

The Dark Underside of Female Friendships

Cherry and Beth met in a MOPS (Mothers of Preschoolers) group at their church, hitting it off immediately. They loved the mutual connection with another mom, understanding the stresses and joys of having small children about the same age. Their weekly play dates became the highlight of each girl's week. They would chat on the phone every day, comparing notes on what they would be fixing for dinner or what great, repeatable golden nuggets their toddlers spouted. That morphed to texting each other throughout the day, at least once an hour.

The intense sense of connection, of feeling heard and understood and valued, grew to be like an emotional drug for them. Over time, they realized they felt closer to each other than they did to their husbands. They preferred each other's company to anyone else's—including their husbands'. Texting throughout the day felt like a lifeline, a continual source of reassurance that all was right with the world. Eventually, caring for their children, the very thing that had brought them together in the first place, started to feel like an unwelcome burden that interfered with their first love—each other. Anyone and any thing that came between them was cause for resentment and annoyance . . . when it didn't make them outright angry.

This was not normal female friendship. What started out as a lovely gift from God was corrupted into emotional dependency, which Lori Rentzel* defines as "When the ongoing presence and/or nurturing of another is believed necessary for personal security." Emotional dependency happens when one or both people are looking to a person to meet their basic needs for love and security, rather than to God (relational idolatry). It is characterized by a desperate neediness of the other.

Emotional dependency (the other ED) is at the core of most lesbian relationships and a lot of homosexual relationships, but it is not limited to these. Husbands and wives can be emotionally dependent on each other, and so can women friends. When friendship spills over the retaining walls of what is healthy into an enmeshment with another person—when they put all their emotional eggs in the other’s basket, so to speak—the relationship has become broken and unhealthy.

My favorite anthem to emotional dependency is Barry Manilow’s *Can’t Smile Without You*, which sounds romantic until you think about how unhealthy it is:

You know I can’t smile without you,
I can’t smile without you,
I can’t laugh
and I can’t sing,
I’m findin’ it hard to do anything.
You see, I feel sad when you’re sad,
I feel glad when you’re glad,
If You only knew what I’m going through,
I just can’t smile without you.

Do you see how sick that is?

Emotional dependency feels like, “My happiness, my sense of security, is completely wrapped up in you giving me ‘[The Three As](#)’ I need: attention, affection and affirmation. And if you withhold any of these from me, I will feel insecure, unloved and abandoned.”

When people feel insecure, they feel powerless. And when they feel powerless, they usually resort to some kind of control to get their power back. Manipulation is the glue that holds emotionally dependent people together, since the desperate neediness (remember, “I can’t smile without you”?) drives people to do desperate things to make sure the other person is tied to them at the heart. Such as sending close to 100 texts

in a single day, to make sure the other person responds to them. And getting paranoid and angry (“Why aren’t you answering my texts? I can tell you read them, my phone tells me you read them, why are you avoiding me? What did I do? Why aren’t you answering me? TALK TO ME!!!!”). Such as giving gifts and anything else designed to bind the giver to the recipient. Such as using guilt to force the other person to engage (“You’re the only person in the world who understands me! You’re the only real friend I’ve ever had. If you leave me I will be completely and utterly alone!”).

The good news is that when friendships have overflowed healthy boundaries into emotional dependency, people can repent of their relational idolatry (making another person more important than God) and step back into balance. The other good news is that every aspect of unhealthy, emotional dependency on a person, is healthy dependency on God. One of my friends told me, “This was life changing for me, to realize that I could redirect my unhealthy energies to Jesus and it would make me a much better disciple!” Contacting Him 95 times a day through prayer (no texting necessary) is healthy. Feeling desperately needy toward Jesus is healthy. Giving gifts to Jesus to bind one’s heart to Him is healthy. Saying, “If you leave me I will be completely and utterly alone” is true-but praise God, He has assured us that He will never leave us or forsake us (Hebrews 13:5).

When I have spoken on this topic in churches, I hear, “I expected that the dark underside you’d be talking about was gossip or something. I never would have expected THIS. Wow. I see how it can happen so easily.”

Forewarned is forearmed, I trust.

*Lori Thorkelson Rentzel’s little booklet Emotional Dependency, published by InterVarsity Press, is an invaluable and highly practical resource for understanding this issue.

This blog post originally appeared at blogs.bible.org/the-dark-underside-of-female-friendships/ on April 8, 2014.

“Welcome Home”: A Biblical Response to the Ukraine Crisis

March 11, 2014

It has been an, um, *interesting* experience to be in Belarus, in the former Soviet Union, for two weeks while their next-door neighbor Ukraine was shaken by civil unrest, a takeover by angry citizens, the disappearance of their president who showed up in Moscow, and then their invasion and occupation by Russian troops. At the conclusion of one Sunday’s worship service, the pastor led us in prayer for Ukraine, which had just called up all eligible men for military service and was preparing for war if need be.

One thing that made it um, *interesting*, for us as Americans was to find that we didn’t have access to American websites of particular political views, and even Google search was blocked.

I was so thankful for English-speaking friends who were able to give us their perspective on the nearby tinderbox.

I learned that Ukraine is divided between the western portion of the country, which sees itself as European, and the eastern part, which feels more Russian. There is still some unhappiness over Nikita Krushev’s decision to award the

Crimean peninsula to Ukraine, which didn't seem like such a big deal when it was all part of the U.S.S.R., before the fall of the Soviet system in 1991.

What struck me about all this was the role of identity and allegiance to nations. As we prayed for the Christians in Ukraine and Belarus and Russia, I thought about the fact that for believers in Jesus, no matter where we live, our identity should always be first citizens of heaven (Phil. 3:20), and our allegiance to Jesus as our head.

As soon as we landed, I tweeted this: "Talked to a young Belarusian who loved his country so much more after visiting Europe. USA, I love you as least 2x as much. #WelcomeHome." I do love and appreciate my country (especially flushable toilet paper and the Americans with Disabilities Act. Oh, and TexMex), but I am very aware that I have much more in common with my believing brothers and sisters around the world whose language I don't understand but whose heart to worship Jesus I share.

A hundred years from today I won't be an American, I will be a fully alive, unbelievably glorious citizen of heaven. That's my true identity, my greater allegiance, and I'm sticking with it. Even as tears come to my eyes when U.S. officials check my passport and say, "Welcome home."

That is NOTHING compared to the "Welcome home" that awaits me in my ultimate home in heaven.

This blog post originally appeared at
blogs.bible.org/tapestry/sue_bohlin/welcome_home

Converting Christians

February 27, 2014

Jim Denison recently found a [“15-step strategy for converting Christians to atheism”](#) and [wrote about it](#) in the Denison Forum on Truth and Culture. Although the article is supposed to help atheists convert Christians, I think that Christians can learn some valuable lessons about how to approach and dialogue with non-Christians.

The article tells atheists to think about building relationships before trying to convert them to atheism. That is certainly good advice for Christians. Jim Denison reminds us that we should earn the right to share the love of Jesus.

The article also encourages atheists to learn the common arguments leveled by theists and the best rebuttals. Again, Christians should always be ready to make a defense (1 Peter 3:15) for the hope that is in us. I have noticed that in many of the debates between Christians and atheists that it is the atheist argument that is often inadequate.

The article also encourages atheists to understand their holy book cover to cover. This would be good advice for Christians interacting with people of other religions or people who say they have no religion. What is their standard of authority? Do they believe in truth? Do they believe in revelation?

Atheists are also encouraged to study basic physics and biology because “believers may form arguments using a flawed interpretation of physics and biology.” Actually, Christians can benefit from the great work done by leading scientists, theologians, and apologists who use a proper understanding of science to show the reasonableness of biblical faith.

The article also encourages atheists to get Christians “in the habit of questioning their own faith.” Once again, that is a

great suggestion for Christians. Jesus often used questions to teach biblical truths. I have found that getting people to question what they believe and why they believe it to be a very effective witnessing tool.

The article is a reminder that Christians aren't the only ones in the world working to convert others. Atheists and apologists for other religions are also working to convert the hearts and minds of Christians. We should be prepared, but also learn some lessons from others about how to win people to Jesus Christ.

Olympic-Sized “I Infections”

Feb. 11, 2014

As the 2014 Olympics continue to unfold, televised by the NBC sports team, anchorman Bob Costa's very public battle with a nasty eye infection continues to be as hot a topic of conversation as which Americans are winning medals. Now both eyes are red, swollen, and painful-looking. As they say here in Texas, bless his heart!

If the spiritual dimension of life were made visible in the physical realm, most of us would be walking around looking like Bob Costa. His eyeball is inflamed and infected, interfering with his vision and affecting the way people see him. It's a startling picture of our warped and diseased perception through which we experience life. No one is immune, since all of us have sinned and fall short of the glory of God (Romans 3:23), and all of us live in a fallen world. We all have a spiritual eye infection.

It's really an “I infection.”

We're stupidly, pathologically self-centered and self-absorbed. Our life theme song is "It's All About MEEEEEEEE!" Everything and everyone is evaluated in terms of how it benefits us or costs us. Adding insult to injury, this "I infection" is not only ugly, but it stinks to high heaven. Some people's "I infection" comes from a vaunted sense of entitlement. They were showered with excessive parental adoration, believing that every successful trip to the bathroom deserved a round of applause, that they were owed a celebratory party and gifts for turning another year older, that they should receive a trophy for showing up to games.

Others' "I infection" comes from the desperate fear that at their core, they really don't matter and there's nothing there anyway. They are plagued by a shame that colors all of life in the kind of emotional gunk that blurs Bob Costa's eyes. Everything feels sticky and painful and gross. It just hurts to live.

Still others experience an "I infection" fueled by unhealed wounds that continue to fester and cause pain. It's like walking around with an arrow stuck in your heart, and it doesn't take much for life experiences to brush up against the arrow and cause a fresh wave of pain to an old wound. So they live life in a defensive mode, trying to protect themselves from the relentless presence of unfinished, undealt-with pain.

No matter what the cause of our "I infection," the cure is the same: we need to come to Jesus, in the humility of abject need and dependence on Him. The "I infection" of selfishness is the symptom of a heart that God calls deceitful above all things and desperately wicked (Jer. 17:9). This kind of heart is incurably diseased—we need a heart transplant. Fortunately, God's really good at that. He promises in Ezekiel 36:26 to give us a new heart and put a new spirit in us, which He does the moment we trust in Jesus to save us from our sins and our sin-diseased hearts.

When the person with a sense of entitlement develops an attitude of gratitude, disciplining herself to give thanks for the abundant showering of blessings and gifts from Jesus, her now-thankful heart clears up the ugly “I infection.”

When a person infected with shame comes to Jesus, His loving acceptance and grace heals the “I infection” and allows him to see himself as beloved and valuable.

When the ones with unhealed wounds come to Jesus, giving Him access to the places of the heart that hurt and ooze, He pours His love into the wounds as they are exposed to the light by telling their story and then forgiving the ones who caused the wounds. Jesus heals their “I infection” through grieving and forgiving.

Bob Costa may have an eye infection. What’s your “I infection” that you need to take to Jesus?

This blog post originally appeared at
blogs.bible.org/tapestry/sue_bohlin/olympic-sized_i_infections

The Problem With Heart Bombs

In August 2012, a construction crew in Munich, Germany discovered an unexploded bomb from WWII. Munitions experts weren’t able to defuse it, so they evacuated 3000 residents and detonated the 550-pound bomb.

This was just one of tens of thousands of unexploded bombs that were dropped over Germany during the war and eventually buried, all of them posing a threat.



When construction crews start building, they need to identify buried bombs and deal with them before they explode and cause all kinds of chaos, havoc and pain.

The problem, you see, is that bombs don't go away. They go off.

And that's why it's a good idea to cooperate with the Holy Spirit, inviting Him to shine His light of truth on the unexploded bombs in our hearts and minds: unresolved conflict, unexpressed grief and pain, unconfessed unforgiveness.

A couple of my friends sustained hurtful childhood traumas. No one helped them process the pain and shock of abuse, bringing it out into the light and speaking healing truth to them. Their emotional pain generated anger and frustration that always simmered just under the surface. Triggered by situations, words, or body language that vividly reminded them of how they felt as children, they would explode in rage, destroying relationships and jobs. As they exposed their "bombs" to the Holy Spirit, He defused them with truth: It wasn't their fault. It wasn't right. And His tender compassion ministered grace that brought healing to their hearts.

Another friend was raised in a cult. Evil people in what she called a dark circle planted "bombs" in her young mind—threats of certain hurt and danger if she ever dared to believe in Jesus and connect with Him as a Christian. The unexploded

bombs consisted of promises that they would come find her and hurt her, and lies about the true God and about the power of Satan. When she did become a Christ-follower, she dared to invite Him to deal with her bombs. He defused them with the truth that He had conquered Satan and his demons at the cross, disarming them, making a public spectacle of them, and triumphing over them (Col. 2:15).

Yet another friend was mercilessly bullied every single day of her school career. The abusive ridicule and insults she took, day after day, planted bombs in her heart: lies that she was worthless, lesser-than, unloved. When she gets overwhelmed, the bombs can explode into throwing things and even her cat. She is finally facing the need to grieve her still-buried pain and eventually forgive those who bullied her. Grieving and forgiving will defuse my friend's bombs, but as of today, she sits on a ticking bomb every day of her life.

Some have pushed back against the idea of counseling or recovery ministry, citing Paul: "[B]ut one thing I do: forgetting what lies behind and reaching forward to what lies ahead" (Phil. 3:13). But the "what lies behind" is his list of spiritual credentials, not issues of his past. Instead, consider what David wrote in Ps. 139:23-24, "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way."

Paraphrased, we might pray, "God, what unexploded bombs are in my heart? Please show me, so You can defuse them and heal my heart."

[I am indebted to the wisdom of my pastor, [Todd Wagner](#), for his tweetable, quotable word of wisdom on bombs.]

This blog post originally appeared at blogs.bible.org/tapestry/sue_bohlin/the_problem_with_heart_bom

Apart From Him, We're a Boat Anchor

January 14, 2014

My computer had no battery and no way to connect to the power supply. It was useless. All the programs installed on it, all the information on the hard drive, were completely inaccessible because it needs power to run.

It needs power to do what it was designed to do.

It needs power to be a computer and not a doorstop. Or a boat anchor.

I was reminded of Jesus' simple statement (that we really don't believe): "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for *apart from Me you can do nothing*" (John 15:5).

Apart from a power supply, my computer can do nothing. It, however, has the good sense to demonstrate the startling truth of Jesus' statement, unlike us. We're more like a car out of gas that can still roll downhill without power, boasting in the delusion of self-deception: "Hey, look at me, look what I can do all by myself!"

But Jesus really meant it. Apart from Him, we can do nothing. He's the glue that holds the atoms and molecules of the universe together, and He holds us together. Unless our lungs inflate and our hearts continue to beat, unless there is air for us to breathe in, unless our red blood cells dump out

carbon dioxide and absorb oxygen, we can do nothing. We're as dead as my computer without a power supply.

Write a poem, a novel, or even a shopping list? Apart from Him, our brains don't work and our thoughts, if they exist at all, are meaningless, random biochemical explosions.

Plant a garden, fertilize and water it, eventually harvesting vegetables or fruit? Apart from Him, the creator of seed and soil and fertilizer and water, we got nuthin.'

Get a job, any job? Apart from Him, we have no connections to people that He made, there is no structure within civilization to provide for employment, there is no basis for money for trade.

Actually, apart from Him, there *is* something we can do. We can sin. We can act independently of God, in either active rebellion or passive indifference.

Apart from Him . . . we can do nothing of value, nothing that lasts, nothing to be proud of or grateful for.

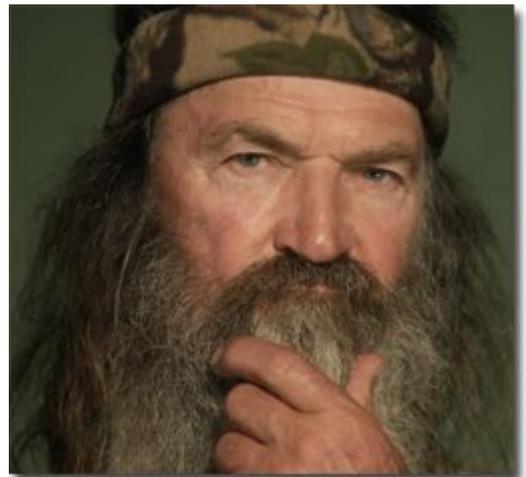
What Jesus called us to do is to abide. To hang out with Him. To teach ourselves to live in awareness of His presence, reminding ourselves of the truth that He is always with us, as He promised (Matt. 28:20). To actively depend on Him. That may look like mentally taking His hand no matter what we're doing. Or mentally sliding over into the passenger seat in the car to let Him drive through us. When we're afraid, clinging to the truth of scripture, praying over and over, "When I am afraid, I will trust in You" (Ps. 56:3).

Abiding is the spiritual discipline of staying plugged in, connected, to our power source.

Just like my poor little powerless computer.

Did (Duck Dynasty's) Phil Get it Wrong? Is Homosexuality Sin?

In one of the biggest social media flaps since social media was invented, Duck Dynasty's Phil Robertson openly said that homosexuality is sinful. Then the cyber world blew up in a clash of worldviews—the progressive, whatever-floats-your-boat perspective of A&E, the cable network that profits greatly from



the Robertsons' TV show, against the traditional biblical view of sin and sexuality. A lot of people think that Phil's old-fashioned morality is not only antiquated but unfair.

Is it? Is homosexuality a sin? If people are born gay, why would God condemn people for being the way He made them? What kind of God would do that?

Let me answer those questions in reverse order. First, how do we know that people are born gay? This idea is a newcomer on the scene of human history, arising only within the past hundred years—maybe only fifty. We “know” it because people keep saying so, and people say so because, looking into the rear view mirror of their lives, many of those who eventually identify as gay recall always feeling different, “other than.” According to the spirit of the age, that means they were always gay. Which means sexually and romantically attracted to people of the same sex.

But think about a newborn baby. Is he or she sexually and romantically attracted to people of the same sex? No, of course not. That is an emotional development issue that will arise years down the road. Consider a toddler: how does one find the gay kids in a church or daycare nursery? You don't. But even in toddlers, some temperament and personality differences have surfaced, the kinds of differences that can lead to a child feeling "other than."

Little boys who are emotionally sensitive, artistic and creative, can be uncomfortable around the rough-and-tumble boys who are far more physically aggressive, sporty and relationally insensitive. It doesn't mean they're gay, it means their design, their God-chosen kind of masculinity, is different. They're probably going to feel "other than," and later on someone will label that as gay. It's not.

Little girls who have athletic gifts and abilities, who don't care for pink or dresses or nail polish and are often natural leaders, can be uncomfortable around the girly-girls who are interested in very different things. It doesn't mean they're lesbian, it means their design, their God-chosen kind of femininity, is different. They're probably going to feel "other than," and later on someone will label that as lesbian. It's not.

People are not born gay, which is a constellation of beliefs and feelings about oneself and others that is the result of many interactions with many people over many years. Just like people are not born prejudiced. Or entitled. Or English speaking, for that matter. But all those things can become so entwined with a sense of self that it feels like that's who one is.

Recently, my husband was talking with a new friend who struggles with same-sex attraction. His friend said it was hard growing up in a slender "case" (body type) and so sensitive, and that's why he was gay. My husband pointed out

that he, too, had the same body type and was emotionally sensitive, that that was their design. Ray talked to him about the [gender spectrum](#) for different kinds of masculinity as God's creation, and his friend absolutely lit up with gratitude. He had never heard that the way God had made him didn't mean he was gay, it meant he was gifted, and he had never heard an "everstraight" like my husband acknowledge that boys and men can live on that end of the spectrum and not identify as gay. There is another way of explaining the feeling of "other than" that honors both the person and the God who made them in a way that has often not been appreciated or affirmed.

But let's turn to the first question: is homosexuality a sin?

It's important to define your terms. What do you mean by homosexuality? Our culture has clouded the biblical perspective of the issue. Do you mean being same-sex attracted? Or do you mean "stepping over the line," actually engaging in same-sex romantic and sexual relationships? What Phil Robertson did, which is part of the firestorm, is to shine a light on what the Bible says: all sex outside of marriage is sin, both opposite-sex and same-sex relationships. Our sex-saturated culture finds that offensive and unacceptable. Sex is seen as a right and a basic need of life, when it is neither.

But the Bible never condemns same-sex attractions, which constitute temptation and not sin. People generally discover, not choose, that they are drawn to the same sex, and [there are very good reasons for this](#). As with all temptations, God says to stand against them and not give into them. It is foolishness to define oneself by our temptations and weaknesses! (Much better to define ourselves the way God sees us, as His beloved child who desperately needs Him.)

So define homosexuality. If you mean simply feeling "other than" and different, complicated by being drawn to members of

the same sex, then homosexual attractions are temptation, not sin. If you mean acting on those attractions to engage in emotionally dependent and/or sexual relationships, then according to the Bible's standards, yes that is sin. Note how God addressed Cain's struggle with feelings and temptations: "Sin is crouching at your door. It desires to have you, but you must master it." (Genesis 4:7) So it really comes down to feelings vs. behavior. The feelings are not necessarily sinful (although sin begins in the mind, where attractions can cross over the line into the sin of lust, regardless of the object of those attractions), but behavior always is. We need to keep homosexuality in the context that God does: pre-marital sex, adultery, same-gender sex, incest, and sex with animals: anything outside the marriage bed (defined as one man and one woman, Gen. 2:24) is sin.

Many people have a faulty concept of a distant, scowling god sitting on his throne looking for people having a good time so he can be mad at them, looking for an excuse to hurl thunderbolts at them for daring to enjoy themselves. The God of the Bible is not Zeus. Jesus corrected many aspects of our misunderstandings of His Father. He is a loving God who put guardrails on the treacherous mountain road of human sexuality. He doesn't condemn people who run off the safety of the road by crashing through the guardrails He put in place; He knows that the natural consequences of running off the cliff are their own discipline. God says, "Don't have sex outside of marriage" because He loves us and knows that sex outside of marriage brings pain to the soul (as well as dishonoring everyone involved, including Him).

God doesn't make anyone gay, but He is full of compassion for those who find themselves with same-sex attractions. He warns us against all kinds of sexual sin because He knows how destructive it is when we violate His intention and design for our bodies and souls. He wants so much better for us.

This blog post originally appeared at blogs.bible.org/tapestry/sue_bohlin/did_phil_get_it_wrong_is_homosexuality_sin on Jan. 1, 2014

Reincarnation: The Christmas Counterfeit

24% of American Christians believe in reincarnation, the idea from Eastern religions that there is a merry-go-round of birth/life/death/reb



irth, over and over again. This has spawned a fad of “past lives regression,” discovering aspects of previous incarnations. Wiki-how even offers instructions on “[How to Remember Your Past Lives](#).” There’s a book called *Past Lives of the Rich and Famous*. Supposedly, Whitney Houston’s strong attachment to the gospel came from a moment in a previous life where she saw Jesus hanging on the cross. Liz Taylor used to be a Benedictine abbess in medieval Switzerland. Michael Jackson was the son of a royal courtesan in 100 B.C. Burma. And Marilyn Monroe was captured by a band of gypsies in the 1600s.

Not so fast. The Bible swats down the possibility of reincarnation: “It is appointed for man to die once, and then comes judgment” (Hebrews 9:27). That means that there are no past lives (but lots of opportunity for self- or demonic deception).

With one notable exception.

Jesus truly did have a past life, a life with no beginning, before He was born as a human being.

Philippians 2 tells us that "He emptied Himself, by taking the form of a servant, being born in the likeness of men." I cannot begin to imagine what it was like to leave behind aspects of being God when He became one of us. Instead of enjoying omniscience (all-knowing), He limited Himself to only what He would learn experientially and by listening to the Holy Spirit. Instead of enjoying omnipresence (being all places at once), He limited Himself to one place at one time. Instead of enjoying omnipotence (all-powerful), He limited Himself to expressing the Father's will through dependence on the power of the Holy Spirit.

Jesus lived out, and showed us, what perfect, sinless Adam was like before the Fall.

Recently I've been meditating on the unthinkable sacrifice of leaving behind omniscience and becoming an embryo in Mary's womb. He experienced life as every other baby ever has, first through the muffled filter of His mother's body. Then the shock of emerging from the warm cozy darkness and drawing His first breath of air. For the first time in eternity, God breathed air! He learned what hunger was, and He learned what it was to be dependent on His mother to be fed.

He experienced life as a baby, learning language. He learned to recognize His mother's voice and His earthly father's voice. That prepared Him to learn to recognize His heavenly Father's voice. He grew into a toddler, and the very God who designed the human body to walk, had to learn how to walk Himself. He grew into a boy, and learned to read. The very God who had splintered the language of man at Babel had to learn Hebrew letters and words so He could read the Scriptures that He Himself had breathed through the minds and pens of men

hundreds of years before. He learned spiritual truth with a human mind, reading the scrolls with human eyes. He learned the history of mankind and of His own people through the Scriptures.

He submitted Himself to His earthly parents, who had the unimaginable task of teaching Jesus His true identity: "Child, you are the Son of God, born of a virgin birth. Your heavenly Father is Your actual Father. You are the promised Messiah, the long-awaited Anointed One. You are the Savior of the world."

When He hung out in the temple at age twelve, amazing the teachers by His teachable spirit and the questions He asked, He had clearly owned the truth about His true identity: "Did you not know that I had to be in My Father's house?" (Luke 2:49)

By the time He was an adult, He had grown in understanding about His previous life in heaven: "And now, Father, glorify Me in Your own presence with the glory that I had with You before the world existed" (John 17:5).

Part of the glory of Christmas is remembering that Jesus truly did have a "past life," which He left behind for a time because He thought we were worth the sacrifice. And reincarnation—that false teaching of false religion—is the counterfeit to the miracle of Christmas: the Incarnation of the Son of God.

Christ by highest heaven adored; Christ, the everlasting Lord!

Late in time behold Him come, offspring of the Virgin's womb.

Veiled in flesh the Godhead see; hail the incarnate Deity,
Pleased as man with men to dwell, Jesus our Emmanuel.

This blog post originally appeared at
blogs.bible.org/reincarnation-the-christmas-counterfeit/
on December 17, 2013

Sit and Brine a While

I brine a turkey for Thanksgiving. When the bird sits in a salty, savory water bath overnight, it absorbs the flavors of the brine and the chemical composition of the turkey is changed to make it juicier. Delicious, juicy turkey—what's not to love?

Except when you learn the hard way that all giant brining bags are not created equal, and your bag opens up in the refrigerator, spilling a gallon of brine all over the fridge and the kitchen floor. Which my rock-star husband cleaned up without complaint because he's just wonderful that way.

Our Thanksgiving turkey was still delicious because the remaining brine did its magic on the bottom half of the turkey, and then I turned it in the morning for a few more hours of brining before roasting it.

That day a godly, wise friend of mine snapped a picture of her Bible open, with 1 Thess. 5:16-18 highlighted ("Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you"), and posted it to her Facebook with the insightful comment, "I need to 'brine' in this truth. I need to soak in it, it needs to change me, make me more tender..."

Amen!

That is how we are "transformed by the renewing of our minds" (Romans 12:2)—by "brining" in the truth of God's word.

Memorizing it, meditating on it, and being very practical in how we choose to develop a perspective that agrees with what God has revealed.

Recently my husband entered the fray of hostility in the comment section of an online magazine article featuring his role in vetting the science textbooks that the Texas State Board of Education would be voting on adopting. It's quite the assault to be called ugly names and have one's intellect and character impugned by people who cannot understand how a scientist can entertain any possibility of the supernatural and still call himself a scientist.

I walked by his computer and found a number of index cards next to his laptop on which he had written several scriptures. Before he put his fingers to the keyboard to respond to commenters, he was reminding himself to focus on the unseen and eternal, not the visible and fleeting, and to choose to speak truth that honors God instead of giving into fear and anger or hurt.

Ray was brining in God's Word. It blessed me deeply.

Recently, our friends at Igniter Media created a marvelous video about preparing to be with family, which was shown in the worship services at our church. Our pastor said it was his favorite of all the videos they had produced, because it shows how spiritual transformation happens.

This is what brining looks like.

Bon Appetit!

This blog post originally appeared at

Killer Question

The best critical thinking “power tool” I’ve ever discovered is a set of [four “Killer Questions.”](#) They’ve been around since Socrates, but after my friend Dr. Jeff Myers of [Summit Ministries](#) introduced them to me a few years ago, they have totally changed the way I process everything I hear:

1. What do you mean by that?
2. Where do you get your information?
3. How do you know it’s true?
4. What if you’re wrong?

I use the #1 question the most. “What do you mean by that?” is a clarifying question that invites the other person to define their terms and make sure you’re both talking about the same thing. This is a helpful question to keep in mind even when reading the newspaper, a website, or people’s Facebook posts—especially political and religious statements—because our society seems to be getting less and less able to articulate what we really mean. Or think.

For example, if someone tells me, “I don’t believe in God,” it’s good to gently probe about the kind of God they claim they don’t believe in: “What do you mean by ‘God’?” Often what people reject is actually an untrue caricature of God, a harsh, condemning, unloving and unreasonable deity who just might remind them of all the things they don’t like about their earthly fathers! In that case, I can assure them that I don’t believe in that god either—and then I might get a chance to talk about the true God of the Bible who reveals Himself as

an eternally loving Father, Son and Spirit who invites us into the divine life of light, love and goodness.

The question "What do you mean by that?" is powerful for preventing misunderstandings. A friend of mine who was on the pastoral staff of a church had a number of conversations with a new attender. When the woman told him about how her life was falling apart, he shared the good news of Jesus with her, and invited her to put her trust in Him. She asked a number of questions about what it meant to become a Christian. Afterwards, she called the church to lodge a complaint that he had been inappropriate with her.

The church leadership immediately suspended him. He knew that something was very, very wrong with the situation but couldn't get traction with the complaint. It finally turned out that when the woman had asked what would happen if she refused to trust Christ, he regretfully told her that she would spend eternity separated from Him, which the Bible calls hell. Offended, she considered his answer inappropriate and called to complain. But no one had asked her, "What do you mean by 'inappropriate'?" The church leadership had assumed the worst instead of simply asking for clarification. If they'd asked, they would have discovered that my friend had merely shared the gospel.

Another friend of mine, at nineteen years old, told her pastor that she was pregnant. His first response was to fire her from working in the nursery, which she loved, because they wouldn't want visitors thinking the church condoned sexual sin and teenage pregnancy. He never asked a single question. If he had just asked, "Wow—what do you want to tell me about this?" she would have told him that she'd been acquaintance-raped. But because of her dysfunctional family patterns, she had been robbed of her voice to speak up against injustice. Over twelve years later, she's still suffering the emotional wounds of his judgmental punishment.

Recently, a high school nurse told me that one of her girl students said she was a lesbian. The nurse asked her own version of “What do you mean by that,” and inquired how she’d come to that conclusion. The student said, “I didn’t have a boyfriend in sixth, seventh or eighth grade, so that makes me a lesbian.” My friend was able to speak truth to this confused young girl because of asking good questions.

Where might you find a good place to use this powerful Killer Question this week?

This blog post originally appeared at blogs.bible.org/killer-question/ on October 8, 2013.