

Pain: God's Just-Right Tool

I wrote this blog post on May 7, 2012. When I ran it again almost five years later, I added this introduction:

Not quite five years ago, when I originally wrote this, I had no idea that by this point, I would hardly be walking, using a scooter 95% of the time and unable to move without a walker for the rest. Pain and serious weakness are my daily companions. As I noticed the counts on my most popular blog posts and discovered this one among the top, I am grateful that the wisdom God gave me five years ago is even more true today. And I am grateful that I can even minister to myself.

It's now almost ten years later, and I certainly had no idea that by THIS point, the Lord would have so incredibly graciously allowed me to have had both hips replaced so that I live free from pain. Never, ever saw that coming. But I also know that this is a sweet but temporary season, as I keep getting older and the late effects of polio continue to threaten. So I live with a deep sense of gratitude for this season of respite, knowing that any point I may be forced to re-enter the place of pain.

"You know, you're like the Martha Stewart of kitchen gadgets and tools," my friend observed as she unloaded our dishwasher. "You've got stuff I never knew existed."



I really do like having just-right tools. I only use my cherry pitter during cherry season, but it's perfect for the job. I don't use my electric knife sharpener every day, but when I do pull it out to put a finely honed edge on a knife, it brings

joy to my culinary tasks. I love being able to chop up nuts in my food chopper in no time flat—and no mess. Tools like these are a reason I enjoy cooking and baking.

Once as I was using a razor blade holder to scrape paint off the windows on our garage door, I said, “Thanks, Lord, for the blessing of a just-right tool.” I sensed Him say, “Do you think it’s any different for Me? I enjoy having the just-right tool in My hand as well.” At the time I got the impression He was talking about using us as instruments of grace and blessing in His hand, but lately I’ve become aware of a different kind of just-right tool in God’s hand.

Pain.

Physical pain, emotional pain, the pain of trials and suffering of all kinds. Pain is an incredibly effective tool to achieve God’s purposes in our lives: transforming His children into the image of His Son Jesus, tearing down strongholds that keep us from being all that He made us to be, restoring what was lost in the Fall.



Since God has no magic wand and no Easy button (that’s only for Staples commercials), He has to use other means to accomplish the considerable task of changing people who are far more broken and messy and less than we were created to be, into the people He intended us to be from the beginning.

Some of the just-right tools I have personally seen in God’s hands:

George and Pam (not their real names) found the wheels coming

off their lives when they learned their middle-schooler was doing drugs, followed shortly by dealing them. Though they were faithful church attenders, neither of them actually knew Jesus. They were directed to a grace-drenched, gospel-preaching church where they both trusted Christ and everything changed. George told me recently that as he had learned, "Suffering keeps us from the delusion of self-sufficiency. This delusion was my main problem. When the sufferings of my failure as a husband, father and man became crushing, I surrendered." They are now leaders in several ministries at their church.

Jennifer Clouse's second battle with cancer, which she shares generously via her [blog](#) and her friendships with about a gazillion people. Jen is teaching many people what the grace of humor looks like from inside a cancer diagnosis that moves her closer to heaven every day. Her ability to see God in everything is as instructive as when she stood before women teaching the Word. (Note: Jennifer has been with the Lord since 2016.)

Barbara Baker is a missionary in Mexico whose desire to minister to people is far greater than her body's ability to support it. As her frailty and weakness grows, so do her limitations. When Ray and I visited Barbara and Jonathan in Puebla last year, I saw what happens when the diameter of a spotlight is reduced; it becomes like a laser! Barbara's physical limitations mean that the things she *is* able to participate in are that much more valuable, that much more grace-filled. Her light is that much more concentrated.

Holly Loughlin has been fighting Cystic Fibrosis her whole life, which has now reached what used to be the upper limit for CF patients. On her most recent hospitalization, she started daily [blogging](#) what life was like for her, and I absolutely loved what she wrote on Day 10:

"The Lord is always in the business of redeeming. Sometimes

I see that so clearly here. Everyone gushes about what a great CF patient I am and they are all eager to introduce me other CFers who are struggling because of my hope and outlook and work ethic. But, I wasn't always like this. I went through 3 really rough years where I refused to do anything that had anything to do with CF. I didn't take any pills, do any treatments, or even eat the way I was supposed to. All of those things felt like chains that held me at the mercy of CF. I suffered needlessly and went in the hospital many more times than was actually necessary during those years, but the Lord was gracious and allowed me to survive it. Somewhere around the time I went off to UNT at 18 I realized that CF wasn't something I was going to be able to escape, no matter how I lived and that I had been given a specific set of tools that, if anything could, would help me achieve the goals and dreams I had for my life. I realized that eating, sleeping, doing my treatments and taking my pills were the things that were going to give me the best shot at having a great life.

"I had no idea then how great my life was going to be one day. Some of my dreams didn't come true. I had to give them up because my body just wouldn't accomplish them no matter what I did, but the Lord was so gracious to give me new dreams, better dreams. And here I am 20 years later with the best husband anyone could dream up, a daughter more amazing than I could ever have imagined, and a lot of life still ahead of me. That's our God. He loves to give His children good gifts. He loves to be called upon. He loves to surprise us when we least expect it. And I'm thankful that He is even now using the folly of those years so long ago to reach out and give hope and encouragement to others.

"I could never have imagined that I would be sitting up in the hospital at this age being the go-to person for giving hope, love, and light to people who are as lost in the weeds of CF now as I was then. I'm so thankful that the Lord has

let me live to see this, to be this. I know how much I would've given to have had someone for me like I am able to be for these folks."

Daniel and Kelly Crawford received the devastating news that their unborn son Abel had Trisomy18, a genetic condition incompatible with life. Shortly after he was born, they wrote on their [blog](#),

"[W]e've been living in this challenging tension since last July... a total inability to control or manipulate an outcome, which forces you to make a decision: we can fall headlong into depression & despair, or we can return to the promises of the Faithful One.

"So just as we've tried to do all along, we want to live out Psalm 143:8 and remind ourselves of God's steadfast trustworthiness every morning. We want to cling to 2 Corinthians 4:16-18, setting our gaze on our great eternal Hope amidst affliction. And we want to remember James 4:14-15, seizing every precious hour of every precious day and knowing that even you & I are never guaranteed tomorrow.

"God's sovereignty is something I have subscribed to wholeheartedly for a good long while, but you really 'put your money where your mouth is' in these scenarios that truly are out of your hands."

Their precious little boy lived for 15 days before slipping out of his mama's arms into Jesus' arms. The just-right tool of Trisomy18 was what God used to fulfill what the Crawfords confidently told the thousands of people who prayed and wept and followed their story: "The ultimate plan and purpose for Abel's life (and our life) is to glorify the Glorious One." And he did.

And then there's me.

Advanced arthritis on top of Post-Polio Syndrome means I now

need a walker instead of just a cane to walk and stand. Most steps hurt. Two ortho docs have said I will need both hips replaced, but post-surgery rehabbing is questionable when one of my legs is basically worthless. Could this be a just-right tool in God's hand?

I choose to believe it is. Every day I have the choice to remember and give thanks that ***a good and loving God is in control***. I've always lived with a lot on my plate, but He has allowed my "plate" to get smaller. As I upgraded to a walker, I downgraded from a dinner plate to a bread plate. Like Barbara, limitations abound and I have to check with the Lord: what do *You* want me to do?

I have seen God do some marvelous things in my family through this new challenge. He is good. I may be falling apart on the outside, but my "inner man" is more vibrant than ever, as long as I cling to the truth that God is good.

My new life verse is 2 Corinthians 4:16-18-

Therefore we do not despair, but even if our physical body is wearing way, our inner person is being renewed day by day. For our momentary, light suffering is producing for us an eternal weight of glory far beyond all comparison because we are not looking at what can be seen but at what cannot be seen. For what can be seen is temporary, but what cannot be seen is eternal.

That's my story and I'm sticking with it.

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LGBT and Political Correctness

Everything about the subject of LGBT (lesbian/gay/bisexual/transgender) identity and sexuality is colored in some way by political correctness. PC thinking embraces all beliefs and positions (except orthodox Christianity), and seeks to validate any and all self-expression (as long as it differs from biblical morals). One of the most amazing demonstrations of PC thought is this video, in which a short Caucasian male asks students at the University of Washington how they would respond if he told them he was a 6'5" Asian woman. The students were more committed to his right to be whatever he said he wanted to be, no matter how silly it sounded, than what was objectively true:

So much of PC thought in our culture today reminds me of the Hans Christian Andersen tale of a vain emperor who cares about nothing except wearing and showing off his luxurious clothes. He hires two weavers—two scammers—who promise him the finest, best suit of clothes made from a magic fabric that is invisible to anyone who is hopelessly stupid or unfit for his position.

Neither the emperor nor his ministers can see the fabric themselves, but they pretend that they can for fear of appearing unfit for their positions. Finally the weavers report that the suit is finished. They mime dressing him, and the emperor marches in procession before his subjects.

The townsfolk, who of course cannot see the (imaginary) fabric, play along with the pretense, not wanting to appear stupid or unfit for their positions. Then a child in the crowd, too young to understand what was going on, blurts out the truth for all to hear: "The emperor's not wearing any clothes!" The townspeople try to hush him up, even though what he's saying is the truth.

Political correctness is often about maintaining an illusion and hushing up the people who speak the truth. Those who speak out the truth, like the little boy, are shamed with the intention of silencing them. This certainly happens in the arena of sexuality and identity, where the illusion is that sex is the highest pleasure and the most important aspect of life, and everyone has a right to express their sexual feelings however they want.

In order to think rightly about political correctness, we need to know what's really going on—what is fueling the illusion. (Which is why it's so important to understand worldview!) Recently I was privileged to address a Christian high school chapel on this topic, and I told the students that they were born into a cultural brine that is shaping and pickling their thoughts about sexuality and identity, just like the college students on the video. They needed to know how our culture got to the place it is today so they have a chance to refuse the pickling process.

In 1989, Marshall Kirk and Hunter Madsen wrote a manifesto for normalizing homosexuality, *After the Ball: How America Will Conquer Its Fear and Hatred of Gays in the 90s*. Their very specific, very achievable goals now describe American culture. (Please note, the bolded words are Kirk and Madsen's words, not mine):

1. **Talk about gays and gayness as loudly and often as possible.** This would desensitize people to the issue of homosexuality so it would become an always-present, no-big-

deal aspect of American culture.

2. **Portray gays as victims and not as aggressive challengers.**

Two main ways to achieve this: propagate the “born that way” mythology, and portray homosexuals as victims in an anti-gay society.

3. **Give protectors a just cause.** Fighting discrimination, or what is portrayed as discrimination, makes people feel good about themselves as they defend the underdog.

4. **Make gays look good.** Particularly in media such as TV and movies, make the gay characters as good-looking, charming, smart, witty and winsome as possible.

5. **Make the victimizers look bad.** Make the “anti-gays” look so nasty that average Americans will want to dissociate themselves from such types.

Every one of these goals has been attained, and this is the culture we now live in. In order to be aware of the PC thought that shapes how most people think, we need to be aware that the entire society has been manipulated.

What earned Probe Ministries a spot on the Southern Poverty Law Center’s list of hate groups is our website content about homosexuality, which agrees with the biblically orthodox position that same-gender sexual behavior, like every other violation of God’s intention for sex to be limited to the marriage bed of one man and one woman, is wrong. As [my pastor](#) says, “Truth sounds like hate to those who hate the truth.” There are so many cultural lies about God’s design for sex and identity that when we proclaim God’s truth in a culture that embraces lies, we get called hateful and discriminatory.

In order to think biblically, we need to know the difference between the culture’s lies (politically correct thought) and God’s truth:

CULTURE’S LIE: Who I am is a sexual being. Whether it’s a culture or an individual, when God is left out of the equation, sex is elevated to the #1 most important spot

because it's so powerful and a source of such intense pleasure (or can be). So people define themselves by their sexuality.

GOD'S TRUTH: Who I am is God's beloved creation. Made in the image of God, created for intimacy and fellowship with Him, my worth proven by what the Son was willing to pay for me: His very life.

CULTURE'S LIE: Sex is a need and a right for everyone to experience. Many people believe it is on the same level of necessity as food, water and sleep.

GOD'S TRUTH: Sex is so powerful it is to be contained only within marriage between one man and one woman. The mingling of bodies and souls through sex is deeply spiritual as well as physical. God's prohibitions against sex outside of marriage are His gift to us, meant for our protection from the painful consequences of sexual sin. They are like guard rails on a treacherous mountain road, intended to keep us from going off the cliff to pain and destruction.

CULTURE'S LIE: I create my own identity depending on what I feel. Untethered from a connection to God as Creator, people live out the sad, repeated description of Israel in the book of Judges, where "all the people did whatever seemed right in their own eyes." (Judges 17:6, for one).

GOD'S TRUTH: My identity is who my Creator says I am. All of us exist because God wanted us and hand-crafted each of us (Psalm 139). Feelings are real but they're not reliable. Jeremiah 17:9 instructs us on why our feelings can't be trusted: "The heart is more deceitful than all else and is desperately sick; who can understand it?"

CULTURE'S LIE: Gender is whatever we want it to be. Biological sex has been separated from gender (how one feels about maleness and femaleness). (Personally, this strikes me as illegitimate as proclaiming that the white keys on a piano are bad and the black keys are good.) Facebook currently offers 58 choices of gender.

GOD'S TRUTH: God created man in His own image, in the image of

God He created him; *male and female* He created them. (Gen. 1:27) The first words in the room when a baby is born are still, “It’s a girl!” or “It’s a boy!” Gender is still binary because God still creates male and female.



CULTURE’S LIE: I can create my own reality. For example, recently a man abandoned his wife and seven children, announcing his chosen identity of a 6-year-old girl.

Another man, deciding his identity is a female dragon, cut off his ears and nose, dyed his eyes, and inserted horns in his forehead.



GOD’S TRUTH: There is objective truth and objective reality because God is real and true. We do not have the freedom to dismiss what is objectively true and real; $2 + 2$ will always be 4, not 7 or 200, and gravity will always be operational on the planet. These things are real and true because a real and true God rooted His creation in His own nature.

CULTURE’S LIE: “Born this way.” This lie has so much traction because it’s repeated so often people assume it to be true.

GOD’S TRUTH: No Evidence. There is actually no scientific evidence of a gay gene or any other determiner of same-sex attraction. **Identical Twins Studies:** In identical twins (who

share the same DNA), when one identifies as gay or lesbian, the other one only identifies as gay or lesbian about 11% of the time. If homosexuality were a genetic issue, the correspondence would be 100%.

American culture continues to pump out the illusion—the fantasy, the myth—that sexuality is the most important thing about life and about us, and that sexual identity and expression is where life is found.

Beware: *the emperor has no clothes!*

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3 Life Hacks That Will Revolutionize Your Relationships

Ever hear of “life hacks”? Little tips and tricks to make your life easier, like running a sticky note between your keyboard keys to collect crumbs and computer lint. Here are three life hacks that will act like relational lubricant.

“When you said/did X, I felt Y. Did you mean to communicate that?”

Instead of assuming we know someone’s motives and thinking, we

need to clarify that we understand what they intend. Sometimes things just come out wrong, not at all what is meant, and it's easily misinterpreted.

"When you gave me permission to take comp time after I worked all weekend, I sensed you were giving it begrudgingly and you weren't happy about it at all, like I had broken an unwritten rule or expectation. Did I read you right?"

"When I asked you about _____, it seemed that you got really quiet and shut down. It felt like you were shutting me out. Is that accurate, or am I missing something?"

"When I asked you to unload the dishwasher, you rolled your eyes and sighed. It's the only thing I've asked in two days, but it sounded to me like you were upset. As if it were an unfair burden to place on you. Is that what you meant to communicate?"

The other person might respond with, "Yeah, I was upset and felt put-upon, but really I have no right to be. I'm sorry for reacting so badly." Or they might say, "I did? I don't remember tha—oh wait, you know what? I had just heard such-and-so on TV and it disgusted me. My body language was in response to what was going on in the other room. Sorry, I didn't hear you at all."

It's always a good idea to clarify what's going on. And not assume you can read the other person's mind. Only God can do that.

Own the Plank in Your Eye

Whenever there is a conflict, it's the result of clashing perspectives or motives or interpretations. According to

Jesus' teaching in Matthew 7:3, the first step to resolving conflict is to take responsibility for our part in it. It's amazing how hostilities can de-escalate when someone steps up to the plate and takes responsibility for their contribution to a problem.

Even if our part is only 5%, we're 100% responsible for that 5%. And even if we're sure we haven't done anything wrong, we can acknowledge the possibility that we may have said or did something that was misinterpreted, and we can own that.

It's natural to expect the other person to then take responsibility for their part in the conflict, but alas, very often that doesn't happen. They will just let you take the blame/credit all by yourself even though you know perfectly well the other person was at fault as well. That's okay. When you live for an Audience of One, it's always right to do the right thing, trusting God to work out the justice part. Guilty parties never get away with it forever.

It's not just a life hack, it's supernatural, divine direction from the One who designed people and intended us to be in relationship. Own your part in a conflict—and watch the tension deflate like letting air out of a balloon.

How to Apologize

The specifics on this life hack came from [one of the best blog posts](#) in the history of the internet. There are four parts:

1) I'm sorry for ____. . . .: Be specific. Show the person you're apologizing to that you really understand what they are upset about.

Wrong: *I'm sorry for being mean.*

Right: *I'm sorry for being unkind when I said you were fat and ugly.*

2) This is wrong because _____: This might take some more thinking, but this is one of the most important parts. Until you understand why it was wrong or how it hurt someone's feelings, it's unlikely you will change. This is also important to show the person you hurt that you really understand how they feel. I can't tell you how much of a difference this makes! Sometimes, people want to feel understood more than they want an apology. Sometimes just showing understanding- even without an apology- is enough to make them feel better!

Wrong: *This is wrong because you are hyper-sensitive.*

Right: *This is wrong because I hurt your feelings and made you feel bad about yourself.*

3) In the future, I will _____: Use positive language, and tell me what you WILL do, not what you won't do.

Wrong: *In the future, I will not say that.*

Right: *In the future, I will keep unkind words in my head.*

4) Will you forgive me? This is important to try to restore your friendship. Now, there is no rule that the other person has to forgive you. Sometimes, they won't. That's their decision. Hopefully, you will all try to be the kind of friends who will forgive easily, but that's not something you automatically get just because you apologized. But you should at least ask for it.

I love these four steps, and I would add eye contact to the mix.

These four steps to apologizing are powerful because they are biblical.

1. "I'm sorry for" means you are confessing, or agreeing with the other person, that you did something wrong. Biblical prayers of confession are very specific in naming the sins committed, such as idolatry, adultery, and murder. Apologizing to another person needs to be just as specific.

2. "This is wrong because" reveals that you understand of why it's a problem. David prayed for that kind of self-awareness 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."

3. "In the future, I will" is a commitment to repent and choose a better, more righteous behavior than the one being renounced and forsaken. Zaccheus gave an example of this in Luke 19:8-"Zaccheus stopped and said to the Lord, 'Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much.'"

4. "Will you forgive me?" is a humbling, difficult question to ask. Putting ourselves in the "one-down position" of asking for forgiveness risks exposure and shame-after all, the other person may say no-but forgiveness was extraordinarily important to Jesus. "For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions." (Matt. 6:14-15)

Apologizing the right way is probably the most powerful way to restore a strained or broken relationship.

God created us for relationships and for community. These three life hacks can go a long way toward make them run more smoothly.

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Shame-Based Families, Grace-Based Families

The messages of a shame-based family:

“Don’t talk, don’t trust, don’t feel.”

“Everybody has to put their needs aside so we can tiptoe around _____ and not make them mad.”

“Why did you do that, you dumb b*tt?”

“If you disappoint me this much, how much more are you disappointing God?”

“Oh please, you’re not wearing that, are you?”

“Loser . . . stupid . . . such an embarrassment . . . I hope nobody knows you’re my daughter . . . You’ll never amount to anything . . . I wish I’d never had you . . . You’re so fat. And ugly.”

Every message of a shame-based family is an arrow into someone’s heart. Left there unacknowledged and not pulled out with truth, it starts generating lies and pain that can last a lifetime.

Lots of people grew up in this kind of family, but we are not sentenced to repeating it into the next generation. We can put on the brakes and steer our families in another direction altogether-the direction of grace.



Grace-based families also have messages:

“You are loved and valued, no matter what you do.”

“When we disagree, you never have to worry that I will stop loving you.”

“I was wrong and I am sorry. Will you forgive me?”

“Did you do your best? You’re the only one who can know.”

“Let’s talk about why you did that. What other choices did you have? What can you learn from this?”

“Can you help me understand what happened, what you were thinking or saying when you ____?”

The underlying message of a shame-based family is, “You are not acceptable and you risk being rejected and abandoned.” The underlying message of a grace-based family is, “You are an important and cherished part of this family and you will always be loved and accepted, even if we need to discipline you for wrong choices.”

Shame-based families shame out loud through name-calling, deadly comparisons (“Why can’t you be like ____?”), and anything that indicates the person is not good enough. Grace-based families affirm out loud with uplifting expressions of belief in each other, appreciation for each other, and affectionate use of each other’s names. Each person feels that their name is safe in everyone else’s mouths—but most especially mom and dad’s.

The focus of shame-based families is on performance, looking good and being good on the outside. It’s all external. Not embarrassing the family is huge. The focus of grace-based families is on the heart, remembering that character is shaped and developed in the family. The child’s value—which never changes—is separated from his or her behavior, which is eminently changeable. These families remember that God is not

real pleased with our choices sometimes, but He never stops loving us.

Shame-based families specialize in unspoken rules and expectations. They are discovered when one gets broken. Often, one of the unspoken rules is that no one is supposed to notice or mention problems; if you bring a problem into the light by asking, "Hey, what about this?" YOU become the problem. When one of my friends told her parents that her brother had been molesting her, her father threatened, "Don't you ever talk about this again. It is over." When the abuse continued and she told her youth pastor, her father responded that his daughter was mentally ill, a pathological liar, and not to believe her.

There is often a "can't-win" rule in effect: children are taught never to lie, but they are also not allowed to tell Grandma her cooking tastes awful. Or children are taught that smoking is bad, but if they point out that mom or dad smoke, they are shamed and shut down.

In grace-based families, rules and expectations are clearly spelled out. If an unspoken rule comes to light because someone broke it, it gets talked about without shaming the one who broke a rule they didn't know was in place. If someone notices or mentions a problem, the problem is addressed instead of attacking the one who brought it up. In grace-based families, the *problem* is the problem, rather than the person who identified it.

Shame-based families often use coded messages to communicate, saying one thing while intending that their audience read their minds and respond to the actual message they wanted to give without coming right out and speaking it. Someone might say, "I have such a headache" and the second person replies, "That's too bad" or "Sorry" and then continues to do whatever they were doing. The first gets upset that the other person didn't offer to get them a pain reliever. The one with the

headache used to be me, until a wise mentor responded with, "Would you like an Advil? Healthy people ask for what they need and want. Just ask me if I have one." Whoa. That was a game-changer for me!

The communication in grace-based families tends to be clear and straight. It's about saying what is true and what is actually meant. Scripture calls that "speaking the truth in love" (Ephesians 4:15). And healthy communication does not involve an unnecessary third person, a term called "triangulating." If someone complains about another person, or gives a message for another family member, a wise person redirects them to the one they actually need to communicate with, refusing to be the third person in a two-person communication. Another wise person has said, "If you don't have a dog in that fight, stay out of it." That works!

Shame-based families are preoccupied with fault or blame. They are always looking for where to place—or shift—the blame when something goes wrong. Then the culprit can be shamed, humiliated, and made to feel so bad they don't do it again.

In grace-based families, the emphasis is on responsibility and accountability. People are responsible for their choices and held accountable for their behavior. Grace-based parents try to remember that all of life is training for a child, and it takes many, many times to learn wise and healthy behavior. So while a child may be disciplined, they are not punished for not getting something right. Instead of being shamed for slamming the door, they may be instructed, "OK, I guess you need practice in closing the door without slamming it. So you'll be practicing 25 times in a row, starting right now." Another way that grace-based families can build responsibility and accountability is by using natural consequences without anger: "Since you left your bicycle in the driveway again, you will lose the privilege of enjoying it for a week." And sometimes, discipline without punishment means talking about what happened without shaming, by asking good questions: "So

what can you learn from this?" "What can you do differently next time?"

Family is meant to be God's safety net underneath is, the safe place to fall when we make mistakes and learn painful life lessons. By His grace and through being intentional, shame-based families can become grace-based families as we reflect on how God, the perfect Parent, loves us perfectly and unconditionally-yet teaches us to be responsible as we grow up to maturity.

Note: the grace-based family in the picture are my friends Rick and Abbie Smith with their sons Noah and Jaxten. If you want a blessing, check out their story of grace at noahsdad.com/story.

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Out of the Abundance of the Heart...Flows Road Rage. And Other Stuff.

In this morning's traffic, my husband apparently violated one of the most important unwritten rules of the road: he changed lanes into the very spot that another driver intended to move into. Suddenly this large pickup truck zoomed up alongside us just so he could dangerously cut us off, then slammed on his brakes. To teach us a lesson, I suppose: *Don't you dare get in my way! I'm the most important person on the road!* A few minutes later—from a safe distance—we watched him tailgate the

person in front of him. He was clearly an angry and aggressively hostile driver.

We did not have to wonder what was in his heart. Lots of anger, lots of entitlement, lots of pride.

One of the most insightful observations Jesus ever made was when He said, "Out of the abundance of the heart, the mouth speaks." (Matthew 12:34) Whatever fills the heart is what is going to spill out of the mouth. But it goes far beyond that.

It's our *reactions*, more than our actions, that demonstrate what's really in our hearts. When people fire off emails or Facebook comments or Twitter blasts without thinking, it reveals what's in their hearts. When people leave scathing comments on a blog they disagreed with, dumping their thoughts and hitting "submit" without further thought, they are broadcasting what's in their hearts. When upset people send hurtful, insulting texts because they're "just being honest," they are showing that they are people who honestly don't have good hearts.

Have you ever been in a public place where "F bombs" fill the air like heavy pollution? The hearts generating such vulgarity and complete disregard for the sensibilities of those within earshot are full of vulgarity and thoughtlessness. That's why it flows so easily out of their mouths.

When I was in Africa, my beautiful and wise Rwandan interpreter told me, "We have an African saying—always believe a drunk man." I laughed at the sheer wisdom of that; after all, alcohol removes not only inhibitions but also filters. When a well-known celebrity's racist rant was recorded during his arrest for drunk driving, his public apology included that he had "said things that I do not believe to be true and which are despicable." Well, according to his Creator, what came out of his mouth was a painfully accurate display of what he actually does believe, despicable as it may be.

So what do we do with this connection between the heart and what flows out of it?

I think it's wise to see the ugliness of road rage, F bombs, angry and unkind comments and texts, and unloving rants like red lights on the dash board of our car. It means something is wrong under the hood. It means we need to invite the Lord to shine His light of truth on what's in our heart and show us where we need to submit to His right to be Lord of every square inch of it. It means we need to confess as sin anything that is not honoring to Christ and to other people, and ask Him to change that in us so we look like Him.

Because the abundance of a heart filled with love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control is going to flow out with words and actions others will actually want to be around.

And they're much better to share the roads with!

Are Ghosts Real?

The morning program on a Dallas radio station recently featured a story about one of the show personalities going to a "ghost hunt" at a supposedly haunted hospital. The staffer came back with video of a flashlight turning on and off by itself. She went as a skeptic but came back as a believer.

In ghosts.

She offered her perspective: we all go to heaven or hell, but some people get delayed on their way to their final destination. The discussion opened a stream of callers eager to share their "knowledge" about ghosts, such as the woman who has slept in cemeteries to learn about spirits. "Sometimes

children don't know they've died," she assured the radio audience.

Are ghosts real? How should we think about ghost hunting and anecdotes of people seeing disembodied spirits? My grandmother reported that she had seen her late husband walking through the living room years after he died; what do we do with stories like that?

It really doesn't matter how we feel or what we think—the only thing that matters is what God has revealed to us about the spirit world. And there is no room in a biblical worldview for the spirits of dead people wandering around, stirring up mischief or playing with flashlights.

The Bible says that "It is appointed for men to die once, and after this comes judgment" (Hebrews 9:27). That means heaven or hell. The apostle Paul wrote that for the believer in Christ, to be absent from the body is to be present with the Lord (2 Cor. 5:8). In chilling language, Deuteronomy 18 forbids any kind of dabbling with the occult, which the pagans already living in the Promised Land indulged in, and which God absolutely prohibited:

"When you enter the land which the LORD your God gives you, you shall not learn to imitate the detestable things of those nations.

There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer,

or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead.

For whoever does these things is detestable to the LORD; and because of these detestable things the LORD your God will drive them out before you." (vv. 9-12)

Ghost-hunting is seeking occult encounters, which is the

domain of evil spirits, and God warns us to stay far away from all of it.

But people, lots of people, have reported seeing *something*. How should we interpret seeing those who have died, and inanimate objects moving of their own accord? I would suggest that this is all the work of demons, evil angels who have rebelled against God. God's word tells us they masquerade as something other than what they are; Satan disguises himself as an angel of light, and his servants disguise themselves as servants of righteousness (2 Corinthians 11:14-15). Devils lie and deceive. It makes sense that they would deceive people by appearing as ghosts and impersonating dead people. Whether they terrorize the living through fear or just distract us from what is true and good, it's all the work of God's enemy.

We not only live in a fallen world, we live in a war zone where we walk around as targets of the enemy, whether we recognize it or not. Paul wrote that we struggle against the powers of this dark work and against spiritual forces of wickedness in the heavenly places (Ephesians 6:12). Part of that spiritual war is the strategy of terrorism or distracting us by things like counterfeit ghosts and the movement of physical objects by unseen but real spirit beings who can manipulate the physical world.

When I think about the radio listeners who called in to offer their "knowledge" about ghosts, I found myself thinking about the critical-thinking "[Killer Questions](#)" that we ought always be using as a filter for what we read, see and hear. Especially "Where do you get your information?" and "How do you know that's true?" Someone who sleeps in a cemetery to gain information about the spirit world may well be receiving information from "the other side," but how accurate and trustworthy is it? Why should she believe everything the spirits are telling her? What kind of spirits are feeding her "facts" about how things work in the spirit realm?

I am grateful for the trustworthiness and reliability of God's word that tells me how to think about ghost-hunting and ghost-busters. It's about messing with demons pretending to be something other than what they are. (In my angel article [Angels: The Good, the Bad and the Ugly](#), I call them "ugly angels") That's why He forbids us to dabble with anything dark and occult. He wants to protect us because He's a good, good Father.

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On Coffee: Drinking and Thinking

I'll admit it, I'm hopelessly biased, but my son is a world-class Mr. Coffee expert. Kevin regularly travels to three different continents in search of relationships with farmers growing excellent coffee he can roast and sell in his San Francisco [café](#). Over the years he has shared his coffee knowledge (and bags of really *really* good coffee) with my husband and me. We now know the difference between utilitarian commodity coffee that is just a caffeine delivery system, and the complex flavors of a cup of specialty coffee that stands alone even without cream or sugar. For Christmas, he gave us the perfect coffee-making setup to take with us on a cruise, assuring us that we would have the best coffee on the ship.



Unfortunately, the fancy new hotpot for heating water was too fancy for the fire-conscious security officers, and they confiscated it during the cruise. So we tried drinking the ship's coffee, but much of the time it tasted like it had been prepared by someone who doesn't understand the importance of proportion between coffee grounds and water. One day I took a picture at breakfast to commemorate the day I absolutely could not drink the abysmally wretched beverage they called coffee. I'm just not that picky. I now have an "educated palate," but I'm not a picky person. Unless someone really crosses a line. And they did.

Now that I've been taught about coffee complexity and the role of terroir (the soil and climate where coffee is grown, just like with vineyards), I taste and appreciate coffee differently. It occurred to me that something similar, but far more important, happens to our thinking when we are taught biblical truth and values. Once our eyes are opened to God's perspective and His presentation of truth, it changes how we process what we see and hear.

And, like developing a cultured palate for great (or not-so-great) tasting coffee, we develop discernment in spotting truth (or not-so-true) and error.

For example, I just received a phone call from someone who found me online and called to bounce some ideas off me. He said he thinks he's the Messiah because he has made several predictions that have come to pass over the past couple of years. I told him that he can't be the Messiah since the angel told the disciples that Messiah Jesus would return to earth the same way He left, through the sky and the clouds (Acts 1:11). And the Messiah is sinless and perfect, and since he is a sinner, he can't be the Messiah. I asked him what he was reading and studying in God's word, and he said that right now he's reading the Book of Enoch. I told him that Enoch was

written by man, not supernaturally inspired by God, so it's not scripture. He needs to be reading and studying God's word, not man's word.

It's knowing God's word that allows me to compare this young man's thoughts to the truth of God and explain where his thoughts and feelings, while they feel right and true, are off base. As C.S. Lewis wrote, "A man does not call a line crooked unless he has some idea of a straight line." When we have the "straight line" standard of God's word, we can identify what crooked is.

Someone else recently expressed his understanding of the Trinity as "There's Father God, then Jesus is God as a human being, and the Holy Spirit is God in our hearts." He thought the Trinity was different expressions of God as He related to us. Because of having received good teaching and good Bible study skills, I was able to compare his thoughts to how the Bible reveals truth about the three-Personed God: eternally existing, before there was a universe—Father, Son and Spirit loving and adoring and delighting in each other totally apart from us. (Gen. 1:1-2, Eph. 1:3, John 17:5) The Trinity existed forever, long before there were people.

It's nice to be able to tell the difference between great coffee and good coffee and dreadful coffee, but it's far more important to be able to tell the difference between spiritual truth and error, between wisdom and foolishness, between God's thoughts and man's thoughts.

By the way, we finally figured out that we could have room service bring us a carafe of steaming hot water, which I poured over our wonderful coffee grounds to make what was still the best coffee on the ship.

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[ing](#) on January 16, 2016.

Christmas SHINY!

I love shiny.

I love sparkly, glittery, light-filled, dazzling *anything*.



My motto is, “If it don’t shine, it ain’t mine.” And I’m not alone. When women visit Dallas, one of the most popular places for friends to take them is to a huge [store](#) that sells thousands of pieces of costume jewelry with more bling than you can imagine.

Why do so many of us like shiny? I think it’s because we are hard-wired for worship and we long for heaven where even the streets gleam with gold, and beautiful jewels and pearls abound. Heaven is a shiny, glorious place that radiates the beauty of a shiny, glorious Savior.

But our early “shiny” is a poor, sad imitation of the true glory of God. I especially love how God reveals Himself in the Bible through His *Shekinah glory*, where the invisible God makes His glory visible and weighty with importance and value.

We see more instances of the Shekinah glory in the book of Exodus than any other book in the Bible:

Moses and the Burning Bush: God appears to Moses as a fire

within a bush that doesn't consume the bush, revealing Himself as the great I AM, calling Moses to lead His people out of slavery into the Promised Land.

In the cloud by day, pillar of fire by night. God led His people for forty years in their wilderness wanderings by a visible manifestation of His presence.

The cloud on Mt. Sinai where Moses met with God, and He gave Moses His rules for relationship in the Ten Commandments.

Moses asks God to show him His glory. While up on the mountain, Moses asks to see God's glory; God basically replies, "You can't see My face and live. While My glory passes by I will hide you in a cleft of the rock and cover you with My hand. Then I'll let you see My backside. That will be safe for you."

After seeing God's Shekinah glory, **Moses' face shone so brightly** that it hurt to look at him. It was reflected glory, the way the moon reflects the sun's light. Still, it was so powerful that his face literally shone when he came down off the mountain to speak to the people.

The cloud of Shekinah glory covered the Tent of Meeting and filled the Tabernacle when they dedicated it. The glory was so intense Moses couldn't go inside.

We see the Shekinah glory one more time in the Old Testament, when Solomon's temple was dedicated, and God's glory fills the temple like it had filled the Tabernacle. Then we don't see it again for hundreds of years.

The next time in scripture we see the Shekinah glory is the night Jesus was born!

And while Joseph and Mary were in Bethlehem for the government's census, the time came for her baby to be born. She gave birth to her first child, a son. She wrapped

him snugly in strips of cloth and laid him in a manger, because there was no lodging available for them.

That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory [*the Shekinah glory*] surrounded them. They were terrified, but the angel reassured them. "Don't be afraid!" he said. "I bring you good news that will bring great joy to all people. The Savior—yes, the Messiah, the Lord—has been born today in Bethlehem, the city of David! And you will recognize him by this sign: You will find a baby wrapped snugly in strips of cloth, lying in a manger."

Suddenly, the angel was joined by a vast host of others—the armies of heaven—praising God and saying,

"Glory to God in highest heaven, and peace on earth to those with whom God is pleased." (Luke 2:6-18)

But wait! But that's not all!

Matthew 2 tells us about the magi, the wise men from the east, who traveled to Jerusalem in search of the baby King of the Jews. They followed a star that moved until it stopped right over the house where the toddler Jesus and his family were living.

My husband Ray says it wasn't a natural conjunction of planets or stars, since they don't move like that and certainly don't stop over a house. In his Probe article "[The Star of Bethlehem](#)," he suggests it was the Shekinah glory leading the Magi to Jesus.

The same Shekinah glory we see in Exodus appears in the Christmas story. So much of the Old Testament points to Jesus, and we get to see it start to unfold in the Christmas story.

God is all about connecting the dots so we understand how

things fit together. Not so we can enjoy the intellectual satisfaction of puzzle pieces interlocking, but so we can truly grasp that He made us for Himself, He made us for relationship with Him.

The Shekinah glory in Exodus points to the glory revealed in the Christmas story, where the Son leaves heaven and comes to earth as a perfect, sinless human, fully God and fully man. He lives a perfect, sinless life then dies on the cross to take the punishment for our sin onto Himself. Three days later He rises from the dead and He is alive today.

Little Baby Jesus isn't still in the manger: He is now seated at the right hand of the Father in heaven in glory!

Shiny, resplendent, luminous glory. And that is the *real* reason I love shiny. It reminds me of Jesus, of heaven, of what lies ahead for those of us who have trusted Christ.

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Rejection is Protection

Last week I got a text from my son: "Mom, I'm in Nairobi [Kenya]. Please pray they let me in Burundi tomorrow, I just heard they may not be issuing visas at the airport tomorrow like last year." Well, they didn't. He had to fly back to Nairobi to get a visa through the American embassy, a process that added days and expense to his plans. We prayed and God said no—or, more accurately, "Not yet." Eventually he was able to get the visa, enter the central African country and visit

with coffee growers.

God had closed the door for what turned out to be a few very dangerous days. When we asked Him to open the door to Kevin, He said no.

But “rejection is protection.” Kevin learned that while he was traveling and running around Nairobi trying to get his visa, murderous violence had been exploding in Burundi. It was quite possible that as an outsider, he might have been seen as a spy or an aid to opposition forces in that extremely volatile country. God’s closed door, as disappointing as it was, was His loving protection. (Which continued on my son’s trip: he flew out of Paris just hours before the Nov. 13 attacks, after which the president closed the borders and shut down international flights.)

Rejection is protection when God is sovereign. And He always is.

His “no” feels like rejection because we don’t get what we want, but there’s always a bigger story at play.

In 2002 I was invited to speak at women’s retreat in Germany and immediately said yes. “Don’t you want to pray about it?” our pastor friend asked with a smile. “Oops. Yes, I supposed I should.” So I did—and within an hour I had a strong, unmistakable unsettledness in my spirit, a lack of peace that all but shouted “NO!!!” That made absolutely no sense to me, and with deep regret I told our friend that for whatever reason, God had said no. But it made perfect sense six months later when, during the weekend of that women’s retreat, my husband was hurt in a serious car wreck. God knew I needed to be home instead of Europe. His “no” was love; His rejection was protection.

(By the way, when I was privileged to speak at that church’s retreat in 2013 and 2014, I showed a picture of my husband’s totaled car. I wanted them to see evidence of God’s loving

sovereignty in play.)

My friend Ann ran for the school board in her city and lost. A wise spiritual director, helping her process the “ouch” of this disappointment, was the one who pointed out that sometimes rejection is protection. Ann tells me she has probably used that phrase a hundred times in responding to people’s stories of God’s closed doors and answers to prayer that weren’t what they wanted.

How many times have we wept over relationships that didn’t work out, only to realize later how disastrous they would have been? Or, if we were already involved with *that* person, we would have missed meeting and marrying our spouse?

Garth Brooks made this concept famous with his song “Unanswered Prayers,” which I would argue is a great name for a song but lousy theology because “no” and “not yet” *are* answers to prayer!

Rejection stinks. It always does. But it usually means protection because God is a good, good Father who’s always looking out for us.

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Ways to Minister to a NICU

Family

My sweet friend Kayla Grey has been dear to me since she met her husband-to-be at Probe Ministries' Mind Games camp several years ago, where I get to teach. It has been a joy to walk with this wise, smart, loving, godly young woman as she married and had her (first) two sons, the second of whom had a difficult delivery and spent nine hard, hard days in NICU. I loved this post on her blog [Renown and Crowned](#) so much I asked if I could share it here.



The overwhelming nature of the neonatal intensive care unit (NICU) can paralyze even the most organized families. Suddenly you are living a life you never planned, and since you didn't plan to live this way, figuring out what you *need* becomes a daunting task in and of itself.

Friends and family may say this simple phrase: "Let us know if there's anything we can do to help." (or the variation "Let us know how we can help.")

In our experience, we wanted to be able to say, "This is how you can help!" – but we didn't even know where to start. We didn't spend a huge amount of time at the hospital until about day 4, and we didn't really have an idea of how quickly Trooper would come home until then. It was hard to know what

to ask for at the beginning.

As the week progressed, we became more aware of what would help us in our situation. If you're looking for ways to help a NICU family, here are some ideas to consider. *Note: Because each family has different dynamics, these will not all apply to everyone. If you aren't sure whether one of these ideas would truly help the family you're ministering to, be sure to ask them.*

- **Journal and pen** – I found out quickly how the days blended together in my memory, and I wanted to record the journey for recollection later. My sister also suggested using a journal to write down what doctors and nurses reported when, so you would have a written record if you were getting 2 or 3 differing opinions.
- **Gift cards** – Sometimes you just need to get out of the hospital. Sometimes you need a bite to eat that isn't cafeteria food. And sometimes you need “food” that will get you through the transition-to-home stage. Gift cards for grocery stores can also be helpful.
- **Gas cards** – Particularly if the family has a decent commute to the hospital, gas cards can ease any budgetary concerns that might play into the frequency of their visits.
- **Bags of snacks** – One family gifted us with 3 large sacks of snacks and breakfast foods. This was so helpful for us, especially on the days we forgot to eat a “real” meal because of logistics or meetings. *Note: Be sure to check with the family to see about any food allergies.*
- **In-home meals** – It amazed me how one meal being brought in could free up so much mental power. Plus, if the meal was large enough, there could be leftovers for another meal or two!
- **Activity bags** – Hospital waiting rooms can be rather difficult for older siblings. A new coloring book, play-dough, or a puzzle could be a welcome diversion from the

mundane.

- **Visiting with, listening to, praying with them** – We all have a story to tell . . . and sometimes, telling someone who’s “outside” of the emotion and doctors’ orders begins the process of renewal and recounting God’s goodness, even in the NICU world. Even if you can’t fully relate to where the family is experiencing, listening is a huge help.
- **Older child care** – Is there an older sibling who’s stuck in the midst of back-and-forth? Spending an hour reading books or coloring can allow Mom and Dad to sit with the littlest child . . . together.
- **Fill their freezer** – Figuring out what to cook after arriving home can be an unnecessary source of stress. Prepare (or buy) some casseroles to be frozen. This way, the family can use them as slowly or quickly as needed.

Are you long distance from the family in need? You can help, too!

- **Snacks from Amazon or Walmart.com** – Let the technology of the Internet do some of the work for you! If there is a Walmart near the hospital, you can select snacks (or even microwaveable meals!), purchase them online, and have them “shipped” Site to Store. The family could then send someone to pick up those items, without paying a penny. Amazon, on the other hand, can be a bit more pricey, but you can have more obscure snacks or groceries sent straight to their home.
- **Practical needs** – By the same token, paper goods can come in handy when the transition-to-home takes place. Paper plates, paper towels, toilet paper, and the list goes on. . . . You can help keep the family well stocked so they don’t have to make a midnight run for toilet paper.

Send Scripture verses as encouragement and reminders of Truth. **Pray.** Tell them you’re praying. Ask how you can pray more

specifically – especially for Mom and Dad individually as they pour themselves out for their little one. Ministry doesn't have to be a one-size-fits-all for NICU families, and it probably shouldn't be. Look at the gifts God has given you, the things you enjoy doing to help others, and start there. *You may be just what that family needs "for such a time as this."*

Your turn: *If you have experienced the NICU world, what was the best help you received? What would you suggest NICU families ask for when the "How can I help" question arises?*

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