When Someone In Your Congregation Says “I’m Gay”

Things to Remember

1. **No one is born gay,** and no one chooses to be gay. Because of relational brokenness in families and among peers, some people experience emotional needs that they try to meet in ungodly ways. Many of them are uncomfortable with their own gender; later, they discover they are attracted to others of the same sex, but this is not their choice. Acting on it, however, is.

2. **Change is possible.** Even going back to the first-century church, the apostle Paul wrote to former homosexuals in the Corinthian church, “and such were some of you” (1 Cor. 6:11).

3. Because we live in a fallen world, **we are all broken.** Many people in our churches are sexually broken—victims of incest, pornography and masturbation addicts, and compulsive sex addiction. Homosexuality is only one form of brokenness.

4. **Homosexuality grows out of broken relationships and is healed in healthy relationships,** especially same-sex relationships. This is one of the reasons it is essential for recovering homosexuals and lesbians to be actively involved in the church, because this is where they can find healthy, God-honoring friendships. Their homosexuality is not contagious!

5. **Treat them with respect like you would anyone else.** They are people made in the image of God for whom Christ died—they are not their sexuality. Many people trying to come out of the gay lifestyle expect to find respect and acceptance only in the gay community. Finding it in church is immensely healing to their souls.

6. **Accept them where they are, just as Jesus did.** Choose to accept the person, but not sinful behavior. People don't change unless they experience the grace of acceptance first. But once they know they are loved and accepted, many of them are willing to do what it takes to live a life of holiness.

7. **Seek to see them with God's eyes** of love and acceptance, with His intention for their wholeness, healing and freedom. This means depending on the Holy Spirit for divine perspective and exercising humility to recognize that first impressions are often incomplete and inaccurate.

8. This is a great opportunity to lead people to an understanding of **what it means to have a personal relationship with Jesus Christ.** Some homosexual strugglers, especially men, feel that they have committed the unpardonable sin. They've heard they are going to hell no matter what they do, so they are permanently separated from God. They need to know this is a lie, because when we confess our sins, the blood of Jesus covers them ALL and cleanses us from all unrighteousness (1 John 1:9).

9. Because of abuse issues, most **strugglers seem to have an especially hard time relating to Father God** and to receiving His love. Yet it is the masculine voice (first in earthly fathers, and ultimately in our Heavenly Father) that calls gender out from both men and women, and it is the Father's personal and powerful love that is the most important healing agent in human hearts.

10. Because most pastors are men in authority, **most strugglers (men and women) are INCREDIBLY intimidated** by them. Pastors need to know this and really understand in order to minister to strugglers. This means respecting the fragility of strugglers' relationships with pastors and choosing to be deliberately tender and gentle. They really need "good shepherds." Verbalize to them that God can not only change them, but He is very proud of them (as you are) for sharing

this with you and desiring to change.

11. **Most same-sex strugglers have very weak and broken boundaries.** Their deep neediness causes them to lapse into emotionally dependent relationships with everyone who gets close. We encourage you to only counsel these folks at your office during regular business hours where others can be aware of your activities. This gives a sense of security to the struggler and a protection for you as the pastor.

12. The most success in overcoming same-gender attraction has occurred when strugglers experienced **God as Healer through heterosexual people who were willing to come alongside them** in their journeys—men helping men, and women helping women. It would be helpful for you to find someone willing to befriend and mentor the struggler. This takes a person willing to seriously invest in the life of a very needy person. They will need to be available and accessible. Their presence in the struggler's life can be powerful and healing.

13. **If someone comes in with an agenda** of arrogance, demanding acceptance of their sexual sin, don't let them bully you. There is a difference between welcoming the sinner and allowing him to continue in his rebellion. Homosexuality is sin. Lev. 18:22-23; Rom. 1:26-27, 1 Cor. 6:9-11. Note that these verses condemn homosexual behavior, not feelings.

Five DON'TS:

1. **Don't panic.** An excellent resource for understanding the issue of homosexuality is *Someone I Love is Gay* by Bob Davies and Anita Worthen (published by InterVarsity Press). Also Exodus International (exodusinternational.org/), a Christ-centered ministry that helps people deal with unwanted homosexuality, has numerous resources. Living Hope Ministries (www.livehope.org) is an Exodus referral ministry in the Dallas/Ft. Worth area with excellent online forums for parents, spouses, men and women, and youth (ages 13+) who

struggle with homosexuality

2. **Don’t make false assumptions or accusations.** For example, please do not assume he is HIV positive. Many aren’t. And if he is, AIDS is sexually transmitted; the people in your congregation are safer than many fear. Respect the seriousness of HIV with commonsense precautions (such as contact with bodily fluids), but don’t ostracize the person. Handshakes and hugs are perfectly safe.

3. **Don’t shut down pastorally or emotionally.** The person coming to you has known a lifetime of rejection and desperately needs to know that a representative of Jesus Christ will extend grace to him. Hug them when they leave. It may be the first positive touch they have had in years.

4. **Don’t pass judgment.** All of us have besetting sins! As Billy Graham said, “Don’t take credit for not falling into a temptation that never tempted you in the first place.”

5. **Don’t disclose this person’s secret without permission,** even among church staff. There is nothing safe about the gay lifestyle; people struggling with same-sex attraction need to find safety in the church.

This is the text of a brochure from Living Hope Ministries, written by Sue Bohlin, who serves on the Board of Directors of Living Hope and moderates one of the online forums. A PDF version of this brochure is also available for download here; you will need the free Adobe Acrobat reader to see it.

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Fear and Its Remedies

All set for the next terrorist attack? Got your biohazard suit? How ’bout your gas mask, radiation detector and potassium iodide pills? A new store opened in Manhattan recently, only a few blocks from Ground Zero. “Safer America” markets personal safety products for a post-9/11 world.

Work in a high-rise? Have you considered a personal parachute? It comes in two models: the streamlined Executive Chute and the deluxe “HOPE” system (High Office Parachute Escape; opens automatically, good from heights over 100 feet, accommodates persons up to 300 pounds).

Safer America President Harvey Kushner takes a pragmatic approach to homeland security: “These products are no different than safety devices already commonplace in most homes, such as fire extinguishers, smoke detectors, and first-aid kits. We are enabling people to alleviate their fears by doing something smart and productive: preparing to overcome that which they most fear.”

Fears abound these days. CIA director George Tenet recently warned Congress that al-Qaida could attack at any time here or abroad. A sampler, from a guy who is privy to more intelligence data than most of us: “Based on what we have learned about the 11 September [attacks], an attempt to conduct another attack on U.S. soil is certain.

“You must make the analytical judgment that the possibility exists that people are planning to attack you inside the United States—multiple simultaneous attacks. We are the enemy, we’re the people they want to hurt inside this country,” Tenet said.

As Tenet spoke, the nation was still on alert code yellow—"significant risk of terrorist attacks"—because officials had no specific details about time and location of possible attacks. Frightening times. How should we deal with fear?

We trust military and law enforcement to keep us safe from harm. But we can never completely prepare for every risk in life. And eventually life will end for each of us. What then?

Besides taking reasonable precautions, might it also be worth considering something deeper as an ultimate solution to fear? An Israeli shepherd who became a king knew dangers from wild beasts and wild political enemies who sought his life.

"The Lord is my shepherd," he wrote. "I have everything I need. Even when I walk through the dark valley of death, I will not be afraid, for you [God] are close beside me. Your rod and your staff protect and comfort me."

A descendant of this king, Jesus of Nazareth, offered similar advice to His friends: "Don't be afraid of those who want to kill you. They can only kill your body; they cannot touch your soul. Fear only God," He taught. God loves people, values them and saves a spot in eternity for those who trust Him.

It's hard to turn on the news these days without finding cause for fear: terrorism, snipers and financial woes augment personal concerns about relationships, family and job future. Maybe it's time to look more closely toward One who can calm fears and who holds the future in His hands.

Abuse and Domestic Violence

Abuse and domestic violence affects our lives, our homes, and our society. Kerby Andersons looks at the problem of abuse and what the church can do to help victims of abuse.

 *This article is also available in Spanish.*

Each year the lives of women (and men) are altered or destroyed by someone who abuses them. The resulting emotional scars, physical scars, and destruction are evident in social and crime statistics.

Although abuse is significantly under-reported, current crime statistics at least begin to tell the story. The FBI's Uniform Crime Report routinely lists domestic violence as the leading cause of injury to women ages 15 to 44 in the United States. These injuries are more than those from car accidents, muggings, and rapes combined.

Abuse may be open, flagrant, and in-your-face. But abuse can also be subtle and devious. It may explode on the scene or gradually creep into a relationship. Although women are the primary victims of abuse, men may be victims, also, of abuse.

One of the first steps in dealing with abuse is to identify it. Identifying it is often difficult because it can manifest itself in different forms. Here is a brief survey of the different types of abuse.

- *Emotional abuse* is the use of mental strategies or mind games. This would include such things as anger, aggression, humiliation, intimidation, stalking, fear, power, and control. The goal is to inflict emotional damage on the other person.
- *Physical abuse* would include the use of body parts or weapons to threaten, punish, dominate, restrain, control, or injure another person.

- *Sexual abuse* is the use of forced sexual actions which may dominate, manipulate, threaten, injure, corrupt, or control another person.
- *Social abuse* involves other forms of abuse to dominate, manipulate or control another person's social relationships.
- *Financial abuse* is the use of money or financially-related matters to dominate, threaten or control. This may be done to inflict damage on another person or take financial advantage of that person.
- *Spiritual abuse* is the controlling of another person's religious interests or practices. Spiritual damage may be inflicted by criticizing a person's religious convictions or misstating them for religious purposes.

Although abuse may take various forms, there are often common elements. For example, there often is the tendency to blame the victim of abuse. A woman may be told to "submit" or "pray harder for her marriage" by a pastor or church members. And often women go back into abusive relationships, leaving many to wonder.

In this article, we will try to provide some answers and perspective on this important issue. (And I might note that we already have articles on the Probe Web site dealing with such issues as verbal abuse and spiritual abuse.)

Types of Abusers

Although abuse and domestic violence are one of the most pressing social problems of our time, most of society (including churches) still view the crisis as a private matter. Abused women are often advised by pastors and members of a congregation to "pray harder" or "try to become a better wife."

Abuse has not only been ignored by the church but often by the medical profession. In their study of abuse, Evan Stark and Ann Flitcraft found that out of one million women who sought

medical treatment for injuries sustained by husbands and boyfriends, doctors correctly identified the injuries as a result of battering only four percent of the time.{1}

Frequently child abuse and domestic violence go hand in hand. Men who abuse their wives will often also abuse their children. Research shows that in homes where domestic violence occurs, children are abused at a rate 1500 percent higher than the normal average.{2}

Often this abuse begins even before a child is born. One study of 1200 white, Latino, and African-American pregnant women, found that one in six reported physical abuse during pregnancy.{3}

Researchers now conclude that there are two types of abusers. Neil Jacobson and John Gottman document this in their book, *When Men Batter Women*.{4} Their study of more than 200 couples in dangerous relationships helped shatter myths and shed new light on abusive relationships.

They describe two types of batterers: Cobras and Pit Bulls. The Cobras are more severely violent of the two. They strike swiftly and ferociously, always remaining in control and feeling entitled to whatever they want.

Pit Bulls are violent because they are insecure. They are more likely to lose control, letting their emotions burn slowly until they explode in anger.

Jacobson and Gottman intensively studied about 60 of the 200 couples by watching videotapes of non-violent arguments of severe batterers and their spouses. To eliminate some of the subjectivity, they also monitored the vital signs (heart rate, sweat flow) of the couples.

They found that Cobras resemble the snake for which they are named. They become still and focused just before striking their victim. They become internally calm during abuse. While

the heart rates of Pit Bulls increase during abuse, the Cobras' heart rates actually decrease.

Pit Bulls are driven by deep insecurity and often have an unhealthy dependence on the mates they abuse. They are afraid of losing their wives and therefore try to control them through physical and emotional abuse. Cobras have often been physically or sexually abused themselves (frequently in childhood) and tend to see violence as an unavoidable part of life.

Boundaries

Often victims of abuse feel they deserve the abuse they receive. They have been convinced (by their partner or perhaps by society in general) that the abuse is their fault. It is not. To reinforce this claim, here are eight things that no one deserves:{5}

> • No one deserves to be pushed, slapped, bruised, or kicked. No excuse makes such actions justifiable, whether drugs, alcohol, financial problems or family problems.
>
> • No one deserves to be verbally abused. No one should be called names or yelled at for no apparent reason.
>
> • No one deserves to have possessions damaged (dishes thrown, clothes torn) or gifts destroyed. These things don't automatically become "his" just because he paid for them from a joint checking account.
>
> • No one deserves to be interfered with in coming and going. You do not need to be told when you can or cannot leave the house, go shopping, or go to school.
>
> • No one deserves to be followed, harassed, or spied upon. As an adult, you have the right to go where you want, and spend time the way you choose.
>
> • No one deserves to be ridiculed, put down, made fun of, or belittled. This applies both at home and in

public.

• No one deserves to be emotionally starved. Everyone has emotional needs: to love, to be loved, to care and be cared for, to need others and to be needed by others. This involves more than just one person who is demanding your time and attention.

• No one deserves to be isolated. You deserve to have a community of people around you rather than just a spouse who dominates your life.

Each person has rights that should be asserted to prevent abuse from taking place. Here is a short list of those rights:

• You have the right to be treated with respect. All are created in the image of God (Gen. 2:26-27) and have value and dignity. You deserve respect regardless of your economic status, race, religion, or sex.

• You have the right to be heard. You have ideas and opinions and should be free to express them.

• You have the right to have a support system. You shouldn’t have to depend on one person in your life to provide all your emotional needs and who cuts you off from the rest of society.

• You have the right to come and go as you please. You should be able to make choices about what you do with your free time.

• You have the right to have privacy and space of your own. You don’t give up those rights when you get married or when you begin to have children.

• You have the right to maintain a separate identity.

Each of these rights are important in establishing boundaries in a relationship. These are key components in preventing abuse.

Myths of Abuse

Let's turn now to some of the myths of abuse.{6}

One myth is that victims of abuse come from lower-income families with little education. In reality, victims of domestic violence come from all walks of life. Race, religion, socio-economic background are no predictor of abuse. Victims of abuse may be well-educated or uneducated, professionals or common laborers.

A second myth is that victims stay in abusive relationships because they like being abused. That is simply not true. Many have been conditioned to accept beatings because they are blamed by their abusers, but they do not like being beaten. Many victims actually "accept abuse as common in relationships."{7}

So, why don't victims leave? The answer to that is often quite complex. Many women believe they cannot leave because "He can't live without me." They may fear he will have a nervous breakdown, commit suicide, or lose his job.

She may believe that the children need a father, rationalizing that an abusive father is better than no father at all. And she may think she cannot make it alone in the job market.

Many women fear they will be killed if they leave an abusive relationship. And that fear may be justified. Studies show that battered women are more likely to be killed *after* leaving an abusive relationship.{8}

Abuse victims also convince themselves that things are going to get better. Hope springs eternal, and there is always the hope that with the right changes and hard work, abuse will go away. Sadly, it does not.

A third myth is that violence happens mostly between strangers. Contrary to popular belief, a woman's greatest risk

of assault is from an intimate partner. Statistics from the Department of Justice indicate that women are attacked seven times more often by offenders with whom they have an intimate relationship than are male victims of violence.{9}

A fourth myth is that abuse is not a major problem. Domestic violence is one of the most serious health problems today. As we have mentioned, it affects every socioeconomic segment of society. "Federal officials estimate that domestic violence costs U.S. firms $4 billion a year in lower productivity, staff turnover, absenteeism, and excessive use of medical benefits."{10}

What the Church Can Do

Domestic violence is pervasive in our society and crosses all socioeconomic levels, religious belief, and cultural backgrounds. Abuse affects our lives, our homes, and our society. Is there anything the church can do to deal with this important issue? Here are a few suggestions.{11}

First, pastors and church members should be aware of the extent of the problem. I have provided some social statistics to demonstrate how pervasive abuse is within our society. It isn't a problem to be ignored or addressed through simple clichés.

Second, pastors and counselors need to help abuse victims set boundaries in their lives. Battered women often find it difficult to make choices because someone else has been making decisions for them. Many women who live in violent homes went from their father's house straight to their abuser's house. They never have had much experience in making their own personal choices.

If you are seeking to help an abuse victim, you should encourage her to make her own decisions. Resist the temptation to rescue and take over her life. She needs to feel empowered

not helpless. At the same time, you can provide suggestions about finding a family counselor or a domestic violence agency.

Third, if you are a pastor, a counselor, or just a caring friend, you can provide counsel and comfort. She needs to hear from you that she doesn't deserve to be abused. Acknowledge the seriousness of the situation, and don't let her convince herself that the abuse will go away.

Fourth, be prepared for crisis intervention. Quick action may be necessary to protect her and her children. Ask her to describe the circumstances of the last two or three beatings. What preceded his attack (drugs, alcohol, argument)? Where is her relationship right now?

A pastor or counselor who receives a crisis call only has a few moments to discern the extent of the threat and appropriate actions that should be taken. Can she find her way to a safe place immediately? Do you have a place for her to go, if necessary?

Sometimes the crisis arrives at your office or home. A pastor, counselor, or caring friend may need to arrange for medical attention and a safe place away from the abuser.

If the couple is separated, she may be stalked by her abuser. She needs to know who can protect her and how to contact legal services.

Fifth, the church should address this important issue of domestic abuse. By speaking to this issue, we break the silence surrounding abuse and confront it with biblical principles. The church should hold batterers responsible for their actions. Intervention, confrontation, and tough love should be tools used to fight abuse in our communities.

If the batterer is a member of the church, then Matthew 18 provides a model for confronting "offenders" within the

church. Galatians 5:22-25 talks about the fruit of the Spirit with includes kindness, gentleness, and self-control. These and many other verses provide a model for teaching, rebuking, correcting and training in righteousness (2 Tim. 3:16). Christians have an important role in dealing with abuse within our society.

Notes

1. Evan Stark and Ann Flitcraft, "Medical Therapy as Repression: The Case of the Battered Woman," *Health and Medicine,* 1982, 29-32.
2. Maria Roy, "Children in the Crossfire," *Health Communications,* 1988.
3. Judith McFarlane, "Abuse During Pregnancy: A Cross-Cultural Study of Frequency and Severity of Injuries," *National Coalition Against Domestic Violence Fact Sheet* (Denver, 1994).
4. Neil Jacobson and John Gottman, *When Men Batter Women: New Insights into Ending Abusive Relationships* (New York: Simon & Schuster, 1998).
5. A more detailed list can be found in Mary Marecek, *Breaking Free from Partner Abuse* (Buena Park, Calif: Morning Glory Press, 1999).
6. Andrea Lissette and Richard Kraus, *Free Yourself from an Abusive Relationship* (Alameda, Calif: Hunter House, 2000).
7. Eve Buzawa and Carl Buzawa, *Domestic Violence: The Criminal Justice Response* (Thousand Oaks, Calif: Sage Publications, 1996).
8. Mary Ann Dutton, "The Dynamics of Domestic Violence: Understanding the Response from Battered Women," *The Florida Bar Journal,* October 1994.
9. "Violence Against Women: Estimates from the Redesigned Survey, August 1995," *Report from the U.S. Justice Department* (Washington, DC: Bureau of Justice Statistics, 1996).
10. Ibid.
11. Patricia Riddle Gaddis, *Battered But Not Broken* (Valley Forge, Pa: Judson Press, 1996).

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Homosexuality: Questions and Answers from a Biblical Perspective

Sue Bohlin provides distinctly biblical answers to your questions about homosexuality. As a Christian, it is important to understand what the Bible says and to be able to communicate this message of compassion.

Q. Some people say homosexuality is natural and moral; others say it is unnatural and immoral. How do we know?

A. Our standard can only be what God says. In Romans 1 we read,

> 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, and received in themselves the due penalty for their perversion (Romans 1:26-27).

So even though homosexual desires *feel* natural, they are actually *un*natural, because God says they are. He also calls all sexual involvement outside of marriage immoral. (There are 44 references to fornication—sexual immorality—in the Bible.) Therefore, any form of homosexual activity, whether a one-night stand or a long-term monogamous relationship, is by definition immoral—just as any abuse of heterosexuality

outside of marriage is immoral.

Q. Is homosexuality an orientation God intended for some people, or is it a perversion of normal sexuality?

A. If God had intended homosexuality to be a viable sexual alternative for some people, He would not have condemned it as an abomination. It is never mentioned in Scripture in anything but negative terms, and nowhere does the Bible even hint at approving or giving instruction for homosexual relationships. Some theologians have argued that David and Jonathan's relationship was a homosexual one, but this claim has no basis in Scripture. David and Jonathan's deep friendship was not sexual; it was one of godly emotional intimacy that truly glorified the Lord.

Homosexuality is a manifestation of the sin nature that all people share. At the fall of man (Genesis 3), God's perfect creation was spoiled, and the taint of sin affected us physically, emotionally, intellectually, spiritually—and sexually. Homosexuality is a perversion of heterosexuality, which is God's plan for His creation. The Lord Jesus said,

> In the beginning the Creator made them male and female. For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh (Matthew 19:4, 5).

Homosexual activity and pre-marital or extra-marital heterosexual activity are all sinful attempts to find sexual and emotional expression in ways God never intended. God's desire for the person caught in the trap of homosexuality is the same as for every other person caught in the trap of the sin nature; that we submit every area of our lives to Him and be transformed from the inside out by the renewing of our minds and the purifying of our hearts.

Q. What causes a homosexual orientation?

A. This is a complex issue, and it is unfair to give simplistic answers or explanations. (However, for insight on this issue please consider our articles Answers to Questions Most Asked by Gay-Identifying Youth and "Why Doesn't God Answer Prayers to Take Away Gay Feelings?") Some people start out as heterosexuals, but they rebel against God with such passionate self-indulgence that they end up embracing the gay lifestyle as another form of sexual expression. As one entertainer put it, "I'm not going to go through life with one arm tied behind my back!"

But the majority of those who experience same-sex attraction sense they are "different" or "other than" from very early in life, and at some point they are encouraged to identify this difference as being gay. These people may experience "pre-conditions" that dispose them toward homosexuality, such as a sensitive and gentle temperament in boys, which is not recognized as acceptably masculine in our culture. Another may be poor eye-hand coordination that prevents a boy from doing well at sports, which is a sure way to invite shame and taunting from other boys (and, most unfortunately, from some of their own fathers and family members). Family relationships are usually very important in the development of homosexuality; the vast majority of those who struggle with same-sex attraction experienced a hurtful relationship with the same-sex parent in childhood. The presence of abuse is a recurring theme in the early lives of many homosexual strugglers. In one study, 91% of lesbian women reported childhood and adolescent abuse, 2/3 of them victims of sexual abuse.{1} There is a huge difference, however, between predispositions that affects gender identity, and the choices we make in how we handle a predisposition. Because we are made in the image of God, we can choose how we respond to the various factors that may contribute to a homosexual orientation.

Q. Wouldn't the presence of pre-conditions let homosexuals

“off the hook,” so to speak?

A. Preconditions make it easier to sin in a particular area. They do not excuse the sin. We can draw a parallel with alcoholism. Alcoholics often experience a genetic or environmental pre-condition, which makes it easier for them to fall into the sin of drunkenness. Is it a sin to want a drink? No. It’s a sin to drink to excess.

All of us experience various predispositions that make it easier for us to fall into certain sins. For example, highly intelligent people find it easier to fall into the sin of intellectual pride. People who were physically abused as children may fall into the sins of rage and violence more easily than others.

Current popular thinking says that our behavior is determined by our environment or our genes, or both. But the Bible gives us the dignity and responsibility missing from that mechanistic view of life. God has invested us with free will—the ability to make real, significant choices. We can choose our responses to the influences on our lives, or we can choose to let them control us.

Someone with a predisposition for homosexuality may fall into the sin of the homosexual behavior much more easily than a person without it. But each of us alone is responsible for giving ourselves permission to cross over from temptation into sin.

Q. What’s the difference between homosexual temptation and sin?

A. Unasked-for, uncultivated sexual desires for a person of the same sex constitute temptation, not sin. Since the Lord Jesus was “tempted in every way, just as we are (Hebrews 4:15),” He fully knows the intensity and nature of the temptations we face. But He never gave in to them.

The line between sexual temptation and sexual sin is the same for both heterosexuals and homosexuals. It is the point at which our conscious will gets involved. Sin begins with the internal acts of lusting and creating sexual fantasies. Lust is indulging one's sexual desires by deliberately choosing to feed sexual attraction—you might say it is the sinful opposite of meditation. Sexual fantasies are conscious acts of the imagination. It is creating mental pornographic home movies. Just as the Lord said in the Sermon on the Mount, all sexual sin starts in the mind long before it gets to the point of physical expression.

Many homosexuals claim, "I never asked for these feelings. I did not choose them," and this may be true. That is why it is significant to note that the Bible specifically condemns homosexual *practices*, but not undeveloped homosexual feelings (temptation). There is a difference between having sexual feelings and letting them grow into lust. When Martin Luther was talking about impure thoughts, he said, "You can't stop the birds from flying over your head, but you can keep them from building a nest in your hair."

Q. Isn't it true that "Once gay, always gay?"

A. It is certainly true that most homosexuals never become heterosexual—some because they don't want to, but most others because their efforts to change were unsuccessful. It takes spiritual submission and much emotional work to repent of sexual sin and achieve a healthy self-concept that glorifies God.

But for the person caught in the trap of homosexual desires who wants sexual and emotional wholeness, there is hope in Christ. In addressing the church at Corinth, the Apostle Paul lists an assortment of deep sins, including homosexual offenses. He says,

> And that is what some of you *were*. But you were washed,

> you were sanctified, you were justified in the name of the Lord Jesus Christ (1 Corinthians 6:11).

This means there were former homosexuals in the church at Corinth! The Lord's loving redemption includes eventual freedom for *all* sin that is yielded to Him. Some (rare) people experience no homosexual temptations ever again. But for most others who *are* able to achieve change, homosexual desires are gradually reduced from a major problem to a minor nuisance that no longer dominates their lives. The probability of heterosexual desires returning or emerging depends on a person's sexual history.

But the potential for heterosexuality is present in everyone because God put it there.

See our article "Can Homosexuals Change?" at www.probe.org/can-homosexuals-change/.

Q. If homosexuality is such an abomination to God, why doesn't it disappear when someone becomes a Christian?

A. When we are born again, we bring with us all of our emotional needs and all of our old ways of relating. Homosexuality is a relational problem of meeting emotional needs the wrong way; it is not an isolated problem of mere sexual preference. With the power of the indwelling Spirit, a Christian can cooperate with God to change this unacceptable part of life. Some people—a very few—are miraculously delivered from homosexual struggles. But for the majority, real change is slow. As in dealing with any besetting sin, it is a process, not an event. Sin's power over us is broken at the moment we are born again, but learning to depend on the Holy Spirit to say no to sin and yes to godliness takes time. 2 Corinthians 3:18 says, "We…are being transformed into His likeness from glory to glory." Transformation (*this* side of eternity!) is a process that takes a while. Life in a fallen world is a painful struggle. It is not a pleasant thing to

have two oppositional natures at war within us!

Homosexuality is not one problem; it is symptomatic of other, deeper problems involving emotional needs and an unhealthy self-concept. Salvation is only the beginning of emotional health. It allows us to experience human intimacy as God intended us to, finding healing for our damaged emotions. It isn't that faith in Christ isn't enough; faith in Christ is the *beginning*.

Q. Does the fact that I had an early homosexual experience mean I'm gay?

A. Sex is strictly meant for adults. The Song of Solomon says three times, "Do not arouse or awaken love until it so desires." This is a warning not to raise sexual feelings until the time is right. Early sexual experience can be painful or pleasurable, but either way, it constitutes child abuse. It traumatizes a child or teen. This loss of innocence does need to be addressed and perhaps even grieved through, but *doesn't* mean you're gay.

Sexual experimentation is something many children and teens do as a part of growing up. You may have enjoyed the feelings you experienced, but that is because God created our bodies to respond to pleasure. It probably made you feel confused and ashamed, which is an appropriate response to an inappropriate behavior. Don't let anyone tell you it means you're gay: it means you're human.

Even apart from the sexual aspect, though, our culture has come to view close friendships with a certain amount of suspicion. If you enjoy emotional intimacy with a friend of the same sex, especially if it is accompanied by the presence of sexual feelings that emerge in adolescence, you can find yourself very confused. But it doesn't mean you're gay.

It is a tragic myth that once a person has a homosexual experience, or even *thinks* about one, that he or she is gay

for life.

Q. Are homosexuals condemned to hell?

A. Homosexuality is not a "heaven or hell" issue. The *only* determining factor is whether a person has been reconciled to God through Jesus Christ.

In 1 Corinthians 6, Paul says that homosexual offenders and a whole list of other sinners will not inherit the kingdom of God. But then he reminds the Corinthians that they have been washed, sanctified, and justified in Jesus' name. Paul makes a distinction between unchristian behavior and Christian behavior. He's saying, "You're not pagans anymore, you are a holy people belonging to King Jesus. Now *act* like it!"

If homosexuality doesn't send anyone to hell, then can the believer indulge in homosexual behavior, safe in his or her eternal security? As Paul said, "May it never be!" If someone is truly a child of God, he or she cannot continue sinful behavior that offends and grieves the Father without suffering the consequences. God disciplines those He loves (Hebrews 12:6). This means that ultimately, no believer gets away with continued, unrepented sin. The discipline may not come immediately, but it will come.

Q. How do I respond when someone in my life tells me he or she is gay?

A. Take your cue from the Lord Jesus. He didn't avoid sinners; He ministered grace and compassion to them—without ever compromising His commitment to holiness. Start by cultivating a humble heart, especially concerning the temptation to react with judgmental condescension. As Billy Graham said, "Never take credit for not falling into a temptation that never tempted you in the first place."

Seek to understand your gay friends' feelings. Are they comfortable with their gayness, or bewildered and resentful of

it? Understanding people doesn't mean that you have to agree with them—but it *is* the best way to minister grace and love in a difficult time. Accept the fact that, to this person, these feelings are normal. You can't change their minds or their feelings. Too often, parents will send their gay child to a counselor and say, "Fix him." It just doesn't work that way.

As a Christian, you are a light shining in a dark place. Be a friend with a tender heart and a winsome spirit; the biggest problem of homosexuals is not their sexuality, but their need for Jesus Christ. At the same time, pre-decide what your boundaries will be about what behavior you just cannot condone in your presence. One college student I know excuses herself from a group when the affection becomes physical; she just gets up and leaves. It is all right to be uncomfortable around blatant sin; you do not have to subject yourself—and the Holy Spirit within you—to what grieves Him. Consider how you would be a friend to people who are living promiscuous heterosexual lives. Like the Lord, we need to value and esteem the person without condoning the sin.

Note

1. Anne Paulk, *Restoring Sexual Identity* (Eugene OR: Harvest House, 2003), p. 246.

For further reading:

• Bergner, Mario. *Setting Love in Order: Hope and Healing for the Homosexual.* Baker, 1995.

• Paulk, Anne. *Restoring Sexual Identity*. Eugene OR: Harvest House, 2003.

• Dallas, Joe. *Desires in Conflict*. Eugene, OR: Harvest House, 1991. (Particularly good!)

• Konrad, Jeff. *You Don't Have to Be Gay*. Pacific Publishing, 1987. (This is directed at young men. I can't recommend this

one highly enough.)

• Satinover, Jeffrey. *Homosexuality and the Politics of Truth*. Baker, 1996.

• Schmidt, Thomas E. *Straight & Narrow? : Compassion & Clarity in the Homosexuality Debate*. Intervarsity Press, 1995.

• Worthen, Anita and Bob Davies. *Someone I Love is Gay: How Family and Friends Can Respond*. Intervarsity Press, 1996.

• The website of Living Hope Ministries, an outreach in the Dallas/Ft. Worth area. Of particular interest are the online testimonies and especially an excellent online support group, a confidential, free, moderated message board for strugglers, overcomers and those who seek to encourage and uplift. www.livehope.org

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Trash Your Marriage in Eight Easy Steps – A Christian Perspective

Sue Bohlin helps us take a biblical perspective on eight activities and attitudes that will tear down our marriage. Fortunately, she also provides us eight Christian alternatives that will help build up our marriages.

The divorce rate is at an all-time high, and marriages are falling apart everywhere you look. Marriages of church-going people are crashing and burning especially fast. There are forces in our culture that contribute to marriage stresses

such as pornography, the prevalence of drivenness, two-career families, and the dynamics of the blended family. But people also make foolish choices to destroy their marriages from within.

Talking about the family, Proverbs 14:1 says, “The wise woman builds her house, but the foolish tears it down with her own hands.” Ephesians 5:28 exhorts husbands to love their wives as their own bodies, nourishing and cherishing them. God’s plan is that we treasure and cultivate our marriages, but it’s very easy to trash them instead. Let’s take a tongue-in-cheek look at eight ways that people trash their marriages.

Be Selfish

The first step is to *be selfish*. My pastor once said that the AIDS of marriage is justified self-centeredness. Everything needs to revolve around you because, let’s face it, you *are* at the center of the universe, right? If you find something you like to do that ignores your spouses’ feelings and interests, go ahead and do it! Too bad if they don’t like it! You only go around once in life, so grab for all the gusto you can get!

Always insist on having things your own way. If you don’t get your own way, throw a tantrum. Or freeze your spouse out. Get your kids involved in this game by saying things like, “Would you please ask your father to pass the salt?” Don’t be afraid to withhold sex if your spouse isn’t letting you have things your own way. There’s a *lot* of power in that, so don’t waste it!

If there’s only enough money in your budget for what one of you wants, make sure you get what *you* want. Especially if you’re the wage earner, or if you make more than the other. Money is power, and don’t be afraid to use it against your spouse!

Make demands instead of requests. Wives, let your husband know

that he *will* do things your way, or you'll make his life miserable. Husbands, when you want your wife to do something, just *tell* her to do it. "Please" and "thank you" are for the kids. This is your spouse you're talking about—they don't need it. Save all your courtesy for strangers; don't waste it on the person you said you'd spend the rest of your life with.

What we really mean to say:

Selfishness is guaranteed to hurt marriages, so ask for God's help in putting your husband or wife ahead of yourself so you *don't* trash your marriage.

Pick at Each Other

The second step is to *pick at each other.* If you know that something you do annoys your spouse, be sure to do it often. And intentionally. When she complains about it, tell her to buzz off, it's not as annoying as the stupid things she does to bug *you*. The more childish the annoying habit, the better.

Be critical of the smallest thing the other one says and does. Don't let your spouse get away with anything! Stay vigilant for every little offense. Be sure to address these small details with an air of superiority . . . unless it works better for you to act like a martyr, as if you deserve the Nobel Prize for putting up with someone who doesn't squeeze the toothpaste from the end.

Always get the last word when you're arguing. Dr. Phil McGraw has said that the most accurate predictor of divorce is when people don't allow their partners to retreat with dignity. So make your spouse feel whipped and defeated at the end of a fight. As long as you win, that's what matters.

Let The Kids Be More Important

A third step to trashing your marriage is to *let the kids become more important than your spouse.* Moms, make your

husband feel left out of the intimate, secret relationship between you and your baby. As the baby grows, continue to draw the line where it's you and your child on one side, your husband on the other. Keep your Mommy hat on all day and all night. Your kids don't care if your hair is brushed and if you put on perfume and a little makeup before Daddy comes home, so why should he?

Dads, invest all your energies into making your child succeed at what he's good at, or what you *want* him to be good at. Squeeze out Mom so that you will be your kid's favorite parent. Work so hard on homework and school projects that there's no time for family time.

Let the kids and your other priorities crowd out your "alone together" time. Date nights are for unmarried people! In order to be fulfilled as a person, it is essential to invest all your energies in parenting, career, housework, church commitments and hobbies, so don't worry if there isn't enough time left over for the two of you. It's no big deal. There's always tomorrow. Or next year.

What we really mean to say:

Hey! If you find yourself doing these things, *stop*! You don't have to trash your marriage!

Show Disrespect

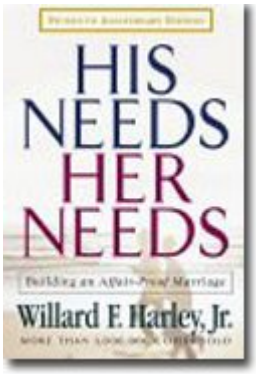
Show disrespect for your spouse, especially in public. One of the best ways to disrespect your partner is ugly name-calling, especially about things he or she can't change. However, the old standbys of "stupid," "fat," "ugly," "weak," and "loser" are always effective, too.

Complain about your spouse to your friends. It's even more powerful if you do it in front of your spouse. Then, if he objects, punch him in the arm and say, "I'm just kidding! You take everything so *seriously!*"

There are a number of ways to show disrespect with nonverbal communication. Roll your eyes, cluck your tongue, narrow your eyes in contempt. The heavy sigh is a real winner, too.

Wives: Straighten out your husband when he makes a mistake, especially in front of others. Lecture him. Ridicule him: his feelings, his behavior, his dreams, his thoughts. Do everything you can to emasculate your husband. Husbands: Let your wife know you think your opinion is better than hers. Interrupt her when she's speaking.

Refuse to Meet Emotional Needs



Another easy way to trash your marriage is *to refuse to meet your spouse's emotional needs.* Men and women need different things from their life partners. Dr. Willard Harley discovered and examined a pattern in his excellent book *His Needs, Her Needs.* Husbands' top needs, it turns out, are: first of all sexual fulfillment; second, recreational companionship; third, an attractive spouse; fourth, domestic support; and fifth, admiration. Wives, if you want to trash your marriage, ignore his need for sex and that you be there for him in leisure time. Blow off his desire that you look your best and he can be proud that you're his wife. Make your home as stressful and chaotic as you can, and never, ever tell him what you admire about him.

Wives' top needs are: first of all affection; second conversations; third, honesty and openness; fourth, financial commitment; and fifth, family commitment. So guys, if you want to trash your marriage, don't show your wife you love and appreciate her. Don't talk to her. Close off your heart to her. Make her constantly worry about finances. Don't be a faithful husband and father.

Dr. Harley's got a Web site, MarriageBuilders.com, that has a

lot of good, practical information for building strong marriages, so you'd better stay away from there if you're not interested in being intentional and constructive!

Remember, we're being tongue-in-cheek here. We want you to *build* your marriage, not *trash* it!

Treat Your Friends Better than Your Spouse

The sixth easy step to trashing your marriage is to *treat your friends better than your spouse.* Since a lot of men unfortunately don't even have friends, this is something women tend to do more. Women know how to treat their girlfriends. They call them up just to encourage them. They drop off flowers for no reason. They send them cards, and they listen intently to whatever's going on in their lives. They are emotionally invested in their friends. They are quick to mention when someone looks nice or does something well because women are usually good at affirming each other. If you want to trash your marriage, don't do any of these thoughtful kindnesses for your husband. If your girlfriend is having a bad day, go out of your way to take her a wonderful casserole *and* fresh salad *and* dessert . . . but serve your husband Spaghetti-O's.

But husbands, if your wife needs you for something at home, and your buddy scores some tickets to a game, tell your wife "too bad, so sad." After all, she'll be around forever but tonight's hockey game won't. If someone at church or in the neighborhood needs something fixed, drop everything to take care of it, even if it means that the broken things around *your* house will continue to go unfixed.

Be a Pansy

Step number seven for trashing your marriage has two parts. Husbands, *be a pansy*. Retreat into the safety of passivity.

Refuse to take initiative or responsibility in making plans or suggestions. That way, when things go wrong, you can say, “Don’t blame me! It’s not my fault!” These are great ways to trash your marriage.

Be His Mother

Wives, *be a mother* to your husband. When people ask how many children you have, say things like, “Two—three, if you count my husband.” Tell him to wear a coat when it’s cold and take an umbrella when it’s raining, because he can’t figure it out on his own. Be sure to say “I told you so” as often as possible. If he is passive or irresponsible, jump in and rescue him so he won’t have to deal with the consequences of his own choices. Make sure he feels three years old. Tell him how to live his life, down to the smallest detail.

What we really mean to say:

Please, if you find yourself doing these things, ask for God’s help in being *con*structive instead of *de*structive. We want to help you *build* your marriage, not *trash* it.

When You’re Angry, Blow Up

Let’s talk about one final way to trash your marriage. Yell and scream, or quietly say hurtful words; it doesn’t matter. Inflicting pain is the important thing. Call each other names in the heat of your emotion. Dredge up the past and bring up old hurts. You can hit or slap with words as well as with hands, and they each leave a different kind of lasting damage to your spouse and to your marriage. Losing control when you’re angry is a powerful way to hurt your spouse.

Build Your Marriage in Eight *Harder* Steps

Well, enough of ways to trash your marriage—how about eight steps to build it? All we have to do is look at the opposite

of this article's negative, destructive steps.

To build your marriage, fight selfishness by developing a servant's heart. Commit yourself to acting in your spouse's best interests. Do at least one unselfish deed for your husband or wife every day.

Second, instead of picking at each other, choose to let things go. Be grace-givers. Remember that "love covers a multitude of sins" (1 Pet. 4:8).

Third, be intentional in keeping your marriage at the center of your family. Have regular date nights, and schedule times away to invest in the intimacy of your relationship. Go to a FamilyLife Marriage Conference (www.familylife.com).

Fourth, commit to actively be respectful to your spouse by never saying anything negative to other people. Be kind in your words and actions. Treat each other as courteously and with the kind of honor you would bestow on a stranger or a dear friend.

Fifth, talk about your spouse's particular emotional needs. Read Willard Harley's excellent book *His Needs, Her Needs.* Find out which ones are most important to *your* partner, and do everything in your power to meet them.

Sixth, treat your husband or wife at least as well as you treat your friends. Be as thoughtful and encouraging and affirming as you can possibly be.

Seventh: Ladies, resign as your husband's mother. You married an adult; treat him with the respect an adult deserves. Men: Your wife needs a servant-leader—someone who refuses either passivity or tyranny—to love her as Christ loves the church.

And last, when you're angry, express it wisely and constructively. Use words like "I'm angry about this" instead of yelling or hurtful silence. If you're too mad to speak with

self-control, wait till you cool down. And don’t go to bed without dealing with the situation (Eph. 4:26).

You don’t *have* to trash your marriage. You can treasure it instead.

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Laugh a Little: It’s Good For Your Health

Had a good laugh recently? Need one?

Stressful days can invite comic relief. Doctors realize that laughter can enhance physical and mental health. Now it seems even looking forward to laughter can be good for you.

WebMD reports that Lee Berk, MD, a University of California Irvine medical professor, and his associates have for years investigated how moods affect immune systems and illness. They’ve found laughter has a role in fighting viruses, bacteria, cancer and heart disease.

Stress can hamper your immune system; a good chuckle can help. Berk found earlier that watching a one-hour humorous video reduced stress hormone secretion and helped the immune system counter viruses and bacteria.

But there’s more: Berk now says the mere anticipation of laughing can help. He studied ten men, measured their stress signs, and told them that in about three days they would see a humorous video. In each man, spirits lifted before viewing the video.

Two days before the viewing, depression was down 51 percent, confusion 36 percent, anger 19 percent, fatigue 15 percent and tension 9 percent. Right after the viewing, depression and anger were both down 98 percent, fatigue 87 percent, confusion 75 percent and tension 61 percent.

Berk feels anticipating humor brightens life and affects health. He calls this influence the “biology of hope.” Berk says, “Positive anticipation of humor starts the ball rolling in a sense, in which moods begin to change in ways that help the body fight illness. We believe this shows that even anticipation can be used to help patients recover from a wide range of disorders.”

Moral: Planning humor can benefit your health. Watch a funny movie, spend time with humorous people. Tell your boss, professor, clergy or club chairperson to liven up their speeches a bit if they want healthy employees, students, or members. Put laugh-breaks on your calendar, since anticipation is part of the therapy.

A Jewish proverb observes, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” Paul, a first-Century follower of Jesus, emphasized hope: “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope. . .” Those biblical writers have some good advice now and then, practical stuff for everyday life.

The other day, a friend sent what he claimed were comments from federal employee performance evaluations. Maybe because I’ve encountered a groundswell of administrivia-creating bureaucrats recently, some of the remarks left me roaring. . .and feeling much better. With apologies to the many capable federal workers, know anyone like this?

“Since my last report, this employee has reached rock bottom and has started to dig.”

“I would not allow this employee to breed.”

“This young lady has delusions of adequacy.”

“He sets low personal standards and then consistently fails to achieve them.”

“Got a full 6-pack, but lacks the plastic thing to hold it all together.”

Those biblical writers would probably tell me to pray for those who hassle me, advice I should heed. But this laughter-break lifted my spirits and got me going again.

So, laugh more. You’ll like it. And say, have you heard the one about. . .?

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Romantic Hyperbole: A Humorous Look at Honesty in Love

It seemed like a good idea at the time.

It would be a great way to express my enduring affection for my wife. I would find seven romantic birthday cards and give one to Meg each day for a week, starting on her birthday. It would continue a sweet tradition begun before we married.

Each card would have a simple picture that would tenderly convey our feelings for one another. Inside would be an endearing slogan or affirmation to which I would add a personal expression of my love for her.

I didn’t foresee that Day Three would bring an ethical dilemma.

I carefully selected the cards and arranged them in an appropriate sequence. Day One showed a cute puppy with a pink rose. Inside: “You’re the one I love.”

Day Two featured a picture of a little boy and girl in a meadow with their arms over each other’s shoulders. The slogan: “Happy Birthday to my favorite playmate.”

Day Three depicted a beautiful tropical sunset: bluish pink sky, vast ocean, silhouetted palm trees. You could almost feel the balmy breeze. Inside: “Paradise is anywhere with you”, to which I added personal mention of places holding special memories for us: an island vacation spot, a North Carolina hotel, our home.

I completed the remaining cards, dated the envelopes, and planned to bestow one card each morning of her birth week. Then reality happened.

You see, I had agreed to go camping with her for Days One and Two. Camping is something Meg thrives on—outdoor living, clean air, hiking, camp fires. It’s in her blood. Camping is something I did in Boy Scouts—dust, mosquitoes, noisy campers, smelly latrines. It ranks just below root canals on my list of favorites.

We camped at a state park only fifteen minutes from our home. On her birthday morning, she liked the fluffy puppy. Day Two, the cute kids made her smile. So far, so good.

Meanwhile, I was tolerating camping, doing my best to keep my attitude positive. The food was OK; the bugs were scarce. After two days, I was ready to go home as planned. Meg wanted to stay an extra day. We each got our wish.

Once home and alone, I pulled out Meg’s card for “Day Three,”

the one with the tropical sunset and the “paradise is anywhere with you” slogan.

Should I give her the card? I had chosen to leave the campground. “But,” I reasoned with myself, “the slogan was true lots of the time.”

I settled on a compromise, a post-it note on the envelope explaining, “You may find that this card contains just a bit of romantic hyperbole.”

Might giving it a clever-sounding label defuse my hypocrisy?

The echoes of her laughter still reverberate through our home. I got off easy.

“Speak the truth to each other,” wrote a Jewish sage. “Speak. . . the truth in love,” advocated a first-century biblical writer. Wise advice for just about any relationship.

“Romantic hyperbole” has become a humorous gauge of truthfulness in our relationship, a test for honesty. Neither of us enjoys every location on earth. She feels some sporting events are a waste of time. I can get bored at shopping malls. But as long as we are honest with each other about our feelings, the bond seems to grow stronger.

That’s no hyperbole.

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Love Myths

Soul Mates

In this article we are going to focus on a few of the myths surrounding love and romance that can have a negative effect on dating and marriage. Some of these ideas have become so pervasive in our society that it may seem heretical to label them as myths. But as we will see, they can have a devastating impact if they are accepted uncritically.

The first myth is the belief that you will know when you meet "the one." Of course, this assumes that there is only one person who is right for you—a soul mate you must find and marry. Garry Friesen in his book *Decision Making & the Will of God* (along with many other Christian writers) question whether there is *only* one right person for you to marry. But I will set aside this theological question to focus on some relevant practical issues.

First, is the problem of a false positive. We have all heard stories about couples who met and immediately one or both of them knew they were going to marry the other person. Often we call this "love at first sight." But we don't hear as much about the many other people who met, thought they had met "the one," but later decided not to get married or ended up getting married and then divorced.

Certain people come into our lives and we immediately "click" with them. Why? We carry around in our minds a template of what that certain ideal person may be. It is influenced by our family background, our own expectations, books, movies, and personal experiences. When that template comes into our lives sparks fly. We may not even know much about that person's social, family, and religious background, but we are immediately attracted to him or her. We may feel that he or she is "the one," but over time our relationship may surface concerns that might be detrimental to a successful marriage. Unfortunately, many people can be blinded by a belief that they have met "the one" and thus ignore important warning

signs.

Second is the problem of the false negative. We also no doubt have heard stories of couples who weren't attracted to each other when they first met. Many didn't even like the other person. Only over time did they get to know each other and began to see admirable qualities in what became their marriage partner.

Pepper Schwartz in her book *Everything You Know About Love and Sex Is Wrong* (New York: Pedigree, 2000) says we are a romance-addicted society. We love movies with Tom Hanks and Meg Ryan, but life is more complicated than what is portrayed in movies with skillfully written plots, blended music, beautiful actors, and exotic locations.

Choosing a marriage partner requires more than romance and emotion. For every story someone tells of finding "the one" and experiencing "love at first sight," there are many more where those initial emotions turned out to be wrong.

Two Peas in a Pod

The second love myth is the belief that you should be similar to your partner. This myth is quite pervasive in part because there is some truth to it. Obviously, there should be some common basis of belief within a marriage. The Bible warns Christians not to be "unequally yoked together with unbelievers." (2 Cor. 6:14) And there should be some common areas of social and cultural similarity.

But I believe we should question the prevailing belief that your life partner should be the same age, height, and race while having the same interests, gifts, and abilities. As some marriage counselors have said, "If your mate is exactly like you, then one of you is redundant." Strong marriages celebrate the differences and work to have each person's gifts and abilities complement the other. One partner may be good with

the finances. The other partner may be good in the kitchen. One partner may be good at details. The other partner may be able to look at the bigger picture and plan for the future. Each partner's gifts complement the other partner's gifts.

In many cases, having a similar partner can actually be a source of conflict. Kevin Leman has found that two "first-borns" bring their perfectionist tendencies into a marriage. They will often "pick" at each other leading to increased marital conflict. Does that mean that two first-born children should never marry? Of course not. But they might want to reconsider whether they want to marry someone who is so similar to them.

What about differences in age? Couples should obviously consider the implications of vast differences in age in terms of energy level, hobbies, activities, and friendships. But there is also good reason to begin to rethink the prevailing assumption that compatibility must be based upon similar ages. Once again different ages and life experiences might be a significant way to bring complementarity into a marriage.

The same could be said about difference in ethnicity. Not so long ago, society frowned upon so-called mixed marriages. Today, more and more marriage partners come from different ethnic and racial backgrounds. While we still tend to marry people who come from the same social and cultural background, this trend seems to be changing.

The key point is this: you don't have to be similar to your partner to have a good marriage. In fact, your differences might actually help you to complement each other in marriage.

Annoying Habits

Now I would like to focus on the question of whether little annoying habits are unimportant in a long-term relationship.

When we are in love, little things like bad manners or chronic

lateness may seem insignificant. Besides, we reason, we can always change our partner later on so that this is no longer a problem. We may even convince ourselves that these little annoying habits are kind of cute.

Well, they may seem cute in the courtship phase of a relationship, but they usually don't stay cute once you are married and have to deal with them every day. In fact, small habits often grow into bigger habits once they are indulged.

The book *Everything You Know About Love and Sex Is Wrong* describes a study done by Professor Diane Femly at the University of California-Davis. The researcher asked people why they married and then why they divorced. The reasons for both were often quite similar. The only difference is that what was once sweet had now turned sour.

For example, a person might say: "I married him for his incredible sense of humor." When asked why they broke up, she might say: "He was always silly, he was a lightweight." Another person might cite her partner's creativity and spontaneity as a big attraction, but later said of her spouse that he was "a dreamer" who "couldn't stick with any one thing, couldn't plan anything ahead of time."

So it wasn't that these people didn't know who they married. Their spouse hadn't changed, but their tolerance of their habits had changed. What was a minor annoyance before they married, became a major reason for their breakup later on.

Frankly, I believe one of the real tests in a marriage are the minor annoyances of everyday life because they accumulate day after day. A quirky habit might be even attractive when you first encounter it, but with daily repetition can become annoying and irksome.

A related issue is the iceberg problem. Most of the mass of an iceberg is below the surface. Likewise, most of the really difficult problems a person may have will stay below the

surface during the dating and courtship phase of a relationship. Many couples, in fact, awake on their honeymoons to an entirely different person than the one they thought they married.

Here are a few issues to consider:

- *Cleanliness: what might at first seem like an admirable lack of vanity may indicate a general lack of personal hygiene.*

- *Neatness: although keeping things in order may seem like a small thing, it can develop into a major problem in marriage reminiscent of scenes from "The Odd Couple."*

The bottom line is this: consider the long-term impact these little annoying habits will have in your marriage, *before* you get married.

Living Together

Next I would like to look at the question of living together before marriage.

In our society today, cohabitation has become an extension of dating and courtship. Couples see living together as an audition for marriage, reasoning that you want to get to know someone intimately before you marry them. Although the logic seems sound, it not only goes against biblical injunctions but against sound sociological research.

A 1999 study by sociologists David Popenoe and Barbara Dafoe Whitehead released through the National Marriage Project at Rutgers University confirms earlier studies about the danger of cohabiting and added additional detail. They found that cohabiting appears to be so counterproductive to long-lasting marriage that unmarried couples should avoid living together, especially if it involves children. Whitehead says that living

together is “a fragile family form that poses increased risk to women and children.”

Part of the reason for the danger is the difference in perception. “Women tend to see [living together] as a step toward eventual marriage, while men regard it more as a sexual opportunity without the ties of long-term commitment.” And people who live together in uncommitted relationships may be unwilling to work out problems, and instead will seek less fractious relationships with a new partner.

The National Institute for Healthcare Research has found that couples who live together and then marry report less satisfaction in their marriages than other couples. Scott Stanley at the University of Denver has found that cohabiting couples who get married have a significantly higher rate of divorce than those who did not live together.(*A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. Josey-Bass, 1998)

Couples argue that living together will provide important information about how a partner will behave and interact once married. But a cohabiting person may be quite different from a person within marriage. Marriage is a commitment for life, while cohabitation is usually a commitment for a season. That makes a big difference in a relationship. It’s like the difference between being in a play and auditioning for the play. In the first example, you are in the stage production and working to make the play the best it can be. In the second example, you are trying out for the play and have much less invested.

Couples may also argue that they can live together and eventually get married when they are ready for children. But will that day ever come? The living together arrangement actually erodes a foundation of commitment rather than strengthening it. And if the woman becomes pregnant during cohabitation rather than marriage, it is less likely that the

children will have a legal (and committed) father.

Living together before marriage may sound like a good idea, until you look at the facts.

Got Problems? Have Kids

Finally I would like to conclude by focusing on the idea that children bring a couple closer.

To begin, let’s acknowledge that Psalm 127:3 says that children are a gift from the Lord. Children are wonderful. A Christian family with children is delightful.

The issue here is the prevailing belief that bringing a child into a relationship that has problems will improve the situation. There is good evidence to believe that is not the case. If anything, a child can increase the tensions that are already present. Pepper Schwartz in her book *Everything You Know About Love and Sex Is Wrong* believes this may be the most damaging myth of the 25 myths she addresses in her book.

The fantasy that children will increase love and intimacy needs to be balanced by the reality that child-rearing also involves time and energy that can increase stress, fatigue, and worry. It will also decrease privacy and communication between partners. Unfortunately, many young couples may underestimate the impact of children on their marriage and be unprepared for the constant daily attention necessary to be a successful parent.

While having a child may be one of the most intimate things a man and a woman can do, the erosion of intimacy after the child arrives often surprises many couples. Even before the child arrives, a pregnant mother often begins to feel fat and unattractive. Once the baby arrives, she must give most of her time and attention to the child. On the positive side, she is madly in love with the child but may tend to squeeze her husband out of the picture. On the negative side, she may be

so exhausted from caring for a child all day that she has little energy left for her husband.

Even good marriages must work hard not to allow their marriage to be pulled into two parallel worlds. It is natural to begin to divide tasks and focus on those, but couples need to schedule "date nights" and "talk times" to make sure their two worlds intersect. Isolation is a natural drift in any marriage. Children and children's activities can increase isolation if marriage partners don't attempt to counter-program against the pressures that naturally will push a couple apart.

Couples should also plan ahead for a time when children are not a constant focus of the marriage. In my article on *The Second Half of Marriage,* I talk about the time when children begin to leave the nest. No longer does the marriage have to be child-focused. It should return to a partner-focused marriage. Even while a couple is traveling through "the valley of the diapers," they should keep a clear focus on the need to invest time, energy, and emotions in their partner.

Children are a gift from the Lord, but couples should understand their impact on a marriage. If a marriage has problems, having children will not bring that couple closer.

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Boys Are From Mars, Girls Are From Venus: Raising Gender-

Healthy Children

Sue Bohlin begins with the concepts from John Gray's best-seller and applies them to understanding and supporting our child's gender to develop a healthy self understanding. Recognizing the wide variation among children, she is still able to apply biblical truth from a Christian perspective to give sound advice on this important topic.

Gender Differences

John Gray's best-seller *Men Are From Mars, Women Are From Venus*{1} woke up millions of people to the truth that men and women are different, and different is good. The politically correct lie that gender is a culturally bound social construct was shown to be just that, a lie, because life doesn't work that way.

In this article I look at gender differences in boys and girls, examining the importance of supporting our children's gender to encourage a healthy self-concept as a possible means of preventing the development of homosexuality. (While I by no means wish to oversimplify this very complex subject, there are nonetheless patterns that show up in many people who experience same-sex attraction.{2})

(Disclaimer: I do realize I am painting these gender differences in broad strokes. Not every boy and not every girl will follow along these lines. However, these generalizations are true for the vast majority of children, as well as adults.)

Boys get their sense of self from achievement. They're wired to be self-reliant. One of my son's first whole sentences was, "Me do it!" They think they get extra brownie points for doing things on their own. For boys, asking for help means admitting defeat, and being offering help means being disrespected. When

I used to say, “Let Mommy help you” to my two sons, they would be offended and I never knew why. If I could do it over again, I would tell them, “Let’s see if you can do it on your own. If it doesn’t work, I’ll be glad to help.”

Girls, on the other hand, get their sense of self from relationships. Most everything is about people, and asking for help is a way to build a bridge to other people. When a girl is offered help, she often feels loved and valued. So when a Daddy from Mars lets his little girl struggle on her own, because that’s what a boy would appreciate, she can feel hurt and abandoned.

Boys are very linear in their thinking; they focus on one thing at a time. Girls are usually multi-taskers, able to juggle several things at once. Both of these are strengths. I finally learned to show respect for my boys’ one-thing-at-a-time kind of thinking by giving them my full attention when they were talking to me. Although *I* knew that I could focus on them even if my hands were busy, they didn’t think I was really listening. It’s also important for men to realize that girls can do more than one thing at a time without being disrespectful, like simultaneously embroider and truly listen to someone talk.

Boys, being linear, tend to focus on a goal, whereas girls can enjoy the process as well. I frustrated my kids so many times when they’d be dressed and ready for a soccer game and I’d think, “We’ve got 10 minutes before we have to leave! Let’s get the living room vacuumed!” They would be focused on the goal of playing soccer and I’d drive them crazy with my emphasis on the process of running a household.

Boys tend to be competitive and girls cooperative. That makes sense since boys get their sense of self from achieving, and girls get their sense of self from relationships. There has been a definite anti-male bias in many of our schools over the past several years where competition is seen as evil and

hurtful, so it's been removed whenever possible. This means educational policy has been directed *against* boys' very nature.{3} They often achieve more through competition, even friendly competition, and that includes building relationships. Boys (and men) bond best with other guys shoulder-to-shoulder, engaged in a competition or a common task. Girls (and women) bond best face-to-face. We need to support these differences for each gender to be who God made them to be.

Boys are action-oriented. Many little boys naturally throw themselves into a chair rather than sit in it. They are naturally active, which frustrates both parents and teachers, but the solution is not to drug them or try to turn them into girls. We need to change our expectations of what makes for acceptable levels of activity in boys, and provide safe channels for all that energy.

Where boys are primarily action-oriented, girls are primarily verbal. This verbal nature of females is not a design flaw; God, who defines Himself as "the Word" in the Bible, imparted that part of His own nature to girls and women. Girls' very wordiness is what allows them to connect with other people, to be the relational beings that God intended.

These differences really show up when kids get hostile. Boys will often get physical when they're mad or frustrated. The testosterone that flows through boys' bodies is part of their physical hostility, and it needs to be respected. This very same tendency to hit or kick when angered is usually channeled into the glory of adult masculinity where a man will fight to protect his family or his country.

When girls get hostile, they use their tongues. It's not true that "sticks and stones can hurt my bones but names will never hurt me." Unfortunately, more long-term damage can be inflicted with hurtful words than by hitting or kicking. That's why it's so important to teach girls what Proverbs

teaches about the destructive power of the tongue,{4} and to work at using their verbal skills to uplift and encourage and nurture.

Follow God's Rules for Marriage and Family

Although there is no one-size-fits-all explanation for why homosexuality develops, many who struggle with same-gender attraction can identify unhealthy patterns of relating in their families as they were growing up.

One of the ways that the development of a homosexual identity can be prevented is by following God's rules for marriage and the family.{5}

First, Both husband and wife have clearly defined roles. Children need to see that mothers and fathers are not interchangeable, and there are distinct roles that men and women fulfill. They need to know that a man shows his masculinity by protecting and providing for his family, using his strength to serve them and not hurt them. They need to see the beauty of femininity expressed in their mother's nurturing and intuitive capabilities.

Second, The father is an involved leader, and is warm and affectionate toward his children. All children, but most especially boys, long for their dads' acceptance, praise and physical affection. When boys don't get it, it creates an emotional void of a sense of intimate connection with a man, and a boy can grow up not comfortable with being male.

Third, The mother loves and nurtures her family without being controlling. Girls need their mothers to show them that being a female is a good and lovely gift from God, and boys need their mothers to love and respect them without smothering.

Fourth, The father loves the mother. In showing love for his

wife, the father creates the climate in which a little girl can believe it is safe and good to be a woman, and men can be trusted. When a boy sees his father loving his mother, cherishing and protecting her, he sees a man going beyond himself, the glory of masculine strength. He sees that being a man is a good and wonderful gift from God.

Fifth, The mother shows respect for the father. For the daughter, her mother's esteem for her father again shows that men are to be trusted, that women can enjoy and celebrate men. The mother's view of the father can become her view of him—and her view of men in general. Many lesbians deeply believe that men are idiots or brutes, worthless and repulsive, and something desperately sad shaped that belief.

If a boy's mother treats his father with love and respect, it says being a man is a good thing. But a weak father who accepts contempt, or a mean father who fights back, can both lead the boy to choose to identify with his mother and against his father. This just confuses his developing gender identity.

Following God's command to love wisely and well usually produces emotionally healthy kids.

Affirm Children's Gender

A wise person once said that it's easier to build a healthy child than repair an adult. The best way to build emotionally healthy children who accept and enjoy their gender is for us as parents (and grandparents and teachers) to affirm boys in their masculinity and girls in their femininity.

Boys and girls are definitely created differently from conception, and we should support those God-ordained differences. Boys who are typically active boy need to hear words of affirmation and acceptance for what makes them boys. A friend of mine recently took her little boy for a walk down to the lake. Along the way she said, "Parker, let's look for

frogs and toads. Mommy is so glad God made you a little boy so you could like yucky things like frogs and toads." When they got back to the house, his grandmother asked, "So how was your walk?" and Parker said, "Mommy's glad that I'm a boy because I like yucky things like frogs and toads!"

Boys who are NOT typically boy, those who prefer quieter pursuits like reading and music and the performing arts, especially need to be supported in their masculinity. These boys can grow up to be the King Davids in our world, and we need them! I should also point out that these sensitive, quieter types, when cherished in their masculinity, grow up to be the best kind of husbands, and men with a shepherd's heart. All boys need to hear their parents affirm their existence with comments like "I'm so glad God made you a boy" and "You're going to make a fine man when you grow up." They need to hear that a boy can be a good strong male whether or not they play sports and like rough stuff.

Feminine little girls need to be admired and cherished for their girlishness. A little girl in a new dress can be praised by her mother and friends all day long, but she won't really believe she's beautiful until her daddy tells her she is. And girls need to hear the "b" word—they they are beautiful. It's a part of the feminine heart. Not every girl or woman is beauty-pageant material, but there are many kinds of beauty, and we all need to hear that we are beautiful. Girls who aren't typically girly, the tomboys and "jockettes," especially need to be appreciated for their particular expression of femininity by praising and encouraging them. They need to know that one can be a soft, feminine lady AND a strong leader or a great athlete.

Every child's heart longs to hear "I'm so glad you're you, and I love you just the way you are."

Understanding Gender Differences

I think it's crucial for us as adults to understand gender differences in children and support them with a sense of humor, not condemnation.

One of my friends tells of an elaborate classroom Christmas craft where the kids were to fill socks with rice, tie them off and decorate them to be snowmen—a craft created by mothers of girls. The boys filled the socks with rice, tied them off and gleefully announced, "Look! A snow worm!"

I remember hearing another friend informing her young boys, "We don't roughhouse. We play quietly and gently." She didn't mean to, but she was trying to teach her boys to be girls. NOT a good plan!

Those who experience same-gender attraction, especially men, are usually uncomfortable and insecure in their masculinity or femininity. Homosexuality isn't primarily a sexual issue, but an emotional one, and it often starts with not being comfortable or confident in the gender God chose for us. So it's important to be on the lookout for signs that children might be struggling with their gender identity and may be vulnerable to developing a homosexual identity later:

- Kids who don't fit in.
- Kids who lack a close relationship with their father, especially boys.
- Kids who wear clothes and play with toys associated with the other gender.
- Boys who are TOO good, everyone seeing them as "the good little boy."
- Poor peer relationships, not bonding with other children their same sex, often lonely.
- Kids who are bullied and shamed by other kids.

In closing, let me give three suggestions for raising emotionally healthy children with a strong sense of gender:

•Cultivate warm, affectionate, respectful relationships—between husband and wife, and between parents and children. A hurtful relationship with the same-sex parent, whether real or just perceived, is the number one contributor to the later development of homosexuality.{6} Both boys and girls, but especially boys, need a daddy's approval, acceptance and affection. Girls develop problems with gender identity from not being protected and cherished. They need to be encouraged toward feminine things with a close and loving relationship with Mom.

•Cherish and support your child's gender. Understand the God-designed differences and tell them how special it is to be a boy or a girl.

•When you see patterns of inappropriate gender behavior, lovingly correct it. For instance, boys don't wear girls' clothes or makeup or jewelry. And boys don't play with Barbies the way girls do. However, it's OK to play with Barbies the way BOYS would! That would include physical aggression and sound effects as well as nurturing behavior.

God knew what He was doing when he chose each child's gender, and we would be wise to support His choice.

Notes

1. Gray, John. *Men Are From Mars, Women Are From Venus*. New York: HarperCollins Publishers, 1992.
2. For example, see *Portraits of Freedom*, Bob Davies [Downers Grove: InterVarsity Press, 2001], 9-10. Also, I highly recommend Don Schmierer's excellent book *An Ounce of Prevention: Preventing the Homosexual Condition in Today's Youth* [Word, 1998].
3. Please see my colleague Don Closson's article on the Probe Web site, "The Feminization of American Schools" at www.probe.org/the-feminization-of-american-schools/.
4. E.g., Prov. 18:21, 21:23, 25:23, 26:28.

5. I am indebted to Scott Lively's insight in his online book, *Seven Steps to Recruit-Proof Your Child* at www.defendthefamily.com/pfrc/books/sevensteps/Chapter5/index.html.
6. Lecture by Dr. Joseph Nicolosi, "Prevention of Male Homosexuality," Focus on the Family's *Love Won Out* conference, May 6, 2000, Dallas, Texas.

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Anxious for Nothing (radio transcript)

What Makes You Anxious?

What makes you feel anxious? What do you worry about? Finances? Conflict at work or with your neighbors? Making today's appointment on time? Perhaps your family or your health.

Anxiety seems everywhere these days. September 11th brought fears of flying and of the mail. Homeland security alerts have raised tensions.

A necessary war with an uncertain future can make stomachs churn. An unpredictable economy can affect bank balances, business plans, education, and retirement.

One bright sign: In the wake of the terrorist attacks, pizza sales were up. Have you ever used pizza as comfort food?

"Death is the only joy, and the only release." "Contrary to popular belief, there is no hope." These anonymous statements

from a university newspaper and classroom blackboard exhibit what psychologists call “existential anxiety,” concern over frustration with a meaningless existence.

When I was a junior at Duke University, I wrote a paper for an abnormal psychology class investigating a biblical therapy for anxiety. I had come to faith as a freshman and found it brought me peace of mind. While studying psychology, I was fascinated to see that complex psychological disorders often stem from simple problems like anxiety, problems for which faith offers practical solutions.

I sent a copy of my paper to the author of our textbook, a prominent UCLA psychologist. A month later, he replied that he liked the paper and asked permission to quote from it in the revision to his text.

I picked my jaw up off the floor and said “By all means!” Actually, the first thing I did was send a copy of his letter to my parents in Miami so they would know their son had not gone off the deep end with my involvement in a campus Christian group. (They were beginning to wonder.)

This professor’s response to the paper indicated that the principles it contains – which certainly were not original with me – had both academic and personal relevance.

Anxiety has many causes, including emotional struggles, relationship deficiencies, aimlessness, poor diet or exercise, and chemical or hormonal imbalance. In this short essay, we will consider

three possible causes: guilt, fear, and lack of friendship. And we will consider a solution to each cause that very well could make a difference in your life.

Have you felt guilty recently? Let us look at guilt, a significant cause of anxiety.

Guilty or Not Guilty?

Guilt can make you feel anxious.

What makes you feel guilty? Losing your temper? Shading the truth? Maybe taking office supplies from your employer? Cheating on your income tax return? Cheating on your spouse?

Some psychologists say that feelings of guilt come from unresolved past conflicts or from following outdated moral codes. Solutions in these views involve recognizing our past problems or relaxing our moral codes.

Of course, past problems can affect us. And many people follow overly rigid behavior codes. But should we also consider that sometimes – maybe often – people feel guilty because they are guilty?

Admitting you are wrong can be hard. Perhaps you've heard of the writer who asked his domineering editor if he had ever been wrong. "Yes," replied the editor. "I was wrong once. It was when I thought I was wrong but I wasn't."

O. H. Mowrer, a psychologist at the University of Illinois, pointed out a common dilemma for people trying to face their own shortcomings:

> *Here, too, we encounter difficulty, because human beings do not change radically until first they acknowledge their sins, but it is hard for one to make such an acknowledgement unless he has "already changed." In other words, the full realization of deep worthlessness is a severe ego "insult," and one must have a new source of strength to endure it.{1}*

A biblical perspective offers a new source or strength. The biblical God loves humans and wants our happiness. We all blow it at times, by harmful actions or unhealthy attitudes, and miss His standards. One follower of Jesus outlined what he saw

as God's solution: "God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ."{2}

If I had a traffic fine that I could not pay, you could offer to pay it for me. Similarly, Christ paid the penalty due our sins through His death on the cross. He offers us new life when we personally trust Him to forgive us. One early believer wrote, "God has purchased our freedom with his blood and has forgiven all our sins."{3} When we feel guilty, we can admit our sin to God and He will forgive us.{4}

Take it from a guilty person: being forgiven is wonderful. And the complete forgiveness – freedom from guilt – that Jesus offers is free.

Fear is another cause of anxiety; let us look at that next.

What's Your Greatest Fear?

What do you fear most? Confrontation? Maybe financial loss or abandonment? Your stomach, neck and shoulders tense up; your heart races; your mouth becomes like cotton and your breath gets short. Anxiety strikes.

Fear of death is perhaps humans' greatest fear. In college, the student living next door to me was struck and killed by lightening. Shock gripped our fraternity house. "What does it mean if life can be snuffed out in an instant?" my friends asked.

If you cannot answer the question "What will happen when you die?" you may become anxious.

Fear of circumstances – from the trivial to the traumatic – can bring anxiety. Once at a bookseller's convention my wife and I had spent an exhausting day on our feet promoting a new book. Late that night, after a reception crowd had thinned to mostly authors and our publisher, we stood in a circle engaged

in conversation. I left her side momentarily to attend to a matter.

Upon returning to the circle, I walked up behind my wife and began gently to massage her shoulders. She seemed to enjoy that, so I started to put my arms around her waist to give her a little hug. At that point, I looked up at the other side of the circle and saw . . . my wife. I had my hands on the wrong woman!

In that instant, I knew the true meaning of fear. Fear of circumstances. Even fear of death.

Is there a solution to fear? Jesus of Nazareth said He could replace fear with peace: "I am leaving you with a gift," He told His followers, "peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid."{5}

For fear of death, He offers eternal life. He told a worried friend, "I am the resurrection and the life. Those who believe in me . . . are given eternal life . . . and will never perish."{6}

Faith can help allay circumstantial fear. Believing that I am in God's hands has helped keep me calm.

Or maybe I should say calmer. My life is not fear-free. I have even become anxious about speaking on anxiety! I can be fearful over an important project, a deadline or a strained relationship. Having God as a friend has not eliminated fear, but when fear comes I know whose hand to hold.

Speaking of friendship, lack of it can also make you anxious. We will look at that next.

A Little Help from Your Friends

William Glasser, a psychiatrist, says we all experience two

basic needs: the need to love and to be loved and the need to feel a sense of worth to ourselves and to others. To satisfy these needs he recommends developing a close friendship with another person who will accept us but also confront us if we act irresponsibly.{7}

We all need close friends.

1996 was a terrible year for me. My wife of 20 years, whom I loved dearly and continue to respect, divorced me. Some trusted coworkers turned against me. I had a cancer scare. (It turned out to be kidney stones, but it still was no fun.)

Divorce hurts. Imagine the pain of the worst spat you have ever had with a friend or spouse, multiplied by a trillion. I felt like an emotional Roto Rooter was reaming me out. I cried buckets.

In the midst of my pain, several wonderful friends held my hand. They would invite me to eat or to attend a sporting event. They listened. They called to see how I was doing. They prayed for me. They sat with me in divorce court. I learned through them what true friendship can mean. They helped me to survive this tragedy and to land on my feet. I am eternally grateful.

Good friends are very important. But human friendship, necessary as it is, is still fallible. People can let us down and make mistakes in judgment. Wouldn't the ultimate in therapy consist in becoming involved with our creator? The biblical documents say that God is "faithful and righteous."{8} He never lets us down and He always has the best advice. He loves us, so much that He would send His son to die for us.

Paul, a prolific ancient writer and speaker, wrote of the depths of God's love:

> *I am convinced that nothing can ever separate us from his*

> *love. Death can't, and life can't. . . . Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."*{9}

Wouldn't it be great to have a friend like that?

Faith in God can help treat causes of anxiety like guilt, fear, and friendship-deficiency. But could faith be just a psychological trick?

Is Christianity Just a Psychological Trick?

In this article, I have claimed that God can treat several causes of anxiety such as guilt, fear and lack of friendship. You might wonder, "So what? The Christian faith could just be a psychological trick."

Sigmund Freud taught that Christian faith was merely an illusion driven by wish fulfillment, a fairy tale invented by needy humans to satisfy their emotional needs for security.

Is Jesus' belief system an illusion? Consider three issues.

First, consider the object of the Christian's faith. As somewhat of a skeptic, I was surprised to learn that the evidence for Jesus' deity, His resurrection, and the prophecies He fulfilled make a strong case for the validity of His claims.{10} The fact that Christian faith can be described in psychological terms does not negate its validity. Examine the object of any faith. If the object is valid, we would expect the faith to have practical benefits.

Second, human personality alone cannot explain all faith-related behavior. Our personalities have intellect, emotion,

and will. Many psychologists believe the will cannot completely control the emotions.{11} Nor is it likely that the intellect could completely control our emotions. Yet many followers of Jesus have suffered humiliation, beatings, torture, cruelty, and death but still have loved their enemies and forgiven their persecutors. Something beyond human personality seems at work here.

Third, the Book in which Jesus' solutions to anxiety are recorded has unusual credentials. Written over a period of 1,500 years, in three languages and by 40 different authors (most of whom never met), the biblical documents are thematically coherent, internally consistent and historically accurate.{12} Completed more than 1,900 years ago, the Bible continues to provide workable therapy for millions. A book with these credentials bears a closer look.

This article on anxiety started with a college paper that the author of our textbook found intriguing. This professor told me he lacked personal peace and wanted to know God personally. I showed him a simple four-point outline and he invited Jesus to forgive him and to be his friend. An internationally acclaimed scholar linked up with, if you will, the greatest psychologist.

Anxiety plagues millions of us. God offers genuine peace. Is that worth considering?

Notes

1. O. H. Mowrer, "Sin, the Lesser of Two Evils," quoted in Henry R. Brandt, *The Struggle for Peace*, (Wheaton IL: Scripture Press Publications, 1965).
2. 2 Corinthians 5:21, NLT.
3. Colossians 1:14, NLT.
4. 1 John 1:9.
5. John 14:27, NLT.
6. John 11:25-26, NLT.

7. William Glasser, MD, *Reality Therapy*, (New York: Harper and Row, 1965).
8. 1 John 1:9.
9. Romans 8:38-39, NLT.
10. See, for instance, Josh McDowell, *The New Evidence That Demands A Verdict*, (Nashville: Thomas Nelson Publishers, 1999).
11. S.I. McMillen, MD, *None of These Diseases,* (Old Tappen NJ: Fleming H. Revell Publishers, 1968), 77.
12. McDowell, *New Evidence*.

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