only cares about our soul, and our bodies don’t really matter. The body is not important, we can think: it is only temporal, and it will fade and die. But if that view were true, then why did God make a physical universe? Why did He put Adam and Eve in the garden to cultivate and keep it? He didn’t charge them with, “Go and make disciples of all nations which aren’t in existence yet, but they will be as soon as you guys go off and start making babies.” No, He said, “Here’s the garden, now cultivate it.” He gave them a job to do that had nothing to do with evangelism or church work. There is something important about our bodies, and God is honored by work that honors and cares for the body—which, after all, is His good creation.

Another wrong way of thinking is to value the eternal over the temporal so much that we believe only eternal things matter. Some people believe that if you work for things that won’t last into eternity—jobs like roofing and party planning and
advertising—you’re wasting your time. This wrong thinking needs to be countered by the truth that God created two sides to reality, the temporal and the eternal. The natural universe God made is very real, just as real as the supernatural universe. Asking which one is real and important is like asking which is real, our nine months in our mother’s womb or life after birth? They are both real; they are both necessary. We have to go through one to get to the other.

Those things we do and make on earth DO have value, given the category they were made for: *time*. It’s okay for things to have simply temporal value, since God chose for us to live in time before we live in eternity. Our work counts in both time and eternity because God is looking for faithfulness *now*, and the only way to demonstrate faithfulness is within this physical world. Spiritual needs are important, of course, but first physical needs need to be met. Try sharing the gospel with someone who hasn’t eaten in three days! Some needs are temporal, and those needs must be met. So God equips people with abilities to meet the needs of His creation. In meeting the legitimate physical, temporal needs of people, our work serves people, and people have eternal value because God loves us and made us in His image.

**The Sacred/Spiritual Dichotomy; Work as a Platform for Evangelism**

Another faulty view of work comes from believing that spiritual, sacred things are far more important than physical, secular things. REAL work, people can think, is serving God in full-time Christian service, and then there’s everything else running a very poor second. This can induce us to think either too highly of ourselves or too lowly of ourselves. We can think, “Real work is serving God, and then there’s what others do” (which sets us up for condescension), or “Real work is serving God, and then there’s what I have to do” (which sets us up for false guilt and a sense of “missing it”).

It’s an improper way to view life as divided between the sacred and the secular. **ALL** of life relates to God and is sacred, whether we’re making a business presentation or changing soiled diapers or leading someone to faith in Christ. It’s
unwise to think there are sacred things we do and there are secular things we do. It all depends on what’s going on in our hearts. You can engage in what looks like holy activity like prayer and Bible study with a dark, self-centered, unforgiving spirit. Remember the Pharisees? And on the other hand, you can work at a job in a very secular atmosphere where the conversation is littered with profanity, the work is slipshod, the politics are wearisome, and yet like Daniel or Joseph in the Old Testament you can keep your own conversation pure and your behavior above reproach. You can bring honor and glory to God in a very worldly environment. God does not want us to do holy things, He wants us to be holy people.

A final faulty view of work sees it only as a platform for doing evangelism. If every interaction doesn’t lead to an opportunity to share the gospel, one is a failure. Evangelism should be a priority, true, but not our only priority. Life is broader than evangelism. In Ephesians 1, Paul says three times that God made us, not for evangelism, but to live to the praise of His glory. Instead of concentrating only on evangelism, we need to concentrate on living a life that honors God and loves people. That is far more winsome than all the evangelistic strategies in the world. Besides, if work is only a platform for evangelism, it devalues the work itself, and this view of work is too narrow and unfulfilling.

Next we’ll examine at how God wants us to look at work. You might be quite surprised!

How God Wants Us to See Work

So far, we have discussed faulty views of work, but how does God want us to see it? Here’s a startling thought: we actually work for God Himself! Consider Ephesians 6:5-8, which Paul writes to slaves but which we can apply to employees:

Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not men,
because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.

It’s helpful to envision that behind every employer stands the Lord Jesus. He sees everything we do, and He appreciates it and will reward us, regardless of the type of work we do. I learned this lesson one day when I was cleaning the grungy bathtub of a family that wouldn’t notice and would never acknowledge or thank me even if they did. I was getting madder by the minute, throwing myself a pity party, when the Lord broke into my thoughts. He quietly said, “I see you. And I appreciate what you’re doing.” Whoa! In an instant, that totally changed everything. Suddenly, I was able to do a menial job—and later on, more important ones—as a labor of love and worship for Jesus. I know He sees and appreciates what I do. It forever changed my view of work.

God also wants us to see that work is His gift to us. It is not a result of the Fall. God gave Adam and Eve the job of cultivating the garden and exercising dominion over the world before sin entered the world. We were created to work, and for work. Work is God’s good gift to us!

Listen to what Solomon wrote:

After looking at the way things are on this earth, here’s what I’ve decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives you life. And that’s about it. That’s the human lot. Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what’s given and delighting in the work. It’s God’s gift!{6}

Being happy in our work doesn’t depend on the work, it depends on our attitude. To make the most of our job and be happy in our work is a gift God wants to give us!

Why Work is Good

In this article we’re talking about how to think about work correctly. One question
needs to be asked, though: Is all work equally valid? Well, no. All legitimate work is an extension of God’s work of maintaining and providing for His creation. Legitimate work is work that contributes to what God wants done in the world and doesn’t contribute to what He doesn’t want done. So non-legitimate work would include jobs that are illegal, such as prostitution, drug dealing, and professional thieves. Then there are jobs that are legal, but still questionable in terms of ethics and morality, such as working in abortion clinics, pornography, and the gambling industry. These jobs are legal, but you have to ask, how are they cooperating with God to benefit His creation?

Work is God’s gift to us. It is His provision in a number of ways. In Your Work Matters to God, the authors suggest five major reasons why work is valuable:

1. Through work we serve people. Most work is part of a huge network of interconnected jobs, industries, goods and services that work together to meet people’s physical needs. Other jobs meet people’s aesthetic and spiritual needs as well.

2. Through work we meet our own needs. Work allows us to exercise the gifts and abilities God gives each person, whether paid or unpaid. God expects adults to provide for themselves and not mooch off others. Scripture says, “If one will not work, neither let him eat!”{7}

3. Through work we meet our family’s needs. God expects the heads of households to provide for their families. He says, “If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.”{8}

4. Through work we earn money to give to others. In both the Old and New Testaments, God tells us to be generous in meeting the needs of the poor and those who minister to us spiritually. {9}

5. Through work we love God. One of God’s love languages is obedience. When we work, we are obeying His two great commandments to love Him and love our neighbor as we love ourselves.{10} We love God by obeying Him from the heart.
We love our neighbor as we serve other people through our work.

We bring glory to God by working industriously, demonstrating what He is like, and serving others by cooperating with God to meet their needs. In serving others, we serve God. And that’s why our work matters to God.

Notes

3. Philippians 1:21
4. Romans 12:1, 2
5. Ephesians 1:6, 12, 14
7. 2 Thess. 3:10
8. 1 Tim. 5:8
9. Leviticus 19:10—Nor shall you glean your vineyard, nor shall you gather the fallen fruit of your vineyard; you shall leave them for the needy and for the stranger. I am the LORD your God. Ephesians 4:28—Let him who steals, steal no longer but rather let him labor performing with his own hands what is good in order that he may have something to share with him who has need. Gal 6:6—The one who is taught the word is to share all good things with the one who teaches him.

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Margin: Space Between Ourselves and Our Limits

Lou Whitworth

Margin is “The space that once existed between ourselves and our limits.” When we reach the limits of our resources and abilities, we are out of margin. Former Probe staffer Lou Whitworth reviews a very important book by Dr. Richard Swenson, Margin: How to Create the Emotional, Physical, Financial, and Time Reserves You Need.

The Problem with Progress

Until very recently most Americans had a blind faith in progress; we acknowledged that modern life brought problems but considered that such were inevitable and could be dealt with and eventually overcome. Over the past few years, however, discerning people have begun to ask, “What went wrong? With all the advancements we have made, life should be better. Instead, many aspects of our lives are worse than they were just a few years ago. What happened?”
In this article we are looking at a very important book by Richard A. Swenson, a medical doctor. The book is *Margin: How to Create the Emotional, Physical, Financial, and Time Reserves You Need*. Dr. Swenson’s thesis is that though scientific progress benefits us in numerous ways, it also brings with it inevitable pains that must be ruthlessly resisted if one is to live a balanced life, and especially a life that reflects Christian values/virtues.

Margin is “the space that once existed between ourselves and our limits.” When we reach the limits of our resources and abilities, we are out of margin. Progress, contrary to our expectations, is like Pacman; it incessantly eats up margin. Progress and margin are often opposing forces.

The author recognizes the pains of the past and acknowledges that life for previous generations was no picnic. Nevertheless, he amply illustrates the staggering number of challenges facing contemporary mankind, challenges that have no precedent in human history. The pace of modern life has been steamrolled by progress.

Many have resisted the notion that life in the waning years of the 20th century was unusually painful and stressful. After all, didn’t our history teach us of those intrepid men and women who crossed oceans and braved the harsh winters of the new world to have personal and religious freedom? Shouldn’t we be ashamed to complain about the stress in our lives when brave pioneer men, and their even braver wives, piled their children and all their belongings into covered wagons and headed west across unknown and unforgiving lands surrounded by potentially hostile Indians? Did not our fathers win World War II? After 50 years of strife and struggle and staring eyeball to eyeball with Russia, didn’t America finally face down the threat of world dominion by implacable, godless communism? Where then do we get off saying that life today is hard and stressful?

As Swenson clearly points out, without minimizing the horrors of the past,
modern progress brings problems never before faced by mankind. Some of our problems are very different from those of the past perhaps, but they are real, formidable problems just the same. For example, a partial list of problems would include the speed of travel, the power of computers, levels of litigation, pervasiveness of the media, specialization, business layoffs, indebtedness, vulnerability to terrorism, spiraling medical costs, AIDS, numbers of teen mothers and illegitimate births, aging population, overcrowded prisons, environmental pollution, overcrowding, traffic congestion, prevalence of divorce, disintegration of the family, drugs, prevalence of sexual diseases, complexity at all levels, and on and on the list could go. Never before have we had to face problems of this — and certainly we have never before had to face them all at the same time.

As Swenson writes, “Each item has played a significant role in making our era different from all those that preceded it. And when we factor in the interrelatedness of issues, the dimensions involved, and the speed of change, then unprecedented become too mild a word.”

The Pain of Life Without Boundaries

In his book Margin, Dr. Swenson says that our problems have no precedent because of the rate of change. In the past we faced a slightly upward pattern of linear change; now we are looking at a skyrocketing pattern of exponential change in practically every area of life. Yet most of us still think and live with a linear mind-set. Suddenly we are encountering limits in our time, energy, health, finances, ability to concentrate, to care, to even feel. Minds, bodies, systems, plans that were adequate on a linear timescale may self-destruct at warp speed. We are perilously close to burnout. We hope beyond hope that things will level out and slow down, but even if that happens, much that makes life worthwhile and manageable will be destroyed in the meantime.

Examples abound of life without natural boundaries. Once it was a given that the night was for sleeping, and the day was for work. Now a hundred years after the electric light bulb, whole cities never sleep. Sunday was once a day of rest; nearly everyone had one day off from work. Now the boundaries between work and play
and home and the office are so confused some people can never relax or let down. A few years back we might have known someone who had borne a child out of wedlock, been divorced, had emotional problems, or gone bankrupt, but today we are in an epidemic of such problems.

Swenson asks, “Is there a critical mass of problems beyond which a society–or, for that matter, an individual–will be destroyed no matter how wonderful the benefits it enjoys? If so, what is that critical mass? Are we approaching it? Have we reached it?” He answers, Yes, there is a point of critical mass; what that point is we don’t know, but clearly we are approaching it. He says it remains to be seem whether we have already reached it. As George Gallup wrote, “I’ve come to feel a deep sense of urgency about the Future Forces at work today. . . . If swift, forceful steps aren’t taken to defuse the political and social time bombs facing us, we may well find ourselves on a track that could lead to the destruction of civilization as we know it.”

It is critical to note here that progress has brought man much power– power that can be used for good or for evil. The sobering truth, then, is that the power to do evil advances exponentially, and modern secular man is not known for restraint nor does he recognize his fallenness and the danger it holds for himself and all humanity.

We have benefited from progress in two main areas. First, we have seen positive gains in medicine, technology, and in our standard of living and material well being. Second, our intellectual and educational opportunities have expanded enormously, and knowledge and information are increasing with unimagined speed.

The pain that progress has brought us is evident in three areas. First, we have lost ground in the social sphere as pressures have increased on all relationships: family, friendships, neighborhoods, community spirit, and church life. Second, we are often emotionally drained, stressed, angry, isolated, and frequently unfulfilled and don’t know what to do about these problems. Third, we are spiritually weakened by the pace of life, the lack of community, lack of time and energy to cultivate our relationship with God and with our fellow man. This, Dr. Swenson
says, is the price we have paid for progress.

The Problem of Stress

Because of the unprecedented level of problems today people live with very high levels of stress. Stress is “the nonspecific response of the body to any demand made upon it.” Note that stress is not the circumstance but the response to the circumstance.

We normally think of such a crisis as the “fight or flight” reaction which pumps adrenaline into our system, makes us stronger and more alert, etc. If these responses are occasional there is little harm done, but if triggered too often or if “stuck” in a constant state of anger, rage, anxiety, fear, or frustration, we begin to overdose on our own adrenaline. This can bring about irreversible damage to the body and set it up for heart attack, stroke, cancer, etc.

Our stress levels are unprecedented. One reason is that most of us today experience constant mental strain without the offsetting benefits of strenuous physical work. When, for example, the commercial property deal we’ve worked on for months falls through, or the accounts don’t balance, or the computer just won’t cooperate, there is no place to run and no one to hit. We just have to try again. The physical laborer, even if he has some mental strain, still has the labor to drain off his adrenaline, and he usually has the ability to think about other things occasionally as he works.

Closely related to stress is overload; in fact, overload is a primary cause of stress. Our culture adds detail on top of detail; one more choice, one more option, one more change, and the details never end. “We must now deal with more ‘things per person’ than at any other time in history. Yet one can comfortably handle only so many details in his or her life. Exceeding this threshold will result in disorganization or frustration. . . . The problem is not in the ‘details.’ The problem is in the ‘exceeding.’ This is called overloading.”

The facts are that there are physical limits and man has performance limits, emotional limits, and mental limits. The work load a twenty-five year old athletic,
single man can carry may differ greatly from the load a fifty-five year old man can carry if the latter has two teenage children and two children in college, dependent parents, and a wife in menopause. When such overload occurs, the person may experience anxiety, have a physical or nervous breakdown, exhibit hostility, slip into depression, or become bitter and resentful.

We are overloaded with activities, change, choices, commitments, competition, debt, decisions, education, expectations, fatigue, hurry, information, media, ministry, noise, people, pollution, possessions, problems, technology, traffic, waste, and work.

So why do we overload? First, we are usually unaware of our overload until it’s too late. Second, some people are too conscientious. Third, others get overloaded because their bosses are driven people who overload their employees. Generally people don’t intend to go down the path to overload; they just think that “one more thing won’t hurt.” But if they are at or near overload, it will hurt.

As the author says, learning “to accept the finality and non-negotiability of the twenty-four hour day” will help us avoid overload and excessive stress.

**Building Margin into our Lives**

Of all the areas in which we need margin, having adequate emotional energy is the most important because with emotional margin one can work to gain the other margins.

The amount of emotional energy we have is finite and must not be squandered. Though it is difficult to measure and quantify we must not be embarrassed to admit to ourselves or to others when our emotional reservoir is low. Then we need to replenish our emotional reserves for the good of others and ourselves.

Restoring emotional margin is aided by cultivating our social and family support network. Serving others or doing volunteer work is proven to enhance and lengthen life. Extending forgiveness and reconciling relationships can stop the negative drain on our emotional stores. Cultivating a spirit of gratitude, a hopeful
outlook, and love for God and our fellow human beings is energizing, whereas their opposites are negative and debilitating. Finally, establishing appropriate limits and boundaries will help in maintaining emotional reserves.

Dr. Swenson’s recommendations for gaining a margin in physical energy are fairly routine to the knowledgeable reader, but he puts particular stress on the need for the need for rest and sleep. The need for correction is clear since America has now become a 24-hour society: many of our cities never sleep and many businesses never close. People of all types, college students, policemen, nurses, taxi drivers, shift workers, and mothers of young children, may go long periods without a good night’s sleep. Such people push (or are pushed) to their limits during the day and push on into or through the night. Sleep disorders plague more than 50 million of us; in fact, sleep deprivation “has become one of the most pervasive problems facing the U.S.” Unfortunately the ability to go without sleep is sometimes a matter of pride for some, but sleep and rest are God’s ideas, and we should not be ashamed of our need for both. The author gives several helpful suggestions on making sleep more natural and effective.

Dr. Swenson strongly stresses the need for all types of physical exercise, but says that aerobic exercise for the heart “will do more to establish margin in physical energy” than anything else. He endorses exercise not only for its physical benefits but also for its emotional and mental benefits.

When the subject turns to time the author writes, “The spontaneous flow of progress is to consume more of our time, not less . . . to consume more of our margin, not less.” He adds that for “every hour progress saves by organizing and technologizing our time, it consumes two more hours through the consequences, direct or indirect, of this activity.”

Clearly time becomes a problem for a society like ours. Some the author’s suggestions for countering the time crunch are countercultural and tough to implement, but then continuing on in the same direction most of us are going is difficult as well. He suggests practicing saying “No,” turning off the television, practicing simplicity, and getting less done but doing the right things. Many of us need to make some thoughtful and hard choices.
The author’s suggestions for gaining a margin in time are preceded with a reminder that of the ten top stressors of family life, four have to do with insufficient time: insufficient couple time, “me” time, family play time, and overscheduled family calendars.

Why do we need to prune our time wasters? Because time is for people and relationships, subjects very dear to God.

A Plan of Action

There are many ways we can spend our time. We could follow the “Excellence” gurus and pour all our energy into one part of our lives. We would probably have no extra margin since other parts of our lives had been sacrificed and in a condition of “negative excellence.”

At some point, all things being equal, we would become quite accomplished in a given area. The end result, however, might be similar to having one magnificently developed right arm attached to puny, stooped shoulders, a scrawny left arm, and skinny, weak legs. This is like the person who is a powerhouse in his professional life and a dwarf in his relationships.

Dr. Richard Swenson suggests a different way in his book Margin. He suggests an approach to life that neglects no important area. He suggests being willing to sacrifice excellence in one or two areas in order that no area be in a condition of negative excellence. This would be similar to the athlete who is toned and conditioned all over, but not overly developed in any one area.

A similar balance in our lives will increase our emotional margin because we and our families will be happier.

Simplicity has much to offer harried twentieth-century man. But it isn’t easy. It takes effort to discard the superfluous and concentrate on the core elements of life. There has always been an attraction to simplicity; the difficulty has been in achieving it. The simple life the author calls us to is not so much to escape modern life as to transcend it.
Envy is the enemy of contentment and form of self-inflicted torture. Yet because envy is the chief ingredient of advertising and the mainspring of political and social movements, it is difficult for many to see its destructiveness. We need to follow Paul who learned contentment in whatever circumstance he found himself (Phil. 4:11-12; 1 Tim. 6:6-10). The practice of contentment brings margin into our lives.

The pain that progress has brought us is mostly in the area of our emotions, our relationships, and our spiritual natures. What are some additional steps start dealing with the pain and achieving some margin?

First, thank God for the pain. The pain pointed out that something is wrong. Second, repent in a way that leads to permanent, tangible change. Third, prune activities and habits that waste time, sap energy, and stifle relationships. Fourth, cooperate with God. Bathe plans in prayer and leave wiggle room for yourself, your family, and people God may send your way.

- How did we relate to God?
- How did we relate to ourselves?
- How did we relate to others?

The road to health and blessing in the path of relationship. Love and relationships are hard work, and sometimes costly because superfluous, unimportant things may need to be put aside, but the payoff is happiness, contentment, peace, and margin. I hope some of the things we have shared in this article turn you from the path of overload and start you down the path of margin.

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How Should We Think About Pride Month?

Sue Bohlin

How should Christ-followers think about Pride Month?

Well, first, in case you are not aware, Pride Month is a time of highlighting and celebrating everything LGBT (lesbian, gay, bisexual and transgender). You might have seen a few more letters tacked on—QQIAA (queer, questioning, intersex, asexual, ally).

It’s hard NOT to notice it’s Pride Month when rainbows suddenly appear on all kinds of products and logos. Many cities have Pride marches, much of which is not safe to broadcast on the evening news because the behavior in these parades is definitely not family-friendly.

How should believers think about it all?

We need to pass our thoughts and judgments through the filter of God’s word. What does God think about Pride Month?

First, every single person who is part of the LGBT community is a precious soul that He made in His image, for whom Christ died. And very few who identify as LGBT have not sustained some sort of soul wound, which makes this promise in Isaiah 42:3 even dearer: “A bruised reed He will not break, and a dimly burning wick He will not extinguish; He will faithfully bring forth justice.” So in terms of the individuals who participate in Pride Month, God knows each of them by name and He loves them, tenderly and great compassion.
God understands the heart cry of those in the LGBT community to belong, to be included and not excluded, to be visible and heard and understood and cared for, to hear that they matter. These are the heart desires of those who align under the Pride flag.

And God gets it, because those are legitimate desires that we all have because we’re born that way. God made us that way, all of us, to long to be loved, accepted, and affirmed.

It means the world to those who have found community under the LGBT banner because they were “different,” they were “other,” so they often felt marginalized and ostracized from their families or school communities or religious communities.

So Pride Month is a call to love the people who celebrate it.

But that’s not all.

God has also revealed His design and intention for human sexuality and gender identity, both in the Old Testament and, in the words of Jesus Himself, in the New Testament: “Have you not read that He who created them from the beginning made them male and female and said, ‘For this reason a man shall leave his father and mother be joined to his wife, and the two shall become one flesh’?” (Matthew 19:4-5)

God made human beings male and female. It really is that simple, regardless of how complicated people’s feelings can be about gender.

And He intended sexual expression to be limited to husband and wife within marriage, which we see by the Bible’s 44 references to sexual immorality (sex outside of marriage) as sin.

In view of the LGBT community’s desire for not just legitimacy but commendation in any and all sexual expression, we need to remember that God specifically forbade same-sex behavior in Leviticus 18:22 and 20:13, “Do not lie with a man as one lies with a woman; that is detestable.” In the New Testament, the apostle
Paul expands this prohibition to include lesbianism in Romans 1:24-27:

Therefore, God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. . . . Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men . . .

So how should Christians think about Pride Month? With discernment.

- Remembering that the people involved are precious to God, but the identity they are choosing falls short of the glory of God (the Bible’s definition of sin, Romans 3:23) because it does not submit to and align with God’s intention for human sexuality.
- Not being fooled by the slogan “Love is love,” which is a slick gloss over the false declaration that calling something “love” automatically validates it. How about brother-sister incestuous “love”? How about adulterous “love”? How about polyamory (multiple partners in a relationship) “love”? And, especially since we have already started down the slippery slope, how long before there is a call to extend the sexual underpinnings of “love is love” to children and animals?
- Comparing one’s view of all things LGBT to God’s word. Those who identify as an Ally should ask themselves why they want to support behavior and an identity God calls sin.
- Taking seriously the sin of pride, holding two important ideas as equally important: Philippians 3:19 says those who “are proud of what they should be ashamed of” (such as those exhibiting their broken sexuality in Pride parades) are “enemies of the cross of Christ.” But Proverbs 16:5 warns, “Everyone who is proud in heart is an abomination to the LORD.” So every single one of us needs to confess our sin of pride, of comparing ourselves to anyone else so we feel we are better than others. In fact, seeing the Pride flag during Pride Month would make a great reminder to examine ourselves to look for a prideful, judge-y heart, to confess it as sin
and repent.

Many of those who have come out of homosexuality are deeply grieved by Pride Month because they know it encourages hurting, lonely, wounded people to try to find life where it can never be found. They know the truth of Jeremiah 2:13, where God says,

“For my people have done two evil things: They have abandoned me— the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all!”

How should a Christian think about Pride Month? With compassion and prayer for those caught in it, that they will turn to Jesus as the fountain of living water. And with humility for ourselves, to repent of any pride that comes from comparing ourselves to those waving rainbow flags. As Billy Graham said, “Never take credit for not falling into a temptation that never tempted you in the first place.”

This blog post originally appeared at blogs.bible.org/how-should-we-think-about-pride-month/ on June 15, 2021.

Heterosexual and Homosexual Marriages - Are Straight and Gay Marriages Identical?

Kerby Anderson
Although Kerby wrote this article before same-sex marriage was legalized, his assessment of homosexual relationships has not changed because the intrinsically disordered nature of same-sex relationships has not changed. He identifies the measurable benefits of heterosexual marriage over other types of family set ups. Then he considers the difficulties introduced by homosexual marriage in obtaining the same benefits. With the fundamental differences between them, considering them to be equivalent will not make it so.

Is there any difference between heterosexual marriage and homosexual marriage? We are told that there is essentially no difference between the two and thus marriage status should be granted to anyone of any sexual orientation. This is not true (as I discuss in more detail in my book *A Biblical Point of View on Homosexuality*{1}).

**Traditional, Heterosexual Marriage**

Let’s begin by talking about the benefits of traditional marriage. Traditional marriage is the foundation of civilization. So before we even consider the impact of homosexuality, same-sex marriage, and other alternative lifestyles, we should consider the benefits of traditional marriage to society.

An excellent summary of the studies done on married people can be found in the book, *The Case for Marriage: Why Married People are*
Happier, Healthier, and Better off Financially by Linda Waite and Maggie Gallagher. Here are just a few of the many findings from the research:

- Married people are much happier and likely to be less unhappy than any other group of people.
- Married people live up to eight years longer than divorced or never-married people.
- Married people suffer less from long-term illnesses than those who are unmarried.
- Married people are less likely to engage in unhealthy behaviors such as drug and alcohol abuse.
- Married people have twice the amount of sex as single people and report greater levels of satisfaction in the area of sexual intimacy.

A look at individual studies by social scientists also confirms these conclusions. For example, married men and women report greater satisfaction with family life. Married couples report greater sexual satisfaction. Married women report higher levels of physical and psychological health. Married people experience less depression.

Researchers at the Heritage Foundation have also compiled numerous statistics that also demonstrate the positive impact of marriage. Traditional marriages have higher incomes when compared to step families, cohabiting couples, or those who never married. Traditional marriages also result in lower welfare costs to society when compared to divorced couples or out-of-wedlock births. Married women are less likely to be victims of domestic violence, and married couples are more likely to be happy and less likely to attempt suicide.

The studies compiled by the Heritage Foundation also found many positive effects on children. For example, they found that:

- Children in married families are less like to suffer serious child abuse.
• Children in married families are less likely to end up in jail as adults.
• Children in married families are less likely to be depressed as adolescents.
• Children in married families are less likely to be expelled from school.
• Children in married families are less likely to repeat a grade in school.
• Children in married families are less likely to have developmental problems.
• Children in married families are less likely to have behavioral problems.
• Children in married families are less likely to use drugs (marijuana, cocaine).
• Children in married families are less likely to be sexually active.

Children benefit from traditional marriage in the same way just as was previously mentioned adults. For example, they are better off financially. The National Longitudinal Survey of Youth found that child poverty dramatically increased outside of intact marriages.\(^{11}\) Children in married homes are generally healthier physically and emotionally when they reach adulthood than children from other home situations.\(^{12}\)

Although these are relatively recent studies, the conclusions have been known for much longer. In the 1930s, British anthropologist J.D. Unwin studied 86 cultures that stretched across 5,000 years. He found that when a society restricted sex to marriage, it thrived. However, he also found that when a society weakened the sexual ethic of marriage, it deteriorated and eventually disintegrated.\(^{13}\)

**Differences Between Heterosexual Marriages and Homosexual Marriages**

Are heterosexual couples and homosexual couples different? The popular media treats heterosexual couples and homosexual couples as if they are no different. One headline proclaimed, “Married and Gay Couples Not All that Different,” and essentially said they were just like the couple next door.\(^{14}\)
There is good reason to question that assumption. Dr. Timothy Dailey has compiled numerous statistics that demonstrate significant differences.\[15\] He shows that “committed” homosexual relationships are radically different from married couples in at least six ways: relationship duration, monogamy vs. promiscuity, relationship commitment, number of children being raised, health risks, and rates of intimate partner violence.

Consider the duration of a relationship. Gay activists often point to high divorce rates among married couples, suggesting that heterosexuals fare no better than homosexuals. Research shows, however, that male homosexual relationships last only a fraction of the length of most marriages. By contrast, the National Center for Health Statistics reported that 66% of first marriages last ten years or longer, with 50% lasting twenty years or longer.\[16\]

Various studies of homosexual relationships show a much different picture. For example, the Gay/Lesbian Consumer Online Census of nearly 8,000 homosexuals found that only 15% described their “current relationship” lasting twelve years or longer.\[17\] A study of homosexual men in the Netherlands published in the journal *AIDS* found that the “duration of steady partnerships” was one and a half years.\[18\] In a study of male homosexuality in reported in *Western Sexuality: Practice and Precept in Past and Present Times*, Pollak found that “few homosexual relationships last longer than two years, with many men reporting hundreds of lifetime partners.”\[19\]

Another key difference is “monogamy versus promiscuity.” Married heterosexual couples are more monogamous than the popular culture and media would have you believe. A national survey published in the *Journal of Sex Research* found that 77% of married men and 88% of married women had remained faithful to their marriage vows.\[20\] A national survey in *The Social Organization of Sexuality: Sexual Practices in the United States* came to essentially the same conclusions (75% of husbands and 85% of wives).\[21\]

By contrast, homosexuals were much less monogamous and much more promiscuous. In the classic study by Bell and Weinberg, they found that 43% of
white male homosexuals had sex with 500 or more partners, with 28% having 1,000 or more sex partners.\textsuperscript{22} And a Dutch study of partnered homosexuals, published in the journal \textit{AIDS}, found that men with a steady partner nevertheless had an average of eight sexual partners per year.\textsuperscript{23}

The authors of \textit{The Male Couple} reported that in their study of 156 males in homosexual relationships lasting from 1 to 37 years, “Only seven couples have a totally exclusive sexual relationship, and these men all have been together for less than five years. Stated another way, all couples with a relationship lasting more than five years have incorporated some provision for outside sexual activity in their relationships.”\textsuperscript{24} They also found that most homosexual men understood sexual relations outside the relationship to be the norm, and usually viewed standards of monogamy as an act of oppression.

A third difference between heterosexual and homosexual couples is “level of commitment.” Timothy Dailey argues: “If homosexuals and lesbians truly desired the same kind of commitment signified by marriage, then one would expect them to take advantage of the opportunity to enter into civil unions or registered partnerships.”\textsuperscript{25} This would provide them with legal recognition as well as legal rights. However, it is clear that few homosexuals and lesbians have chosen to take advantage of these various unions (same-sex marriage, civil unions, domestic partnerships), suggesting a difference in commitment compared with married couples.

These three differences (along with others detailed by Timothy Dailey) demonstrate a significant difference between heterosexual and homosexual relationships. Gay and lesbian couples appear less likely to commit themselves to the type of monogamous relationship found in traditional marriage.

\textbf{Is It Natural?}

Many in the homosexual movement say that their feelings are natural. Often they even say that their feelings are God-given. So how could they be wrong? Years ago Debbie Boone sang a song with the lyrics, “How can it be so wrong when it
feels so right?” That is the argument from many in the homosexual movement. It feels natural, so it must be natural.

But God’s character as revealed in the Bible should be our standard. There are many sinful acts that feel natural, but that does not mean they are moral. Romans 1:26-27 makes it very clear that these passions are unnatural:

For this reason God gave them over to degrading passions; for their women exchanged the natural function for that which is unnatural, and in the same way also the men abandoned the natural function of the woman and burned in their desire toward one another, men with men committing indecent acts and receiving in their own persons the due penalty of their error.

Homosexual desires and temptations may feel natural to some people, but they are not what God intends for human beings. Any sexual encounter outside of marriage is immoral. The Bible refers to the sin of sexual immorality nearly four dozen times. Homosexuality, along with fornication and adultery, are all examples of sexual immorality.

Although God created a perfect world (Genesis 1-2), it was spoiled by sin. The effects of sin impact us physically, emotionally, and spiritually. Homosexual temptation, like other sexual temptations, is a result of the fall (Genesis 3). When Jesus was confronted by the Pharisees, He reminded them that God “created them from the beginning made them male and female, and said, ‘for this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’” (Matthew 19:4-5).

Although there is a concerted effort to push for homosexual marriage within our society, we have seen in this article that there are fundamental differences between heterosexual marriage and homosexual marriage. For more information on this topic, visit the Probe website and read many of our other articles on homosexuality. And you might pick up a copy of my book, A Biblical Point of View on Homosexuality.

Notes
11. See the U.S. Department of Labor for the various longitudinal studies, [www.bls.gov/nls/home.htm](http://www.bls.gov/nls/home.htm).
15. Timothy J. Dailey, “Comparing the lifestyles of homosexual couples to married

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Homosexuality - Facts to Help Youth Withstand the Current Culture

Sue Bohlin

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. 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. 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
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 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
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 whose 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


2. Read a few of the testimonies at the Living Hope Ministries website, [www.livehope.org](http://www.livehope.org).

3. [www.freetobeme.com/yw_min.htm](http://www.freetobeme.com/yw_min.htm)

4. Homosexuality and Teens: An Interview with Dr. Jeffrey Satinover, Massachusetts Family Institute. [www.mafamily.org/Marriage%20Hearing%202003/satinover2.htm](http://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](http://www.becomingreal.org)

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See also: answers to many questions in *Probe Answers Our E-Mail: Homosexuality*

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**Addressing Anxiety in Tumultuous Times**

Byron Barlowe

*Byron Barlowe connects the dots between the universal problem of anxiety, what*
brain science is teaching us about our minds, and how Scripture and spiritual disciplines can help. In a world consumed by violent riots and trauma surrounding the Covid virus, this is a timely topic that God and science speak to well.

Millions of people worldwide are battling anxiety in a tumultuous time. The Coronavirus pandemic response has created a new abnormal: heightened fear of sickness and death, economic damage, and social isolation. Loneliness is the number one health crisis in America according to many epidemiologists, psychiatrists, and social scientists.\(^1\) While we’re all still reeling from this, racial strife has erupted into looting, killings, and anarchy in American streets.

Mental health is an increasing concern too. One study found that during the spring 2020 mass quarantine, prescriptions for anti-anxiety meds spiked.\(^2\) A San Francisco area hospital has seen more deaths by suicide than by Covid-19, prompting a call for an end to mass shutdowns.\(^3\) It’s been a perfect storm of stress.

Are there real solutions right now? Yes, brain science is confirming the truths and promises proclaimed in Scripture in exciting ways! We have wonderfully adaptive minds—especially when they are focused on God. These built-in mind-morphing capabilities show the genius of our design as Image-bearers of God. Audiologist, cognitive researcher and outspoken Christian Dr. Caroline Leaf writes, “As an individual, you are capable of making mental and emotional change in your life. Through your thinking, you can actively recreate thoughts and, therefore, knowledge in your mind.”\(^4\)

And this has profound implications for true hope. Leaf continues: “Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking [it’s happening right now as you read]. When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.”\(^5\) The biblical book of Hebrews defines faith as “the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1). The thankful, attentive, willfully hopeful mind creates positive emotions, thoughts, and acts of the will. In other words, we significantly control whether we have a healthy soul.
Dallas Willard writes, “The transformation of the self away from a life of fear and insufficiency takes place as we fix our mind upon God as he truly is.” As Scripture teaches, “Be transformed by the renewing of your mind.” In this article we’ll explore this transformation.

**Morphing Your Mind—It’s Mostly Up to You!**

Everyday stress is hard enough—but what about work-related anxiety? Money? Riots, memories of abuse, bullying, and abandonment? We have little control over family, culture or epidemics. But we can make amazing internal changes through our responses. Science and Scripture agree on this.

The transforming mind-renewal encouraged by Scripture is possible for us all, especially for people who have invited God to lead their lives. We can intentionally train our minds to reshape our brains—we are not perpetual victims of our past or circumstances. Nor are humans mere products of matter in motion. Dr. Caroline Leaf, author of *Switch on Your Brain*, claims that “Choice is real, and free will exists. You are able to stand outside yourself, observe your own thinking, consult with God, and [work with him to] change the negative, toxic thought or grow a healthy, positive thought. When you do this, your brain responds with a positive neurochemical rush and structural changes that improve your intellect, health, and peace.”{6}

Even traumatic memories can be starved, defanged, broken down, and replaced. Brought into conscious awareness, they can become plastic enough to be recreated. Leaf explains that “Neurons that don’t get enough signal (that is, rehearsing of the negative event) will start firing apart, wiring apart, pulling out, and destroying the emotion attached to the trauma.” Also, desirable brain chemicals that bond and remold chemical connections, increase focus and attention, and increase feelings of peace and happiness begin to weaken traumatic memories even more. So bad memories, hatred, hurt, and other negative thoughts and emotions that form toxic beliefs: “If they stop firing together, they will no longer wire together. This leads to . . . rebuilding new ones.”{7}
Ideas have consequences and our beliefs guide our behavior. In the words of King Solomon, “As a man thinks in his heart, so he is.”{8} That is, we construct frameworks of beliefs and then speak and act from them.

Science seems to confirm this biblical view of self-control. Measuring magnetic fields, electrical impulses, chemical effects, photons, vibrations, and quantum energy paints a picture of intricately networking neurotransmitters, proteins, and energy—that is, signals—that change the brain’s landscape.{9} This “neuroplasticity [seems to be] God’s design for renewing the mind.”{10}

And there’s nothing magic about it: overcoming anxiety can be helped a lot through habits of the mind, heart, and soul.

**Mindfulness & Meditation—Self-Control and Seeking God in Silent Solitude**

It’s no wonder that the concept of “mindfulness” has become a “thing” these days. Meditation and concentration are new-old survival skills. How do they work?

Dr. J.P. Moreland, noted philosopher and author of *Finding Quiet: My Story of Overcoming Anxiety and The Practices That Brought Peace*, candidly shares his struggles with anxiety and the need he had for medications. He also discovered the power of seeking God in self-directed solitude. He emphasizes sustained habits of the praising, thankful, and self-controlled soul.

Mindful meditation is not like taking a drug, is not a quick fix, or denying the senses to rid oneself of desire.{11} “By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm.”{12} New habits are formed over time. When it comes to our minds, “practice doesn’t make perfect; it makes permanent.”{13}

Remaining at rest via the practice of spiritual disciplines takes advantage of our mind’s ability to “move into a highly intelligent, self-reflective, directed state.” And the more often we go there, the more “we get in touch with the deep, spiritual part of who we are.” This exercise switches brain modes in a way that
can create wisdom and potential connection with God. As Jesus taught his disciples, “Keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation.” We can mentor our own minds, settle our souls, habituate our hearts, and free our spirits to respond to God. Brain science is catching up on this reality.

So, what’s going on physically when we stop to meditate in focused solitude and silence? A post at Mindful.org claims, “The impact that mindfulness exerts on our brain is borne from routine: a slow, steady, and consistent reckoning of our realities, and the ability to take a step back, become more aware, more accepting, less judgmental, and less reactive. . . . Mindfulness over time can make the brain, and thus [ourselves], more efficient regulators, with a penchant for pausing to respond to our world instead of mindlessly reacting.” How different would social media conversations be—especially on politics and race—if more people practiced patient contemplation!

Various regions of our brains change while meditating. The “fight or flight” area actually shrinks in size. It’s a real chill pill!

God keeps “him in perfect peace whose mind is stayed on You, because he trusts in You.”

**Thankfulness and Happiness—Healthy Habits of the Mind & Heart**

In trying times, we all want to return to happiness. It’s a God-given right to pursue it, according to America’s founders. The biblical worldview recognizes the inherent brokenness of both creation and human beings, so it is no surprise that confusion, discord, and tragedy—along with evil spiritual powers—“steal, kill, and destroy” our joy. What can be done?

Christian philosopher J.P. Moreland writes, “You have it in your power to begin a regimen of choices, assuming you would choose the right things, and form a habit of this that can substantially improve your happiness and decrease or get rid of
anxiety. There really is hope.” Our non-conscious mind turns thoughts over and over. Through spiritual disciplines, we bring these into our conscious awareness, which manipulates actual proteins, creating overhauled memories. Intentionally bringing God to mind—His attributes, the wonder of creation and His blessings, promises, answered prayers—such a focus leads to a cycle of good thinking, feeling, and knowing that turns into believing real truth. Faith is a gift so we’re not alone in doing this. But it is up to us to put to use the gifts described here to “work out [our] salvation with [reverence and proper humility].”

Remember, we have a strong influence in reshaping our own brains—especially with God’s help. Secular scientists are discovering the wonderful power of thankfulness. Scientific studies prove seven benefits according to PsychologyToday.com. Gratitude improves relationships, physical and mental health, sleep, self-esteem, and mental resilience. It even reduces aggression, the urge for revenge. Scripture aligns with physical reality again when it tells us: “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Moreland jokes, “If we’re not careful, we may even come to think we were designed to flourish best when we are thankful and grateful! Yet as exciting as these psychological studies are, we didn’t need them to know the importance and value of expressing gratitude and thanksgiving to God. The Bible insists on this . . . [it’s] filled to overflowing with exhortations to be grateful to God and express thanksgiving to him.” As King David famously prayed in Psalm 23, “Surely goodness and mercy shall follow me all the days of my life”—he trusted a good God to lead, protect, and bless him. That’s joy far beyond happiness!

**Takeaways & Practical Applications**

Brain networks form an inner life of the mind. We can switch between various networks constantly. Like a mom monitoring kids running around inside several contained rooms, this enables us to control the controllable—our reactions to
events and circumstances. Brain scans confirm how we capture and police rogue thoughts in ways prescribed in Scripture: “We... take every thought captive to obey Christ.”[24]

UCLA researchers address how our habitual non-conscious thoughts can drive anxiety—negative self-talk like:

• “I’ll be in real trouble if...”
• “What if so and so happens next week?”
• “I’ll probably fail that exam!”

“It’s what we say to ourselves in response to any particular situation that mainly determines our mood and feelings.”[25]

“Forming a new habit requires doing things you may not want to do in the early stages of formation,” as any coach or teacher will tell you.

For retraining our brains, experts have devised methods like The Four Step Solution:

It goes as follows:[26]

**Step 1: Relabeling**: call out thoughts as having no necessary connection with reality: tell yourself “That is a destructive lie.” Call on Proverbs 4:23, “Guard your heart above all else, for it is the source of life.”[27]

**Step 2: Reframing**: take the power out of the bad thoughts. Reset your perception of the deceptive message by being mindful that it exists, its content, and how you are now feeling by correctly categorizing the distorted message. Bad self-talk includes:

• all or nothing thinking (for example: “it was a total failure”)
• overgeneralizing
• singling out one thing to focus on
• catastrophizing (or making too big a deal out of things) and
• discounting the positive

Reframing them creates stable memories formed by repeated updating.

**Step 3: Refocusing:** Set your mind on anything else—distract yourself from the negative thoughts. Stop obsessing! Get into “the flow” of something. Focus elsewhere. And don’t ruminate about the message—analyzing it will deepen the grooves in your brain.

**Step 4: Revaluing:** After a while, reflect on how you did Steps 1-3. Recommit to repeat these steps throughout the day.

Over 21 days, a “newly formed neural network” will decay in less than a month: thoughts are like muscles that atrophy and die or get stronger with use.\(^2\) Starve the bad, feed the good.

As Paul instructed the Philippian church, dwell on what is good and pure, true and worthy of praise.\(^{29}\)

**Notes**

1. Senator Ben Sasse, *Them: Why We Hate Each Other and How to Heal*, quoted by Richard Doster in Christian Healthcare Newsletter, June 2020, “Can the Church solve the country’s worst health problems?”
5. Ibid.
7. Leaf, 64.
9. Leaf, 47.
10. Leaf, 65.
11. As with Buddhist meditation practices seeking utter emptiness.
14. Leaf, 82.
16. Ibid. Wolkin
18. Isaiah 26:3.
23. Finding Quiet, 113.
24. 2 Corinthians 10:5.
26. Entire section, Finding Quiet, p. ?
27. Proverbs 4:23, CSB.
28. Leaf, 151.

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Grace and Truth About LGBT

Sue Bohlin

Sue Bohlin provides a compassionate, biblically based look at what is happening as LGBT ideology has taken root in the culture.

What Does God Think About LGBT?

This article is about grace and truth in the context of LGBT, those who identify as lesbian, gay, bi-sexual or transgender. What does God think about people for whom this is their primary (or even secret) identity?

After 20-plus years of walking with dear friends dealing with unwanted same-sex attraction, the very first thing that comes to my mind is the deep compassion and tenderness of our God toward wounded and deceived people that He loves very much. I am reminded of Isaiah’s words (42:3), “A bruised reed he will not break, and a smoldering wick he will not snuff out.”

People discover attractions toward those of the same sex. They don’t initially choose them. These disordered feelings are like the warning lights on the dashboard of a car. They are saying, “Something’s wrong under the hood; check it out!” So in the beginning, same-sex attractions constitute temptation rather than sin, but it easily crosses over to sin when people choose to feed and nurture thought patterns that God’s word says are sin.

And God’s word has always called sexual behavior outside of marriage between a man and woman, sin. That’s because sex is deeply spiritual as well as physical,
and He wants to protect us from the harmful consequences of sexual sin. His word will last forever, and it doesn’t change. So I believe God is grieved when people reject His clear biblical statements about sexual sin, as is now happening in many churches and individuals.

God’s word calls us to be transformed by the renewing of our minds. An important part of the Kingdom message is that God changes believers more and more into the likeness of Jesus. That means that God endorses change, which makes sense since growth and change are an intrinsic part of life.

But the cultural narrative says that your sexuality can’t be changed. If people don’t want their broken same-sex attractions, and seek help recovering God’s intended design for them, it is becoming illegal to do that. It’s labeled as “Conversion therapy.” But if someone says they’re transgender and seek to inject their healthy body with artificial hormones and mutilate it with surgery to pretend they are something they’re not, that’s called “gender affirmation.” Yes, it’s backward.

God addressed this backward thinking in Isaiah 5:20—“Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter.”

Back to the cultural narrative says that your sexuality can’t be changed. That’s not what some social scientists have found, which is that sexuality can be quite fluid and changeable.¹ There is no magic switch to flip from homosexual to heterosexual; but when people invite God into the woundings and deficits of their earlier life and receive healing in their souls, some can develop attractions to the opposite sex. I have personally seen this happen multiple times. The problem is that people aren’t telling their stories, or when they try, they aren’t believed.

Disordered thinking and unnatural desires are not too hard for God to handle. Remember, He can raise the dead!
Cultural Lies vs. God’s Truth

There is a massive clash between the lies of our sex-saturated culture, and the eternal truth of God’s word.

CULTURE’S LIE: Who I am is a sexual being. Whether it’s a culture or an individual, when God is left out of the equation, sex is elevated to the #1 most important spot because it’s so powerful and a source of such intense pleasure (or can be). So people define themselves by their sexuality.

GOD’S TRUTH: Who I am is God’s beloved creation. Made in the image of God, created for intimacy and fellowship with Him, my worth proven by what the Son was willing to pay for me: His very life.

CULTURE’S LIE: Sex is a need and a right for everyone to experience. Many people believe it is on the same level of necessity as food, water and sleep.

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

CULTURE’S LIE: I create my own identity depending on what I feel. Untethered from a connection to God as Creator, people live out the sad, repeated description of Israel in the book of Judges, where “all the people did whatever seemed right in their own eyes.” (Judges 17:6, for one).

GOD’S TRUTH: My identity is who my Creator says I am. All of us exist because God wanted us and hand-crafted each of us (Psalm 139). Feelings are real but they’re not reliable. Jeremiah 17:9 instructs us on why our feelings can’t be trusted: “The heart is more deceitful than all else and is desperately sick; who can understand it?”

CULTURE’S LIE: Gender is whatever we want it to be. Biological sex has been separated from gender (how one feels about maleness and femaleness).


(Personally, this strikes me as illegitimate as proclaiming that the white keys on a piano are bad and the black keys are good.)

**GOD’S TRUTH:** God created man in His own image, in the image of God He created him; *male and female* He created them. (Genesis 1:27) The first words in the room when a baby is born are still, “It’s a girl!” or “It’s a boy!” Gender is still binary because God still creates only male and female.

**CULTURE’S LIE:** I can create my own reality. For example, recently a man abandoned his wife and seven children, announcing his chosen identity of a 6-year-old girl.[2]

Another man, deciding his identity is a female dragon, cut off his ears and nose, dyed his eyes, and inserted horns in his forehead.[3]

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

**CULTURE’S LIE:** “Born this way.” This lie has so much traction because it’s repeated so often people assume it to be true.

**GOD’S TRUTH:** No Evidence. There is actually no scientific evidence of a gay
gene or any other determiner of same-sex attraction. And in identical twins (who share the same DNA), when one identifies as gay or lesbian, the other one only identifies as gay or lesbian about 11% of the time. If homosexuality were a genetic issue, the correspondence would be 100%.

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

Life is found in Jesus, and nowhere else.

**Transgender: The Emperor’s New Clothes**

In the old story of the Emperor’s New Clothes, scam artists appeal to the pride of a conceited emperor, claiming they can create a magical outfit for him that is invisible to anyone who is unfit for their position, stupid, or incompetent. He parades his new suit of clothes before his subjects, which of course no one can see because it’s a scam. But no one will say they don’t see it lest they be seen as stupid. Finally a little boy pipes up and blurts out the truth: “But he isn’t wearing anything at all!”

The transgender narrative is the equivalent of the Emperor’s New Clothes. The objective truth is that there is no such thing as magical clothes, and there’s no such thing as changing genders. People can only deceive themselves (and others), damage their bodies, and mutilate themselves—but our God-ordained maleness and femaleness, our biological sex, is stamped into every cell of our bodies.

It’s especially alarming when parents, educators and other authorities feed a child’s fantasy that they are the other gender. We would never do that if a child declared herself to be a cat or a unicorn; we would gently and lovingly correct her wrong thinking by speaking the truth to her. But if a boy insists he’s a girl or vice versa, many progressive-minded adults are so proud of their “wokeness” that they rush to board the child on the transgender train.

Most often, children who reject their gender are reacting to gender stereotypes.
Girls can think that boys get to do cooler stuff than girls, and sensitive boys who love pink and purple sparkly things can think it’s better to be a girl. Both sexes who experience abuse can believe that it would be safer to be the opposite sex.

Children never see the big picture—that’s why God gives them parents to help them see their world more accurately. One little boy told his parents he wanted to be a girl but no one inquired why, they just jumped on the transgender bandwagon. Turns out that when his baby sister was born and consumed a lot of attention because she was very sick, he concluded that if he were a girl, he would get the same attention.

**Transgender - Part 2**

When a person experiences a conflict between their biological sex and their internal sense of whether they are male or female, that’s called gender dysphoria. Various studies have shown that this very painful emotional state resolves itself about 85% of the time simply by going through puberty. It appears to reset things. So the best and wisest treatment is no treatment at all, but of course wise parents and other adults will continue to speak truth about a child’s identity—especially the truth that God who is good, loving and wise chose their gender for them, so we need to receive it as His gift.

This whole transgender phenomenon has ignited where children have access to the internet on their smart phones. The illusion of transgender is easily spread by social contagion. Children and teens talk about their beliefs that they are transgender on social media, and their impressionable peers are influenced to start thinking and feeling the same way. The popularity of social media has sped up the spread of this fantasy, especially on the Tumblr platform. One academic who studied the reports of parents alarmed by sudden changes in their children coined the term “rapid onset gender dysphoria.” [5]

Anyone who has been around adolescents for any length of time doesn’t need to be surprised by this dynamic. Teens copy each other in all kinds of ways.

Many adolescents who identify as transgender suffer from anxiety, depression,
and self-injury. There is a whole constellation of painful mental health struggles all bound up together. We are also finding that a disproportionate number of teens who explore the transgender identity are on the autism spectrum.

They already feel the shame of being different, of being “other than,” and it’s easy for them to mislabel themselves as transgender instead of just different.

One final note on transgender: we must not go along with the Emperor’s New Clothes story that athletes can compete as the opposite sex just by declaring themselves so. It’s not just heartbreaking, it’s wrong for teenage boys to rob girl athletes of scholarships, not to mention dignity, by unfairly competing against them and demanding to use their restrooms and locker rooms.

Why Have So Many Christians and Entire Churches Become Pro-Gay?

More and more individuals and churches have come out in support of homosexuality and gay marriage. Why is that?

I think there are two big reasons so many confessing believers in Christ have allowed themselves to be more shaped by the culture than by the truth of God’s word, drifting into spiritual compromise and even into apostasy, which means abandoning the truth of one’s faith.

**Reason One: Rejecting the Authority of God’s Word**

The first reason is that millions of people are rejecting the authority of God’s word.

The bitter fruit of several decades of shallow preaching, teaching and discipleship is that many believers have been especially vulnerable to Satan’s deceptive question to Eve in the Garden of Eden: “Did God really say . . .?” When Christians ignore or flat-out reject the unmistakably clear biblical statements condemning homosexual behavior, they are playing into the enemy’s temptation to justify
disobedience by making feelings and perceptions more important than God’s design and standards.

There are now two streams of thought on same-sex relationships and behavior: the Traditional, Biblical View and the Revisionist View. The Revisionist View basically says, “It doesn’t matter what the Bible actually says, it doesn’t mean what 2000 years of church history has said it means, it means what we want it to say.” And we want it to say that God endorses all relationships that invoke love.

**Reason Two: Snagged by the Gay Agenda**

When people don’t submit themselves to the truth of the Word of God, they are easily shaped and swayed by the six points of a brilliantly designed “Gay Manifesto” spelled out in a book called *After the Ball: How America Will Conquer Its Fear and Hatred of Gays in the 90s*. This gay agenda has been executed perfectly in the United States. (Note: these are the authors’ words, not mine.)

1. **Talk about gays and gayness as loudly and often as possible.**

2. **Portray members of the LGBTQ community as victims.** Indoctrinate mainstream America that members of the LGBTQ community were “born this way.”

3. **Give protectors a just cause: anti-discrimination.**

4. **The use of TV, music, film and social media to desensitize mainstream Americans to their plight as gay people.**

5. **Portray Gays and Lesbians as pillars in society.** Make gays look good.

6. **Once homosexuals have begun to gain acceptance, anti-gay opponents must be vilified, causing them to be viewed as repulsive outcasts of society.**

This is how I see how we got to this place where so many people have been deceived. They didn’t anchor themselves to the Truth of the Word of God, and they opened themselves to the cultural brine of Kirk and Madsen’s plan to overhaul straight America.
I will close with four personal observations about this situation:

1. Christians have bought into the culture’s worship of feelings over God’s unchanging revelation.

2. People love how making themselves an ally and protector of the underdog makes them feel, despite God’s design and standards for sexuality and marriage.

3. Not enough of us Christ-followers are living lives that demonstrate the beauty and satisfaction of abiding in Christ.

4. The church has been dismal at loving those who struggle with their sexuality and showing them the grace that is in God’s heart toward them. It’s essential to both speak the truth in love (Ephesians 4:15), and seek to show love filled with truth.

Notes

3. unbelievable-facts.com/2016/04/transgender-dragon-lady.html
4. en.wikipedia.org/wiki/The_Emperor%27s_New_Clothes
10.  

www.dailysignal.com/2015/12/21/why-these-high-school-girls-dont-want-transgender-student-a-in-their-locker-room/


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