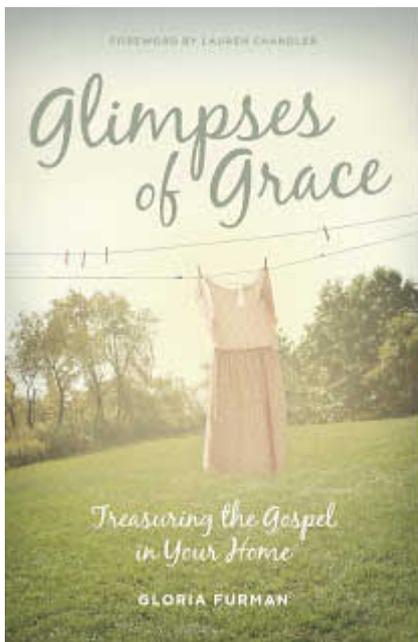


Glimpses of Grace: Knocking Down Mental Walls

One of the most spiritually dangerous mistakes we can make is to compartmentalize our thinking into separate sections: Facts/values. Sacred/secular.

Worst of all, God/real life.

If Jesus truly is Lord—and His word says He is—then there is not so much as a solitary atom, much less an entire compartment, where He does not belong. So I love, love, love it when writers and speakers help us tear down mental and spiritual walls to help us live life as a unified whole. And now there's a new voice to help women think biblically and rightly about how we glorify God in our homes.



This week marks the release of Gloria Furman's book *Glimpses of Grace: Treasuring the Gospel in Your Home*. I've never read a book that so thoroughly explores the way God's grace can so fully and vibrantly radiate into even the most mundane and seemingly unimportant parts of life.

This, on top of the fact that Gloria is a mom of three little

ones with a fourth on the way, a pastor's wife, living in Dubai—and her husband Dave's physical strength is severely compromised, which of course means life is harder for Gloria. So yeah—I'm impressed. But Gloria's bio doesn't hold a candle to her wisdom, her grasp of theology, and what I especially appreciate, a breathtaking level of transparency and authenticity that eloquently communicates, "I'm messed up and I desperately need Jesus, but let me show you how He's so good!"

Her great, dry sense of humor is studded throughout the book, such as: "I need God's grace and something baked with peanut butter and chocolate." What's not to love?

Some of my highlighted passages, which I wanted to share with you:

- When I attended a marriage conference taught by Paul Tripp, he said something that devastated me. Tripp said, "If God doesn't rule your mundane, then he doesn't rule you. Because that's where you live."
- God can use the ordinary moments in your life to glorify himself by conforming you into the image of his Son. That is precisely what he intends to do. Dirty dishes in the sink or red crayons smushed into an electrical socket by a curious toddler are not just worrisome ordeals in your otherwise uneventful day. They're opportunities to see glimpses of grace.
- Jesus apparently believes that the most satisfying thing for us in all eternity is to behold his glory in his very presence. He is not absent from our noisy, chaotic lives. He is with us, even to the end of the age (Matt. 28:20). And if he's with us even to the end of the age, then he is with us even to the end of our carpooling route. He's with us even to the end of the meat in the fridge when grocery day isn't for another four days. He's with us even to the end of a

long night of waking with a crying baby. He's with us even to the end of a party that we'd rather not be at or be hosting, for whatever reason. He's with us even to the end of a hectic morning of rushing around trying to get out the door. He's with us even to the end of a dreadful day when nothing seemed to go as planned.

- God's efficacious grace could be described in terms of the different ways you put pajamas on a baby. My son prefers to streak after he takes baths. He even tries to climb out of the tub early before everyone is soaped up and rinsed in order to increase his odds of getting to run around in his birthday suit. . . . But it's all fun and games until a naked baby has an accident on the carpet, so I quickly chase him down to put on his diaper. Some nights he runs away shrieking and hides under tables and behind chairs trying to avoid the inevitable. Some nights he quietly lies on the bed while I diaper him, and he might even stretch his legs into the pajamas I hold up. Either way, whether I have to wrestle his clothes onto him or he peacefully submits to the work I am doing, that boy has never gone to bed without a diaper and pajamas on. Of course, we should love to submit to God's efficacious grace as he purposes to make us more like Christ! But sometimes we're like a naked baby hiding behind the couch, reluctant to hold still and thankfully allow God to work in our hearts and get us ready for what he has next.

- We're destined for joy forever because of Christ's exquisite hospitality in opening a way to God through his own body. We can serve others with gladness, knowing that the carrots we peel and the diapers we change are as unto the Lord. . . . When we show hospitality in this way, we can see how "God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work" (2 Cor. 9:8). Our role is to serve with the strength God supplies, and it's God's role to do with our service whatever he pleases. He supplies the

strength, and in his abundant hospitality he also gives us joy! God's grace in Christ is for us to enjoy and share with others. When I have this grace in mind, I can see my possessions and others' needs in light of eternity.

- My disgusting kitchen floor and its propensity to absorb filth is a picture of our hearts. No matter how hard we scrub, we cannot erase our iniquity. The shame of our sin is like the phantom stain on a shirt that reappears after you've dried it. The stain is deep in the fibers of the shirt, and when the right temperature of heat is applied, the stain rises to the surface of the fabric. The stain is permanent.

- Not making an idol out of our homes is tricky. I've personally experienced what it feels like to be obsessed with the idea of organization in my home. I thought I was being driven by the maxim "God is a God of order and not chaos." I thought that if everything had a place, then my heart would feel at peace because strict orderliness is godly. But instead of worshiping God, I just wanted to be in control. I was worshiping my image and thought it wouldn't be so bad if others admired me, too. . . .I've also had struggles with the idol of self-expression, seeing my home primarily as an extension of myself. If something was out of place or not just so, then I felt it reflected poorly on my personhood or character. Again I was serving my own image—not God's.

- Jesus is the sovereign Lord over every square centimeter in your home—from the pipes to the television to the mattresses. He is Lord over it, and he desires that you use what he's given you to glorify him. That doesn't mean that your home needs to be perfect by the world's standards or even by your own personal standards, but consecrated by God's standards. . . . In Romans 12:1-2 we see a description of what it means to set ourselves apart for God: "I appeal to you therefore, brothers, by the mercies of God, to

present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Since Jesus is lord over all things and God is subjecting all things under his feet (1 Cor. 15:27), including our homes, by his grace we use our homes to worship him.

See why I loved this book? Let the gospel permeate every square inch of your heart and your home. I bet *Glimpses of Grace* can help.

This blog post originally appeared at blogs.bible.org/glimpses-of-grace-knocking-down-mental-walls/ on June 4, 2013.

Headed to the Courtroom

June 18, 2013

Yesterday I was selected to serve on a jury for a trial that is anticipated to last three to four weeks. The jury selection process was an all-day affair, lasting over twelve hours and creating quite a sense of camaraderie in the process.

I keep thinking about the three major take-aways from this experience.

First, the multiple defense attorneys for the four defendants (thus the long trial) repeatedly reminded us that the American

justice system is built on the foundation of “presumed innocent until proven guilty.” And that is a very, very good thing, as horror stories emerge from countries where instant “justice” is meted out in cutting off or crushing limbs of those accused of stealing. And in countries where “mob justice” is part of everyday life. (See my blog post [When God Does Nothing About Injustice.](#))

But it’s not like that before God. Not a single one of us can protest innocence. Not only is every single one of us a sinner from conception (Ps. 51:5), but God knows every thought we think before we ever act on it. A totally holy, perfect God knows that we may be innocent of crimes before other men, but we are not innocent before Him.

Except that Jesus swapped His perfection and righteousness for our messed up guilt. It’s like the judge coming down from his elevated seat, taking off his robes, and saying to a defendant that was just declared guilty, “I’ll be taking your punishment for you.” Amazing.

My second takeaway is gratitude for the teaching and experience in filtering life through a biblical filter. I am especially grateful for the wisdom of Proverbs 18:17—“The first to present his case seems right, till another comes forward and questions him.” All of us potential jurors were strongly encouraged to use common sense, and evaluate carefully everything we would hear. And (not surprisingly), the defense attorneys asked us not to draw any conclusions until we had heard everything. Those could be just platitudes, but since I know that God’s Word said it first, it is my determined course of action.

The third takeaway is the importance of embracing God’s right to put a long trial on my calendar. He is God; He has the right to interrupt my plans and put whatever He wants on my schedule. I had an idea of what I would be doing during the day over the next month, but God had different plans. I choose

to trust Him and keep letting go of my impatient, wrong-headed belief that I should get to decide my agenda.

Then in one breathtaking moment, I had a paradigm shift that erupted in a heartfelt “Oh, *thank* You Lord!”: the realization that this is nothing compared to the way a cancer diagnosis crashes into one’s schedule, with a very different set of unwanted appointments on it. I’m pretty sure my sister Nanci, fighting breast cancer, would swap her chemo treatments with my courtroom dates in a heartbeat.

So the adventure with God continues . . .

This blog post originally appeared at
blogs.bible.org/tapestry/headed-to-the-courtroom

Honor Thy (Very Flawed) Father and Mother

July 30, 2013

Someone asked me about how to resolve the biblical command to “Honor thy father and mother” (Ex. 20:12) with the fact that these people may have had huge and damaging flaws. I suggested googling the phrase “honoring your parents” for some insight. Below are some links I found helpful.

But as I told her, one aspect of honoring flawed parents is to understand that the best (or even only) way you might be able to honor them is from a distance, emotionally and physically. You can give yourself permission to do that.

To give them honor means showing (not necessarily *feeling*) respect, letting them know you are listening and considering

what they say. (And it does not necessarily mean following through!) To give them honor means being civil and kind in your dealings with them. It does not mean trusting them. It does not mean placing yourself in harm's way. It means forgiving them, so that you are not carrying and paying for the emotional baggage of their treatment of you. And please remember that forgiveness is given, but trust is earned, so it's entirely possible that you can release the woundings you sustained from them without ever, ever trusting them with your heart, because they don't deserve your trust.

Honoring flawed parents means you have healthy boundaries so that you know where you end and they begin. It means you learn how to protect yourself so that they can't steamroll over you; it also means you have realistic expectations about what they can and cannot give you or do for/to you. (You may need some help adjusting your expectations.) For instance, in our family there is a family member who has never, ever said the words "thank you." I mean, not even if you pass the salt, or do something they specifically asked! (I think this qualifies as "flawed," don't you?) It is unrealistic to expect that to change. It is an exercise in futility to expect anything different than a lifelong pattern of non-communication. Honoring this person means letting go of the futile hope to ever hear something as simple as "thank you," much less the more profound "I'm proud of you" or even "I love you"! Honoring this person means letting go of unrealistic expectations so we don't set ourselves up for continued disappointment and heartache. (An excellent book is *Boundaries* by Drs. John Townsend and Henry Cloud, and I taught a 7-week study on this book which is available [here](#) on Bible.org.)

Finally, let me share with you the insight of Dallas Willard in *The Divine Conspiracy*:

"To honor our parents means to be thankful for for their existence and to respect their actual role as givers of life in the sequence of human existence. Of course in order to

honor them in this way we need to be thankful for our own existence too. But we also will usually need to have pity on them. For, even if they are good people, it is almost always true that they have been quite wrong in many respects, and possibly still are.

“Commonly those who have experienced great antagonism with their parents are only able to be thankful for their existence and honor them, as they deeply need to, after the parents have grown old. Then it is possible to pity them, to have mercy on them. And that opens the door to honoring them. With a certain sadness, perhaps, but also with joy and peace at least. One of the greatest gifts of The Kingdom Among Us is the healing of the parent-child relation, ‘turning the hearts of fathers to their children and the hearts of children to their fathers’ (Mal. 4:6).”

Honor My Mother And Father? How Should I Treat My Abusive Parents?

www.christianitytoday.com/biblestudies/questions/parentingandfamily/honormymotherandfather.html

What Does It Mean to Honor Your Parents? (in this case, when a parent has dementia)

http://www.newhopenow.com/ask/honor_parents.html

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

When Ex-Gays Return to a Gay Identity

I recently received an envelope in the mail with no return address and no personal note, just copies of three articles about men who used to be part of Exodus International, who used to identify themselves as “ex-gay,” and now repudiate that part of their histories. It is consistent with emails and [blog comments](#) I have received pointing this out, and asking if that doesn't negate [my position that homosexuality is changeable](#).

No. The fact that some people, denouncing something they used to support, now represent themselves as proud gays and lesbians, doesn't change anything. Just as people who lived in sobriety from alcohol and drugs for years have been known to get sucked back into their addictions, it isn't surprising that some would get weary of the struggle against their temptations and stop fighting.

Some people gave up earlier than others, hoping and expecting that if they just kept living “the straight life,” their feelings would catch up with their resolutions. They kept waiting for homosexual desires and temptations to disappear, and they didn't. So they decided that they were done with trying to pretend to be something they weren't. I'm good with not pretending; I'm a huge believer in [authenticity and transparency](#).

But if someone continues to experience same-sex attraction even if they don't act on it, does it mean they're gay, as the culture insists?

What the culture says—if you ever have same-sex feelings, it means you're gay—doesn't matter compared to what God says.

God calls us to make choices every day that contradict and

violate our feelings and temptations, but which we choose because they are the right thing to do. From the basics of the Ten Commandments to the ultimate example of Christ in the Garden of Gethsemane, He calls us to choose obedience and behavior that honors Him and other people despite our feelings. What if we don't *feel* like telling the truth? Don't lie anyway. What if we don't *feel* like not killing the person who really ticks us off? Don't murder anyway. What if we don't *feel* like remaining faithful to our spouse? Don't commit adultery anyway.

So what if someone doesn't *feel* like stewarding their sexuality in purity and self-control? Regardless of the nature of the temptation, whether same-sex or opposite-sex, God calls us to possess our own body in holiness and honor (1 Thess. 4:4).

Sadly, some men who had come out of homosexuality have left their wives and children to return to living as gay men. This isn't really much different from men who leave their wives and children for another woman. Succumbing to temptation, regardless of who tempts us, is still sin. Heartbreaking, home-breaking sin.

We're hearing people saying, "I'm not ex-gay anymore because trying to be ex-gay doesn't work. 'Pray away the gay' (a rather offensive term used by scoffers) doesn't work. Trying hard to be straight doesn't work. 'Claiming my healing' doesn't work. I'm done."

And they're right.

What doesn't work:

Name-it-and-claim-it theology, the religious version of "wishing will make it so." Trying to speak reality into existence, as in "I am no longer gay because I'm a Christian," doesn't work because we don't create reality through our words. Only the Creator God can do that.

Casting out the demon of homosexuality. While there is always a demonic component to idolatry and unrepentant sin, homosexuality is not caused by a demon, any more than bigotry, selfishness or gossip are.

Trying harder, praying harder, reading the Bible, [begging God to make the gay feelings to go away](#). These human efforts are the religious equivalent of mowing the grass to get rid of dandelions. (For a completely different approach—grace—check out [True-Faced](#).)

What does work:

Laying aside one's sexuality as the measure of identity. “Who I really am” according to our flesh is always going to be at odds with “who God says I am” according to His word. Seeking a deeper relationship with our heavenly Father and the Lord Jesus Christ through the spiritual disciplines moves us toward reframing our faulty identity, no matter who we are or what we struggle with. We need to choose to find our identity in what God says about us—most importantly, receiving and owning the truth that He says, “You are My beloved child in whom I am well pleased.”

Looking at the contributing factors that shaped the same-sex “hole” in one's heart (and the lies connected to them) to process them in light of God's love and sovereignty, and then forgive the people who inflicted the wounds.

Choosing to learn to live with a tension: our flesh wants things that are dishonoring to God, dysfunctional and dangerous, but God calls us to do the right thing anyway. Regardless of our desires and feelings. Right from the beginning, He told Cain, “[I]f you do not do what is right, sin is crouching at the door. It desires to dominate you, but you must subdue it” (Gen 4:7). God didn't say to Cain, “I know, you're angry because I didn't accept your offering. That's who you are, an angry soul. Go and let your anger

explode!” In the New Testament, we read, “The thief must no longer steal. Instead, he must do honest work with his own hands, so that he has something to share with anyone in need” (Eph. 4:28). God didn’t say to the thief, “I know, you feel compelled to take what doesn’t belong to you. That’s who you are, a stealing soul. Go and act on your desires to steal!”

Now we have people saying, “I am attracted to the same sex. Since everyone says I am defined by my feelings, I now realize that’s just who I am.” And God does not say to them, “I know, you are gay/lesbian/transgender/bi-sexual. That’s who you are, so go act on it!” God calls everyone to the same standard: sexual holiness and integrity, which means keeping all sex within the bounds of marriage between one man and one woman.

Adjusting one’s expectations. Accepting the truth that one’s attractions and desires may always be warped to some degree; they may always remain an area of weakness that can drive the disciple to a deeper level of dependence on God, which is essential for growing in relationship with Him. That may mean learning to live with a “thorn in the flesh” (2 Cor. 12:7-10) instead of insisting that the only culturally acceptable change is a 180-degree shift in attractions from homosexual to heterosexual.

There is no “easy button.” Submitting to the process of sanctification means crucifying the flesh, and that’s *hard*. For any Christ-follower. And that’s where lasting change happens—as we are made into the image of Christ (Gal. 4:19), as we are transformed by the renewing of our minds (Rom. 12:2). And that might, or might not, extend to our feelings. Regardless of who we are.

This blog post originally appeared at blogs.bible.org/tapestry/sue_bohlin/when_ex-gays_return_to_a_gay_identity on May 7, 2013.

Why Didn't God Prevent the Boston Bombings?

The problem of why a good God would allow evil and suffering is probably the biggest problem people have with Christianity. It certainly rises—or perhaps roars—to the surface after horrific events such as last week's bombings in Boston.

Many people resonate with philosopher David Hume's syllogism:

- If God is all good, he *would* defeat evil.
- If God is all powerful, he *could* defeat evil.
- But evil is not defeated.
- Therefore, there is no such God.
- God is either impotent or malevolent.

But when we read through the entire Bible and see the larger picture, there is a good response to Hume's argument:

- If God is all good, he *would* defeat evil.
- If God is all powerful, he *could* defeat evil.
- But evil is not *yet* defeated.
- Therefore, God *will* defeat evil.
- God is all good, all powerful, and merciful.

Many people have pointed out that the reason people do horrible things is that we are free to do them, just as we are free to do good, loving and wonderful things. That freedom is a gift from God. He had to make us free to say "no" to Him in order that we would be free to say "yes" to Him. When my friend presses a button on her iPhone to ask the artificially intelligent agent a question, Siri responds with pre-programmed answers.

"I love you, Siri."

“Oh. Stop.”

“No really! I love you, Siri!”

“I bet you say that to all your Apple products.”

“Will you marry me?”

“You should know that you’re not the only one who’s asked.”

There’s no love there. Just a robotic answer. Robots are not what God wanted; He wanted to lavish love on us and invite us into the circle of divine mutual love and delight and affection and grace that the Father, Son and Spirit have enjoyed for all eternity.

So why didn’t God prevent the Boston Bombings? Because He has given people the right to make significant choices, even hurtfully horrible choices. But He is still more powerful than the evil in our hearts. He is even now redeeming the pain and suffering of what happened in Boston in ways we cannot see. He is able to make all things work together for good for those who love Him and are called according to His purpose (Romans 8:28)

The fact that He didn’t prevent the bombings doesn’t mean He wasn’t actively preventing even more pain and suffering. For example, the bombing suspects were stopped before they could cause more death and pain. Millions of people in Boston (including my own son and his wife) were protected from the mayhem. And just like the 9/11 accounts, there are stories circulating of God’s protection in action. One man crossed the finished line of the Boston Marathon seconds before the bombs exploded. Joe Berti escaped the explosion, but his wife and friends were ten yards from the bomb; they were hit by shrapnel but were relatively unhurt, while a woman next to them had a leg torn off from the knee down. When they returned home, Joe was driving near West, Texas when he heard and felt the detonation from the nearby fertilizer plant explosion.

(bit.ly/15qbDVp)

Frank Turek has a helpful video that explores some of these ideas:

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Spiritual Exoskeleton

March 27, 2013



I was crippled by polio at six months old, paralyzed from the waist down on my left side. In order to stand or walk at all, I was fitted with a steel-and-leather brace from hip to shoe. This brace provided the external support I needed to stay upright and to walk. I was blessed to regain some use of my leg, and my muscles slowly grew

stronger. I was able to go to a half brace; then, when I learned to lock my knee, they took away the brace altogether because the strength and support became internal rather than external.

I am grateful for the way my brace gives me a picture of grace-filled accountability. One of the reasons God wants us to live in community is because sometimes we need an external support system that provides structure and support while we learn new ways of thinking and living. That external support system, a "spiritual exoskeleton," can take many forms.

It's friends who ask how they can pray for you and then follow up with shame-free, no-condemnation questions about how you're doing.

It's giving a trusted friend your car keys and debit card for safe keeping when you are struggling with the temptation to go off by yourself to indulge in destructive choices.

It's knowing you need software to block your computer access to pornography, and asking someone else to choose the password.

It's asking a friend to check up on you and ask how you're doing at keeping a particular promise or fulfilling an obligation.

It's inviting someone to text or call when you're being tempted. Even at 2 a.m.

It's being transparent, such as showing an accountability partner your bank records or cell phone records.

It's the wisdom of AA and other recovery groups who strongly suggest that an addict seeking to become an overcomer attend ninety meetings in ninety days.

It's discovering that seeking God through participating in a liturgical church's daily worship and prayer services can

produce the spiritual fruit of greater intimacy with Him.

It's encouraging others in choices and habits that will help them grow spiritually, mentally, and emotionally. Asking, "What book(s) are you reading right now?" "What are you wrestling with or learning from God right now?" "What one thing would you like to be different a month (or three) from now, that I can pray for you about?" It's living out the truth of Proverbs 27:17, "As iron sharpens iron, so one person sharpens another."

All these means of external support can become the beauty of internal strength as we "grow up into Christ, who is the head. From him the whole body grows, fitted and held together through every supporting ligament. As each one does its part, the body grows in love" (Eph. 4:15-16). The "spiritual exoskeleton" can become the internal "supporting ligament," not to mention core strength, of self-controlled people.

Here's to being able to take off the braces of our lives—but first, we give thanks for them!

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

Cruise Ships, Roller Coasters, and Attitudes

Last month, an engine fire disabled the cruise ship Carnival Triumph in the Gulf of Mexico. Almost no electricity, only one working elevator, and worst of all, a handful of working toilets for 4000+ people. Crew members handed out bio-hazard

bags to set inside trash cans as ad hoc commodes, then collected them from hallways. Suddenly, the luxury vacation turned into a nightmare for a lot of people, especially those on the lowest floors and those in inside cabins.

No one had any control over their circumstances. They only had control over their attitudes. Some screeched their rage at Carnival, threatening that they would "own" the company after their lawsuits were filed. Others, with grace, remarked that they had a three-day wonderful cruise followed by a four-day camping trip. Some passengers set up a "tent city" on the pool deck, moving their mattresses and bedding to an outdoor location away from the growing stench of human waste. Others left their hopelessly dark cabins to set up their new digs in the now-worthless elevator lobbies.

No one was seriously hurt and everyone made it back safely to the U.S. (the huge ship was towed to Mobile, Alabama).

Now, I am a self-professed "cruise queen." It's my favorite kind of vacation, and I've been on that ship twice. If I'd been on that cruise, I would have been one of the people most affected by the loss of power, since the handicap accessible room cabins are on a lower floor, and the ship is too big for me to navigate without a scooter—which is useless when the batteries run down and you can't recharge them, not to mention the elevator problem. So I thought about how choosing one's attitude makes all the difference in any situation. A lot.

One of my most vivid memories showed me how true this is.

Before my mother died, I went to Las Vegas with her and my sister for a family wedding. My sister Julie and I decided we wanted to go on the roller coaster at New York, New York. To our surprise, Mom indicated she wanted to go too. I had never seen our mom as a roller coaster kind of person . . .! I sat next to her, with Julie in front of us. It was fine when the lap bar was locked in place, but she looked at me quizzically

when the workers secured us in heavy-duty shoulder harnesses.

“Mom,” I asked, “You *DO* know that this thing goes upside down, right?”

Eyes wide open, she said, “*WHAT???!?!?*”

And we were off.

Mom did not have a good time. Every time I looked at her, she had her lips tightly pursed and her eyes narrowed. Julie and I were whooping and hollering with fun, and Mom was miserable. Mom was experiencing the exact same thing we were, but she had a very different attitude about it.

They take your picture while you’re on rides like this, and I asked playfully, “Mom, you want our picture as a souvenir of our trip?” She growled, “NO!” And I laughed. . . and bought it.



Attitude is everything!

This blog post originally appeared at blogs.bible.org/tapestry/sue_bohlin/cruise_ships_roller_coasters_and_attitudes on March 18, 2013

Self-Care: Stewardship, Not Selfishness

Remember the safety demonstration on airplanes? “In the unlikely event of a sudden loss of cabin pressure, oxygen masks will drop from the overhead area. Place the mask over your own mouth and nose before assisting children.” Every time I fly, I am reminded that taking care of one’s own basic needs is not selfish; it enables us to give selflessly to others. Consider what would happen if a mother first put oxygen masks on her children, but lost consciousness before donning her own because she waited too long. Quite traumatic to her children, right?

We can’t give to others what we don’t possess ourselves. That includes mental and emotional energy, love, grace, and compassion. If we’re running on empty, and have nothing to give, that is neither loving nor kind.

God’s gift of the Sabbath in the Old Testament (Ex. 16:29), and His invitation to enter His Sabbath rest in the New (Hebrews 4), is His intention for us to be blessed by recharging our batteries, feeding our souls, refilling our tanks. It’s a form of self-care. That’s going to look different for various people, but it’s all God’s provision of what He knows we need.

For my husband, self-care means walking our dog, listening to his music on these walks, working out, and getting off by himself. For me, self-care is enjoying a cup of high-quality coffee first thing in the morning while I meet God in His word, leaving my phone in another room and unplugging from the world for several hours, and getting to a place where I can drink in the beauty of crystal-blue Caribbean water. Both of

us have learned that we emerge from a time of self-care ready to focus on other people and the tasks before us. Self-care enables us to be self-forgetful, which is a wonderful place to be!

In the gospels, we see the Lord Jesus' self-care as getting up early to spend time with His Father. He would no longer think of ministering in His own strength than we could successfully complete a road trip without stopping to refuel our gas tank. I think hanging out with His dear friends Martha, Mary and Lazarus may have been a form of self-care as well.

If God has created our bodies, minds and souls and thus they belong to Him, then we are responsible for taking care of them. Caring for His creation honors God and fulfills the duty of a steward: "Now what is sought in stewards is that one be found faithful" (1 Cor. 4:2).

Self-care is not selfishness, it is stewardship. How are you caring for God's treasure that is you?

This blog post originally appeared at blogs.bible.org/tapestry/sue_bohlin/self-care_stewardship_not_selfishness on Feb. 26, 2013.

Happy Birthday to Jesus-in-Me!

Happy Birthday to Jesus-in-Me!

Today is my spiritual birthday. 40 years ago I woke up in the morning a sophomore in college, disengaged with God, ignoring Him like I had for years, but when I went to bed that night my entire world and eternity had changed forever. In the middle

of the day, a classmate handed me a flyer, inviting me to a performance of an illusionist/magician, André Kole. I was intensely interested, being a fan of illusion, but when the flyer revealed the event was sponsored by Campus Crusade for Christ, I said to myself, "Forget it." I was *not* interested in hanging with Jesus freaks! But as the day wore on, it felt like there was a string tied around my heart, drawing me to that evening's performance.

So I went.

And André Kole used magic to illustrate spiritual principles that made sense to me, especially when he talked about every human being having a God-shaped hole in our hearts that we try to stuff with anything *but* God: good grades, reputation, relationships, appearance, money, attention, achievements. He explained how God had sent Jesus to earth to show us what He was like, and then Jesus died on the cross to deal with our sin once and for all. Three days later God raised Him from the dead and He's still alive today, unlike the founder of any other world religion. If I trusted in Jesus, He would come to live inside me forever and He, being God, would fill that God-shaped hole and I could experience the "abundant life" He came to bring us (John 10:10). I remember thinking, "YES!!" and threw open the door of my heart to Him, placing myself in Jesus' hands and trusting Him with my life and my future.

I had no idea what that meant. I just knew it was right.

Life became a perpetual surprise box as God started making changes in me from the inside out. To my delight, I discovered that all the things I really liked about myself then, and even moreso as forty years have unfolded, were the things that God put in me. He gave me a depth of joy that I didn't know was possible. He planted spiritual gifts in me that were the manifestation of His Holy Spirit shining through the window of my life: gifts of shepherd/teacher, of encouragement, of word of wisdom, all of which came straight from His heart into

mine. He continued to shape the personality and temperament He had given me with maturity and seasoning. He made my heart a big pipe through which He poured His love into other people.

I remember one time a couple of months into my new life, discovering a different kind of fellowship with other Christ-followers and a love for God's word as I started being taught the Bible and learning to teach others what I was learning, wondering if this cool new life would last or if it was just some sort of fad.



I didn't know that God was *transforming* me, giving me a taste for His life and His kingdom that would spoil me for any counterfeit the world had to offer. He opened my eyes to be aware of the spiritual realm, not just the physical realm I lived in, and enlarged my understanding to include the Big Picture of life on earth and in eternity. I learned that my life wasn't about me at all, it was about Jesus, and because He loved me, He had drawn me into His life, His circle of delight and fellowship with His Father and His Spirit—that I was now included into the “holy hug” of Father, Son and Spirit who had adopted me, and I was now a daughter of the King—which makes me a forever princess! Forty years later, I still revel in that gift, and I love to pull out a tiara and pop it on my head when I'm sharing my story of grace with people.

When I was a little girl I just wanted to be happy when I grew up. Who doesn't, right? But what I discovered is that God had His definition of happy—blessed—plus so much more. He gave me Himself, and all the good things of life are found in Him.

Happy birthday to Jesus-in-me! My heart is overflowing with unspeakable gratitude!

This blog post originally appeared at

Don't Judge Me?

The 14-year-old daughter of a friend recently responded to her mother's correction with, "Don't judge me, Mom." The same week, a friend of mine asked my opinion on something, and as I was mentally running it through the grid of "what does God say about this in His word," she said, "Now, don't you go judging me!"

Tolerance and acceptance—the *new* tolerance, which says that every value, belief and behavior should be embraced as equally valid—are the highest values of our culture. Which makes judging the most hideous and unacceptable of sins.

Now, to be fair, there is a lot of ugly judging in the world. Before a friend became a Christ follower, she was on the receiving end of a lot of hateful judging when she would protest at gay rights events, hearing "You're going to hell!" and other ugly epithets. People who didn't know her at all made judgments about her character and her destiny. I have personally received my share of hate mail from strangers accusing me of not being a Christian because I disagree with them on a cherished position.

But if we get pulled over for speeding, and the officer points out that we were going twenty miles over the speed limit, nobody says, "Don't judge me, officer!" He's not judging our character, he's comparing our behavior to the law.

Judging is assuming you have all the facts and making an assessment of condemnation out of ignorance. It's about smugly

believing "I'm right and you're wrong. You are lesser-than."

There is a huge misunderstanding about judging both outside and inside the church, and it comes from not knowing what the Bible teaches about judging. Everybody seems to be familiar with "Judge not, lest ye be judged" (Matt. 7:1). That is the Lord Jesus' call not to judge hypocritically. But in John 7:24 He also calls us to judge rightly. And remember the passage about pulling the plank out of our own eye so we can see clearly to remove the speck from our brother's eye (Matt. 7:5)? That's about judging as well. The point there is about examining ourselves first before dealing with another's sin, not to ignore other people's behavior.

But then there's the "big daddy" passage of 1 Corinthians 5:9-13:

I have written you in my letter not to associate with sexually immoral people-not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world. But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat.

What business is it of mine to judge those outside the church? Are you not to judge those inside? God will judge those outside. "Expel the wicked man from among you."

This passage clearly says that we are to judge those inside the Body of Christ. Judging doesn't mean condemning, though; often it's a matter of comparing one's behavior with what is right, and pointing out the dangers of one's choices, the way we would want to warn someone in a burning building to get out, or urge someone headed toward a cliff to turn around.

Comparing someone's beliefs and actions to a standard can be a loving thing to do. A lady working in an after-school program

noticed that one little girl was clearly not doing well on her homework, but she also seemed to not be working very hard at it. The teacher said, "I think your brain is switched off! May I touch your head? I think I can find the switch and turn it back on!" The wide-eyed little one gave permission and the teacher said with a smile, "Oh, here it is! Right under one of your braids! Let's turn your brain back on!" What a lovely, eloquent way to call a child to live up to her potential without shaming or judging her for being lazy or stupid.

Challenging someone to be better than they are can be a gift. One of the best-ever movie lines is in "As Good As It Gets" when Jack Nicholson tells Helen Hunt, "You make me want to be a better man." When parents ask their children at report card time, "Did you do your best? Only you can know," they are giving them a chance to honestly compare their ability to their potential. It honors another to say something like, "I think you'll be happier with yourself if you live out your gifting" rather than shaming them with something like, "What a loser." Now *that's* shaming.

And judging.

And ugly.

And unlike Jesus.

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