Pop Psychology Myths vs. A Biblical Point of View

Kerby Anderson compares some current myths with a Christian perspective informed by the timeless teaching of the Bible. These “pop psychology” ideas seem to make sense until one compares them with biblical insights from the creator of us all.

Go into any bookstore and you will see shelves of self-help books, many of which promote a form of “pop psychology.” Although these are bestsellers, they are filled with half-truths and myths. In this essay we are going to look at some of these pop psychology myths as exposed by Dr. Chris Thurman in his book Self-Help or Self-Destruction. If you would like more information or documentation for the issues we cover in these pages, I would recommend you obtain a copy of his book.

Myth 1: Human beings are basically good.

The first myth I would like to look at is the belief that people are basically good. Melody Beattie, author of the best-seller Codependent No More, says that we “suffer from that vague but penetrating affliction, low self-worth.” She suggests we stop torturing ourselves and try to raise our view of ourselves. How do we do that? She says: “Right now, we can give ourselves a big emotional and mental hug. We are okay. It’s wonderful to be who we are. Our thoughts are okay. Our feelings are appropriate. We’re right where we’re supposed to be today, this moment. There is nothing wrong with us. There is nothing fundamentally wrong with us.”

In other words, Beattie is saying that we are basically good. There is nothing wrong with us. At least there is nothing fundamentally wrong with us. There isn’t any flaw that needs to be corrected.

Peter McWilliams, in his best-seller Life 101, actually addresses this issue head on. This is what he says in the brief section entitled, “Are human beings fundamentally good or fundamentally evil?”

My answer: good. My proof? I could quote philosophers, psychologists, and poets, but then those who believe humans are fundamentally evil can quote just as many philosophers, psychologists, and poets. My proof, such as it is, is a simple one. It returns to the source of human life: an infant. When you look into the eyes of an infant, what do you see? I’ve looked into a few, and I have yet to see fundamental evil radiating from a baby’s eyes. There seems to be purity, joy, brightness, splendor, sparkle, marvel, happiness—you know: good.

Before we see what the Bible says about the human condition, let me make one comment about Peter McWilliams’s proof. While an infant may seem innocent to our eyes, any parent would admit that a baby is an example of the ultimate in selfishness. A baby comes into the world totally centered on his own needs and oblivious to any others.

When we look to the Bible, we get a picture radically different from that espoused by pop psychologists. Adam and Eve committed the first sin, and the human race has been born morally corrupt ever since. According to the Bible, even a seemingly innocent infant is born with a sin nature. David says in Psalm 51:5 “Behold, I was brought forth in iniquity, and in sin my mother conceived me.” The newborn baby already has a sin nature and begins to demonstrate that sin
nature early in life. Romans 3:23 tells us that “All have sinned and fall short of the glory of God.” We are not good as the pop psychologists teach, and we are not gods as the new age theologians teach. We are sinful and cut off from God.

**Myth 2: We need more self-esteem and self-worth.**

The next myth to examine is the one that claims what we really need is more self-esteem and self-worth. In the book entitled *Self-Esteem*, Matthew McKay and Patrick Fanning state, “Self-esteem is essential for psychological survival.” They believe that we need to quit judging ourselves and learn to accept ourselves as we are.

They provide a series of affirmations we need to tell ourselves in order to enhance our self-esteem. First, “I am worthwhile because I breathe and feel and am aware.” Well, shouldn’t that also apply to animals? And do I lose my self-esteem if I stop breathing? In a sense, this affirmation is a take off on Rene Descartes’s statement, “I think, therefore I am.” They seem to be saying “I am, therefore I am worthwhile.”

Second they say, “I am basically all right as I am.” But is that true? Is it true for Charles Manson? Don’t some of us, in fact all of us, need some changing? A third affirmation is “It’s all right to meet my needs as I see fit.” Really? What if I meet my needs in a way that harms you? Couldn’t I justify all sorts of evil in order to meet my needs?

Well, you can see the problem with pop psychology’s discussion of self-esteem. Rarely is it defined, and when it is defined, it can easily lead to evil and all kinds of sin.

It should probably be as no surprise that the Bible doesn’t teach anything about self-esteem. In fact, it doesn’t even define the word. What about the term *self-worth*? Is it synonymous with self-esteem. No, there is an important distinction between the terms *self-esteem* and *self-worth*.

William James, often considered the father of American psychology, defined *self-esteem* as “the sum of your successes and pretensions.” In other words, your self-esteem is a reflection of how you are actually performing compared to how you think you should be performing. So your self-esteem could actually fluctuate from day to day.

Self-worth, however, is different. Our worth as human beings has to do with the fact that we are created in God’s image. Our worth never fluctuates because it is anchored in the fact that the Creator made us. We are spiritual as well as physical beings who have a conscience, emotions, and a will. Psalm 8 says: “You have made him [mankind] a little lower than the angels, and you have crowned him with glory and honor. You have made him to have dominion over the works of Your hands, you have put all things under his feet.”

So the good news is that we bear God’s image, but the bad news is that all of these characteristics have been tainted by sin. Our worth should not be tied up in what we do, but in who God made us to be and what He has done for us.

**Myth 3: You can’t love others until you love yourself.**

Now I would like to look at the myth that you can’t love others until you love yourself. Remember the Whitney Houston song “The Greatest Love of All?” It says, “Learning to love yourself is the greatest love of all.”

Peter McWilliams, author of *Life 101*, promotes this idea in his book *Love 101* which carries the
subtitle “To Love Oneself Is the Beginning of a Lifelong Romance.” He asks, “Who else is more qualified to love you than you? Who else knows what you want, precisely when you want it, and is always around to supply it?” He believes that the answer to those questions is you.

He continues by saying, “If, on the other hand, you have been gradually coming to the seemingly forbidden conclusion that before we can truly love another, or allow another to properly love us, we must first learn to love ourselves—then this book is for you.” Notice that he not only is saying that you cannot love others until you love yourself, but that you can’t love you until you learn to love yourself.

Melody Beattie, author of CoDependent No More, believes the same thing. One of the chapters in her book is entitled, “Have a Love Affair With Yourself.” Jackie Schwartz, in her book Letting Go of Stress, even suggests that you write a love letter and “tell yourself all the attributes you cherish about yourself, the things that really please, comfort, and excite you.”

Does the Bible teach self-love? No, it does not. If anything, the Bible warns us against such a love affair with self. Consider Paul’s admonition to Timothy: “But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!” (2 Tim. 3:1-5).

The Bible discourages love of self and actually begins with the assumption we already love ourselves too much and must learn to show sacrificial love (agape love) to others. It also teaches that love is an act of the will. We can choose to love someone whether the feelings are there or not.

We read in 1 John 4, “Beloved, let us love one another, for love is of God, and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.” The biblical pattern is this: God loves us, and we receive God’s love and are able to love others.

**Myth 4: You shouldn’t judge anyone.**

Let’s discuss the myth that you shouldn’t judge anyone. No doubt you have heard people say, “You’re just being judgmental!” or “Who are you to judge me?” You may have even said something like this.

Many pop psychologists certainly believe that you shouldn’t judge anyone. In their book entitled Self-Esteem, Matthew McKay and Patrick Fanning argue that moral judgments about people are unacceptable. They write: “Hard as it sounds, you must give up moral opinions about the actions of others. Cultivate instead the attitude that they have made the best choice available, given their awareness and needs at the time. Be clear that while their behavior may not feel or be good for you, it is not bad.”

So moral judgments are not allowed. You cannot judge another person’s actions, even if you feel that it is wrong. McKay and Fanning go on to say why: “What does it mean that people choose the highest good? It means that you are doing the best you can at any given time. It means that people always act according to their prevailing awareness, needs, and values. Even the terrorist planting bombs to hurt the innocent is making a decision based on his or her highest good. It means you cannot blame people for what they do. Nor can you blame yourself. No matter how distorted or
mistaken a person’s awareness is, he or she is innocent and blameless.”

As with many of these pop psychology myths, there is a kernel of truth. True we should be very careful to avoid a judgmental spirit or quickly criticize an individual’s actions when we do not possess all the facts. But the Bible does allow and even encourages us to make judgments and be discerning. In fact, the Bible should be our ultimate standard of right and wrong. If the Bible says murder is wrong, it is wrong. God’s objective standards as revealed in the Scriptures are our standard of behavior.

How do we apply these standards? Very humbly. We are warned in the gospels “Judge not, that you be not judged.” Jesus was warning us of a self-righteous attitude that could develop from pride and a hypocritical spirit. Jesus also admonished us to “take the plank out of [our] own eye” so that we would be able to “remove the speck from [our] brother’s eye” (Matt. 7:1-5).

Finally, we should acknowledge that Jesus judged people’s actions all the time, yet He never sinned. He offered moral opinions wherever He went. He said, “I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me” (John 5:30). Judging is not wrong, but we should be careful to do it humbly and from a biblical perspective.

Myth 5: All guilt is bad.

Finally, I would like to look at the myth that all guilt is bad. In his best-seller, Your Erroneous Zones, Wayne Dyer tackles what he believes are two useless emotions: guilt and worry. Now it is true that worry is probably a useless emotion, but it is another story with guilt. Let’s begin by understanding why he calls guilt “the most useless of all erroneous zone behaviors.”

Wayne Dyer believes that guilt originates from two sources: childhood memories and current misbehavior. He says, “Thus you can look at all of your guilt either as reactions to leftover imposed standards in which you are still trying to please an absent authority figure, or as the result of trying to live up to self-imposed standards which you really don’t buy, but for some reason pay lip service to. In either case, it is stupid, and more important, useless behavior.”

He goes on to say that “guilt is not natural behavior” and that our “guilt zones” must be “exterminated, spray-cleaned and sterilized forever.” So how do you exterminate your “guilt zones”? He proposed that you “do something you know is bound to result in feelings of guilt” and then fight those feelings off.

Dyer believes that guilt is “a convenient tool for manipulation” and a “futile waste of time.” And while that is often true, he paints with too large of a brush. Some guilt can be helpful and productive. Some kinds of guilt can be a significant agent of change.

The Bible makes a distinction between two kinds of guilt: true guilt and false guilt. Notice in 2 Corinthians 7:10 that the Apostle Paul says, “Godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.”

Worldly sorrow (often called false guilt) causes us to focus on ourselves, while godly sorrow (true guilt) leads us to focus on the person or persons we have offended. Worldly sorrow (or false guilt) causes us to focus on what we have done in the past, whereas godly sorrow (or true guilt) causes us to focus on what we can do in the present to correct what we’ve done. Corrective actions that come out of worldly sorrow are motivated by the desire to stop feeling bad. Actions that come out of godly sorrow are motivated by the desire to help the offended person or to please God or to promote
personal growth. Finally, the results of worldly and godly sorrow differ. Worldly sorrow results in temporary change. Godly sorrow results in true change and growth.

Pop psychology books are half right. False guilt (or worldly sorrow) is not a productive emotion, but true guilt (or godly sorrow) is an emotion God can use to bring about positive change in our lives as we recognize our guilt, ask for forgiveness, and begin to change.

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Best Way to Avoid AIDS: Know Your Partner

The recent World AIDS Day brought accelerated national and state efforts to combat the deadly disease.

The federal Centers for Disease Control launched a major, campaign to make young Americans aware of AIDS risks, and California’s Department of Health Services announced a three-year, $6 million effort to reduce the spread of HIV in the state.

The advertising, marketing and community relations’ strategy is impressive. But is its message completely on target?

The number of AIDS cases diagnosed in the United States, recently passed 500,000. An estimated one of every 92 American males ages 27 to 39 has the HIV virus. The CDC says AIDS is now the leading killer of people ages 25 to 44. California has more than 87,000 documented AIDS cases. Many people don’t realize they’re at risk. The campaigns wisely seek to warn them.

The young adult component of the California campaign, “Protect Yourself- Respect Yourself “ promotes “safer sex” practices. It says that “latex condoms, when properly used, are an effective way to prevent (HIV) infection.” Just how safe are latex condoms?

Theresa Crenshaw, M. D., is past president of the American Association of Sex Educators, Counselors and Therapists. She once asked 500 marriage and family therapists in Chicago, “How many of you recommend condoms for AIDS protection?”

A majority of the hands went up. Then, she asked how many in the room would have sex with an AIDS-infected partner using a condom. Not one hand went up.

These were marriage and family therapists, the “experts” who advise others. Dr. Crenshaw admonished them, “It is irresponsible to give students, clients, patients advice that you would not live by yourself, because they may die by it.”

Condoms have an 85 percent (annual) success rate in protecting against pregnancy. That’s a 15 percent failure rate. But a woman can get pregnant only about six days per month. HIV can infect a person 31 days per month. Latex rubber, from which latex gloves and condoms are made, has tiny, naturally occurring voids or capillaries measuring on the order of one micron in diameter. Pores or holes 5 microns in diameter have been detected in cross sections of latex gloves. (A micron is one-thou-sandth of a millimeter.) Latex condoms will generally block the human sperm, which is much larger than the HIV virus.
But HIV is only 0.1 micron in diameter. A 5-micron hole is 50 times larger than the HIV virus. A 1-micron hole is 10 times larger. The virus can easily fit through. It’s kind of like running a football play with no defense on the field to stop you.

In other words, many of the tiny pores in the latex condom are large enough to pass the HIV virus (which causes AIDS) in its fluid medium. (HIV sometimes attaches to cells such as white blood cells; other times, it remains in the tiny cell-free state.)

Earlier this year, Johns Hopkins University reported research on HIV transmission from infected men to uninfected women in Brazil. The study took pains to exclude women at high risk of contracting HIV from sources other than their own infected sex partners. Of women who said their partners always used condoms during vaginal intercourse, 23 percent became HIV-positive. Risk reduction is not risk elimination.

One U. S. Food and Drug Administration study tested condoms in the laboratory for leakage of HIV-size particles. Almost 33 percent leaked. That’s one in three.

Burlington County, New Jersey, banned condom distribution at its own county AIDS counseling center. Officials feared legal liabilities if people contracted AIDS or died after using the condoms, which the county distributed.

Latex condoms are sensitive to heat, cold, light and pressure. The FDA recommends they be stored in “a cool, dry place out of direct sunlight, perhaps in a drawer or closet.” Yet they are often shipped in metal truck trailers without climate control. In winter, the trailers are like freezers. In summer, they’re like ovens. Some have reached 185 degrees Fahrenheit inside. A worker once fried eggs in a skillet next to the condoms, using the heat that had accumulated inside the trailer.

Is the condom safe? Is it safer? Safer than what?

Look at it this way. If you decide to drive the wrong way down a divided highway, is it safer if you use a seat belt? You wouldn’t call the process “safe.” To call it “safer” completely misses the point. It’s still a very risky—and a very foolish—thing to do.

AIDS expert Dr. Robert Redfield of the Walter Reed Hospital put it like this at an AIDS briefing in Washington, D. C.: If my teenage son realizes it’s foolish to drink a fifth of bourbon before he drives to the party, do I tell him to go ahead and drink a six-pack of beer instead?

According to Redfield, when you’re talking about AIDS, “Condoms aren’t safe, they’re dangerous.”

“Condom sense” is very, very risky. Common sense says, “If you want to be safe, reserve sex for a faithful, monogamous relationship with an uninfected partner.”

At this season of the year, much attention is focused on a teacher from Nazareth, who said, “You shall know the truth, and the truth shall make you free.” Could it be that the sexual practice that he and his followers advocated—sexual relations only in a monogamous marriage—is actually the safest, too? AIDS kills. Why gamble with a deadly disease?

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Margin: Space Between Ourselves and Our Limits

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

The Problem with Progress

Until very recently most Americans had a blind faith in progress; we acknowledged that modern life brought problems but considered that such were inevitable and could be dealt with and eventually overcome. Over the past few years, however, discerning people have begun to ask, “What went wrong? With all the advancements we have made, life should be better. Instead, many aspects of our lives are worse than they were just a few years ago. What happened?”

In this article we are looking at a very important book by Richard A. Swenson, a medical doctor. The book is Margin: How to Create the Emotional, Physical, Financial, and Time Reserves You Need. Dr. Swenson’s thesis is that though scientific progress benefits us in numerous ways, it also brings with it inevitable pains that must be ruthlessly resisted if one is to live a balanced life, and especially a life that reflects Christian values/virtues.

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

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

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

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

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

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

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

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

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

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

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

The Problem of Stress

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

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

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

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

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

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

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

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

**Building Margin into our Lives**

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

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

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

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

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

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

Clearly time becomes a problem for a society like ours. Some the author’s suggestions for countering the time crunch are countercultural and tough to implement, but then continuing on in the same direction most of us are going is difficult as well. He suggests practicing saying “No,” turning off the television, practicing simplicity, and getting less done but doing the right things.

Many of us need to make some thoughtful and hard choices.

The author’s suggestions for gaining a margin in time are preceded with a reminder that of the ten top stressors of family life, four have to do with insufficient time: insufficient couple time, “me” time, family play time, and overscheduled family calendars.
Why do we need to prune our time wasters? Because time is for people and relationships, subjects very dear to God.

**A Plan of Action**

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

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

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

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

Simplicity has much to offer harried twentieth-century man. But it isn’t easy. It takes effort to discard the superfluous and concentrate on the core elements of life. There has always been an attraction to simplicity; the difficulty has been in achieving it. The simple life the author calls us to is not so much to escape modern life as to transcend it.

Envy is the enemy of contentment and form of self-inflicted torture. Yet because envy is the chief ingredient of advertising and the mainspring of political and social movements, it is difficult for many to see its destructiveness. We need to follow Paul who learned contentment in whatever circumstance he found himself (Phil. 4:11-12; 1 Tim. 6:6-10). The practice of contentment brings margin into our lives.

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

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

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

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

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Broken Homes, Broken Hearts - A Christian Perspective on Sex Outside of Marriage

Kerby Anderson examines the impact of teen pregnancies on our society from a Christian, biblical worldview perspective. He suggests steps we must take if Christians are to combat this problem of our American society.

As the family goes, so goes society.

Families are the bedrock of society. When families fall apart, society falls into social and cultural decline. Ultimately the breakdown of the American family is at the root of nearly every other social problem and pathology.

Just a few decades ago, most children in America grew up in intact, two-parent families. Today, children who do so are a minority. Illegitimacy, divorce, and other lifestyle choices have radically altered the American family, and thus have altered the social landscape.

Karl Zinsmeister of the American Enterprise Institute has said, “There is a mountain of scientific evidence showing that when families disintegrate, children often end up with intellectual, physical and emotional scars that persist for life.” He continues, “We talk about the drug crisis, the education crisis, and the problem of teen pregnancy and juvenile crime. But all these ills trace back predominantly to one source: broken families.”

Broken homes and broken hearts are not only the reason for so many social problems. They are also the reason for the incumbent economic difficulties we face as a culture. The moral foundation of society erodes as children learn the savage values of the street rather than the civilized values of culture. And government inevitably expands to intervene in family and social crises brought about by the breakdown of the family. Sociologist Daniel Yankelovich puts it this way:

Americans suspect that the nation’s economic difficulties are rooted not in technical economic forces (for example, exchange rates or capital formation) but in fundamental moral causes. There exists a deeply intuitive sense that the success of a market-based economy depends on a highly developed social morality—trustworthiness, honesty, concern for future generations, an ethic of service to others, a humane society that takes care of those in need, frugality instead of greed, high standards of quality and concern for community. These economically desirable social values, in turn, are seen as rooted in family values. Thus the link in public thinking between a healthy family and a robust economy, though indirect, is clear and firm.

Illegitimacy is our most important social problem.

One of the most significant factors contributing to the breakdown of the family has been the steady rise of unwed births. Since 1960, illegitimate births have increased more than 400 percent. In 1960, 5 percent of all births were out of wedlock. Thirty years later nearly 30 percent of all births were illegitimate. Among blacks two out of every three births are illegitimate.
To put this astonishing increase in illegitimate births in perspective, compare 1961 with 1991. Roughly the same number of babies were born in both years (about 4 million). But in 1991, five times as many of these babies were born out of wedlock.

Social commentator Charles Murray believes that “illegitimacy is the single most important social problem of our time—more important than crime, drugs, poverty, illiteracy, welfare or homelessness because it drives everything else.” The public costs of illegitimacy are very high. “Children born out of wedlock tend to have high infant mortality, low birth weight (with attendant morbidities), and high probabilities of being poor, not completing school, and staying on welfare themselves. As a matter of public policy, if not of morality, it pays for society to approve of marriage as the best setting for children, and to discourage having children out of wedlock.”

In her famous article in *Atlantic Monthly* entitled “Dan Quayle Was Right,” Barbara Dafoe Whitehead warned Americans of the cost of ignoring the breakdown of the family:

> If we fail to come to terms with the relationship between family structure and declining child well-being, then it will be increasingly difficult to improve children’s life prospects, no matter how many new programs the federal government funds. Nor will we be able to make progress in bettering school performance or reducing crime or improving the quality of the nation’s future work force—all domestic problems closely connected to family breakup. Worse, we may contribute to the problem by pursuing policies that actually increase family instability and breakup.

While speaking of Dan Quayle, it might be wise to remind ourselves of what the former Vice-President said that brought such a firestorm from his critics. While speaking to the Commonwealth Club in San Francisco, Vice President Quayle argued that “It doesn’t help matters when prime time TV has Murphy Brown—a character who supposedly epitomized today’s intelligent, highly paid, professional woman—mocking the importance of fathers by bearing a child alone, and calling it just another lifestyle choice.”

At the time, one would have thought the Vice-President had uttered the greatest blasphemy of our time. Yes, he was using a fictional character to make a point. Yes, he was challenging the tolerant, politically-correct conventions of the time. But he was addressing an important issue neglected by so many.

Fortunately, a year later *Atlantic Monthly* magazine devoted the cover of its April 1993 issue to the story: “Dan Quayle Was Right. After decades of public dispute about so-called family diversity, the evidence from social-science research is coming in: The dissolution of two-parent families, though it may benefit the adults involved, is harmful to many children, and dramatically undermines our society.”

The conclusion should not be startling, yet in a society that no longer operates from a Christian world and life view, it has nearly become front page news. For decades, the United States has engaged in a dangerous social experiment. Two parents are no longer seen as necessary. Stable, intact families are no longer seen as important. We are trying to reinvent the family and are finding out the devastating consequences of illegitimacy, divorce, and other lifestyle choices. As a society, we must return to the values of abstinence, chastity, fidelity, and commitment. Our desire to reject Christian family values has inevitably lead to the decline of Western civilization. It is time to find the road back to home.
The flood of teenage pregnancies is destroying our social fabric.

One of the most significant factors contributing to the breakdown of the family has been the steady rise of unwed births. Since 1960, illegitimate births have increased more than 400 percent. In 1960, 5 percent of all births were out of wedlock. Thirty years later nearly 30 percent of all births were illegitimate. Among blacks two out of every three births are illegitimate.

One of the driving forces of illegitimacy is births to unmarried teenagers. Every 64 seconds, a baby is born to a teenage mother, and every five minutes a baby is born to a teenager who already has a child. More than two thirds of these births are to teen girls who are not married.

Becoming a teenage parent significantly decreases the chance that the young mother will be able to complete high school, attend college, and successfully compete for a job. She is much more likely to rear the child in poverty than girls who do not become mothers as teenagers. “When teenagers have babies both mothers and children tend to have problems—health, social, psychological, and economic. Teens who have children out of wedlock are more likely to end up at the bottom of the socio-economic ladder.”

If the increase in teenage pregnancy isn’t disturbing enough, there are other disturbing trends. A growing number of adults are having sex with teens. This is more than just Joey Buttafuoco and Amy Fisher or Woody Allen and Soon-Yi Previn. Social statistics show that adult males are fathers of two thirds of the babies born to teenage girls.

In some ways, this is not a new phenomenon. In 1920, for example, 93 percent of babies born to teenagers were fathered by adults. But the difference is that pregnant teens no longer marry the father. Today, 65 percent of teenage moms are unmarried. Many of these kids are destined to spend a lifetime in a cycle of poverty and welfare dependency.

Why teenage girls become sexually involved with adult males is sometimes difficult to discern. A desire for a mature male and teenage insecurity are significant reasons. Teenage girls from broken homes or abusive homes often are easy prey for adult men, which may explain why adult men seek out teenager girls. In many cases, teen sex is not consensual. Girls under the age of 18 are victims of approximately half the rapes each year.

Stemming the tide of teen pregnancy, and reforming the current welfare system that often encourages it, are important action points. But doing so must take into account that adult males are a significant reason why teenage girls are becoming pregnant.

Whether we look at the increase in illegitimate births in general or teenage pregnancy in particular, we can see a disturbing trend. In essence, Americans have been conducting a social experiment for the last three decades. And the evidence clearly points to major problems when children are reared in families without two parents. Illegitimate births are part of the reason for the breakdown of the family; divorce is the other.

We must honor and promote sexual abstinence.

Thus far we have been talking about the problems. Now it’s time to propose a solution. There are
two parts to this approach. First, we must teach sexual abstinence. A fundamental reason for the increase in unwed births is teenage sexual promiscuity. Reduce teenage sexuality and you will reduce illegitimacy. Fortunately, the abstinence message seems to be gaining in popularity and getting the media attention it deserves.

For example, the front page of the Sunday New York Times Style section featured the surprising headline: “Proud to Be a Virgin: Nowadays, You Can be Respected Even if You Don’t Do It.” And the March 1994 issue of Mademoiselle featured an article proclaiming “The New Chastity.” The article wondered if “saying no to sex might turn out to be the latest stage in the sexual revolution.” Mademoiselle found that views on sexuality seem to be changing. Virgins, for example, are no longer seen as individuals who are fearful or socially inept. In fact, abstinence is now being equated with strength of will and character. Those once labeled “carefree” are now considered “careless” in light of the AIDS and STDs.

One of the most visible campaign for abstinence has come from the “True Love Waits” campaign by the Southern Baptist Convention (SBC) begun in the spring of 1993. Students pledge: “Believing that true love waits, I make a commitment to God, myself, my family, those I date, my future mate, and my future children to be sexually pure until the day I enter a covenant marriage relationship.”

A grassroots movement to promote abstinence through a variety of programs has been spreading throughout the country. Crisis Pregnancy Centers provide speakers to address the issue of abstinence. Untold groups—with names like “Aim for Success” and “Best Friends” and “Athletes for Abstinence”—are spreading the positive message of abstinence to teens who need to hear an alternative to the safe sex message.

There are substantial personal benefits to abstinence. But the greatest benefit to society is a reduction in the illegitimate birth rate which drives nearly all of the social problems discussed in this book.

We must target teen pregnancy.

Now we must address the second part of the problem; that is, we must target teen pregnancy. The problem with teenage sex is not simply that teens are having sex. In approximately half the cases, adults are having sex with teenagers. State laws governing statutory rape are often called a “fictitious chastity belt” since law enforcement often ignore the laws.

The reasons for lax enforcement are varied, but they surely include the fallout from the sexual revolution and the children’s rights movement. As a society, we have come to accept the notion that even young teenagers are engaging in consensual sex. While there may be some tawdry publicity when a high profile entertainer like Woody Allen or Kelsey Grammar is accused of sex with a teenager, generally the issue is ignored.

But the issue cannot be ignored. “Welfare reform, sex education and teen pregnancy prevention programs and welfare reform are doomed to failure when they ignore the prevalence of adult-teen sex.” Education about the problem and enforcement of statutory rape laws would substantially reduce the number of unwed teens.

We must honor and promote strong marriages.

Now I would like to propose additional solutions to the problem of family breakdown. First, we must teach marriage principles. Marriages are falling apart and other marriages never begin as sexual partners choose to live together rather than get married. Churches and Christian organizations must
teach marriage principles so that marriages will last. Once built on commitment, today’s marriages are a contract: as long as love shall last. Sound, biblical education is necessary to put marriages back on a firm foundation.

Fortunately, a growing number of effective organizations are providing that needed education. Family Life Ministry holds weekend Family Life Conferences throughout the country and the world to packed audiences eager to learn more about how to build strong marriages and families. The Marriage Encounter program has been providing the same important teaching in church and retreat settings. And lots and lots of books, tapes, videos, and other seminars are focusing needed attention on the principles that will build strong marriages and allow them to flourish.

**We must honor and support fatherhood.**

Second, we must emphasize fatherhood. As more and more children grow up in single-parent homes (which are primarily female-headed homes), fathers appear irrelevant and superfluous. Not only are they seen as expendable; they are often seen as part of the problem.

Yet the consequences of fatherless homes is devastating. “More than 70 percent of all juveniles in state reform institutions come from fatherless homes.” Children who grow up without fathers are more likely to be involved in criminal behavior because they lack a positive male role model in their lives. Fathers are not irrelevant. They may indeed spell the difference between success and failure for their children.

Often fatherless homes feed the cycle of illegitimacy itself. “Young white women who grow up without a father in the home are more than twice as likely to bear children out of wedlock. And boys living in a single-parent family are twice as likely to father a child out of wedlock as boys from intact homes.”

Fortunately, there are many ministries encouraging men to stand with their families. Gatherings like the Promise Keepers conferences nationwide are highly visible symbols of a much greater movement of men (individual churches or parachurch organizations) who have dedicated themselves to running their families on biblical principles. Groups like Mad Dads (Men Against Destruction Defending Against Drugs and Social disorder) have been organized to encourage fathers in high crime urban areas. Especially critical are young urban (often black) youths who do not have strong male role models to emulate. One organizer said, “They saw pimps and hustlers and dope dealers and gang bangers and hypersexual individuals who like to make babies but didn’t assume the responsibility of taking care of them–so why should the kids? And so our first goal was just to mobilize strong, black fathers who were drug-free, who were willing to stand up and be role models, giving our kids another group of men they could look at.”

Building strong families must include building families with fathers. Fatherlessness is one of the primary causes of social disintegration. Parenting cannot be left to mothers and grandmothers. Fathers are essential.

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Loneliness

*Kerby Anderson discusses the pervasiveness of loneliness in our culture, particularly within marriage.*

The baby boom generation is headed for a crisis of loneliness. The reasons are simple: demographics and social isolation. More boomers are living alone than in previous generations, and those living with another person will still feel the nagging pangs of loneliness.

In previous centuries where extended families dominated the social landscape, a sizable proportion of adults living alone was unthinkable. And even in this century, adults living alone have usually been found near the beginning (singles) and end (widows) of adult life. But these periods of living alone are now longer due to lifestyle choices on the front end and advances in modern medicine on the back end. Baby boomers are postponing marriage and thus extending the number of years of being single. Moreover, their parents are (and presumably they will be) living longer, thereby increasing the number of years one adult will be living alone. Yet the increase in the number of adults living alone originates from more than just changes at the beginning and end of adult life. Increasing numbers of boomers are living most or all of their adult lives alone.

In the 1950s, about one in every ten households had only one person in them. These were primarily widows. But today, due to the three D’s of social statistics (death, divorce, and deferred marriage), about one in every four households is a single person household. And if current trends continue, sociologists predict that ratio will increase to one in every three households by the twenty-first century.

In the past, gender differences have been significant in determining the number of adults living alone. For example, young single households are more likely to be men, since women marry younger. On the other hand, old single households are more likely to be women, because women live longer than men. While these trends still hold true, the gender distinctions are blurring as boomers of both sexes reject the traditional attitudes towards marriage. Compared with their parents, boomers are marrying less, marrying later, and staying married for shorter periods of time.

### Marriage Patterns

The most marriageable generation in history has not made the trip to the altar in the same percentage as their parents. In 1946, the parents of the baby boom set an all-time record of 2,291,000 marriages. This record was not broken during the late 1960s and early 1970s, when millions of boomers entered the marriage-prone years. Finally, in 1979, the record that had lasted 33 years was finally broken when the children of the baby boom made 2,317,000 marriages.

Instead of marrying, many boomers chose merely to “live together.” When this generation entered the traditional years of marriageability, the number of unmarried couples living together in the United States doubled in just ten years to well over a million. The sharpest change was among cohabiting couples under 25, who increased ninefold after 1970. Demographers estimate that there have been as many as one-and-a-half to two million cohabiting couples in the U.S. Yet even high figures underestimate the lifestyle changes of boomers. These figures merely represent the number of couples living together at any one time. Cohabitation is a fluid state, so the total number living together or living alone is in the millions.

Not only is this generation marrying less; they are also marrying later. Until the baby boom
generation arrived on the scene, the median age of marriage remained stable. But since the mid-fifties, the median age of first marriage has been edging up. Now both “men and women are marrying a full eighteen months later than their counterparts a generation earlier.”

Another reason for a crisis in loneliness is marital stability. Not only is this generation marrying less and marrying later; they also stay married less than their parents. The baby boom generation has the highest divorce rate of any generation in history. But this is only part of the statistical picture. Not only do they divorce more often; they divorce earlier. When the divorce rate shot up in the sixties and seventies, the increase did not come from empty nesters finally filing for divorce after sending their children into the world. Instead, it came from young couples divorcing before they even had children. Demographer Tobert Michael of Stanford calculated that while men and women in their twenties comprised only about 20 percent of the population, they contributed 60 percent of the growth in the divorce rate in the sixties and early seventies.

Taken together, these statistics point to a coming crisis of loneliness for the boom generation. More and more middle-aged adults will find themselves living alone. Thomas Exter, writing in *American Demographics*, predicts that

> The most dramatic growth in single-person households should occur among those aged 45 to 64, as baby boomers become middle-aged.

These households are expected to increase by 42 percent, and it appears the number of men living alone is growing faster than the number of women.

The crisis of loneliness will affect more than just the increasing number of baby boomers living alone. While the increase in adults living alone is staggering and unprecedented, these numbers are fractional compared with the number of baby boomers in relationships that leave them feeling very much alone.

The “C” word (as it was often called in the 80s) is a significant issue. Commitment is a foreign concept to most of the million-plus cohabiting couples. These fluid and highly mobile situations form more often out of convenience and demonstrate little of the commitment necessary to make a relationship work. These relationships are transitory and form and dissolve with alarming frequency. Anyone looking for intimacy and commitment will not find them in these relationships.

Commitment is also a problem in marriages. Spawned in the streams of sexual freedom and multiple lifestyle options, boomers may be less committed to making marriage work than previous generations. Marriages, which are supposed to be the source of stability and intimacy, often produce uncertainty and isolation.

**Living-Together Loneliness**

Psychologist and best-selling author Dan Kiley has coined the term “living-together loneliness,” or LTL, to describe this phenomenon. He has estimated that 10 to 20 million people (primarily women) suffer from “living together loneliness.”

LTL is an affliction of the individual, not the relationship, though that may be troubled too. Instead, Dan Kiley believes LTL has more to do with two issues: the changing roles of men and women and the crisis of expectations. In the last few decades, especially following the rise of the modern feminist movement, expectations that men have of women and that women have of men have been significantly altered. When these expectations do not match reality, disappointment (and eventually loneliness) sets in. Dan Kiley first noted this phenomenon among his female patients in 1970. He
began to realize that loneliness comes in two varieties. The first is the loneliness felt by single, shy people who have no friends. The second is more elusive because it involves the person in a relationship who nevertheless feels isolated and very much alone.

According to Kiley, “There is nothing in any diagnostic or statistical manual about this. I found out about it by listening to people.” He has discovered that some men have similar feelings, but most tend to be women. The typical LTL sufferer is a woman between the ages of 33 and 46, married and living a comfortable life. She may have children. She blames her husband or live-in partner for her loneliness. Often he’s critical, demanding, uncommunicative. The typical LTL woman realizes she is becoming obsessed with her bitterness and is often in counseling for depression or anxiety. She is frequently isolated and feels some estrangement from other people, even close friends. Sometimes she will have a fantasy about her partner dying, believing that her loneliness will end if that man is out of her life.

To determine if a woman is a victim of LTL, Kiley employs a variation of an “uncoupled loneliness” scale devised by researchers at the University of California at Los Angeles. For example, an LTL woman would agree with the following propositions: (1) I can’t turn to him when I feel bad, (2) I feel left out of his life, (3) I feel isolated from him, even when he’s in the same room, (4) I am unhappy being shut off from him, (5) No one really knows me well.

Kiley also documents five identifiable stages of LTL which are likely to affect baby boom women. A typical LTL woman who marries at about age 22 will feel bewildered until she is 28. At that point, isolation sets in. At 34, she begins to feel agitated. This turns to depression between the ages of 43 and 50. After that, a woman faces absolute exhaustion.

Women may soon find that loneliness has become a part of their lives whether they are living alone or "in a relationship," because loneliness is more a state of mind than it is a social situation. People who find themselves trapped in a relationship may be more lonely than a person living alone. The fundamental issue is whether they reach out and develop strong relationship bonds.

**Male Loneliness**

In recent years, social psychologists have expressed concern about the friendless male. Many studies have concluded that women have better relational skills which help them to be more successful at making and keeping friends. Women, for example, are more likely than men to express their emotions and display empathy and compassion in response to the emotions of others. Men, on the other hand, are frequently more isolated and competitive and therefore have fewer (if any) close friends.

Men, in fact, may not even be conscious of their loneliness and isolation. In his book *The Hazards of Being Male: The Myth of Masculine Privilege*, Herb Goldberg asked adult men if they had any close friends. Most of them seemed surprised by the question and usually responded, “No, why? Should I?”

David Smith lists in his book *Men Without Friends* the following six characteristics of men which prove to be barriers to friendship. First, men show an aversion to showing emotions. Expressing feelings is generally taboo for males. At a young age, boys receive the cultural message that they are to be strong and stoic. As men, they shun emotions. Such an aversion makes deep relationships difficult, thus men find it difficult to make and keep friendships.

Second, men seemingly have an inherent inability to fellowship. In fact, men find it hard to accept the fact that they need fellowship. If someone suggests lunch, it is often followed by the response,
“Sure, what’s up?” Men may get together for business, sports, or recreation (hunting and fishing), but they rarely do so just to enjoy each other’s company. Centering a meeting around an activity is not bad, it is just that the conversation often never moves beyond work or sports to deeper levels.

Third, men have inadequate role models. The male macho image prevents strong friendships since a mask of aggressiveness and strength keeps men from knowing themselves and others. A fourth barrier is male competition. Men are inordinately competitive. Men feel they must excel in what they do. Yet this competitive spirit is frequently a barrier to friendship.

Fifth is an inability to ask for help. Men rarely ask for help because they perceive it as a sign of weakness. Others simply don’t want to burden their family or colleagues with their problems. In the end, male attempts at self-sufficiency rob them of fulfilling relationships.

A final barrier is incorrect priorities. Men often have a distorted order of priorities in which physical things are more important than relationships. Success and status is determined by material wealth rather than by the number of close friends.

Men tend to limit their friendships and thus their own identity. H. Norman Wright warns:

> The more a man centers his identity in just one phase of his life—such as vocation, family, or career—the more vulnerable he is to threats against his identity and the more prone he is to experience a personal crisis. A man who has limited sources of identity is potentially the most fragile. Men need to broaden their basis for identity. They need to see themselves in several roles rather than just a teacher, just a salesman, just a handsome, strong male, just a husband.

**Crowded Loneliness**

Loneliness, it turns out, is not just a problem of the individual. Loneliness is endemic to our modern, urban society. In rural communities, although the farm houses are far apart, community is usually very strong. Yet in our urban and suburban communities today, people are physically very close to each other but emotionally very distant from each other. Close proximity does not translate into close community.

Dr. Roberta Hestenes at Eastern College has referred to this as “crowded loneliness.” She says:

> Today we are seeing the breakdown of natural “community” network groups in neighborhoods like relatives, PTA, etc. At the same time, we have relationships with so many people. Twenty percent of the American population moves each year. If they think they are moving, they won’t put down roots. People don’t know how to reach out and touch people. This combination produces crowded loneliness.

Another reason for social isolation is the American desire for privacy. Though many boomers desire community and long for a greater intimacy with other members of their generation, they will choose privacy even if it means a nagging loneliness. Ralph Keyes, in his book *We the Lonely People*, says that above all else Americans value mobility, privacy, and convenience. These three values make developing a sense of community almost impossible. In his book *A Nation of Strangers*, Vance Packard argued that the mobility of American society contributed to social isolation and loneliness. He described five forms of uprooting that were creating greater distances between people.

First is the uprooting of people who move again and again. An old Carole King song asked the question, “Doesn’t anybody stay in one place any more?” At the time when Packard wrote the book, he estimated that the average American would move about 14 times in his lifetime. By contrast, he
estimated that the average Japanese would move five times.

The second is the uprooting that occurs when communities undergo upheaval. The accelerated population growth during the baby boom along with urban renewal and flight to the suburbs have been disruptive to previously stable communities.

Third, there is the uprooting from housing changes within communities. The proliferation of multiple-dwelling units in urban areas crowd people together who frequently live side by side in anonymity.

Fourth is the increasing isolation due to work schedules. When continuous-operation plants and offices dominate an area’s economy, neighbors remain strangers.

And fifth, there is the accelerating fragmentation of the family. The steady rise in the number of broken families and the segmentation of the older population from the younger heightens social isolation. In a very real sense, a crisis in relationships precipitates a crisis in loneliness.

Taken together, these various aspects of loneliness paint a chilling picture of the 1990s. But they also present a strategic opportunity for the church. Loneliness will be on the increase in this decade, and Christians have an opportunity to minister to people cut off from normal, healthy relationships.

The local church should provide opportunities for outreach and fellowship in their communities. Individual Christians must reach out to lonely people and become their friends. And ultimately we must help a lost, lonely world realize that their best friend of all is Jesus Christ.

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**Time and Busyness**

It has, perhaps, always been true that “time is money.” But for the current generation, this maxim has a new twist. In the frenetic 90s, time has become even more scarce than money and therefore more valuable. As with any commodity, the law of supply and demand determines value. In the last two decades, free time has grown scarce and hence has become a valuable possession.

The 1990s is the decade of the time famine. Leisure time, once plentiful and elastic, is now scarce and elusive. People seeking the good life are finding it increasingly difficult to enjoy it, even if they can afford it. What money was in the 1980s, time has become in the 1990s.

According to a Lou Harris survey, the amount of leisure time enjoyed by the average American has shrunk 37 percent since 1973. A major reason is an expanding workweek. Over this same period, the average workweek (including commuting) has increased from fewer than 41 hours to nearly 47 hours. And in many professions, such as medicine, law, and accounting, an 80-hour week is not uncommon. Harris therefore concludes that “time may have become the most precious commodity in the land.”
The Technology of Time

Our current time crunch has caught most people off-guard. Optimistic futurists in the 1950s and 60s, with visions of utopia dancing in their heads, predicted Americans would enjoy ample hours of leisure by the turn of the century. Computers, satellites, and robotics would remove the menial aspects of labor and deliver abundant opportunities for rest and recreation.

The optimists were partly right: computers crunch data at unimaginable speeds, orbiting satellites cover the globe with a dizzying array of messages, and robots zap together everything from cars to computer chips at speeds far exceeding their human counterparts. Yet these and other technological feats have not freed Americans from their labors. Most people are busier than ever.

It wasn’t supposed to be this way. Testimony before a Senate subcommittee in 1967 predicted that “by 1985, people could be working just 22 hours a week or 27 weeks a year or could retire at 38.” The major challenge facing people in the 1990s should have been what to do with all the leisure time provided by our technological wizardry.

Instead, technology has been more of an enemy than an ally. “Technology is increasing the heartbeat,” says Manhattan architect James Trunzo, who designs automated environments. “We are inundated with information. The mind can’t handle it all. The pace is so fast now, I sometimes feel like a gunfighter dodging bullets.”

Actually, the problem isn’t so much technology as it is the heightened expectations engendered by it. The increased speed and efficiency of appliances, computers, and other machines have enabled us to accomplish much more than was possible in previous decades. But this efficiency has also fostered a desire to take on additional responsibilities and thereby squeeze even more activities into already cramped calendars.

As the pace of our lives has increased, over-commitment and busyness have been elevated to socially desirable standards. Being busy is chic and trendy. Pity the poor person who has an organized life and a livable schedule. Everyone, it seems, is running out of time.

Time-Controlling Devices

It is little wonder that most of the products now being developed are not so much time-savers as they are time-controllers. Most of the appliances developed in the 1950s—vacuum cleaners, dishwashers, mixers—were designed to save time and remove drudgery from housework. By comparison, most of the products developed in the 1980s—VCRs, answering machines, automatic tellers—were time-controllers. These devices do not save much time, but they do allow harried consumers to use their time more effectively.

Technological efficiency has also increased competition. Labor-saving devices that are supposed to make life easier frequently force people to work harder. Baby boomers who are intensely competing with one another for jobs and prestigious promotions avidly employ the latest equipment to give them an edge. Faxes, LANs, car phones, and laptop computers are viewed as necessities if one is to remain competitive.

But technology isn’t enough. So most professionals, especially those in service industries such as law, accounting, and advertising, work long hours in an effort to meet their clients’ seemingly endless needs and demands. Other baby boomers feel trapped in the same rat race because economic pressures make it nearly impossible to support a family on one income.
The work ethic seems out of control. In the frenetic dash for success or just plain survival, leisure time becomes a scarce commodity. “My wife and I were sitting on the beach in Anguilla on one of our rare vacations,” recalls architect James Trunzo, “and even there my staff was able to reach me. There are times when our lives are clearly leading us.”

No Time to Talk

Everywhere, it seems, people are over-scheduled and over-committed. Workers are weary. Parents are preoccupied. And children and family relationships are often neglected.

A recent survey by Cynthia Langham at the University of Detroit found that parents and children spend only 14.5 minutes per day talking to each other. That is less time than a football quarter and certainly much less time than most people spend commuting to work.

She says that many people are shocked to hear the 14.5-minutes statistic. But once they take a stopwatch to their conversations, they realize she is right.

But that 14.5 minute statistic is misleading, since most of that time is squandered on chitchat like “What’s for supper?” and “Have you finished your homework?” Truly meaningful communication between parent and child unfortunately occupies only about two minutes each day. Langham concludes, “Nothing indicates that parent-child communications are improving. If things are changing, it’s for the worse.”

She points to two major reasons for this communication breakdown. First is a change in the workforce. A few decades ago the dinner table was a forum for family business and communication. But now, when dinner-time rolls around, Dad is still at work, Mom is headed for a business meeting, and sister has to eat and run to make it to her part-time job. Even when everyone is home, there are constant interruptions to meaningful communication.

The second reason for poor parent-child communication is the greatest interruption of all: television. Urie Bronfenbrenner of Cornell has reported a forty-year decline in the amount of time children spend with their parents, and much of the recent loss is due to television. TV sabotages much of the already-limited time families spend together. Meals are frequently eaten in front of the “electronic fireplace.” After dinner, talk-starved families gather to watch congenial television families with good communication skills, like the Huxtables on the Cosby show.

While some television shows deal with issues families might discuss (drugs, pregnancy, honesty), few families take advantage of these opportunities to talk about the dilemmas portrayed on the programs and provide moral instruction.

The greeting card business has developed a whole new product line for busy parents and children. More and more children are finding cards in their backpacks or under their pillows that proclaim, “Have a good day at school,” or lament, “I wish I were there to tuck you in.”

The effect of time pressures on the family has been devastating. Yale psychology professor Edward Ziglar somberly warns that “as a society, we’re at the breaking point as far as family is concerned.”

Homemaking and child-rearing are full-time activities. When both husband and wife work, maintaining a home and raising a family becomes difficult. In the increasing numbers of single-parent households, the task becomes next to impossible.

Someone has to drive car pools, make lunches, do laundry, cope with sick kids and broken appliances, and pay the bills. In progressive homes, household tasks are shared as the traditional
husband/wife division of labor breaks down. In others, super-Mom is expected to step into the gap and perform flawlessly.

Inevitably, children are forced to grow up quickly and take on responsibilities they should never have to shoulder. Some children are effectively abandoned—if not physically, at least emotionally—and must grow up on their own. Others are latch-key kids who are forced to mature emotionally beyond their years. These demands take their toll and create what sociologist David Elkind has called the “hurried child” syndrome.

Time, or rather our lack of it, is severely hurting families. Nurturing suffers when families do not have time to communicate and parents do not have time to instruct their children. In the end, the lack of time takes its toll on the stability of our families.

Never Enough Time

A 1989 survey done by *Family Circle* documented the loss of time in families, especially for working mothers. The article, entitled “Never Enough Time?” began: “Remember ‘quality time’? In the 1980’s that was what you sandwiched in for the children between the office and the housework. We all learned how valuable time was in the school of hard knocks. Life was what happened while we were busy making other plans, to paraphrase ex-Beatle John Lennon.” That was then.

A resounding 71 percent of those surveyed said their lives had gotten busier in the previous year. Nearly a third attributed this increase in busyness to expanding work loads at the office, the demands of a new job, or the pressures of starting a business or returning to work. Not only were the women working longer hours, but many were also working on weekends, and nearly a third often took work home.

Dual-income couples reported major difficulties finding time for each other. Negotiating schedules and calendar-juggling were daily activities. Three out of four women in the survey reported that finding enough time to be alone with their husbands was “often” or “sometimes” a major stress in their relationships. When asked, “In a time crunch, who gets put on the back burner?” half said friends, then husbands, and then other family members.

Those hit hardest by time pressures were single parents. One single mother with two teenagers in Illinois wrote: “I am responsible for a house and yard, work 40 hours a week, take college classes, run a local support group for divorced and widowed women and am involved with a retreat group through church. I have time because I make time.”

Often the first thing women will let slide is housekeeping. A full 82 percent said they had changed their standards of cleaning and organizing a house. When asked why, 49 percent said other things are more important, 42 percent said they were more relaxed about letting chores wait, 35 percent said they had one or more young children, and 23 percent said they had taken a paying job.

Organization expert Stephanie Winston says that the young generation of working women has reframed expectations about household responsibilities. She says, “Their sense of what is expected of them is really very different from what was expected 10 years ago, when women joining the work force had been raised on the old model—rearing the family, cooking, cleaning and the proverbial white-glove test.” But whether they were in the work force or full-time homemakers, more than half of the women surveyed were either “very” or “somewhat” dissatisfied with the amount of time they have alone. Only 30 percent try to set aside four or more hours a week just for themselves. Another 30 percent carve out two to three hours. But 19 percent say they give themselves an hour or less a week, and 20 percent do not allot themselves any leisure time at all.
The time pressure on women and families is significant. The time crunch is squeezing out meaningful communication and important time to think and reflect. The additional time will not come without changes in our lifestyles.

### Redeeming the Time

Time, or the lack of it, will continue to dominate our thinking through the 1990s. All of us are in the midst of a time crunch—the solution is to recognize our priorities and apply them rigorously to our lives.

First, we must establish biblical priorities in our lives. Often our busyness is merely a symptom of a deeper problem, such as materialism. In Luke 12, Jesus illustrated this danger with the parable of the rich fool. He says, “The land of a certain rich man was very productive. And he began reasoning to himself, saying, ‘What shall I do, since I have no place to store my crops?’ And he said, ‘This is what I will do: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, ‘Soul, you have many goods, laid up for many years to come; take your ease, eat, drink and be merry.’” But God said to him, “You fool! This very night your soul is required of you; and now who will own what you have prepared?”

There are a number of applications we can derive from this passage. First, we should make sure that we are not so involved in the affairs of the world that we neglect the affairs of the spirit. To turn the familiar adage around, we can be so earthly-minded we are no heavenly good.

Second, we should ask ourselves if we are tearing down productive resources for a more luxurious lifestyle. If a three-bedroom house is sufficient, are we selling it merely to move up to a four-bedroom house? If the car we are currently driving is fine, are we nevertheless eager to trade it in on a newer or more expensive model? Often our indulgences constrain our time and financial resources.

This observation leads to our second biblical principle: fight materialism in our lives. Proverbs 28:20 says “He who makes haste to be rich will not go unpunished.” Materialism brings with it a haste to get rich. Materialistic people are not patient people. They want what they want, when they want it, and they want it now.

Often our lack of time is tied to our haste to get rich, to feed our greed. We need to ask ourselves the fundamental question, How much do we really need? If we fight materialism in our lives and cut back on the lavishness of our lifestyle, we might be surprised how much time we will free up.

A third biblical principle is to redeem the time. Ephesians 5:15-16 says “Therefore be careful how you walk, not as unwise men, but as wise, making the most of your time, because the days are evil.” Colossians 4:5 says, “Conduct yourselves with wisdom toward outsiders, redeeming the time.”

Unlike many of the other resources God has given us, time is not renewable. We may lose money, but we can always earn more. We may lose our possessions, but we can always acquire new ones. But time is a non-renewable commodity. If we squander our time, it is lost forever.

All of us, but especially Christians, must carefully manage the time that God has given us. It is a valuable resource, and we can either spend it on ourselves or redeem it as a spiritual investment. We can spend it only once, and how we spend it can have eternal consequences. Let us not waste the resources God has given us. Instead, let us redeem the time and use it for God’s glory.

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Anxious for Nothing (magazine article)

“Death is the only joy, and the only release.”

“Contrary to popular belief, there is no hope.”

What gloomy thoughts. The first came from the classified section of a college newspaper, the second from an anonymous inscription on a classroom blackboard. Both exhibit what psychologists call “existential anxiety”—frustration with a meaningless existence.

I was plagued by similar anxiety as a college freshman until some friends exposed me to the claims of Jesus Christ as found in the Bible. After accepting Him as Savior and Lord, I found that He freed me from slavery to anxiety. As a psychology major, I was fascinated, first to observe that many serious psychological disorders stem from smaller problems, and in turn to watch Jesus deal with these problems in my life.

Let’s consider two definitions and then examine four main causes of anxiety.

“Anxiety” represents a state of emotional turmoil characterized by fearfulness and apprehension. It is not external stress, but an internal reaction to strenuous circumstances. A “Christian” is an individual who has recognized his lack of fellowship with God and placed his complete trust in Jesus Christ as the only means of restoring that relationship.

Four causes of anxiety are guilt, fear, lack of interpersonal involvement and lack of meaning in life.

Guilt

Failure to achieve standards (internally or externally imposed) often results in guilt feelings. Often psychologists attribute these feelings to problems in the past or to following legalistic moral codes. Many persons do have these problems, but a more plausible explanation for guilt feelings is that a person has them because he is guilty. If this is true, then therapy for a person experiencing guilt feelings would include admitting his guilt. This, however, can be rather difficult.

O. H. Mowrer, a psychologist at the University of Illinois, points out the dilemma:

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.

Jesus provides the strength needed to endure it. We must come to Him, admitting our sin and worthlessness, but the moment we accept Him as Savior, God forgives all our sins past, present and future. The Bible says that “He (Jesus) personally carried the load of our sins in His own body when He died on the cross . . . “ and “. . . paid the ransom to forgive our sins and set us free.” Each year we spend thousands of dollars in the hope that psychology and psychiatrists will solve our guilt problems. Yet the complete forgiveness—freedom from guilt—Jesus offers is free of charge.
Fear

Let’s consider two types of fear: of death and of circumstances. Fear of death is perhaps man’s greatest fear. When I was a sophomore in college, the student rooming next to me was struck by lightning and killed. His death shocked the men in my house, and they began to consider seriously the implications of death. Anxiety struck.

The person who accepts Christ as his Savior has no problem with death. The moment he receives Christ, his eternal relationship with God begins. The apostle John writes to Christians, “. . . God has given us eternal life, and this life is in His Son. He who has the Son has the life.” For the Christian, death loses its terror.

Fear of circumstances can also produce anxiety. Daily anxieties common to all of us include fear of inadequate finances, of social inadequacy, and fear for our personal safety and health.

All of these fears tend to occupy our minds and to keep us from enjoying the privilege of being alive. Enough worry and we soon find ourselves merely existing. But can we really be secure?

Financial security is tenuous, injury and danger are as near as the car whizzing by on the highway, and we can never be certain that everyone likes the way we act.

One summer I drove from Washington, D. C., to California with four girls. After that experience, I know the meaning of fear. Facing this responsibility, I became somewhat apprehensive. What would I do if a car broke down or one of the girls got sick? What if we had an accident? Also, the girls expected me to make all the decisions for the group.

At times, I became fearful, until I remembered what Jesus told His disciples: “Men, don’t worry about what you are going to eat or drink or wear. Your Father in heaven loves you and knows what you need. Seek first His kingdom and His righteousness, and all these things shall be added to you.” And it works.

Lack Of Involvement

William Glasser, a medical doctor, writes in his book, Reality Therapy, that every man experiences two basic needs—the need to feel a sense of worth to himself and to others, and the need to love and to be loved. He says that the best way to satisfy these needs is to develop a close friendship with another person who will accept him as he is, but who will also honestly tell him when he acts irresponsibly.

Interpersonal relationships are important, but people are only human and do let us down and err in judgment. Wouldn’t the ultimate therapy be to become involved with our creator? He is faithful and righteous, never lets us down, and always has the best advice. Because He loves us, the Christian experiences freedom to love others. We are worth much to Him: “God demonstrates His own love toward us, in that while we were yet sinners Christ died for us.” A person forgiven values himself, because he is “a new creature.” He is secure in Christ. The apostle Paul writes: “I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Lack Of Meaning

Another doctor conducted studies of 31,000 Allied soldiers who were imprisoned in Japan and Korea
during the 1940’s. He found that, although sufficient food was offered to them, more than 8,000 died. He diagnosed the cause of many deaths as “despair.”

Contrast this situation to that of thousands of Christians who have spent years in prison for their faith in Christ, only to be released to continue sharing God’s love, especially to those who persecuted them.

The Savior’s love sustains them and motivates them as “ambassadors for Christ.” What greater purpose could there be than serving as an ambassador for the King of kings?

**A Common Question**

Frequently it is suggested that Christianity could be merely a psychological “trick” or gimmick. After all, the reasoning goes, if someone thinks that the Bible is God’s Word, couldn’t he convince himself that what it says sounds true, and that through following the Bible he has found a groovy lifestyle?

After doing some research, I must conclude that Christianity could not be an illusion. There are three reasons for this.

The first concerns the object of the Christian’s faith–Jesus Christ. The evidence for His deity, His resurrection, the prophecies He fulfilled and the lives He has changed present an overwhelming case for the validity of His claims. Because the object of my faith is valid, I believe faith in that object to be valid as well.

The second reason has to do with the nature of human personality, which is composed of intellect, emotion and will. Psychologists feel that our will does not have complete control over our emotions. Nor does it seem likely that our intellect can completely control them. Yet some like those who have been imprisoned find it possible to love those who tortured them. Such behavior seems impossible, apart from supernatural intervention.

The third reason concerns the book that presents Christ’s answers to our problems—psychological and otherwise. The Bible, although written over a period of 1,500 years, in three languages and by 40 different authors (most of whom never met), has proved itself to be thematically coherent, internally consistent and historically accurate. Completed more than 1,800 years ago, it contains the cure for the psychological problems experienced by countless thousands of people today. The Bible is a supernatural book!

As a college student, I was curious to see what a professional psychologist would think of these views. Having written a term paper for my abnormal psychology course investigating how Jesus treats anxiety (this article contains some thoughts from that research), I sent a copy of my paper to the author of our textbook.

In his reply, he expressed an interest in the content. Several months later, I visited him personally, and he told me that he would like to have a personal relationship with Christ. After I shared with him the claims of Christ as contained in the “Four Spiritual Laws,” he prayed inviting Jesus Christ to come into his life. The latest edition of his text includes a short statement about the fact that many people today are finding psychological help through Christ.

Men everywhere are searching for freedom from fear and guilt. They need to know that God loves them. If you have never asked Christ to be your personal Lord and Savior, I encourage you to do so today. If you have, tell others how they can know Him.

He frees us to “be anxious for nothing, but in everything by prayer and supplication with
thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and minds in Christ Jesus”{16}

Notes

2. McMillen S. I. None of These Diseases, p. 106.
3. Mowrer O. H. “Sin, the Lesser of Two Evils,” quoted in Henry Brandt’s The Struggle for Peace.
4. I Peter 2:24, Living Bible.
5. Colossians 1:14, Beck.
6. I John 5:11,12.
7. Matthew 6:31-33, paraphrased.
11. II Corinthians 5:17.
12. Romans 8:38,39.
13. “A Scientific Report on What Hope Does for Man,” (New York State Heart Assembly, 105 East 22 St, N.Y.), quoted in McMillen's None of These Diseases, p 110.
14. II Corinthians 5-20.
15. McMillen, p. 77.

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