

# **“Is it OK for a Christian to Practice Yoga?”**

I read your email response to the question [“Is it OK for a Christian to train in martial arts?”](#) and have a question of my own on a related subject.

For several years I have had fairly severe back problems, and was advised by a physiotherapist friend (who is a Christian), to consider taking up Yoga as it might help. My father expressed concerns about this, as he felt that it was a direct path to eastern religions. For the same reason I was never allowed to train in martial arts when I was a teenager. Several other friends of mine also feel that Yoga is decidedly ‘non-kosher.’

My own view is the same as that expressed in your article—that martial arts and the like do contain dangerous elements for the Christian, as they are linked to eastern philosophies. However, I feel that it is possible to participate in such activities, as long as one uses them for physical training rather than for a spiritual purpose, and remains aware of the possible dangers.

With this in mind, I have been attending Yoga classes for the past few months, and my back has never been better! It is a blessed relief to me to be able to move painlessly for once!! (At 24, I’m a little young to consider putting up with back problems for long!). I have been attending Iyengar yoga classes, which, so far, have not involved any spiritual content. The ‘meditation’, consists of lying down at the end of the class and feeling relaxed. I often use it as quiet time to meditate on Jesus!!

Some of my friends at church appear to think that just getting into a position may lead directly to demon possession. I feel

that perhaps Yoga has been given a bad press, as it appears to me that the exercises themselves are rather separate from transcendental meditation and the like, which obviously go totally against what the bible teaches. Have I just been fortunate in finding a class that is not compromising my faith, or am I compromising myself without even realizing it? Obviously I don't wish to open myself to any spirits other than the Holy Spirit!

I would value any insight you might have on this topic.

Hi \_\_\_\_\_,

Thanks so much for writing! You ask a very important question about a very controversial subject. Indeed, you offer an interesting case study to which I want to reply rather carefully.

Let me first say that I am truly sorry to hear of your back problems. Since you have apparently found some genuine relief of these problems through the practice of yoga, what I have to say may be a little difficult to "digest." So if you're ready.

. . .

Until very recently, I would have entirely agreed with your own evaluation of yoga. I would have made precisely the same distinction which you made between the physical postures and breathing exercises of yoga (on the one hand) and the non-Christian philosophical and religious ideas (on the other). I still think this can often be a helpful and valid distinction in other areas (e.g. much of the martial arts), but I'm afraid I've become rather skeptical about its applicability to yoga. Please let me explain why.

The physical postures and breathing exercises in yoga are inseparably bound up with the philosophical and religious ideas. I realize this may initially sound absurd, but please hear me out. The discipline of yoga is, as a general rule, firmly grounded within a pantheistic worldview. Pantheism

teaches that everything which exists is part of a unitary, all-encompassing divine reality. In short, pantheism teaches that all is "God." But in pantheism, "God" is not a personal being distinct from the world; rather "God" IS the world and the world IS "God."

But why is this important? According to the pantheistic philosophy of yoga, each one of us is also part of this all-encompassing divine reality known as "God" or Brahman. As Brad Scott, a former practitioner of yoga, has written in a recent article,

*"..all creation to the Yoga-Vedantin is comprised of the substance of Brahman. Hence, yogis are pantheists... Brahman created the universe out of Itself, as a spider spins out a web" ("Exercise or Religious Practice? Yoga: What the Teacher Never Taught You in That Hatha Yoga Class." The Watchman Expositor: Vol. 18, No. 2, 2001, p. 7).*

And since "God," or Brahman, is ultimately something non-physical, what we imagine to be our physical bodies are (according to yoga philosophy) merely just a crude layer of mind. The physical postures and breathing exercises of yoga are actually intended to help move the mind in the direction of altered states of consciousness. The ultimate goal of yoga is "union" with "God" or occult enlightenment. Please allow me to support these statements with some authoritative quotations.

On the Watchman Expositor website there is a brief overview of yoga at <http://www.watchman.org/na/yoga.htm>. The author of this piece quotes from Swami Vishnudevananda, well known authority of Yoga, in his book, *The Complete Illustrated Book of Yoga*, as follows:

*"..the aim of all yoga practice is to achieve truth wherein the individual soul identifies itself with the supreme soul of God."*

He also quotes from Swami Sivananda Radha, in a book on Hatha Yoga, as follows:

*When most people in the West think of yoga, they think of yoga as a form of exercise. Too often... there are yoga teachers who teach asanas without an understanding of their real nature and purpose. Asanas are a devotional practice which like all spiritual practices, bring us to an understanding of the truth... Beyond this there also lies a mystical or spiritual meaning. Each asana creates a certain meditative state of mind, (p.xv; emphasis mine).*

And again, from the same source:

*Hatha Yoga plays an important part in the development of the human being... the body working in harmony with the mind, to bring the seeker into closer contact with the Higher Self, (Ibid, p.xvii).*

Indeed, it is for this reason that the Yogi authority Gopi Krishna writes:

*“All the systems of yoga...are designed to bring about those psychosomatic changes in the body which are essential for the metamorphosis of consciousness” (Quoted in John Ankerberg and John Weldon, Encyclopedia of New Age Beliefs, Harvest House Publishers, 1996, p. 596).*

And finally, John Ankerberg and John Weldon quote from Judith Lasater’s article, “Yoga: An Ancient Technique for Restoring Health”:

*“One basic assumption of Yoga Sutras [a standard yoga text] is that the body and mind are part of one continuum of [divine] existence, the mind merely being more subtle than the body...It is believed that as the body and mind are brought into balance and health, the individual will be able to*

*perceive his true [divine] nature" (597).*

As you are probably already aware, the term "yoga" simply means "union." And, as previously stated, the ultimate goal of yoga is "union" with "God," one's Higher Self, or Brahman. All the different "limbs" or stages of yoga, including the physical postures (asana) and breathing exercises (pranayama), are specially designed to prepare the practitioner for union with "God" and occult enlightenment.

In this regard, Ankerberg and Weldon also cite Feuerstein and Miller, two authorities on yoga, who contend that the postures of yoga (asana), as well as the breathing exercises (pranayama), are more than just physical exercises—they are psychosomatic (mind/body) exercises:

*..the control of the vital energy (prana) by way of breathing, like also asana, is not merely a physical exercise, but is accompanied by certain psychomental phenomena. In other words, all techniques falling under the heading of asana and pranayama...are psychosomatic exercises. This point, unfortunately, is little understood by Western practitioners..." (600).*

Interestingly, Brad Scott, the former yoga practitioner mentioned previously, who (by the way) studied yoga for seven years under Swami Shraddhananda of the Ramakrishna Order, provided me with a web address for The Iyengar Yoga Institute of San Francisco which you may want to take a look at. The address is: <http://www.iyisf.org/>. The state-accredited two year certificate program one can earn at this institute requires not only studies in anatomy and physiology, but in yoga philosophy as well. You may be interested in reading the following course descriptions taken from the website:

### ***Philosophy***

## *Yoga Sutras*

*2 units (required)*

*A study of classical yoga philosophy based upon a reading of Patanjali's Yoga Sutras. The aims, methods, and powers of yoga, as well as the nature of liberation, will be investigated.*

## *Bhagavad Gita*

*2 units (required)*

*The Gita, as a practical handbook for yoga, will be studied and related to daily life. The different branches of yoga described in the Gita will be discussed and placed in context with other major Indian scriptures.*

## *Physiology of Yoga*

*1 unit (Elective Course)*

*Yoga is a vitalistic science that views all of existence as supported by a force called prana. Yoga physiology describes how this vital force pervades and animates the physical body. This course will lay the groundwork to help one begin to view themselves and the world around them from this vitalistic perspective.*

It's important to keep in mind that this force called "prana," which supports all of existence, is ultimately the same force as "God." Thus, one does not escape pantheism even in a class on yoga physiology! As Ankerberg and Weldon write, ".prana, God, and occult energy are all one and the same. The one who practices yogic breathing (pranayama) is by definition attempting to manipulate occult ('divine') energy" (602).

Again, in another section on the website, concerning the Iyengar approach to Hatha Yoga, we read the following:

*“Yoga as taught by B.K.S. Iyengar emphasizes the integration of body, mind and spirit. The Iyengar approach to yoga is firmly based on the traditional eight limbs of yoga as expounded by Patanjali in his classic treatise, The Yoga Sutras. Iyengar yoga emphasizes the development of strength, stamina, flexibility and balance, as well as concentration (Dharana) and meditation (Dhyana).”*

But what are these eight “limbs” on which the Iyengar approach is firmly based? John Ankerberg and John Weldon point out that the eight limbs of Patanjali’s Yoga Sutras are “defined within the context of a basic Hindu worldview (reincarnation, karma, and moksha, or liberation) and intended to support and reinforce Hindu beliefs.” (601). They go on to describe these eight limbs as follows:

- Yama (self-control, restraint, devotion to the gods [e.g., Krishna] or the final impersonal God [e.g., Brahman])
- Niyama (religious duties...)
- Asana (proper postures for yoga practices; these represent the first stage in the isolation of consciousness...)
- Pranayama (the control and directing of the breath and the alleged divine energy within the human body [prana] to promote health and spiritual [occult] consciousness and evolution)
- Pratyahara (sensory control or deprivation, i.e., withdrawal of the senses from attachment to external objects)
- Dharana (deeper concentration, or mind control)
- Dhyana (deep contemplation from occult meditation)
- Samadhi (occult enlightenment or “God [Brahman] realization” i.e., “union” of the “individual” with God).

In light of this, when we read on the IYISF website that

“students at IYISF [Iyengar Yoga Institute of San Francisco] are encouraged to refine both their knowledge of asanas (poses) and pranayama (breathing)...The same precision of practice brings the serious student to the cutting edge of exploration in the field of mind-body interaction,” we now have a better idea of what’s being referred to.

Let me conclude this discussion with a brief word about “kundalini awakening.” This much-sought-after experience could potentially open the one who has it to occult influences. As you may already know, Kundalini is sometimes thought of as a Hindu goddess believed to lie coiled as a serpent at the base of the spine. Others, however, think of Kundalini simply as “coiled serpent power,” without necessarily identifying this power with a Hindu goddess (Brad Scott, personal e-mail). Either way, however, one of the primary purposes of yoga practice is to arouse Kundalini so that she/it travels up the spine toward her lover, Shiva, who is said to reside in the brain. Supposedly, as she/it travels up the spine she opens up the seven psychic centers (called chakras). Weldon and Ankerberg write:

*“When the crown or top chakra is reached, the union of Shiva/Shakti occurs, supposedly leading the practitioner to divine enlightenment and union with Brahman” (606).*

This, of course, is identical with Patanjali’s eighth limb, samadhi (although Brad Scott informed me in a personal e-mail that “The Shiva-Shakti mythology...was superimposed on yoga after Patanjali’s time”). Since the yoga authority Hans Rieker claims that “Kundalini [is] the mainstay of ALL yoga practices,” (Ankerberg/Weldon, 606, emphasis added) it is very important to point out that such an experience MAY place the practitioner under occult influences of a spiritual nature. For the Christian, firsthand accounts of this experience sometimes sound as if some sort of demonic influence may be involved. Mind you, I’m not saying that this is ALWAYS the

case, but Weldon and Ankerberg write that many Hindu and Buddhist gurus, “when describing their spirit, or ‘energy,’ possession,” often link it directly to “kundalini activity” (606). They go on to cite a leading guru, Swami Muktananda, as confessing that he was violently shaken by a spirit during kundalini arousal:

*“A great deity in the form of my guru has spread all through me as chiti [energy] and was shaking me...when I sat for meditation, my whole body shook violently, just as if I were possessed by a god or a bad spirit” (610).*

Weldon and Ankerberg conclude with this observation: “Because all yoga has the ability to arouse ‘kundalini,’ all yoga should be avoided” (610).

And for all of the reasons offered above, I cannot in good conscience recommend that a Christian practice yoga—even if they limit themselves only to the physical postures and breathing exercises. Having said this, I certainly hope you understand that I’m not trying to be insensitive to your particular situation. Indeed, I will grant that it’s at least POSSIBLE that you could continue practicing yoga for many years without experiencing any of the destructive spiritual effects which such a practice could potentially have. However, in the case of yoga, where it becomes quite difficult (if not impossible) to separate the non-Christian religious and philosophical ideas from the physical postures and breathing exercises, my own advice would be to very humbly recommend that you look for a different exercise program, one that would help relieve your back pain without potentially compromising your spiritual health as a Christian.

I hope this gives you some solid reasons for making an informed decision concerning ongoing yoga practice. I genuinely wish you all the best. If you would like more information, you may want to consider taking a look at Brad

Scott's book, *Embraced by the Darkness: Exposing New Age Theology from the Inside Out* (Wheaton, IL: Crossway, 1996). Although I have not yet personally read this book, I found his article on Yoga in the Watchman Expositor (Vol. 18, No. 2, 2001) to be extremely helpful in understanding the vast doctrinal differences between the philosophy of yoga and biblical Christianity. Another potentially valuable resource is John Weldon and John Ankerberg's, *Encyclopedia of New Age Beliefs* (Eugene, OR: Harvest House Publishers, 1996).

Shalom,

Michael Gleghorn

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## **“Who Are You to Say Who the TRUE God Is?”**

Who I am is irrelevant and this letter is meant with no intent on harming anyones feelings, as the matter of religious preferences is a very delicate one. I have to say that I was offended by [the advice given to a couple taking care of a young Wiccan](#). I came across this part, “tell her about what the TRUE God is like.” Now in all fairness who are you to say who the true God is??? Are you saying that all other religions are wrong? Maybe I am jumping to conclusions. This next sentence also grabbed my attention: “Those who refuse to acknowledge a personal devil are more vulnerable to spiritual warfare than anybody.” Now I realize that there is not one ultimate devil in Wicca, but there is one in Christianity. Because this girl does not share your beliefs or even those of her parents, there is no need to tell this as advice to someone. The people of Wicca believe that evil is created by man-kind, but they still know it is there and try to use their

gifts to do good and never harm anyone or thing. If a Wiccan uses their power to give anything bad or take anything good they are forbidden to use the craft and are no longer allowed in their coven to practice The Craft. Also I feel the need to point out that you do not need to practice 'Magik' to be Wiccan.

I have friends of all faiths, Christians, including people from Pentecostal, Mormon and Orthodox churches, Muslims, people from the Jewish faith and to no surprise I do know many Wiccans. I have to say that we all talk and share our different views on religion and I have never heard any one try to convince someone that their God is the true God or that because they do not believe in "Satan" they are "more vulnerable to spiritual warfare" than anybody. I just want you to think more clearly about what you are writing. I do not want to start an argument, I just wanted you to hear my views. I am sure I am not the only one who thinks this. One more thing, you also said, "We believe that there is one God." Well this is obvious as you are Christian as I believe it, but not everyone does think there is one God. Rather than trying to convert this girl shouldn't this couple have been told to tolerate her religious beliefs and help to practice it safely and carefully with the respect that she deserves. This girl does not have Christian beliefs, it should not be put upon her to change her mind and her beliefs. By all means use your faith to help people not change people.

Dear friend,

If you didn't like what we say on our website, you're probably not going to like my reply either. I am not seeking to offend you or anyone else, but it makes sense you would take offense given your worldview.

The root of the problem in the difference between our position and what you believe is our extremely different perception of religion and truth. I would guess that you see these issues

like a restaurant menu where everyone can choose whatever they prefer, and it's inappropriate to tell the other diners that their choice of an entrée is wrong. Our perception of religion and of truth is more like a team of doctors looking at a patient's symptoms; when it's a matter of life and death, they'd better get the diagnosis right instead of merely settling for personal preference! ("Oh, it looks like acne to me." "Well, I think it's eczema, but you can call it acne if you want." "I know a melanoma when I see one, and this is skin cancer!" "Naw, cancer's too harsh a diagnosis, nobody likes to hear that, so I'm gonna stick with acne.")

Just as cancer will kill a person and thus a doctor does him no favors to tell him anything except the painful truth, our worldview is that man-made religions lead to spiritual death and only one—a personal relationship with God through Jesus Christ—leads to life. We don't base this simply on our preference, but on historical evidence that God has spoken to us through His word and through Jesus Christ.

I know you were concerned at my advice to the couple who were caring for a girl who was dabbling in Wicca. If all religions were equally valid, then my advice would certainly be off-base. But we are staking our lives on the belief that they are not. For this couple to tolerate her religious beliefs when they are completely committed to the ultimate truth of Christianity would be like seeing a cancerous lesion on her skin and "tolerating" her skin condition by ignoring it. What appears to be kindness would end up being the cruelest thing in the world when they knew what would save her.

I know our worldview is unpopular in today's world, but we are convinced it is far more in alignment with reality than the one that says "everybody do what they want, it's all okay." We believe it's not okay.

It leads to a kind of spiritual death far worse than cancer.

# **“It’s OK to Act Out Because Christ Has Already Forgiven Us?”**

I have a question that I believe you can help me answer. I am a Christian who struggles with homosexual desires. Since I have accepted Christ as my Lord and savior, I no longer regard myself as gay or homosexual, but instead I claim the new identity I have in Christ. I have a friend who is also a Christian as far as I know, and I do believe he is, who also has these same desires. He doesn't believe that homosexuality is a sin, and has bought into the pro-gay theology. I don't know if he really believes that homosexuality is not a sin, or if he just wants to believe it is not, I can't judge his heart, but he presented me with an argument that I have a hard time with. He said that even if homosexuality were a sin, as a Christian, covered by the righteous sacrifice of Christ, he could continue to practice that lifestyle in harmony with his faith, and because of the work of Christ on the cross, it really wouldn't matter. In conjunction with what Paul said "all things are permissible, but not all things are beneficial", I am having a hard time refuting that argument. Yet I don't believe that he is correct. Am I wrong, do I not understand the power of grace? If so, then why shouldn't I act on my desires and be perfectly comforted in the knowledge that God has already paid the necessary price for my actions? Thank you for your time.

I salute you and honor you for taking the position you have, choosing to take the identity of a child of the King rather than someone who is at the mercy of his desires. That is a HUGE step toward freedom from those desires, and towards healing!

I do share your concern for your friend's rationalization, for that is what it is. Let me share an image that has really touched me from the heart of my friend Randy Thomas, the former director of Living Hope, a ministry to those leaving homosexuality ([www.livehope.org](http://www.livehope.org)). He says that when he is tempted to indulge in a sin, especially of a sexual nature, he imagines himself at the foot of the cross looking up at the Lord Jesus, Who is suffering a horrible death for him. If he allows himself to think, "This sin doesn't matter, You're going to die for it anyway," it's like picking up the nail and the sledgehammer and pounding it into His body.

Another friend suggested an amazing concept to me. Even though Christ's death was 2000 years in the past, He died for all sins, past present and future. All of my sins were future at that point. That means that every time I choose to sin, I am making Him pay for yet another sin that He didn't have to, and every time I choose NOT to sin, that means that's a sin He didn't have to experience and take onto Himself for me. So, by my choices today, I can affect the number and burden of the sins He suffered and paid for 2000 years ago. Isn't that astounding?

Concerning the power of grace: Paul already answered that very question in Romans 6:1-2: "What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We died to sin; how can we live in it any longer?" Seeing grace as the license to sin is a slap in the face of our Savior. And not seeing homosexual practice as sin is an act of self-deception. Here's a question to pose to your friend: what is glorifying to God about homosexual practice? Consider the biology of sex, for starters. Consider the spiritual meaning of sex between a

husband and wife (Ephesians 5), as well. There are very good reasons God limits sex to heterosexual marriage.

Concerning the argument “all things are permissible, but not all things are beneficial,” people have to do some serious theological gymnastics to get around God’s condemnation of homosexual sin. There is no way it is permissible because every act of homosexual sin, just like every act of heterosexual sin, is immoral, and God stands against all immorality. Scripture is very, very clear that God’s intent for sex is restricted to within the marriage of one man and one woman, and everything else outside of those confines is sin. Joe Dallas’ fine work *A Strong Delusion* is an excellent answer to the pro-gay theology that he understands well because he was an apologist for it before repenting of it. I heartily suggest it to you and to your friend. In fact, that book was the reason one of MY friends finally made the decision to leave lesbianism behind—it was such a powerful statement of truth.

I do hope this helps clear things up. I pray that God will overwhelm you with the peace that comes with His truth, and you will enjoy the confidence of trusting Him no matter what others say.

In His grip,

Sue Bohlin  
Probe Ministries

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## **“Why Does Mark’s Gospel Omit**

# the Resurrection and the Virgin Birth?"

If Jesus really did rise from the dead, why didn't Mark say he saw him after the fact? Is Mark not the first gospel written? If I had hung around with a guy for three years and then seen him after he had died I would certainly write about it. Also, why does Mark not mention the virgin birth? If it were so important why didn't Paul mention it?

Your first question alludes to a textual problem in the manuscript evidence for the end of the book—namely verses 9-20 of the last chapter (Mark 16:8-20). These twelve verses *do* give an account of the resurrection of Christ. The controversy comes about in that two of the earliest (almost complete) manuscripts we have—(Sinaiticus and Vaticanus [dated mid-300's A.D.]—*omit* the verses. What is also true is that the scribes who wrote these two codices *left some blank space* after verse 8, indicating that they *knew* of a longer ending to the Gospel of Mark, but they did not have it available from the manuscripts they were copying.

Most all other manuscripts and early versions (translations into other languages) include vs. 9-20. Even earlier evidence is found among the Early Patristic Fathers (the church leaders which followed immediately after the Apostles' deaths), substantiating that these twelve verses were not only known two hundred years *before* Sinaiticus and Vaticanus, but that there was support for their inclusion (since they each quoted authoritatively from the "disputed" passage (cf. Justin Martyr, *Apology* 1.45, ca. A.D.145; Tatian, *Diatessaron*, ca. A.D. 170; and Irenaeus, *Against Heresies* 3.10.6 ca. A.D. 180).

Your second question alludes to the fact that Mark was the first gospel written. This is generally accepted, although

there is still a persistent argument among textual critics that Matthew may have written his gospel in Aramaic *first* (which was later translated into Greek).

Your third comment about Mark is based on a wrong assumption. Mark was *not* one of the Twelve Disciples, and therefore he didn't "hang around with Jesus for three years." What do we know about Mark, or John Mark, as he is also called? There is some scriptural evidence that the home in Jerusalem where Jesus and His disciples celebrated the Passover in the Upper Room the night before the crucifixion, and the place where they gathered for prayer (Acts 1:13) after Jesus was laid in the tomb, was the home of John Mark and his parents (Acts 12:12).

Also, there is an unusual event, unique to Mark's Gospel, found in Mark 14:51-52. The preceding verses describe the arrest of Jesus in the Garden of Gethsemane, and the fact that "Everyone deserted Him and fled, as Jesus had predicted," (cf. Mk. 14:27 and 14:50), including Peter. Immediately following this, Mark records the incident of a young man following Jesus, "wearing nothing but a linen sheet (a sleeping garment) over his naked body; and they seized him. But he left the linen sheet behind, and escaped naked" (Mk. 14: 51,52).

The Greek word used to describe him, *neoniskos*, indicates a young man in the prime of his life, from late teens to late thirties. Most interpreters believe that this young man was John Mark. After Jesus and the disciples had celebrated the Passover and left for Gethsemane, John Mark removed his outer cloak and went to bed wrapped in a linen sleeping garment. Apparently a servant awakened him and made him aware of Judas' betrayal scheme, and he made his way to Gethsemane, not bothering to dress, which is where the incident occurred. He would hardly have mentioned such an incident unless it had a special significance for him as a turning point in his life.

This is the same John Mark that accompanied Paul and Barnabas

later on their first missionary journey (Acts 12:25). This is also the same John Mark that brought about a strong contention between Paul and Barnabas as they discussed whom they would take on their **second** missionary journey (Acts 15:37-40). Barnabas wanted to take John Mark with them again, but Paul resisted this, because apparently John Mark, still a young man, had found the first missionary journey too "tough" and he "deserted them in Pamphylia and had not gone with them to the work" (Acts 15:38). So Barnabas took Mark, and Paul took Silas, resulting in two missionary teams. As he had formerly disciplined Paul (the new convert), Barnabas, a builder of men, now turned his attention to disciplining John Mark.

Later on, we find that Mark became the travelling companion of the Apostle Peter (1 Peter 5:13) and Peter speaks affectionately of him as "my (spiritual) son, Mark" (1 Peter 5:13). This indicates that Mark was probably converted by Peter. Even Paul later had a change of heart toward Mark, saying of him to Timothy, "Only Luke is with me. Pick up Mark and bring him with you, for he is *useful to me* for ministry (2 Timothy 4:11)"

Let me at this point discuss the four gospels a little, as their authorship and *purpose* bear directly upon your next questions.

With regard to authorship, the crucial factor of credibility was *eyewitness* testimony: that is, the writers of the gospels either had to have personally witnessed these events or they had to have an intimate association of and verification from those who had witnessed these events (from the baptism of John to the Resurrection).

Both *Matthew* and *John* qualify because they were both among the twelve disciples. Though not an apostle, *Mark* had the best opportunity in his mother's house in Jerusalem and his personal connection with Peter, Paul, Barnabas, and other prominent disciples for gathering the most authentic

information concerning the gospel history. And we also know that Mark was the travelling companion of Peter, who is the real eyewitness reflected throughout Mark's gospel. The document has been called by some the "Gospel of Peter"!

Papias, a Church Father, mentions Mark in the early 100's as the "interpreter" of Peter, "writing down" the personal reminiscences of Peter's discourses/sermons delivered over the course of their journeys together. Clement of Alexandria, a little later in the second century, informs us that "the people of Rome were so pleased with Peter's preaching that they requested Mark, his attendant, to put it down in writing, which Peter neither encouraged nor hindered."

We learn that *Luke*, though not an eyewitness, was the travelling companion of the apostle Paul on some of his later missionary journeys. Of the four gospels, his gospel reaches the highest level of scholastic and literary quality, and his Prologue (Luke 1:1-4) gives clear indication that he gave careful consideration to the compiling of eyewitness sources available to him: "—just as those who from the beginning were eyewitnesses and servants of the Word have handed them down to us" (1:2). His treatment of contemporary places, people and events in the secular Roman world have a high degree of accuracy when compared with non-biblical, historical material.

There is good evidence that both Luke and Matthew may have used Mark's gospel as a source (or a common corpus of material which preceded Mark), as well as other oral or written sources. Since the genealogy of Jesus in Luke's gospel appears to be that of Mary, there is a strong possibility that the source for Luke's beginning chapters which record events concerning Christ's birth came directly from His mother.

Luke visited all the principal apostolic churches from Jerusalem to Rome. He met Peter, Mark, and Barnabas at Antioch, James and his elders at Jerusalem, Philip and his daughters at Caesarea, and he had first hand access and

benefit to all the information which Paul himself had received by revelation or collected from personal contact with all his fellow apostles and other first generation disciples.

The four gospels are eyewitness portraits of the life and events of Jesus Christ. They do, however, reveal somewhat different purposes with respect to emphasis. The Gospel of *Matthew* without doubt was intended for the Jewish community and a primary focus on Jesus as the *Messiah* who historically fulfilled the prophetic predictions and promises mentioned throughout the Old Testament Scriptures.

The Gospel of *Luke* portrays Christ as the "Son of Man," that is, with an emphasis on the *humanity* of Christ, and it was written primarily to the Gentile world.

The Gospel of *John* has yet a different focus. John clearly identified that his primary purpose was to prove that Jesus was *God Himself*. When John wrote his gospel near the end of the first century, Gnostics and other sects were beginning to question the divine nature of Christ, and John's major intent in his Gospel was to answer these critics.

The Gospel of *Mark* was written to demonstrate Christ as the *Servant*: "For the Son of Man did not come to be served, but to serve and give His life a ransom for many" (Mark 10:45). The Nativity accounts in Matthew and Luke make sense, because they would be important to establish both Messianic and human lineage. It does not, however, suit Mark's purpose, as the lineage of a "slave" or a "servant" is unimportant. This answers your question about why one would not expect Mark to mention the virgin birth in his gospel. It did not suit his purpose.

Your final question was why Paul did not mention the Virgin Birth. I believe he does. In Galatians 4:4 we have these words: "But when the fullness of time came, God sent forth His Son, **made, born of** (*ginomai*—originating, coming from) **a woman,**

born under the Law.” Now obviously every person born is “born” of a woman. So what is Paul referring to? He is referring specifically to two promises from the Old Testament, specifically, Isaiah 7:14 and Genesis 3:15. The Isaiah passage says: “Therefore the Lord Himself will give you a (miraculous) *sign*: Behold, a virgin shall conceive and bear a son, and she will call His name Immanuel (God With Us).” Matthew 1:23 cites the fulfillment of this messianic promise. The sign is the virgin birth.

Genesis 3:15 contains the first messianic prophecy in the Old Testament. After Adam and Eve’s disobedience God pronounces three judgments: upon Adam, Eve, and Satan. Addressing Satan in the verse God says: “I will put enmity (a barrier) between you and the woman, And between your seed and her seed; And *he* shall bruise (crush) your head, and you shall bruise *his* heel.”

Following quickly after the entrance of sin comes the promise of a solution. God promises that a way will be found to undo and to rectify the consequences of their disobedience. It will involve the promise of a “seed” which is referred to by the personal pronoun “He.” A conflict or battle is described which will occur at some future time and will result in a mortal blow to Satan’s *head* and a non-mortal wound to the “seed’s” *heel*.

Speaking to the disciples of His coming death, Jesus said, “The hour has come for the Son of Man to be glorified. Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains by itself alone; but if it dies, it bears much fruit. . . Now my soul has become troubled: and what shall I say, ‘Father, save Me from this hour?’ But for *this purpose* I came to this hour. . . Now judgment is upon this world; *now* the ruler (Satan) of this world shall be cast out. And I, if I be lifted up from the earth, will draw all men to Myself.’ But He was saying this to indicate the kind of death by which He was to die” (John 12:23-33). This passage

describes the mortal blow Christ inflicted upon Satan by His death and resurrection: "He shall crush your head."

The passage also alludes to the bruising, suffering and death Christ endured on the Cross—something that our Lord dreaded here, and earlier in His prayer to the Father in the Garden of Gethsemane: "Save Me from this hour; let this cup pass from Me." But in order for "the Seed of the woman" to triumph over sin, it was necessary for Him to suffer at the hands of Satan: "You shall bruise his heel."

The "enmity" or "barrier" between Satan's seed (those now contaminated by sin) and the woman's seed **is** the *virgin birth*.

Mary was that elect woman, a virgin, from whom the One Seed came. He was to be the seed of the woman, not of Adam, the man: "And Mary said to the angel, "How can this be, since I know no man?" And the Angel said to her, "the Holy Spirit will come upon you, and the power of the Most High will overshadow you; and for that reason that holy thing born of you shall be called the Son of God" (Luke 1:34-35).

The Virgin Birth, therefore, is *very* important, because without it, Jesus would be just another human being like you and me, and He would in no way qualify to be a Redeemer for even *one* sinful human being, much less for *all* humans. Shepard has observed:

*"No convincing evidence against the Virgin birth of Jesus . . . can be found in the New Testament. The difficulty of accounting for His life on any other ground is greater than the difficulty of accepting the Virgin birth as a fact." (J.W. Shepard, The Christ of the Gospels. Grand Rapids: Eerdmans, 1946, p. 1).*

Apart from this explanation, the context of Paul's words in Galatians 4:4 are meaningless. He is simply referring to the broader, messianic context understood by all the Jewish

community when they referred to “the woman.”

\_\_\_\_\_, I hope this material will help answer the questions you raised.

Sincerely yours,

Jimmy Williams, Founder  
Probe Ministries

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## **“Why Don’t You Respect Others’ Beliefs?”**

How come you can’t accept other religions and beliefs instead of always trying to convert them to Christianity? I was brought up in a Christian family and was always taught that you should accept others for who they are instead of forcing them to be how YOU want them to be.

I personally am an atheist and have told my family that since I was old enough to fully understand my own feelings on religion, and my own family have not tried to convert me as they respect what I think and feel. But when I read your replies to people’s e-mails you try to convert people you don’t even know. I fully respect your beliefs and thought that since you were Christians you could respect others. I am not trying to be disrespectful but I have friends from almost every religion in the world and yet even when we come to together we never try to (for lack of a better word) force, our views on each other instead we respect each other. I am

sorry if I am sounding rude when I say this but would you please email me back with your views on this and I will gladly read them and attempt to understand them.

Dear \_\_\_\_\_,

I very much appreciate the respectful tone of your letter. Bless you!

There is a difference between accepting others for who they are and forcing them to be someone you want them to be. I am not aware of anything on our website that attempts to force anyone to do anything; we do OFFER the way to know God through a personal relationship with His son Jesus, and we do OFFER a Christian perspective on many topics, but I would be grateful if you would help me see any place where we're forcing anything on anyone. Especially since everyone who reads our website freely chooses to come here and freely chooses to continue reading once they discover our position.

We don't have the power to convert anyone. We will do our best to explain why Christianity makes the most sense because it's true, and you have no doubt discovered that we have a lot of confidence in our position. But everything we say comes from a deep understanding that God created us with the ability to choose. We understand the power of influence, and we try to use whatever influence we have by way of what we have learned about the evidence for Christianity being true to help others understand what is right and true.

Many people think that respecting others' views and beliefs is the same thing as affirming that they are all equally valid, and we can't do that. For instance, what if you met someone who believed that red lights mean go and green lights mean stop. Would you respect that view? Really? Or would you do your best to convince the person believing it that it is a wrong and dangerous view to hold?

That's what we do. We believe that God has spoken to our world

through the Bible and through the person of Jesus Christ, and thus we can know truth because God has communicated it to us. And those who believe differently from what God has specifically said, hold wrong and dangerous views because it can keep them separated from God forever.

I hope you understand us better now, even if you don't agree. And if you get to the point where your life seems pointless and meaningless—because if there is no God there is no meaning-giver—then we'll be here to help you.

Respectfully,

Sue Bohlin  
Probe Ministries

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## **“Is God the Creator of Evil?”**

**I would like to get some help with Isaiah 45:7, which says, “I form the light, and create darkness: I make peace, and create evil: I the LORD do all these things.” (KJV) Is God the creator of evil? Can you recommend a good book on this?**

God is not the creator of evil. Indeed, strictly speaking, evil is not a thing. It doesn't exist in its own right, but only as a corruption or perversion of some good thing that God did create.

A better translation of this verse, given the context, is what you find at [www.netbible.org](http://www.netbible.org):

I am the one who forms light and creates darkness;  
the one who brings about peace and creates calamity.  
I am the Lord, who accomplishes all these things.

God is sovereign and nothing happens apart from His will (Ephesians 1:11; etc.). This includes calamities and disasters of every kind. Although God is not always the efficient cause of such calamities, He nonetheless allows them to occur in accordance with His sovereign purposes for the world. Almost any good exegetical or expositional commentary on this verse will deal with the difficulty you've noticed.

Shalom,

Michael Gleghorn  
Probe Ministries

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## **“I’m a Feminist and a Christian, and I Didn’t Like Your Article.”**

Concerning your article [“The Ten Lies of Feminism.”](#)

I believe John Gray has been divorced 3 times. Surely not an expert on women and men’s relationships that you would like the reader to believe.

Remember that before it says women submit to your husbands—it says husbands and wives submit to EACH other.

You said “It’s important for men to experience personal significance by making a mark on the world. But God calls women to trust Him in a different area: in our relationships. A woman’s value is usually not in providing history-changing leadership and making great, bold moves, but in loving and supporting those around us, changing the world by touching hearts. Once in a while, a woman does make her mark on a

national or global scale: consider the biblical judge Deborah, Golda Meir, Margaret Thatcher, and Indira Ghandi. But women like these are the exception, not the rule.”

Please be aware that besides women, there are few people of color—men AND women—who have gone on to be exceptional in a publicly recognized way. It is not because they are in the “roles” God ordained them to be, but because of the man made white patriarchal society that has oppressed and dominated them.

In the spirit of the Lord who spent so much time with the downtrodden, and rebuffed the Pharisees for only giving lip service to the word, I am careful to not just “accept” what has been instilled as doctrine, but question and question again as God encourages us to do. God is not about oppression.

I could take on everything you have written, but the great thing about this country is our freedom of speech.

I’m a feminist—and a christian.

Just a couple of thoughts in response to your letter. . .

First, citing something John Gray said doesn’t mean we endorse everything about the man. Even a broken clock is right twice a day!

Secondly, concerning mutual submission: if you check Ephesians, it does not say that husbands and wives are to submit to each other. The context is that Paul is writing to the entire Ephesian church, and he is telling the Ephesian believers to have an attitude of submission toward each other. The phrase “submit to one another out of reverence for Christ” can mean “Everyone submit to everyone” or “some submit to others.” It is not addressing husbands and wives. Some relationships are a one-way sort of submission, and this would include wives submitting to husbands, children submitting to parents, employees submitting to employers, and church members

submitting to church elders. If you try to turn Eph. 5:21 into a doctrine of mutual submission within marriage, then you have to extend it to the other relationships as well, and common sense tells you that won't (and doesn't!) work. I don't know if you have children yet, but I assure you, Paul isn't telling me as a mom to submit to my kids! ::::smile:::: And I don't know if you are married yet, but I can assure you that submission to a man who loves, cherishes, respects and supports me, and who leads me as he is led by Christ, is not in the least burdensome but a true joy.

Third, I certainly won't argue that women have been disrespected and oppressed women throughout time. I see this as a horrible consequence of the Fall. But as a Christian, I believe that God defines power and influence and what it means to be exceptional very differently from the way the world does, and I believe that women have been very powerful in ways that the feminist mindset refuses to acknowledge. I respect your identification as both a Christian and a feminist, but please be aware that it is easy to let the world (read: feminist thought) squeeze you into its mold so that you see things from a worldly perspective instead of a biblical perspective. To use a phrase like "man made white patriarchal society that has oppressed and dominated them" tells me that you have bought into the feminist perspective. May I suggest that the evil is not patriarchy, but the sinful abuse of power within patriarchy?

You are right, "God is not about oppression." He is about freeing the captives through Jesus Christ, not through man-made political systems and philosophy. Jesus was absolutely radical in [His respect for, treatment of and elevation of women](#), and when people follow the Bible's actual mandates they move from oppressing others to true freedom and celebration of others' dignity, abilities, gifts and calling.

Sincerely,

Sue Bohlin  
Probe Ministries

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# **“Saying Someone Else’s Path is Wrong Misses the Mark”**

Firstly let me say, I read your site with interest. Secondly I come from a VERY religious background and spent my formative years attending Sunday School, church, youth fellowship etc.

(I have a very strong set of moral beliefs but they revolve around personal responsibility, honesty, integrity and REVENGE – not upon blindly following the words of others.)

In all that time I was treated with nothing but contempt (I never did fit in – yes, I do love thrash metal). This is a source of much anger to me.

I have never gained ANYTHING from worship or religion, if god existed he never would have let half the things happen in my life/family that have happened, therefore, I have rejected him.

I feel fine, better for it in fact and I think that for me at least, I have chosen the correct path. Maybe your choice is right for you but to say that someone else’s is wrong (just because you believe it to be so) is nonsense. Basically, I feel you miss the mark.

Still, that’s your personal choice and as such that’s your right.

Dear \_\_\_\_\_,

When bad things happen to people, I have to admit that is a very powerful argument against the existence of God, or at least against the goodness of God.

However, all of us at Probe have been convinced that the evidence that God truly exists and that there is a purpose beyond the horrible things that happen, is greater than the weight of the argument of pain and suffering. Personally, I believe that the shame and contempt that "church people" heap on those who don't fit their mold, like yourself, makes God both angry and extremely grieved. Since the Bible says God made us in His image, then we're supposed to reflect what He is like to the world and most especially, to others who are also made in His image. When people treat others with contempt, they are telling a lie about what God is like, and I think none of us understands the depth of His anguish about that.

I think I understand where you're coming from in terms of wanting to castigate us for saying that someone else's path is wrong since it is different from ours. That would, indeed, be an arrogant and revolting position to take if it didn't matter because there is no God and thus no purpose in life, no afterlife, and no ultimate meaning. On the same plane, I guess, as saying that someone is wrong for choosing Neapolitan ice cream because chocolate is right.

However, if God has truly spoken and revealed true truth to us, and if He determines what is the right path and the wrong path because He is God and He has the right to do that, then simply agreeing with what He says is neither arrogant nor revolting.

I wish you peace, and I pray for you the ability to sift through what you learned when you were young and sort out what was true from what was merely man's teaching and from the pain you received and understandably rejected. I pray that somehow, God will communicate to you the tears HE cried because of the

way you were treated. He made you, He loves you, and He died for you. You were never supposed to experience contempt.

Cordially,

Sue Bohlin  
Probe Ministries

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## **“Is the Eucharist the Literal Body and Blood of Christ?”**

I have frequent discussions with my friend, who is Catholic, about our beliefs and one of the things that comes up a lot is the Eucharist. She believes that when the priest blesses the bread and wine the spirit of Jesus goes into them. She also gives me John 6:27-58. Is it literal or not?

This is such a huge issue with grave theological disagreements that we cannot and will not be able to solve. But here are some thoughts that may help.

First, concerning your question about the literalness of the Lord's statements in John 6: When He says, “Unless you eat of the flesh of the Son of Man and drink His blood, you have no life in you” (John 6:53), does He really mean, “Tear off a chunk of My arm or leg with your teeth and chew Me up”? Furthermore, if partakers literally eat the body and blood of the Lord, it is broken down during digestion, but God has promised that His Holy One would never see decay (Acts 2:27).

In the same chapter, when He says He is the bread of life, does He mean He is made of grain and water and yeast? We also need to look at all the other “I am” statements in the book of John and ask, Does He mean those literally as well? When He

says He is the light of the world (ch. 8), is He claiming to be the sun? When He says He is the door (ch. 10), is He saying He's made of wood and has a doorknob? When He says He is the good shepherd (ch. 10), does it mean He gave up carpentry to keep sheep on Israel's mountainsides? When He says He is the vine (ch. 15), is He saying He's green and leafy?

There is a lot of very important and deep symbolism in the book of John that gives us insight into the spiritual truths the Lord Jesus was trying to communicate about the nature of spiritual reality. We need to be careful when we say we take the Bible literally. Yes, we do—in the places where it's intended to be taken literally. But when a metaphor is used, we need to read it that way.

Secondly, in terms of the nature of communion:

There tend to be three positions on the nature of communion, or "the Lord's supper" (1 Cor. 11:20). One is that the bread and wine are mystically changed into the actual body and blood of Jesus in a process called "transubstantiation." A second position is that the bread and wine (or, in many churches, grape juice) are merely symbols of His body and blood. A third position is that the bread and wine are not chemically or supernaturally transformed, but they are still more than mere symbols: that the real presence of the Lord Jesus is *in* and *around* and *through* these tangible elements of His table.

We don't have an official position on communion at Probe, but I will tell you that personally, I have held all three positions at various times and have landed on the third. I believe that part of the Lord's grace to us corporately and individually is this gift of something physical and tangible that is a touch point between the physical realm and the spiritual realm, much as His body was that touch point between heaven and earth while He walked among us.

I hope this helps.

Sue Bohlin  
Probe Ministries

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# **“I Don’t Believe the Holy Spirit is a Person”**

Dear Mr. Zukeran,

I do not believe the holy spirit is a person, mainly because it does not have a name. The names you give all have the word “the” preceding it. This indicates that the following word is a title, not a name. (For example “the President,” obviously “President” is not a name.) Also, the words “holy spirit” are at times in lower case. Of course you know names are never in lower case.

Thank you for your question. The Holy Spirit gives a command (Acts 13:2), He can be lied to (Acts 5), and He can be grieved (Ephesians 4:30). This shows the Holy Spirit is an intelligent thinking person. One cannot lie to an inanimate force like electricity or fire. You cannot even lie to a cat or dog—it must be an intelligent cognitive thinking person. Also why does Jesus use personal pronoun “He” and “Him” in addressing the Holy Spirit (John 16)?

Regarding a name. Respectfully, that really is not much of an argument. The previous verses show the Holy Spirit has the qualities of a person; this makes Him a person. You stated because He does not have a personal name you think He is not a person. Allow me to use an illustration. If I say, “the King of Jordan is coming” what do I mean? Do I mean an impersonal, non-living entity is coming, or do I mean a person who rules over Jordan is coming? Obviously I mean a person is coming.

Even if I do not know his personal name, we all know I am talking about a person. Just because I do not know if his name is George, Fred, or John but know him as "The King of Jordan" does that mean he is not a person?

The Holy Spirit has all the attributes of a person. He speaks, He thinks, He can be grieved, He can be lied to, etc. . . . Just because we do not address Him as Fred or George but by His title "the Holy Spirit" does not mean He is not a person. I may never know the personal name of the King of Jordan, but whenever I speak of the King of Jordan, I am referring to a person.

Thanks for writing.

Patrick Zukeran  
Probe Ministries

Check out some articles and answers on the concept of the Trinity below.