

I've Got a War Room—Now What Do I Do?



Millions of people have seen the summer blockbuster movie *War Room*, many of them challenged to be more intentional about prayer. Some have even cleaned out a closet or a corner to make their own War Room.

But the movie, for all its motivation to experience the power of prayer, did not provide instructions on what and how to pray. Other than eating potato chips in secret!

Prayer is not about sacred words or flowery religious language. Biblical prayer is about talking to God, heart to heart. Here are some suggestions for what to do in the War Room.

Many people have found it helpful to follow the structure of the acronym ACTS: Adoration, Confession, Thanksgiving, Supplication.

Directing our prayers and thoughts in this particular order aligns the heart with God's heart.

Adoration: This is simply telling God how great He is, focusing on His character and praising Him with words. The book of Psalms is one of the best place to find truths about God and tell Him about it. Several years ago, I went on a treasure hunt as I read through the Bible, drawing a box around every title and name of God I encountered, and writing them down on the blank pages at the back of my Bible. Simply reading some of the titles of God back to Him constitutes adoration. ("You are the King of Kings and Lord of Lords! You

are the Bright and Morning Star! You are the Ancient of Days! You are the Creator of the Heavens and the Earth!")

Confession: Quietly consider what unconfessed sin you need to bring out in to the light. Confession means to agree with God. You may not even feel remorseful about it (yet), but it is still important to agree with God that sin is sin and you were wrong. ("Lord, I confess being short-tempered with my family yesterday. I confess yelling at that driver who cut me off in traffic. I confess going all day without once thinking of You. I was wrong. Please forgive me.")

Thanksgiving: Consider the things God has given you, the things He has done for you, just in the past 24 hours, and tell Him "thank You." The discipline of keeping a gratitude journal provides lots of things to give thanks for. The great thing about being mindful of what God is doing so we can give thanks for them, is that it makes us more sensitive to the many ways in which He shows His love and concern for us throughout each day, which kicks up our gratitude meter, which overflows in more and more thanksgiving, which leads to a joyful heart.

Supplication: NOW we get to the part of asking for the things we need or want, or which we would like to see God do in our lives and in the lives of others. It really helps to keep a list of our requests, just like we see in the movie, so we have a record of how and when God answers them.

This is one of the most misunderstood parts of prayer because often, people mistake having faith in the answers they want, with having faith in the God who answers prayer in His time and in His way. It's fine to ask (not demand, and not presume) for what we want, but it's important not to have unrealistic expectations of getting everything we ask for like a spoiled little kid. (This is one of the reasons people lose heart and can lose their faith—they aren't trusting the God who sees the big picture and knows what is good for us and what isn't, they

are looking for the answers to their prayers on a timeline usually faster than the one God is on.)

What should we pray for?

Our daily needs (see also: the Lord's prayer, "give us this day our daily bread," Matthew 6:11), financial provision ("your Father knows what you need before you ask Him," Matthew 6:8), relationships ("it is not good for man to be alone," Genesis 2:18), peace in our relationships ("Peace I leave with you; My peace I give to you," John 14:27) . . . whatever comes to mind.

But we get a head start when we pray God's word. This is great War Room material! Consider praying for one's spouse (even a future spouse!) or children or friends the great prayers recorded by the apostle Paul.

"Lord I ask that _____ may be filled with the knowledge of Your will in all spiritual wisdom and understanding, so that he will walk in a manner worthy of You, to please You in all respects, bearing fruit in every good work and increasing in the knowledge of You; strengthened with all power, according to Your glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to You, Father, who have qualified us to share in the inheritance of the saints in light." (Colossians 1:9-12)

"I pray that You would grant _____, according to the riches of Your glory, to be strengthened with power through Your Spirit in the inner man, so that Christ may dwell in his heart through faith; and that he, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that he may be filled up to all the fullness of You." (Ephesians 3:16-19)

Consider praying a Psalm, such as Psalm 1:1-3-

“I pray that _____ would be blessed, that she would not walk in the counsel of the wicked,
Nor stand in the path of sinners, nor sit in the seat of scoffers!

I pray her delight would be in the law of the Lord,
And in Your law she would meditate day and night.

I pray she would be like a tree firmly planted by streams of water,

Which yields its fruit in its season and its leaf does not wither;

And in whatever he does, she would prosper.”

Spiritual warfare was one of the elements of the War Room movie, and prayer is how it is battled and won. For the simplest form of it, we can look to how Jesus prayed for His disciples in John 17. He asked His Father:

- To keep His disciples safe from the evil one (v. 15)
- To set them apart in the truth (v. 17)
- For oneness (v. 21). The context was oneness within the Body of Christ, the church, but this is a powerful request to pray for our marriages as well.

I am also intrigued by His prayer in v. 23, “You have loved them just as You have loved Me.” Most people have no idea of just how much and how great the Father’s love is for us—He loves us the exact same way and the exact same amount as He loves His Son! I love to pray that God will allow my loved one to grasp this truth, which corresponds to the Ephesians 3 prayer above.

Jesus also prayed for Peter before his spectacular, epic failure when he denied his Lord, that his faith would not [completely and utterly] fail, and that after he turned back, that he would strengthen his brothers. Praying for our loved ones’ faith not to fail, and for God to redeem and use any lapses and stumbles, is a powerful way to pray for them.

An important part of War Room prayer strategy, just as in physical war, is to remove obstacles to effectiveness. In Mark 11:25, Jesus said, “Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions.” An important thing to do in anyone’s War Room is to examine our hearts for any unforgiveness and deal with it.

Well, I think that’s a good start on your War Room! Would you like to add any suggestions? Comment below!

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Should We Go to Our Gay Neighbors’ Wedding?

“Sue, I love my sweet gay neighbors, and after the SCOTUS decision I figure we’ll be invited to a wedding. Do we go?”

Christians take different positions on this question, just as Christians take different positions on the issue of homosexuality in general and same-sex marriage in particular. I believe that regardless of our feelings on this issue and about our friends and loved ones, we need to follow what the Word of God says.

Both Old and New Testaments clearly state that homosexual behavior is sin. Regardless of how we feel about those who engage in it, the Word of God is internally consistent on this issue: all sex outside of marriage, which is restricted to one

man and one woman in a lifetime covenant, violates God's created intent for us. And that includes homosexual sex. Redefining marriage does not change the unnatural, sinful nature of same-gender sex (Romans 1).

A wedding is a communal event where society gathers together to witness the union of two people coming together to start a new family, a new building block of community. The point of a wedding is that the guests witness, support, bless and approve the marriage. Contrasted to lovers making promises to each other in a private intimacy, the communal witness and celebration of a wedding elevates and formalizes these vows as a covenant (a promise on steroids), and the new one-flesh union becomes a recognized part of the community.

So there is a huge difference between having dinner with gay neighbors, and attending their wedding. When people attend a wedding, it makes a statement. Attendance at a wedding means one is offering support, approval and blessing to the couple.

I suggest that since God has already spoken clearly about the nature of homosexuality, He would not contradict Himself to endorse and celebrate what He has declared to be sin (Leviticus 18:22). Neither should we.

Beyond that, the scriptures also direct us not to support other people's behaviors that God calls sin:

"Do not participate in the unfruitful deeds of darkness, but instead even expose them" (Eph. 5:11).

1 Timothy 5:22 instructs us not to "take part in the sins of others. . ."

How can one attend a gay wedding without participating in "deeds of darkness," without "taking part in the sins of others"?

To be consistent, Christians should examine why we attend any

wedding. Since the Bible is equally unequivocal about believers marrying unbelievers (2 Corinthians 6:14), it would be wrong to attend that wedding as well. It would be saying, "I support, affirm, bless and celebrate this union." Just like going to a wedding of a Christian who dumps his wife without biblical grounds to marry a younger trophy wife. No!

Lots of people scoff at this position: "God is a God of love! Who are you to judge anyone's love?"

It's true, God IS a God of love, and He has described love for us:

Love is patient, love is kind and is not jealous;
love does not brag and is not arrogant,
does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered,
does not rejoice in unrighteousness, but rejoices with the truth;
bears all things, believes all things, hopes all things, endures all things. (1 Corinthians 13:4-7)

If love does not rejoice in unrighteousness, but God has declared that same-sex relationships are not right, then it is not loving to engage in unrighteousness. If same-sex relationships are outside God's created intent for human sexuality, then it is not loving to support and bless relationships that grieve God and will result in pain down the road for the people involved.

So, to answer my friend's question: "How can you attend a gay wedding without making a clear statement of support and endorsement, approval and blessing? And since you know what God says about the nature of their relationship as sin, what statement would you be making as His ambassador?" I encourage my friend to keep loving her wonderful neighbors, to continue to be their friends and to be salt and light to them.

But not to go to their wedding.

And if they ask why, to kindly and lovingly say, “I am a Christ-follower, and He has spoken about His intention for marriage. Just as He loves you more than you can imagine, I love you too, but I’m so sorry, I can’t stand with you that day. But I’ll look forward to visiting with you, as usual, on the other side of that day. And I will be praying for you.”

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Raising Gender Healthy Kids

Emotionally healthy children who grow up to be emotionally healthy adults are comfortable in their own skin, in the gender God chose for them. These days, when a child shows non-stereotypical gender behavior, people start to freak out, afraid that their child is actually the opposite sex on the inside.

Good news! There are things parents can do to raise gender healthy kids, girls who are content to be girls and boys who are glad to be boys. Without resorting to artificial stereotypes, either.

First, loosen up your expectations of what boys and girls should be like. A friend of mine now in college was recently exasperated when the instructor taught that “Little girls play with dolls and wear dresses.” Carol shot back, “I was NEVER like that!” My friend preferred to climb trees and ride her skateboard, and absolutely hated it when her grandmother tried to teach her to make gravy because “that’s what girls do.” And it really irritated her that her brothers never had to do any kitchen work because “boys don’t do that sort of thing.”

Narrow gender stereotypes don't honor the creativity of the God who makes varieties of girls and boys on a femininity spectrum and a masculinity spectrum (my blog post on [the Gender Spectrum](#) has been helpful to a lot of people; please read it!).

When parents can relax about the kind of boy or the kind of girl they have, it is easier to support and encourage children according to the way God designed them. Some boys are not the rough-and-tumble, athletic type; they are born emotionally sensitive, more relational than most boys, often creative and artistic. I know one little boy who pretty much danced out of the womb, and has been dancing ever since. That's his gift, his divine design. His family loves it, loves him, and supports him fully. Some girls just aren't the girly-girl type; they are natural athletes and gravitate toward more classically masculine interests, but God intended them to be more of the tomboy feminine. Like my friend Carol.

Second, cultivate warm, affectionate, respectful relationships in your family—between husband and wife, between mom and children, and between dad and children. Emotionally healthy, gender healthy kids are grounded in the security of parents who love each other and their children. A hurtful relationship with the same-sex parent is the biggest contributing factor to a later development of homosexuality, but there are other forms of brokenness that can also arise from hurtful family relationships.

Third, appreciate the different contributions from mothers and fathers. God created the complementarity of male and female (Gen. 1:27) for our good and for His glory. Moms and dads are not interchangeable, which is why He intended for families to be led by a mother and a father.

Here are some suggestions from Ricky Chelette, my esteemed colleague at Living Hope Ministries, who has been helping parents deal with gender issues for decades, my friend Anne

Paulk, author of *Restoring Sexual Identity* . . . and from me:

Fathers and Sons

- Strongly connect with your son at an early age.
- Affirm the son's identity as a boy.
- Take interest in him and his interest(s). Be his #1 fan.
- Demonstrate love by word and deed. He needs to hear you say "I love you, son."
- Love his mother and assure her security and safety.
- Powerful affirmation: "You're good enough, you're strong enough, and you have what it takes."
- Always give affirmation, attention, and affection ([The "Three As"](#))
- Don't feel rejected by the mother/child relationship.
- Draw out your son ("Hey, let's be guys together!").
- Show him what maleness is.
- Do things together. Even a trip to the grocery store or Home Depot counts.
- Cultivate a habit of "thumbs-up" attitude of affirmation. Look for things to affirm.
- When he doesn't get it right, don't dismiss him and send him to Mom.
- Encourage and affirm "be-like-Dad" behavior.
- Be physical. Boys need safe male touch.
- When giving hugs, let kids (both boys and girls) pull away first.

Mothers and Sons

- Push your son towards his father and encourage their relationship.
- Affirm your son's masculinity.
- Point out the differences between you and him, between him and his sisters, etc.
- Allow for emotional distance and independence. Don't try to keep him bound to you like a baby.

- Demonstrate positive, safe touch with him (not just spankings).
- Love and respect his father.
- Bring other boys into the home and encourage connections with other boys.
- Reinforce the father's role.
- Tell him that being a boy is wonderful, and you're glad God made him a boy!
- Build up the similarities to his daddy.
- Refuse to diminish the glory of the father/son relationship; don't get in the middle of it.
- Affirm what is valuable in your son's father so your son can model it.
- Nurture and comfort with empathy, but allow your husband to nurture differently (aggression nurturing), such as "Hop up, you're OK." Boys need to learn to develop a thicker skin from their dads.
- Don't insist that he look you in the eyes when you're having a difficult conversation (except when it's time to apologize). It's especially threatening and painful for most boys. Take a walk or drive with him where you are shoulder to shoulder, or talk to him in dim lighting (such as bedtime), to encourage him to open up to you.

Fathers and Daughters

- Love and build up your wife, and make sure she feels secure and safe.
- Affirm your daughter's femininity with words and deeds.
- Be your daughter's "protector."
- Tell her she is loved and beautiful 3X more than you think is necessary.
- Love and serve her. Set the bar high for the man she will marry.
- Girls are tactile. Touch is the key to your daughter's heart. Appropriate touch is SO powerful and necessary.
- Girls are verbal, so words are also very powerful. They need

to hear words of affirmation more often than boys.

Mothers and Daughters

- Respect and honor your husband.
- Affirm your daughter's femininity.
- Show her what strength and nurture together look like.
- Love your daughter, don't compete with her.
- Do girly things together early and often. She needs to learn to be a girl from you.
- Communicate feelings, not weakness.
- Continually develop and demonstrate a healthy relationship /romance with your husband.

- Be confident so she can admire you.
- Stand up for what is right in godly femininity, in the family and in the world.
- Demonstrate biblical femininity: relational, nurturing, vulnerable, responsive, and beauty (for an excellent article on this, read [A Real Woman: Defining Biblical Femininity](#) on the Living Hope website.
- Pursue contentment; enjoy life where you are right now.
- Model Christlike submission to God, husband, authorities.

And finally: pray, pray, pray for your children!

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Why Have So Many Christians

and Churches Become Pro-Gay?

A recent email from a friend: "Sue, I'm seeing more and more 'evangelical' churches come out in support of gay marriage. Also, Christian friends are changing their views on the validity of the LGBT lifestyle being acceptable for a Christ-follower. I start worrying that I'm missing something, and even start questioning my beliefs."

No, my dear friend, you are not missing something, but it *is* a good time to question (not doubt) your beliefs so you can be more convinced than ever that the Creator God has not changed and neither has His word.

I think there are two big reasons so many confessing believers in Christ have allowed themselves to be more shaped by the culture than by the truth of God's word, drifting into spiritual compromise and even into apostasy (abandoning the truth of one's faith). This is not a new problem; the apostle Paul urged his readers in Rome, "Don't let the world around you squeeze you into its own mold, but let God re-mold your minds from within. . ." (Romans 12:2, Phillips).

Reason One: Rejecting the Authority of God's Word

The bitter fruit of several decades of shallow preaching, teaching and discipleship is that many believers have been especially vulnerable to Satan's deceptive question to Eve in the Garden of Eden: "Did God really say . . .?" When Christians ignore or flat-out reject the unmistakably clear biblical statements condemning homosexual relationships, they are playing into the enemy's temptation to justify disobedience by making feelings and perceptions more important than God's design and standards.

There are now two streams of thought on same-sex relationships

and behavior, the Traditional View and the Revisionist View. The Revisionist View basically says, "It doesn't matter what the Bible actually says, it doesn't mean what 2000 years of church history has said it means, it means what we want it to say."

People are redefining the Bible, gender and marriage according to what will let them do what they want, when they should (in my opinion) be asking the insightful question posed by Paul Mooris in *Shadow of Sodom*, "[A]m I trying to interpret Scripture in the light of my proclivity, or should I interpret my proclivity in the light of Scripture?"

The Bible	
<i>Traditional View</i>	<i>Revisionist View</i>
<p>The Bible is inspired by a Holy God and is inherently true and trustworthy. The Bible is written by men, but divinely inspired by the Holy Spirit and is sealed by a God of truth and authority.</p>	<p>The scriptures which traditional Christianity understands to condemn homosexuality [such as Leviticus 18:22 and 20:13; Romans 1:26-27; 1 Corinthians 6:9-10; 1 Timothy 1:9-10] have either been mistranslated, yanked out of context or were only appropriate to the culture of that time. Therefore, we no longer have to follow passages we don't like.</p>
Sexuality	
<i>Traditional View</i>	<i>Revisionist View</i>

<p>Sexuality and sex are God’s good gifts to men and women.</p> <p>While sexuality is an essential attribute of human nature, our Creator did not intend it to be the defining characteristic of humanity.</p>	<p>Sexuality—the feelings and attractions one feels for other people—is God ordained, diverse, deeply personal and morally permissible. One’s sexual orientation, whatever it is, should be celebrated as one of God’s good gifts.</p>
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Gender

<i>Traditional View</i>	<i>Revisionist View</i>
<p>God created both male and female in His image, and each gender reflects different aspects of the <i>imago Dei</i>. God’s sovereign choice of gender for every person reflects His intention for that person’s identity; it is one of the ways in which he or she glorifies Him as Creator.</p>	<p>We are free to make a distinction between sex and gender. Sex is biological maleness or femaleness at birth, and gender is how one feels about their “true” maleness or femaleness internally. Based on Galatians 3:28, “there is no male and female, for you are all one in Christ Jesus.”</p>

Marriage

<i>Traditional View</i>	<i>Revisionist View</i>
<p>Marriage is God-ordained between one man and one woman in a lifelong, monogamous, covenantal relationship. The Bible begins with the marriage of Adam and Eve, and ends with the marriage of the Lamb (Jesus) and the Bride (the church). The complementarity of husband and wife express God’s intention of both genders in marriage.</p>	<p>Homosexual behavior is appropriate within the confines of a committed, loving, monogamous, lifelong, Christ-centered relationship.</p>

Both individual Christians and churches have drifted into endorsing same-sex relationships because it always feels better to follow one's flesh than to follow Jesus' call to "deny yourself, take up your cross and follow Me" (Matt. 16:24).

Reason Two: Snagged by the Gay Agenda

In addition to those several decades of shallow preaching, teaching and discipleship I mentioned earlier, many believers have not been submitting themselves to the truth of the Word of God. By default, then, they were easily shaped and swayed by the six points of a brilliantly designed "Gay Manifesto" spelled out in a book called *After the Ball: How America Will Conquer Its Fear and Hatred of Gays in the 90s*. Originally published as an essay called "The Overhauling of Straight America" that was published in a gay magazine, the authors laid out this plan which has been executed perfectly in the United States. (The quotes below are from the essay, found [here](#))

1. *Desensitization and normalization of homosexuals in mainstream America.* Talk about gays and gayness as loudly and often as possible.

"The principle behind this advice is simple: almost any behavior begins to look normal if you are exposed to enough of it at close quarters and among your acquaintances.

"In the early stages of any campaign to reach straight America, the masses should not be shocked and repelled by premature exposure to homosexual behavior itself. Instead, the imagery of sex should be downplayed and gay rights should be reduced to an abstract social question as much as possible. First let the camel get his nose inside the tent—only later his unsightly derriere!"

2. *Portray members of the LGBTQ community as victims.*

Indoctrinate mainstream America that members of the LGBTQ community were “born this way.”

“In any campaign to win over the public, gays must be cast as victims in need of protection so that straights will be inclined by reflex to assume the role of protector.”

“Now, there are two different messages about the Gay Victim that are worth communicating. First, the mainstream should be told that gays are victims of fate, in the sense that most never had a choice to accept or reject their sexual preference. The message must read: ‘As far as gays can tell, they were born gay, just as you were born heterosexual or white or black or bright or athletic. Nobody ever tricked or seduced them; they never made a choice, and are not morally blameworthy. What they do isn’t willfully contrary – it’s only natural for them. This twist of fate could as easily have happened to you!’”

3. Give protectors a just cause: anti-discrimination

“Our campaign should not demand direct support for homosexual practices, should instead take anti-discrimination as its theme.”

4. The use of TV, music, film and social media to desensitize mainstream Americans to their plight as gay people

Over the past 25 years, gay characters, on TV especially, have captured the hearts of American viewers because they were attractive, funny, smart—the kind of characters viewers would like to be. No one was shown the dark underside of gay bars and bathhouses, or same-sex domestic violence, or having to get one’s HIV+ status checked.

5. Portray gays and lesbians as pillars in society. Make gays look good.

“From Socrates to Shakespeare, from Alexander the Great to

Alexander Hamilton, from Michelangelo to Walt Whitman, from Sappho to Gertrude Stein, the list is old hat to us but shocking news to heterosexual America. In no time, a skillful and clever media campaign could have the gay community looking like the veritable fairy godmother to Western Civilization.”

Use celebrities and celebrity endorsement. And who doesn't love Ellen DeGeneres?

6. Once homosexuals have begun to gain acceptance, anti-gay opponents must be vilified, causing them to be viewed as repulsive outcasts of society.

“Our goal is here is twofold. First, we seek to replace the mainstream's self-righteous pride about its homophobia with shame and guilt. Second, we intend to make the antigays look so nasty that average Americans will want to dissociate themselves from such types.

“The public should be shown images of ranting homophobes whose secondary traits and beliefs disgust middle America. These images might include: the Ku Klux Klan demanding that gays be burned alive or castrated; bigoted southern ministers drooling with hysterical hatred to a degree that looks both comical and deranged; menacing punks, thugs, and convicts speaking coolly about the ‘fags’ they have killed or would like to kill; a tour of Nazi concentration camps where homosexuals were tortured and gassed.”

This is how I see how we got to this place where so many people have been deceived. They didn't anchor themselves to the Truth of the Word of God, and they opened themselves to the cultural brine of Kirk and Madsen's plan to overhaul straight America.

And it worked.

I will close with three personal observations about this situation:

- Christians have bought into the culture's worship of feelings over God's unchanging revelation
- People love how being a protector of the underdog makes them feel
- Not enough of us Christ-followers are living lives that demonstrate the beauty and satisfaction of abiding in Christ

To my sweet friend who asked the question, let me say: God's good gift of sex and the intimacy of the marriage relationship is still intended ONLY for one man and one woman for life. In the beginning, one (Adam) became two (when God formed Eve from Adam), and then the two became one again. That is a deep mystery that makes all variations and deviations on God's intention *wrong*.

I am indebted to Hope Harris for her insight and analysis of this question.

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How Should We Handle Overwhelming Feelings?

What is the biblical perspective on how to handle overwhelming feelings?

There are healthy and unhealthy ways to do that.

The healthy way to deal with strong feelings starts with thinking wisely about feelings in general. [Our pastor](#) often

says that feelings are real (we do feel them, often intensely), but they're not reliable (they make terrible indicators of what is true). So we should acknowledge them, but not be led by them.

Especially powerful, overwhelming feelings.

Allowing yourself to be controlled by your feelings is unwise and immature. The flip side of that is our example of Jesus in the Garden of Gethsemane. No one ever experienced the strength of horrific feelings like He did, to the point of sweating blood. He allowed Himself to feel His feelings, but then He turned in trust to His Father, submitting to His will. He set the bar for how to handle overwhelming feelings: *feel the feelings, and trust the Lord.*

Often, though, especially in the young, people deal with their strong feelings in unhealthy ways.

Stuff them. One of my friends refers to her "vault," the supposedly safe, impenetrable locker where all the painful feelings of her horrific childhood were supposed to stay stashed. Out of sight, out of mind, out of touch. Until the vault developed cracks, and those strong feelings of pain and shame and horror and fear started slipping out sideways into her relationships and her dreams.

This is not God's plan for emotional health. David wrote in Psalm 51:6, "You (God) desire truth in my innermost being." In Romans 1, Paul referred to those who "suppress the truth in unrighteousness" (1:18). Stuffing and denying feelings is not truthful. And it doesn't make them go away. Someone even wrote a book titled, "Feelings Buried Alive Never Die."

Let them explode. Without self-control, the angry person can vent his or her anger with verbal shrapnel and even physical abuse. Road rage, anyone? (I blogged about this in [The Problem with Heart Bombs.](#))

Self-injure. The “solution” of cutting, burning, skin-picking, hair-pulling, and other forms of self-injury has been growing in popularity over the past decade or so. These destructive behaviors can provide momentary relief by distracting attention to soul pain by causing body pain. When it becomes an addiction, the release of endorphins, feel-good brain chemicals, provides an additional reason to keep repeating it.

Those choosing to self-injure need an extra measure of grace and understanding, because their level of soul pain is especially high to go to that extreme. In addition to the emotional pain, I believe they are experiencing a nasty spiritual warfare attack. Jesus said that our enemy, Satan, “comes only to steal, kill and destroy” (John 10:10). The “slow suicide” of self-injury is a pernicious way to do that. I do think that cutting is a demonic suggestion, based on the story in 1 Kings 18 where the prophets of the false god Baal cut themselves trying to get the attention of their idol. Paul explains in 1 Corinthians 10 that sacrifices made to the false gods of idols are actually sacrifices to demons, so there is a biblical connection between cutting and demonic influence. (I’m not saying anything about demon possession, which is not even a good biblical interpretation of the New Testament word *demonize*; rather, I think those who cut hear the whisper from the enemy, whose native tongue is lying [John 8:44]: “Cutting will help. Cutting will make me feel better. Cutting is the answer.”)

God’s word offers us some healthy ways to express strong, overwhelming feelings.

Talk about them. The highly sensitive and emotional King David invited the Lord into his strong feelings, and he used words to express the agony of his heart. Many of the psalms are powerful expressions of the psalmists’ emotions. Consider Psalm 55:1-5 for example:

“Listen to my prayer, O God. Do not ignore my cry for help!

Please listen and answer me, for I am overwhelmed by my troubles. My enemies shout at me, making loud and wicked threats. They bring trouble on me and angrily hunt me down. My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me, and I can't stop shaking."

When overwhelmed by strong emotions, telling someone else who can be trusted to listen respectfully and with understanding is a healthy, constructive way to express feelings.

Writing one's thoughts and feelings in a journal is a powerful process to move the feelings from the inside to the outside. (I recently wrote about that here: [Pen > Puter](#))

Let yourself cry. Then there is God's good gift of tears. God created us with tear ducts as a way for strong feelings to leave the body, moving from our hearts on the inside to our cheeks on the outside, and that is much better, much healthier, than cutting so that the "red tears" flow.

Psalm 56:8 shows us that David was not afraid to let his tears fall:

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

God considers our tears precious enough to collect!

Sometimes, though, people have trouble accessing their unshed tears. They are locked up inside. Often this is because of having made a self-protective inner vow, usually many years ago: "I will not cry." It was considered unsafe because crying resulted in shaming or being punished. When children make a personal inner vow like that, it functions like the cruise control on a car, controlling the speed. The little person who made the vow many years before created a hard and fast life-rule, and until it is addressed and renounced, it stays in place. Paul wrote in 1 Corinthians 13:11, "When I was a child,

I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things.” One of those childish things can be making an inner vow—which ends up, from the perspective of adulthood, being what the Bible calls a “foolish vow” (Lev. 5:4-6). And the wise thing to do with a foolish vow is break it, or renounce it or cast it off in Jesus’ name. Romans 13:12 instructs us to cast off deeds of darkness, which this kind of vow would be because it is the opposite of trusting in God.

What should we do with hard, overwhelming feelings?

- Don’t try to hide from them or stuff them.
- Acknowledge them and let yourself feel them. Invite Jesus into your feelings.
- Talk about how you feel, and what you’re thinking, with a safe person.
- Let yourself cry them out of your body one tear at a time.

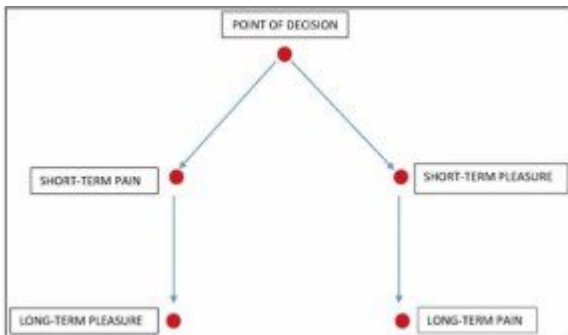
And follow the example of the Lord Jesus Christ, fully God and fully man: *Feel the feelings, and trust the Lord.*

This blog post was originally published at blogs.bible.org/engage/sue_bohlin/how_should_we_handle_overwhelming_feelings on June 16, 2015.

Short-term What, Long-term What? Choose Well.

Of all the wisdom and insight I learned in a three-year lay counseling training, one really stands out. I think of this

little chart as “the doghouse.”



Decision-making often involves choosing between short-term pleasure or short-term pain. (Usually it’s more like short-term inconvenience.)

Short-term pleasure often leads to long-term pain, and short-term pain often leads to long-term pleasure. What doesn’t work, and is a horribly unrealistic expectation for life, is short-term pleasure leading to long-term pleasure! (Wouldn’t THAT be nice?!)

Maturity and wisdom is displayed by the choices we make, especially when we exercise patience and self-control, not insisting on the instant-gratification jolt of “I want it NOW!!!” Many of our choices for pleasure in the right-now end up costing us down the road, causing pain later. You know, like that fourth brownie that tastes soooooo good in the moment, but then you can’t zip up your jeans a few days later. Or indulging your child’s demands and whims today because you want to be the “cool parent” and you want them to like you, but then you start to notice the ugliness of that child’s sense of self-absorbed entitlement. Short-term pleasure, even when that pleasure is simply trying to avoid pain, results in long-term unpleasant consequences.

But when we recognize the value of self-control and self-denial in the present, so that we can reap the harvest of pleasure in the future, that’s wisdom. Mark Twain advised, “Do

one thing every day you don't want to do." That's good advice, but of course God thought of that much earlier! Using self-control and self-denial is how we fulfill the biblical idea of not indulging the flesh (Galatians 5:16). Getting up early to spend time in God's word costs you in the moment, but when it has become a habit, that daily time ingesting divine truth and wisdom transforms you. Putting a percentage of your income into savings is a discipline of self-denial in the present day, but it (literally) pays great dividends in the future. Even better, giving generously to Christ's Kingdom now means you're sending every penny ahead into your heavenly bank account where God will reward you!

One of my family members really resonated with "the doghouse" when he faced his alcoholism and made many, many decisions to choose the short-term pain of saying no to his desire to drink, and every day he now enjoys the long-term pleasure of a life he can fully enjoy in sobriety and self-control. Another man I know was faced with the decision to choose the short-term pain of integrity, owning and confessing his selfish behavior over several years, or the short-term pleasure of excusing and dismissing his choices that had hurt other people. He chose the short-term pleasure, and now lives in the long-term pain of diminished character and the loss of his family's trust.

"The doghouse" is helpful for training children (and ourselves!) to think beyond the moment to what they want down the road. Do you want less stress in the morning by taking the time to get your books and clothes and lunch ready tonight? Short-term pain, long-term pleasure. If you give into the temptation to procrastinate (short-term pleasure), how much will you pay for it later (long-term pain)?

Jesus said, "If anyone wants to become My follower, he must deny himself, take up his cross daily, and follow Me." (Luke 9:23) Denying ourselves, taking up our cross, and following Jesus are all about short-term pain with major long-term

pleasures!

“The doghouse” is a simple but powerful life-skills tool for your toolbox. What do you want to end up with, long-term pleasure or long-term pain? Choose well today.

This blog post originally appeared at
blogs.bible.org/engage/sue_bohlin/short-term_what_long-term_what_choose_well.

on June 2, 2015

What I'd Love to Say to Bruce Jenner

In Bruce Jenner's recent TV interview with Diane Sawyer, the world-famous former athlete disclosed that “For all intents and purposes, I am a woman.” He's being widely praised as a courageous hero for normalizing the T in LGBT (lesbian, gay, bi-sexual and transgender).

I have a few thoughts I would love to share with him over a cup of coffee:

Bruce, you said you've known since you were young that you felt a mismatch between your insides and your outsides: “My brain is much more female than it is male . . . that's what my soul is.” I have no doubt this was confusing for you, as a boy so clearly athletically gifted.

May I share a different interpretation of your experience?

Most people think there is a single [gender spectrum](#) or continuum that runs from masculinity to femininity. Since God's Word says that in the beginning, He created humankind

male and female (Genesis 1:27), I think there is one spectrum for masculinity and a separate spectrum for femininity, and God chooses what kind of masculine or feminine each baby starts out as. On one end of the masculinity spectrum are the rough-and-tumble, athletic boys who tend to emotional insensitivity—the ones often called “All-American boys.” On the other end, equally masculine albeit a different kind of masculinity, are the creative, artistic, musical, emotionally sensitive boys. Boys and men can be anywhere along that spectrum. And with emotional and especially spiritual growth, they can start taking up more bandwidth. The athletic ones can learn to listen well and show empathy to others; the sensitive ones can learn to be more comfortable with their bodies and feel more like they actually belong to the world of males.

Some, like you, are given the rare gift of possessing almost the whole spectrum at once (like Jesus, I think—a “man’s man” who drew other men to Himself, and the ultimate in creative, artistic and sensitive, since He was the Creator of the universe, of sunsets, and of women!). You were crazy-gifted physically, becoming arguably the world’s best athlete in the 1976 Olympics. And at the same time, you said that you believed God gave you “the soul of a female.”

I don’t think your creative, sensitive soul is that of a female, but of a sensitive, gifted kind of male. This was understood better in earlier days. During the Civil War, General Joshua Chamberlain showed uncommon courage and leadership during the battle of Gettysburg, complemented by deep compassion and respect for others. He would walk the battlefield, seeking out and caring for the casualties. He sat down with the wounded General Sickles to try and cheer him up, who whispered, “General, you have the soul of the lion and the heart of the woman.” Chamberlain, clearly honored by this praise, returned the blessing to the one who gave it.

Bruce, I don’t think God gave you the soul of a female. I think He gave you a body and soul very much like His Son. I

think it would be fair to say you have the soul of the lion and the heart of the woman, and that does not detract one whit from your masculinity.

One Christian to another, I want to encourage you to develop an eternal perspective rather than only thinking about the here-and-now earthly life. In your interview, you said, "I couldn't take the walls constantly closing in on me. If I die. . . I'd be so mad at myself that I didn't explore that side of me." But the end of your earthly life is only the last step before entering the glory of eternity. We need to always put more weight on the unseen and eternal rather than the seen and temporal. 2 Corinthians 4:17-18 says, "For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal." Your unhappiness with your gender identity qualifies as "momentary, light affliction" according to the standard God uses. You will spend the rest of your (eternal) life in your new body, a resurrection body similar to the Lord Jesus'. God chose for you to be male, just as His Son was male, and is still male. So will you be, for all eternity. That should help put your earthly life into perspective.

Bruce, I say this really, really gently: your sense that you are male on the outside and female on the inside is an error of thinking and feeling, not an error based in reality. Dr. Paul McHugh is the psychiatrist who shut down the sex-change surgery program at Johns Hopkins University because they discovered that patients were actually no better off after surgery. According to Dr. McHugh, those who identify as transgender, like you, are like the 78-pound anorexic girl who looks in the mirror and sees a morbidly obese cow. It's your *thinking* that needs to be adjusted, not your body. You look in the mirror with your male eyes in a male body, a body that has fathered six children, and you say, "I am really a female."

But Bruce, you're not. God chose to create you as a male. He made you to be a man.

Like the story of the Emperor's New Clothes, brother, you are fooling yourself. You can't change your gender, you can only amputate perfectly healthy, functioning organs and tissue. If you move forward with surgery and continued hormone treatments, everyone will always know that you are Bruce Jenner The Once-Uber Male Athlete, trying to look like a woman.

I recently learned from a computer animator that due to the different bone structures of males and females, men can never walk like women because your hips don't move like ours do—male hips and pelvis were not created for pregnancy and childbirth. It's yet another evidence that true sex change is not biologically possible.

Please, Bruce, before going any further down this path, talk to those who have gone down the path you are on, and who deeply regret it. People like Walt Heyer of sexchangeregret.com. People like the very tall female-looking man who told me through tears, in a very long conversation, that he would give anything to go back to the day before his surgery because he now feels like a fraud.

Bruce, our Bible says, "So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31). Since God chose to give you the gift of maleness, and He calls you to be a good steward of every gift He places in your hand (1 Corinthians 4:2), please reconsider how you can reject His gift of masculinity to the glory of God.

You can have "the soul of the lion and the heart of the woman"—and be the man God made you to be.

This blog post originally appeared at blogs.bible.org/what-id-love-to-say-to-bruce-jenner/ on May 5,

Church and Poverty

The church in general, and evangelical Christians in particular, has been helping people in poverty. But you wouldn't know that if you attended a roundtable discussion of poverty at Georgetown University. President Obama made lots of critical comments, but I wanted to focus on just one of his statements.

The president was critical of churches focusing so much time on social issues and so little time on poverty. He wanted "faith-based organizations to speak out on" the issue of poverty and stop being obsessed with what he called "reproductive issues" or same-sex marriage.

Evangelical Christians do have concerns about abortion and same-sex marriage, but that hasn't kept them from also doing a great deal to help the poor. In fact, Christians are the most generous with their time, treasure, and talents. Also, conservative people are more generous than liberal people. In previous commentaries, I have quoted from the extensive research done by Arthur Brooks in his book, *Who Really Cares: The Surprising Truth about Compassionate Conservatism*.

What about the institutional church? In term of disaster relief, the Southern Baptist Convention spent more than \$6 million. It was the third largest provider behind the Red Cross and Salvation Army. And that is just one Protestant denomination.

An op-ed in the *Washington Post* by Rob Schwarzwald and Pat Fagan concluded that: "the evangelical relief group World

Vision spent roughly \$2.8 billion annually to care for the poor.” They added: “That would rank World Vision about 12th within the G-20 nations in terms of overseas development assistance.” And I might mention that World Vision is just one evangelical ministry. “Groups such as Samaritan’s Purse, Food for the Hungry, World Relief and many others provide hundreds of millions of dollars in anti-poverty programs at home and abroad.”

The church has been one of the most effective social outreach programs in history, even if the president doesn’t think so.

This blog post originally appeared at pointofview.net/viewpoints/church-and-poverty/ on May 26, 2015.

Biblical Interpretation

Earlier this month at the meeting of the International Society of Christian Apologetics there was a robust discussion of inerrancy and hermeneutics. Those are scholarly words for the belief that the Bible is without error and needs to be interpreted according to sound practices of biblical interpretation.

There is a practical aspect of this debate that affects you and the way you read and interpret the Bible. If you have been a Christian for any length of time, you have probably had someone ask: Do you take the Bible literally? Before you answer, I would recommend you ask that person what they mean by literally.

Here is a helpful sentence: “When the literal sense makes good sense, seek no other sense lest it result in nonsense.”

Obviously the context helps in understanding how to interpret a passage.

After all, the Bible uses various figures of speech. Jesus told parables. Jesus used metaphors and proclaimed that He is the vine, the door, and the light of the world. There are types and symbols and allegories. If you are reading a section in the Bible that describes historical events, you expect the historical record to be accurate. If you are reading poetic literature like the Psalms, you should not be surprised that God is described as a shepherd, a sun and a shield.

Here is another helpful sentence: "When the literal sense does not make good sense, we should seek some other sense lest it lead to nonsense." We should reject a literal sense when it contradicts the moral law, physical law, or supernatural law.

When Jesus says in Matthew 5:30 to cut off your hand, that is not to be taken literally because it violates moral law. When Jesus talks about those who swallow a camel in Matthew 23:24, that violates a physical law. When we read in Jonah 3:10 that God repented or changed His mind, we know that violates a supernatural law, because God does not change His mind (Numbers 23:19).

But in most cases, we are to read the Bible in the literal sense because seeking some other sense will result in nonsense. That's just common sense.

April 23, 2015

Giving Thanks for EVERYTHING?

Early in my walk with Christ, I learned the life-changing, perspective-changing discipline of giving thanks for

everything. EVERYTHING.

Initially, I stumbled over Ephesians 5:20, “always giving thanks for everything,” thinking that surely that must not be an accurate translation, or there was a footnote or asterisk or *something* that would mitigate the implication of the absolutes of “always” and “everything.” I even bought a Greek-English interlinear New Testament so I could check out the original language.

Yep, that’s what it says.

But it’s awfully hard to embrace this command without an understanding of why God would tell us to give thanks always, much less why this command, like all the others, was given “[so it may go well with](#)” us.

It starts with the reassuring truth that *a good and loving God is in control* of everything that touches our lives. His sovereignty cloaks and protects us like spiritual bubble wrap; whatever makes it through the layers of His protective love and purpose has been given express permission to touch us. It means God has a plan that includes the good and the painful things that enter our lives. It means that 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).

Apparently, God thinks that giving thanks is important, since He directs us to do it several times.

“Be anxious for nothing, but in everything with prayer and supplication *with thanksgiving* let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” Phil 4:6-7

I love that God wants us to bring everything to Him instead of being anxious. I love that God knows the value and importance of thanksgiving to help us stay balanced, so He tells us to

weave thanksgiving into all of our communication with Him (the first, general word “prayer”) and all our supplication (asking for what we need), as we make our requests known to Him (telling Him what we’re asking).

“Rejoice always; pray without ceasing; *in everything give thanks*, for this is God’s will for you in Christ Jesus.” 1 Thess 5:16-18

For all the books, CDs and pulpit messages out there on finding God’s will for our lives, there’s nothing like starting with the passages that spell it out plainly! God’s will for us is to rejoice always, pray without ceasing, and give thanks in everything. Pretty much covers everything, all the time! Giving thanks isn’t just a good idea: it’s God’s will for our lives.

“Understand what the Lord’s will is. . . *always giving thanks for all things* in the name of our Lord Jesus Christ to God, even the Father” Eph 5:17-20

This is the passage that first challenged me to bring my thinking into alignment with God’s word, a passage that spells out His will: not just giving thanks *IN* all things, but giving thanks *FOR* all things. And of course we can’t do it with our fleshly, fallen feelings and we can’t do it in our own strength, which is why this command is followed by the directive, “in the name of our Lord Jesus Christ to God, even the Father.” We can do things in Jesus’ name and in Jesus’ strength that we cannot do on our own. But when we step forward in obedience despite our feelings, He meets us there with His more-than-sufficient grace and enabling!

“Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and *be thankful*.” Col 3:15

I love this verse. Letting the peace of Christ rule in our hearts means letting it be an umpire, calling out “Safe!” or “Out!” For years I have counseled friends, “Let God’s peace be

your umpire. Follow the peace, and go wherever it leads you.” Choosing to be thankful (note that it doesn’t say *feel* thankful, just *be* thankful. Give thanks regardless of your feelings!) is like getting a fluoride treatment at the dentist: it lays a protective layer over the peace, the way the fluoride is a protective layer over your teeth. I love that although Paul’s directive is to the whole church at Corinth, it can and should be implemented on an individual basis as well. So when we give thanks in our faith communities, we help seal the peace in the body of Christ, and our thankful hearts also help keep our own personal peace quotients high. Talk about a win-win situation!

But why is it so important to give thanks? I had a lightbulb moment when reading Romans 1 and saw the incredibly important role of giving thanks in protecting ourselves from spiraling down into a really bad place:

“The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them.

“For since the creation of the world God’s invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.

“For although they knew God, they never glorified Him as God **nor gave thanks to Him**, but their thinking became futile and their foolish hearts were darkened.

“Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like mortal man and birds and animals and reptiles.” (Rom 1:18-23, emphasis mine)

Giving glory and thanks to God is a *spiritual retaining wall* that keeps us from descending to the next level, where our

thinking becomes futile and our foolish hearts become darkened. And after this point, a downward spiral into depravity is inevitable.

So giving thanks as an ongoing self-discipline is a protection for us! But far more than that—it helps keep us in a healthy relationship to God. The warning from Romans 1 is that people who knew God but refused to give thanks to Him were refusing to embrace His sovereignty. There is an ugly spirit of rebellion in rejecting God's right to be God!

When we give thanks for everything that God allows into our lives, we are saying, "I acknowledge that You are God and I am not, and You know what You're doing. Even if I don't like this thing You have allowed to touch me, I trust You to make it turn out okay in the end." I think that kind of trust is pleasing to the Lord. And my own experience is that getting (and staying) in the habit of giving thanks for everything keeps our hearts tender toward Him.

For an example of this, three years ago I blogged about this in "[Giving Thanks in a Hard Place](#)." And my story of learning to give thanks for a lifelong disability is [here](#). Where can you start giving thanks for what God has allowed to touch YOUR life?

This blog post originally appeared at blogs.bible.org/giving-thanks-for-everything/ on April 21, 2015.