Your Work Matters to God

Sue Bohlin

Sue Bohlin helps us look at work from a biblical perspective. If we apply a Christian worldview to our concept of work, it takes on greater significance within the kingdom of God.

This article is also available in Spanish.

Many Christians hold a decidedly unbiblical view of work. Some view it as a curse, or at least as part of the curse of living in a fallen world. Others make a false distinction between what they perceive as the sacred—serving God—and the secular—everything else. And others make it into an idol, expecting it to provide them with their identity and purpose in life as well as being a source of joy and fulfillment that only God can provide.
In their excellent book *Your Work Matters to God,* Doug Sherman and William Hendricks expose the wrong ways of thinking about work, and explain how God invests work with intrinsic value and honor. Rick Warren echoes this idea in his blockbuster *The Purpose Driven Life* when he writes, “Work becomes worship when you dedicate it to God and perform it with an awareness of his presence.”

First, let’s explore some faulty views of work: the secular view, some inappropriate hierarchies that affect how we view work, and work as merely a platform for doing evangelism.

Those who hold a secular view of work believe that life is divided into two disconnected parts. God is in one spiritual dimension and work is in the other real dimension, and the two have nothing to do with each other. God stays in His corner of the universe while I go to work and live my life, and these different realms never interact.

One problem with this secular view is that it sets us up for disappointment. If you leave God out of the picture, you’ll have to get your sense of importance, fulfillment and reward from someplace else: work. Work is the answer to the question, “Who am I, and why am I important?” That is a very shaky
foundation—because what happens if you lose your job? You’re suddenly a “nobody,” and you are not important because you are not employed.

The secular view of work tends to make an idol of career. Career becomes the number one priority in your life. Your relationship with God takes a back seat, family takes a back seat, even your relationship with other people takes a back seat to work. Everything gets filtered through the question, “What impact will this have on my career?”

The secular view of work leaves God out of the system. This is particularly unacceptable for Christians, because God calls us to make Him the center of our life. He wants us to have a biblical worldview that weaves Him into every aspect of our lives, including work. He wants to be invited into our work; He wants to be Lord of our work.

Inappropriate Hierarchies: Soul/Body, Temporal/Eternal

In this article, we’re examining some faulty views of work. One comes from believing that the soul matters more than the body. We can wrongly believe that God only cares about our soul, and our bodies don’t really matter. The body is not important, we can think: it is only temporal, and it will fade and die. But if that view were true, then why did God make a physical universe? Why did He put Adam and Eve in the garden to cultivate and keep it? He didn’t charge them with, “Go and make disciples of all nations which aren’t in existence yet, but they will be as soon as you guys go off and start making babies.” No, He said, “Here’s the garden, now cultivate it.” He gave them a job to do that had nothing to do with evangelism or church work. There is something important about our bodies, and God is honored by work that honors and cares for the body—which, after all, is His good creation.

Another wrong way of thinking is to value the eternal over the temporal so much that we believe only eternal things matter. Some people believe that if you work for things that won’t last into eternity—jobs like roofing and party planning and
advertising—you’re wasting your time. This wrong thinking needs to be countered by the truth that God created two sides to reality, the temporal and the eternal. The natural universe God made is very real, just as real as the supernatural universe. Asking which one is real and important is like asking which is real, our nine months in our mother’s womb or life after birth? They are both real; they are both necessary. We have to go through one to get to the other.

Those things we do and make on earth DO have value, given the category they were made for: time. It’s okay for things to have simply temporal value, since God chose for us to live in time before we live in eternity. Our work counts in both time and eternity because God is looking for faithfulness now, and the only way to demonstrate faithfulness is within this physical world. Spiritual needs are important, of course, but first physical needs need to be met. Try sharing the gospel with someone who hasn’t eaten in three days! Some needs are temporal, and those needs must be met. So God equips people with abilities to meet the needs of His creation. In meeting the legitimate physical, temporal needs of people, our work serves people, and people have eternal value because God loves us and made us in His image.

The Sacred/Spiritual Dichotomy; Work as a Platform for Evangelism

Another faulty view of work comes from believing that spiritual, sacred things are far more important than physical, secular things. REAL work, people can think, is serving God in full-time Christian service, and then there’s everything else running a very poor second. This can induce us to think either too highly of ourselves or too lowly of ourselves. We can think, “Real work is serving God, and then there’s what others do” (which sets us up for condescension), or “Real work is serving God, and then there’s what I have to do” (which sets us up for false guilt and a sense of “missing it”).

It’s an improper way to view life as divided between the sacred and the secular. ALL of life relates to God and is sacred, whether we’re making a business presentation or changing soiled diapers or leading someone to faith in Christ. It’s
unwise to think there are sacred things we do and there are secular things we do. It all depends on what’s going on in our hearts. You can engage in what looks like holy activity like prayer and Bible study with a dark, self-centered, unforgiving spirit. Remember the Pharisees? And on the other hand, you can work at a job in a very secular atmosphere where the conversation is littered with profanity, the work is slipshod, the politics are wearisome, and yet like Daniel or Joseph in the Old Testament you can keep your own conversation pure and your behavior above reproach. You can bring honor and glory to God in a very worldly environment. God does not want us to do holy things, He wants us to be holy people.

A final faulty view of work sees it only as a platform for doing evangelism. If every interaction doesn’t lead to an opportunity to share the gospel, one is a failure. Evangelism should be a priority, true, but not our only priority. Life is broader than evangelism. In Ephesians 1, Paul says three times that God made us, not for evangelism, but to live to the praise of His glory. Instead of concentrating only on evangelism, we need to concentrate on living a life that honors God and loves people. That is far more winsome than all the evangelistic strategies in the world. Besides, if work is only a platform for evangelism, it devalues the work itself, and this view of work is too narrow and unfulfilling.

Next we’ll examine at how God wants us to look at work. You might be quite surprised!

**How God Wants Us to See Work**

So far, we have discussed faulty views of work, but how does God want us to see it? Here’s a startling thought: we actually work for God Himself! Consider Ephesians 6:5-8, which Paul writes to slaves but which we can apply to employees:

Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not men,
because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.

It’s helpful to envision that behind every employer stands the Lord Jesus. He sees everything we do, and He appreciates it and will reward us, regardless of the type of work we do. I learned this lesson one day when I was cleaning the grungy bathtub of a family that wouldn’t notice and would never acknowledge or thank me even if they did. I was getting madder by the minute, throwing myself a pity party, when the Lord broke into my thoughts. He quietly said, “I see you. And I appreciate what you’re doing.” Whoa! In an instant, that totally changed everything. Suddenly, I was able to do a menial job—and later on, more important ones—as a labor of love and worship for Jesus. I know He sees and appreciates what I do. It forever changed my view of work.

God also wants us to see that work is His gift to us. It is not a result of the Fall. God gave Adam and Eve the job of cultivating the garden and exercising dominion over the world before sin entered the world. We were created to work, and for work. Work is God’s good gift to us!

Listen to what Solomon wrote:

After looking at the way things are on this earth, here’s what I’ve decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives you life. And that’s about it. That’s the human lot. Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what’s given and delighting in the work. It’s God’s gift! {6}

Being happy in our work doesn’t depend on the work, it depends on our attitude. To make the most of our job and be happy in our work is a gift God wants to give us!

Why Work is Good

In this article we’re talking about how to think about work correctly. One question
needs to be asked, though: Is all work equally valid? Well, no. All legitimate work is an extension of God’s work of maintaining and providing for His creation. Legitimate work is work that contributes to what God wants done in the world and doesn’t contribute to what He doesn’t want done. So non-legitimate work would include jobs that are illegal, such as prostitution, drug dealing, and professional thieves. Then there are jobs that are legal, but still questionable in terms of ethics and morality, such as working in abortion clinics, pornography, and the gambling industry. These jobs are legal, but you have to ask, how are they cooperating with God to benefit His creation?

Work is God’s gift to us. It is His provision in a number of ways. In *Your Work Matters to God*, the authors suggest five major reasons why work is valuable:

1. Through work we serve people. Most work is part of a huge network of interconnected jobs, industries, goods and services that work together to meet people’s physical needs. Other jobs meet people’s aesthetic and spiritual needs as well.

2. Through work we meet our own needs. Work allows us to exercise the gifts and abilities God gives each person, whether paid or unpaid. God expects adults to provide for themselves and not mooch off others. Scripture says, “If one will not work, neither let him eat!”{7}

3. Through work we meet our family’s needs. God expects the heads of households to provide for their families. He says, “If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.”{8}

4. Through work we earn money to give to others. In both the Old and New Testaments, God tells us to be generous in meeting the needs of the poor and those who minister to us spiritually. {9}

5. Through work we love God. One of God’s love languages is obedience. When we work, we are obeying His two great commandments to love Him and love our neighbor as we love ourselves. {10} We love God by obeying Him from the heart.
We love our neighbor as we serve other people through our work.

We bring glory to God by working industriously, demonstrating what He is like, and serving others by cooperating with God to meet their needs. In serving others, we serve God. And that’s why our work matters to God.

**Notes**

3. Philippians 1:21
4. Romans 12:1, 2
5. Ephesians 1:6, 12, 14
7. 2 Thess. 3:10
8. 1 Tim. 5:8
9. Leviticus 19:10—Nor shall you glean your vineyard, nor shall you gather the fallen fruit of your vineyard; you shall leave them for the needy and for the stranger. I am the LORD your God. Ephesians 4:28—Let him who steals, steal no longer but rather let him labor performing with his own hands what is good in order that he may have something to share with him who has need. Gal 6:6—The one who is taught the word is to share all good things with the one who teaches him.

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Sue Bohlin considers several ways to develop a way of seeing our earthly life as part of the much bigger picture that extends into eternity.

What Does It Mean To Live With an Eternal Perspective?

Years ago, after spending his whole life on the mission field, a career missionary made his final trip home on a passenger ship. One of the other people on his sailing was a celebrity, and as the ship made its way into the harbor, all those on board beheld a huge throng of well wishers at the pier with signs and instruments to celebrate the famous person’s return.

The missionary stood at the railing, watching wistfully, knowing that not a soul was there for him. He said, “Lord, I’ve served You my whole life. Look at all the recognition and revelry for that famous person, and there’s nobody here for me. It hurts, Lord.”

He heard the still, small voice say, “You’re not home yet, son.”

I love this story that helps me keep in mind the big picture that includes the eternal, unseen realm, and the long picture that extends into the forever that awaits on the other side of death.

The apostle Paul had a firm grasp on what it means to live with an eternal perspective. We can especially see this in 2 Corinthians 4:16-18—
So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

In these verses, Paul provides three aspects of an eternal perspective that kept him from losing heart, despite living with profound physical persecution and assault such as being hammered with stones, whipped by a cat-o’-nine-tails, beaten with rods, and shipwrecked. He knew what it was to go without sleep, food or drink, sometimes he was cold and naked. The man knew what it was to suffer! (2 Corinthians 11:23-29)

But Paul had a sort of spiritual periscope that allowed him to “see above” into the spirit realm while continuing to “live below” in this physical world. He saw the contrast between our bodies and our souls, how earthly affliction prepares us for glory, and the need to focus on the unseen and eternal rather than the seen and temporary.

**Paul’s Eternal Perspective**

The apostle Paul showed us in 2 Corinthians 4 that he understood what it was to live with an eternal perspective. He understood that our bodies can be growing older and weaker on the outside, while our spirits are growing stronger, brighter, and more mature on the inside. I get that; as a polio survivor who has also needed both my hips replaced, I am very aware that I keep getting weaker the longer I live in this compromised body. But I also know the beauty and glory of Jesus making me more and more like Himself, day by day, so by His grace I can keep growing in vitality and joy on the inside! I may have diminishing energy in my body, but my spiritual energy capacity keeps getting bigger!

Paul also understood that the hard parts of living in a fallen world, much less living with the pains and trials of persecution, are merely a “light and momentary affliction” compared to what’s waiting on the other side: an eternal weight of
glory beyond all comparison. Even horrible pain on earth is still “light and momentary” compared to the infinite length and glory of eternity with Christ. We can see how the Lord Jesus modeled this understanding as He faced the cross, and Hebrews tells us that He “despised its shame” because He was valuing the glory of the joy set before Him (12:2)

And Paul understood that we can shift our focus from the visible and temporary things of this world, to the unseen and eternal things of the spirit realm. We have to work at seeing the unseen and eternal. We do that with the eyes of our hearts (Ephesians 1:18). We do that by training ourselves to view everything through the lens of God’s word.

I’ve been working at developing an eternal perspective for years. For me, it’s about connecting the dots between earthly things and heavenly things.

I look at earthly things and wonder, “How does this connect to the spirit realm? How does this connect to what is unseen and eternal?” For examples, look at my blog posts, such as Glorious Morning Glories [probe.org/glorious-morning-glories/], Back Infections and Heart Infections [probe.org/back-infections-and-heart-infections/], Cruise Ships, Roller Coasters and Attitudes [probe.org/cruise-ships-roller-coasters-and-attitudes/], and Blowing Past Greatness [probe.org/blowing-past-greatness/].

Jesus’ parables are the world’s best examples of using the physical to provide understanding of the eternal. He was always connecting the dots between the things He was surrounded by—different types of soil, lost coins and sheep and sons, a wedding banquet—and explaining how these things related to the Kingdom of Heaven.

One of the most important prayers we can ask is, “Lord, help me see Your hand at work”—and then intentionally looking for it. For years I have kept a “God Sightings” Journal where I recorded evidence of God intervening in my life and the lives of others I have seen. I love to ask my friends and mentees, “Do you any God Sightings to share?” to help them identify the hand of God in their lives.
An Eternal Perspective on Suffering

As we talk about living with an eternal perspective, let’s remember that we live in a permanent battle zone of spiritual warfare. We have an enemy who hates us because He hates God. He and his fellow demons continually attack us with lies and deceptions. Some are personal, but many of them constitute the cultural water we swim in.

When we forget that we live in a culture of anti-God, anti-truth, it’s like going out in our underwear, needlessly exposing ourselves. Living with an eternal perspective means staying vigilant, donning our spiritual armor (Ephesians 6:10-18) and using it to fight back against the lies of the enemy.

Spiritual warfare is HARD. It means suffering. Sometimes physical, most often mental—because spiritual warfare is waged on the battlefield of the mind. But the suffering of spiritual warfare is temporary, because the vast majority of the believer’s life will be spent in heaven where warfare of all kinds will be a distant memory.

But for right now, suffering is still part of life, and developing and maintaining an eternal perspective really helps us remind ourselves of the larger truth. Romans 8:18 says that “our present sufferings are not worth comparing with the glory that will be revealed in us.” Being faithful when we’re suffering means glory in the future.

My friend Holly has battled cancer three times on top of the horribleness of cystic fibrosis. She suffers literally every day of her life. Yet, with a beautiful, godly stubbornness, she reminds herself of what is true: “What if the worst thing happens? Oh wait, it can’t. The worst thing that can possibly happen to anyone is to die apart from Christ and spend eternity in torment. For me, to die means instant joy and relief in the arms of my Savior!”

Like Joni Eareckson Tada, my friend Chris has lived with quadriplegia for almost fifty years. What comes to mind when I think of Chris is two words: “sweet joy.”
Because of his eternal perspective, Chris knows his suffering is temporary, and he chooses not to give into self-pity. People are drawn to him like honey because of how he radiates Jesus.

And then there’s me. I’ve lived with a disability my whole life. As a polio survivor, I have walked every step with a very noticeable limp. Living with an eternal perspective means that, by the grace of God, I know I will receive a beautiful, strong, perfectly healthy resurrection body in heaven. My polio days are limited, but my resurrection body days will be unlimited! Meanwhile, I get to see God use my disability for His glory and others’ good in ways I never would have imagined. It really is okay!

**Remembering the Long View**

Another aspect of living with an eternal perspective is focusing on the reality that our time on earth is short, especially compared to the never-ending life on the other side of death.

One of my favorite questions is to ask, “A hundred years from now, when you are face to face with Jesus in heaven, what do you want to be glad you chose today? Indulging your flesh and doing whatever you think will make you happy right now, or making choices that honor God and bless other people?”

Probably my favorite question remains an essential part of my eternal perspective: passing everything through the grid of the great question, “In the scope of eternity, what does this matter?” [probe.org/in-the-scope-of-eternity/](http://probe.org/in-the-scope-of-eternity/) The frustrations of traffic? Not getting our way? A loved one who does not know Christ? The answer determines what is worth getting upset about, what we should just let go, and where we should be investing time in prayer.

We can remember the long view by pre-deciding now that we will use our earthly days fully, engaged in ministry, as long as God gives us breath.

Years ago, my view of living with an eternal perspective was shaped by the story
of a lady who decided to start college in her 70s. When they asked her why she would do such a thing when her life was basically over, she said, “Oh no! It’s not over! I’m preparing for the next part of my life in heaven! The more equipped I can get on earth, the more ready I’ll be for what the Lord has for me on the other side!”

Another lady was homebound because she was so disabled. She got the word out that every afternoon, her home was open for anyone who needed prayer. Some days it was like there was a revolving door, so many coming and going! She had a vibrant ministry in the waning days of her life because she was determined to use her remaining earthly days fully, to the glory of God.

One of my friends is a TSA [Transportation Security Administration, part of the U.S. Government] agent at a major airport. She diligently reminds herself daily that every traveler who comes through the security line is infinitely valuable because they are made in the image of God, and Jesus died for them. She showers kindness on them because they are so important. One of her co-workers, for whom work is just a job where he punches a time clock, once told her, “In twelve months you’ll stop being nice to everyone.” We don’t think so. (Especially since she’s already had this job for several years.) She works at maintaining an eternal perspective, seeing the unseen.

In the time you have now, live well, to the glory of God. Keep reminding yourself that everything we do now has an eternal impact. Our choices, our behaviors, our words, ripple into eternity. Which is why we need to seek to do everything for the glory of God.

**Eternal Perspective is What God Sees**

As a mom of littles, Nicole Johnson was feeling sorry for herself when she met with a friend who had just returned from Europe. She writes,

“My friend turned to me with a beautifully wrapped package, and said, ‘I brought you this.’ It was a book on the great cathedrals of Europe. I wasn’t
exactly sure why she’d given it to me until I read her inscription: ‘With admiration for the greatness of what you are building when no one sees.’

“In the days ahead I would read—no, devour—the book. And I would discover what would become for me, four life-changing truths, after which I could pattern my work:

“1) No one can say who built the great cathedrals—we have no record of their names.

“2) These builders gave their whole lives for a work they would never see finished.

“3) They made great sacrifices and expected no credit.

“4) The passion of their building was fueled by their faith that the eyes of God saw everything.

“There’s a story in the book about a rich man who came to visit the cathedral while it was being built, and he saw a workman carving a tiny bird on the inside of a beam. He was puzzled and asked the man, ‘Why are you spending so much time carving that bird into a beam that will be covered by the roof? No one will ever see it.’

“And the workman replied, ‘Because God sees it.’

Living with an eternal perspective as we make choices and invest our time to glorify God is like building a cathedral that we won’t be able to see finished.

It means living with the long view in mind, aware that the things we can see, hear, and feel are temporary, but the spiritual realm is permanent.

An eternal perspective means that the things you do that no one sees but God—the unseen and eternal—they matter!

God tells us in Isaiah that our purpose in life is to glorify Him (43:7). Paul puts a point on this in 1 Corinthians 10:31: “Whether you eat or drink or whatever you
do, do it all for the glory of God.”

And that’s the key to living with an eternal perspective.

Notes

1. thejoysofboys.com/monday-motivation-the-invisible-mom/

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How to Kill Sin: John Owen’s The Mortification of Sin

Paul Rutherford

Paul Rutherford provides an overview of the Puritan John Owen’s classic book The Mortification of Sin.

In my early twenties I confessed to a friend an ongoing battle with sin. He suggested I read John Owen’s book, *The Mortification of Sin*{1}. I wish I had read it back then. It would have saved me so much pain in my battle against sin.

So I want to help you in that same way by sharing some of Owen’s key insights in the battle against sin.
Let’s begin with the title. Mortification, what does that word mean? Broadly speaking, it means to kill or put to death. The Latin root from which this English word is derived, “mort-” or “mors” means death. *Mortificare*—to kill. Other examples of this root include mortuary, mortician, and mortgage.

Simply put, mortification means death, but note the dictionary also lists “shame” and “humiliation” as definitions as well. So mortification involves death. More to the point, Owen wants you to kill sin. More importantly, he makes a case that Scripture commands you to kill sin.

This message today is not for everyone. It’s only appropriate if you believe in Jesus. Early in the work Owen gravely warns those who would mortify sin, but do so without first believing in Jesus.

I would warn you as well. Please don’t sit here and read another minute if you have not put your faith in Jesus Christ for your righteousness, for your salvation. If you’re reading this right now and have never made a confession of faith, and you’re ready, please do so now. Just talk to God and tell him you believe that Jesus is Lord, that He died for your sins, was buried, and raised from the dead, and you are putting your trust in Him. Then tell someone you know who already believes. It will be the most important thing you do, ever.

If you’re still reading, then let’s press on. Owen discusses at length what it means to kill sin, how to do it effectively, and why you should do it.

But before we jump in, remember John Owen was a 17th century English pastor and theologian. This is not his first book, and at the time he composed it, he was Vice-Chancellor at the University of Oxford. Owen has academic credentials. But this book is more devotional than academic. Owen draws from personal experience. It is not merely intellectual. He meant for it to be practiced.

**What is Mortification?**

John Owen wrote *The Mortification of Sin* in England in 1656. Mortification means death, or in this case to kill. . .sin. That’s what we covered in the previous
section. This matters because your life is at stake here. In chapter two, Owen warns us with this now famous quote, “Be killing sin or it will be killing you.” That is probably the most famous quote from that book.

Did you catch the significance of that quote? Sin will kill you. That’s why this is a big deal. That’s why this matters. That’s also why sin’s presence requires such a drastic response. It must be killed. James tells us that “[S]in when it is fully grown brings forth death.”

Your best option—the most effective option—your only real option is to kill sin. Just like John Owen said. Kill it. Or it will kill you. Because trust me. It will kill you—in every way: physically, spiritually, emotionally, intellectually—every way.

Owen quickly reminds us this is impossible in a complete, ultimate, or perfect sense, until Jesus comes back, not before. So until then we mortify sin.

Now let’s talk about mortification. Let’s talk about killing sin. What exactly does that mean? Sin is an abstract thing, not a biological organism. How do you kill an abstract thing? Owen’s instruction is clear: “utterly destroy it” or, make it cease to be.

Owen defines the process of mortification three ways: sin gets weaker, you fight against it constantly, and you have full success over it.

So then mortification means to weaken sin, or drain it of its power. It means the desire to sin decreases in degree, frequency, and quality. That comes as you “crucify the flesh with its passions and desires,” as we read in Galatians 5:24.

Mortification also means to fight sin constantly. You have an enemy. Employ any means necessary to destroy his work. The contest will be vigorous and hazardous.

Finally, mortification is success against sin in any given moment. This isn’t merely resisting temptation. Owen has more in view here; it is recognizing temptation, bringing it before Christ, pursuing sin to its root, and conquering it in Jesus’ strength.
Before we discuss how to do this, for clarity let’s talk about how not to mortify sin.

**How NOT to Mortify Sin**

Mortification means to kill, and the point of John Owen’s book *The Mortification of Sin* is to kill sin. Nothing short of your life is at stake here since sin always leads to death.\(^7\)

Sin is not to be trifled with. It cost Jesus His life.

Owen himself covers what mortification is NOT in the book, before he defines what it is. So now we will follow his lead.

Mortification is commonly mistaken. It is tricky to identify properly. Four things frequently masquerade as mortification, when they are in fact not. These four are: faking it, having a calm disposition, cross-addiction, and behavior modification.

Faking it, the first instance of false mortification, is making yourself look good on the outside, instances where outward signs of sin are obvious—compulsive spending, for example. You may choose not to buy something the next time you’re tempted, but that outward choice is not the root of sin. The root is inside. It goes deeper.

The root is the belief that material will fill that void inside. Owen further points out hypocrisy as a real danger here. Not only did you not mortify the sin, you are now making it look as if you have.

Mortification is also not simply a calm disposition. Some sins are obvious, visible, even violent in nature. In these cases if you become more calm, more quiet, more gentle, it could appear on the outside as if the sin is gone. In fact it is not. Owen reminds us that mortification is more than a simple change in disposition.

Mortification is also not replacing one vice for another. For example, if the presenting sin is addiction to pornography, keeping yourself from erotic material may appear as victory unless you pick up the bottle. Now you simply exchanged
pornography for alcohol. You exhibit a cross-addiction. This, too, is not mortification.

Mortification is also not mere change in behavior. Surely you have made a big change before—created a new habit, lost weight, something, even a New Year’s resolution. You can force the behavior for a while—maybe even through February! You can make yourself do what you’ve resolved. But eventually, that old habit creeps back; unless some real changes are made, it’s merely a shift in behavior. This also is not mortification.

What is mortification, then? How do you do it?

**How to Mortify Sin**

After all this preliminary discussion, you probably want to know how you can kill sin, conquer it, and be victorious, because if you don’t it will kill you, as Owen himself says in the book.

Here’s the bad news, though. You can’t mortify your sin. You will have no victory over sin by employing any method I recommend to you. Now, don’t despair! This doesn’t mean you can’t experience victory! God forbid. Rather, it is God’s will for you to find victory over the curse of sin. What I mean here is that mortification is not something you do. It is instead something God does, namely the Holy Spirit.

Only the Holy Spirit can mortify sin, kill sin in the flesh. Only He is strong enough to put to death the old man.

So what do you do, then? Here are Owen’s words. “Set faith at work on Christ for the killing of thy sin. His blood is the great sovereign remedy for sin-sick souls. Live in this, and thou wilt die a conqueror. Yea, thou wilt, through the good providence of God, live to see thy lust dead at thy feet.” [8]

The way to mortify sin is to set faith at work. Put your faith to work. Believe in the work Jesus did on the cross. His sacrifice is your remedy. That’s how you kill sin—you don’t. You believe in the power of Christ’s atoning sacrifice on the cross, and let Christ kill it for you.
It’s freeing really. Would you want the responsibility of killing the broken flesh within you? I don’t. Owen goes on to add two more points of substance. First “fill your soul” with the provision of Christ. I might call that meditation. Meditate on Christ. Fill your mind with His provision.

The second point is to expect relief in Christ. Owen reasons that if Christ’s blood is enough to make you righteous—and if the Spirit is strong enough to mortify your flesh, then expect it’s going to happen. It may not be instantaneous. Anyone who’s been walking with Christ for some time will affirm this. It’s a slow and difficult, often painful process, but definitely a good one.

So that is how you mortify sin. You don’t. You let the Spirit do it. Your job is to believe by faith.

Conclusion

What have we learned so far? If you are following in the footsteps of Jesus, you need to mortify, or put to death, sin in your life. If you don’t it will kill you.

This is not a popular message. I admit. Sin is not a fun topic. But Scripture is clear. Sin must be put to death. Owen’s book, while dating over three hundred years back, could be neither more timely nor more appropriate for you today.

Owen admonishes the sincere believer to kill indwelling sin without delay. He warns the unbeliever this is impossible without Jesus Christ. Jesus is absolutely essential to the success and continued process of mortification. To do otherwise is the “soul and substance of all false religion in the world.”

If you believe in Jesus and you are stuck in your sin, maybe you’re trapped in addiction, this book is for you. Mortify sin.

“Set faith at work on Christ for the killing of thy sin.” You believe in His Son for salvation. Believe Him now for the deliverance of your soul from the power of indwelling sin.

It is not easy. You will struggle every day against sin. The bad news here is that
you carry the problem with you. Your flesh is broken. It remains unregenerate until the day of Christ. Your soul is secure eternally by the blood of Christ, and one day you will receive a gloriously new body. But for now, we struggle.

But consider Jesus’ promise in that struggle: “I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”{11}

Mortification is not for the faint of heart. But it is good. Your sin does not define you. God does. And he says you are fearfully and wonderfully made.{12} He paid the price of your sin. It was an awful lot. But he loves you that much.

Trust him today. Trust in his Word. And trust in the community of saints He provided for you. Confess your sin to them today. Do you want to fully live? Then kill sin.

**Notes**

4. 1 Corinthians 15:50-54.
5. Colossians 3:5.
6. Owen, p.64.
7. James 1:15; Proverbs 14:12; Genesis 2:17.
9. Ibid., p.23.
10. Ibid., p.161.

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The Professor: Why Are You a Christian? - When Challenged, Can You Defend Your Faith in Christ

Dr. Ray Bohlin

Are our adults ready to give a defense of the gospel? When challenged, can they give a reasonable explanation of their faith? Dr. Bohlin presents a sobering view of this question based upon years of experience questioning high school and college-age students on the basis for their belief in Christ. By exposing their lack of cogent answers to questions they may be asked, he challenges them to spend time exploring the questions and developing biblical worldview-based answers.

The Professor

Over the last ten years, I have used a very effective technique to help teens realize their unpreparedness for the step toward college. It seems our young people are heading into public and even Christian colleges thinking they are ready for the challenge to their faith that higher learning can be.

Probe Ministries has sponsored a college prep conference since 1991 that was designed to help young people gain some insights and even some knowledge on how to address the intellectual challenges that college will provide.

If you remember the thousands of college radicals who protested and picketed in
the ‘60s and ‘70s, they found their push for change was not very effective. Instead, many of them stayed in college, obtained Masters Degrees and PhDs. After all, it was easier than getting a real job! As a result, they are now your children’s professors!

The college campus was an anti-Christian breeding ground several decades ago and now it is even worse. Christianity is not so much openly mocked as it is marginalized and deemed a false and mischievous mythology.

If you haven’t already heard some of these statistics, you need to hold onto your hat.

In 2007, LifeWay surveyed 23- to 30-year-olds and found that seventy percent had taken at least a one year break from church during their college years.\(^1\) Now, almost two-thirds of these return to some level of church attendance, but mainly to please family or friends who encouraged them to return. That means that most of our churched youth are making many of their life decisions, including marriage and career, apart from a church context. Even many who return carry numerous scars from bad choices during those years.\(^2\)

With this statistical background, it’s plain our young people need some preparation before going on to college or the military. But as most parents of teens know, just telling them they need this is less than likely to be convincing.

Enter the Professor. The technique I mentioned at the beginning is to impersonate an atheistic college professor doing research on the religious beliefs of young people. Sometimes the students know I am playing a role with them, but occasionally I play the professor and the students are none the wiser.

**A Simple Question**

When I step to the front of the room, I introduce myself as Professor Hymie Schwartz (a name borrowed from my late colleague Jerry Solomon who played this role far better than I do). I tell the group that, since I am conducting research on the religious beliefs of young people, their youth pastor, counselor, principal,
teacher—whatever, has allowed me to visit with them.

I begin the conversation something like this: “Since this is a church or Christian school I presume you are all Christians. Is anyone not a Christian?” Of course no one raises their hand. But I am always aware that some may indeed not be believers and may not appreciate my questioning so I am always paying attention.

At this point I simply call on someone, usually someone who isn’t really paying attention or is engrossed in conversation with a neighbor. “You! Are you a Christian?” No one has ever answered no. Upon receiving an affirmative answer, with hands casually stuck in my pockets, I demand, “Why?”

Students are paying attention now. This is for real. Now consider my question for yourself. If Peter warns us to always be ready to give an answer to anyone who asks to give a defense for the hope that we have, this is a pretty basic question. In our highly secular culture, if someone finds out you’re a Christian, they may indeed ask you why. Peter says you ought to have an answer.

But this simple question why is usually something our young people, and even their parents, have never really considered. Their Christian faith is certainly something they would claim is central to their lives, but the dumbfounded looks on their faces tells me repeatedly that this question is a new one.

It’s usually about this time that any parents sitting in the back are suddenly quite relieved I’m not talking to them!

By asking such questions, I can get them pretty riled up and confused. The point is not to have fun but to help them see that they need to be prepared and think a little about why Christianity is important to them and why they think it’s true.

“I Asked Jesus into My Heart!”

Having their Christianity questioned usually comes as a surprise and even shock. Rather than directly answering the question, they try to tell me how they became a Christian. It usually takes the form of confidently saying they asked Jesus into
their heart.

The professor quickly fires back, “You asked Jesus into your heart?! That sounds pretty gross, really. What’s he doing in there with all that blood? Yuck!” That always gets a surprised reaction and a little befuddlement. The student typically tries to recover by saying something like, “No, I mean it’s like I trusted Jesus as my Savior.”

Again the professor will fire back quickly with a question like, “Why did you do that?” or “Savior? What did you need saving from?” I think you can see where this is going. It really is not difficult to pick something from what he or she said and challenge it. I either pretend I don’t understand what they said, forcing them to better explain themselves (which is rare), or I deliberately ask them why they think that way, or how they know that.

In answer to “How do you know that?” I am often told that “It says so in the Bible!” They usually can’t tell me where the Bible says that. I also ask if the Bible is true, and they say it is. But when I ask, “How do you know it’s true?” the blank stare reemerges.

Sometimes a student will say, “Because it’s the word of God!” Now I can really dig a little deeper. In response to further questioning, they usually can’t tell me where the Bible says it’s the Word of God nor can they tell me why the Bible is different from The Book of Mormon or the Qur’an. If there is a youth pastor or chaplain present there is usually an embarrassed look on their face or a head buried in their hands.

By this time the class is very tense and full of nervous laughter. When I reach a dead end with a student—for instance when they say, “I don’t know” with a very resigned and defeated voice— I look for one of the laughing students and ask, “What about you?” Of course that gets everybody’s attention again and off we go.

While I admit I have a little fun playing this role, it never ceases to break my heart at how ill-prepared our young people are to follow Peter’s advice to always be prepared with an answer. I have yet to find a student in ten years who is
willing and able to go toe-to-toe with the professor.

“You’re a Narrow-Minded, Self-Righteous Bigot!”

Here are three other directions our conversations have frequently taken.

When I have challenged students to tell me why they think or believe Christianity is true, some will turn to their own subjective experience. Technically, there is nothing wrong with this, specifically when speaking to a Christian audience. But someone who doesn’t even believe in God will frequently find ways to truly make fun of this element.

A student may describe that Jesus speaks to them in their prayer time, to which I quickly ask what His voice sounds like or how they know it was Jesus and not indigestion. The blank stares usually resume at this point. We have become so comfortable in our Christian bubble sometimes that we frequently don’t see how unintelligible our language is to those outside the community of faith. It’s tough to share the gospel that way.

Sometimes a student will interject that they believe in Jesus because that’s what their family has taught them or it’s what they learned in church. I usually pounce on that pretty quickly and repeat that this student believes Christianity is true because their parents told them so. The student usually agrees. After commending them for honoring their parents I tell them that’s really pretty stupid. Pausing a second for the shock to register, I go on about the boy raised in India whose parents are Hindu and he respects his parents and believes Hinduism is true, so the boy in India and this student are both headed to heaven because they trusted their parents!

One time a student stammered around and eventually agreed with my statement as his youth pastor put his head in his hands.

Finally in talking about salvation I ask what happens to those who don’t believe in Jesus. Most will hesitatingly say they go to hell. The professor predictably rants, “Just because I don’t believe the same fairy tale as you, I’m going to hell?” When
they predictably shake their head yes, I get down eye to eye and spit out, “You’re a narrow minded, self-righteous bigot!”

**Always Be Ready to Give an Answer, with Gentleness and Respect**

Students enjoy the interactive nature of this routine even though they are routinely embarrassed by their inability to handle the challenge. When Peter admonished all of us to always be ready to give an answer to everyone who asks us for a reason for the hope that we have, yet with gentleness and respect (1 Pet. 3:15), they fail miserably. Perhaps as a parent, you may be glad that I don’t do this with adult groups.

Often students will try to turn the conversation in their favor by asking the professor a question. I quickly dismiss that idea by simply answering that *I’m* asking the questions. But when we’re done, if time allows I attempt to leave them with hope by quickly summarizing how I, Dr. Ray Bohlin, Vice-President of Probe Ministries, would answer the same question.

Here’s the outline of my response. In a calm voice I quickly assert that I know there is a God. As a scientist I look principally at how marvelously our universe, galaxy, solar system, and planet are designed for complex life here on earth. The number of highly improbable coincidences rules out chance and strongly implies design. This is reinforced by the evidence from biology of the incredible complexity of life, particularly the coded information in DNA. This remarkable molecule with its accompanying system of transcription and translation screams for intelligence.

The fact that all people have some sense of right and wrong, even though we may disagree sometimes, tells us we are comparing our morality to some invisible standard outside ourselves that must come from a supreme Law Giver. I am convinced there is a supernatural God.

If this God exists, then has He spoken to man? I quickly tell about the uniqueness
of Scripture, written by forty authors from eight countries over fifteen hundred years in three languages and all with a consistent and unique message of a God of love who ransomed us from our sins. Where we have archaeological evidence it consistently confirms the accuracy of biblical events. I am convinced the Bible is the true and unique Word of God.

The Bible throughout is about Jesus, who repeatedly claimed to be the unique divine Son of God and offered his death and resurrection on behalf of mankind as proof. That Jesus bodily rose from the dead is the only rational conclusion of the evidence of the empty tomb. On top of that, my personal experience of the last thirty-seven years has shown me again and again the unique love and power of God.

So what about you? Why are you a Christian?

Notes

2. Youth Transition Network has researched this problem over the last ten years and has excellent resources, videos, research, and books and DVDs for purchase. Take a look at www.ytn.org.

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Current Events and the Currency of Truth: “Test Everything”

Byron Barlowe
Byron Barlowe opens a series on biblical discernment for dark days, likening wise discernment of current events and abiding issues to examining bills and coins to verify their authenticity. Being able to tell the difference between good vs. bad, right vs. wrong, fruitful vs. unfruitful, and subtle lies that captivate believers is a long-term discipline that is a Christian’s duty and privilege to walk out as God provides Scripture, counsel, reflection, and field experience.

“In Christ are hidden all the treasures of wisdom and knowledge”
Colossians 2:3

As Christians, should we really concern ourselves with discerning real vs. fake, better vs. best, profitable vs. unprofitable, lies and half-truths vs. truth and wisdom? To help answer that question, and as an introduction to a coming series on discernment, let’s look at a historical example from over 70 years ago.

Adolph Burger, a Jewish printer sentenced to a Nazi concentration camp in 1942, was shocked to find himself released and forced to use his printing skill for Germany’s war effort. In a perversion of the tabernacle artisans whom God gifted during Israel’s exodus from Egypt, Burger was forced to facilitate a brilliant secret plan to ruin Britain.

His and fellow Jewish craftsmen’s work would be dropped by German bombers over English cities and towns. But these were no explosive devices. They potentially held much more devastating power than any number of bombs. They were even made of paper!

Fifty-five years later, investigative TV show 60 Minutes II hired a deep-sea recovery team to search the 350-foot depths of Lake Toplitz in Austria. Why? In the final days of WWII, when the Russians and Allied troops were pinching Hitler’s regime from opposite sides for an inevitable victory, some Nazi holdouts
hoped the diabolical plan could yet be implemented. So, they sunk the work of the Jewish artisans in remote Lake Toplitz.

The plan, dubbed *Operation Bernard*, would seize upon human greed and sheer numbers to ruin the British economy. It would go like this:

- Drop exquisitely forged English pound notes from Luftwaffe planes causing widespread distribution, then refuse to honor the phony money by banks and businesses, and resultant economic panic among citizens, thus
- Radically undermining the value of the British pound, hence
- Destroying the economy, hopefully driving England to its knees and ensuring victory.
- Key to the plan: human nature. Money falling from the sky is just too tempting! It would definitely lead to hoarding and general circulation, they thought.

Most forgers do as little as they can to mimic genuine currency—only enough to get a pass on a cursory look. “But by using the world’s finest craftsmen and supplying . . . the most modern tools and machinery, the Germans solved this problem . . . . Once the bills were in circulation, it would be difficult for even experts to know genuine from counterfeit; amateurs would have no hope.”{2}

Judging counterfeit claims and deceit, like the bogus bills the Nazis created, is a complex project, requiring great skill and training. Much of godly discernment emerges from self-discipline, a facet of the fruit of the Spirit. According to Tim Challies, author of *The Discipline of Spiritual Discernment*, every disciple of Jesus is morally obligated to discern between truth and lies and to pass on the former while resisting the latter.

Whatever the person’s level of maturity in Christ, wisdom and its application of discernment to specific issues is available for every Christian. “His divine power has given us everything required for life and godliness through the knowledge of him who called us . . .” (1 Peter 1:3-4, emphasis mine). “Yet when I am among mature believers, I do speak with words of wisdom, but not the kind of wisdom that belongs to this world or to the rulers of this world, who are soon forgotten”
(1 Corinthians 2:6 NLT). All born-again believers possess potential discernment. Mature ones seek and develop it.

The biblical command to “test everything” (1 Thessalonians 5:21) means carefully weighing inputs from culture, family, and even personal thoughts. It monitors—somewhat like antivirus software on a computer—our beliefs and decision-making in light of Scriptural truth, Spirit-illuminated meditation and thoughtfulness, godly counsel, and experience in situational discernment.

Gaining wisdom, the entire point of the book of Proverbs, is lifegiving and sweet! “Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off” (Proverbs 24:14).

Often this lifelong process seems burdensome, but spiritual warfare is indeed warfighting, which is often excruciating. The Body of Christ has always been in a war of ideas, battling for truth. However daunting, constant discipline and practice takes over and knowledge grows into wisdom which, by God’s grace, produces discernment. Discernment becomes a progression not unlike basic education from kindergarten to secondary graduation. The seasoned soldier of Truth can see potential danger approaching and react with muscle memory, but not prematurely or with overkill. Better weapons in trained hands win.\(^3\)

Lies, subtle and blatant, emerge daily on every front like perhaps never in our history. Brazenly hostile and self-contradicting misinformation and propaganda avalanches too quickly to keep up with.

Renowned Christian philosopher Dr. J.P. Moreland insists that “the fundamental fight today is not primarily about truth claims” themselves but rather how we can know truth at all. The prevailing assumptions question the very “nature of knowledge itself.”\(^4\) People say, “How can you know that?” or simply dismiss Christian faith statements and reasoned, Scriptural argumentation as groundless, mostly due to their faith in scientific naturalism as the only source of actual truth.\(^5\) Postmodernism creates a widespread belief that truth can only be tribal, eschewing appeals to absolute or universal truth claims—chiefly, the metanarrative of the Biblical record.\(^6\)
This moment in American history is witnessing pervasive efforts to deceive and shut down alternative views. Pressure groups, several with Marxist underpinnings, actively initiate strategies designed to dismantle and remake American culture, its history and education system, the nuclear family, negotiated policy creation, America’s founding principles, the role of the press, and to suppress individuals and groups who do not hew to certain views. Some big businesses, “woke” and supportive of such moves, provide financial, advertising, and distribution aid as de facto gatekeepers and worse.

Thanks to federal law granting them special protections, social media platforms and search engines (Big Tech) are uniquely free, compared to broadcast radio and TV, to blacklist and block anyone with whom they disagree. It’s a matter of public record that Google, Facebook, Twitter, and others exercise these tactics of massive influence more each week. Industry leaders who skew Leftward politically have bound together to influence the outcome of the 2020 Presidential election. Calls from members of Congress unconstitutionally imply, even threaten, to “research” individuals who were associated at all with the former president or the movement he represented. Understanding the roots of radical notions like these helps recognize and rebut them.

This seems to be our generation’s time of testing. But, as Jesus taught, believers don’t target even our human enemies. Rather, “we destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ” (2 Corinthians 10:5). We fight for their sake and ours against destructive lies. During dark days, such a keen battle-ready mindset and heartset seems all the more urgent.

**What’s Our Part in Deciphering Truth in All This Chaos?**

Did you know that you can refuse a suspicious piece of currency? But if you accept it, you’re legally responsible. If it’s funny money, you’re left holding the bag.
The Bank of Canada’s solution to a rampant counterfeiting problem was a campaign drumming into the public the watchwords: “touch, tilt, look at, look through.” That publicity campaign taught citizens how to test official currency compared to forgeries. Likewise, Christ followers must hold up any claim or trend to the light to see if it’s genuine truth or a fake. On religious claims and trends, examine carefully any doctrine or teaching or you could be led astray.\footnote{9}

Therefore, if legal tender requires examination and the recipient is legally responsible for analyzing all received cash payment, then certainly Paul’s admonition to “examine everything”\footnote{10} applies even more to citizens of God’s kingdom. We will answer for our spiritual savvy, our saltsmanship, and our lighting of the world, as well as how wisely we led our families, fellows and flocks.

Everyday life examples of the need for vigilant discernment are replete. Recently I was digitally fed news from an online newspaper I found valuable. After a quick search I discovered that this newspaper is owned by a mystical religious cult founded in China. I found out through reporting sources I didn’t fully trust, though, so I provisionally entered that new fact into my matrix of personal filters. Only recently was that claim confirmed when I saw the name of the religious group spelled out on the publication’s web site.

The point of the story: few things are jet black and snow white, so layers of discernment are required. When things get gray, more work is needed with the help of others. Wise discernment discovers distinctions within the knowledge we gain, it assesses known patterns, and advises the heart and mind on levels of trust to agree to or the need to reject.

In the case mentioned, I determined that the enemy of my enemy (the Chinese Communist Party) is my friend, in a way. However, I have an eye out on journalistic balance and am especially on guard reading their newspaper’s spirituality section (if I ever read it). All of this took a grand total of less than fifteen minutes, then an abiding mindfulness as I hunted for other things. Awareness and practice are key. Biblical and cultural perception paves the way. Make your own wise assessments.
You, as a growing or seasoned Christian, can use wise discernment to serve as an “elder in the gate” for others. Or, as a seeker you can begin to plumb the depths of God’s twin revelations in Creation and the Bible. The book of Proverbs emphasizes a desperate and greatly rewarding pursuit of wisdom and its seasoning with age. We are here to help equip you and answer your questions.\footnote{11}

The best antidote to spiritual and worldly confusion is simply Holy Spirit-led discernment. (And that’s not just for those gifted with special discernment.)

In future posts I will address several angles on discernment in the world and Church. Following is a list of upcoming topics as I envision them today.

**Upcoming in This Discernment Series**

**The How of Discernment**—I’ll dive deeper into biblically defining discernment and address how worldview as a concept helps reveal and classify untrue and dangerous assumptions among philosophies that affect one’s view of the universe and the Creator, human value and business, and more. Also, to be discussed: How can we distinguish true from untrue (or the insidious half-true), good, better and best, and right from wrong or disputable matters of conscience? What is the relationship of knowledge, wisdom, and discernment as the Bible frames it?

**Spiritual & Mental Triage**—How can I handle sustained, varying and rapid information, claims and counterclaims, and policies that force me to either endure, protest, or free myself from them? (I may write some about conscientious objection vs. following authorities.) How can one fend off attack, especially the arrows aimed at religious freedom, biblical values and God’s revealed will? What if repression or persecution happens anyway?

**Distinguishing Between God’s Ways and God’s Enemy’s Ways**—It bears emphasizing that, though the cosmos (world) and human sin nature (flesh) are capable of ruin on a global scale, there’s a cosmic battle pre-dating man and Creation—and, yes, politics. The traits and track records, if you will, of both God Almighty and the original Rebel help to immediately test a message’s likely origin
Discerning and Dealing with False Dichotomies—With so many events and “empty philosophies of men,” the unified biblical narrative of how life works and biblical guidance gets distorted by oversimplified false choices—a favorite trick of the Liar and his worldly, often unwitting, disciples. It’s either “material things are all that matters” or “spiritual and mystical things are the only really real things,” etc. Competing goods are confusing for good-willed people, too. How do I better notice these and find either a middle way or a third way? What false splits have I bought into that keep both unbelievers and believers from discerning biblically: facts vs. feelings, truth vs. emotions, oppressors vs. the oppressed only, and so on?

Giving Essentials Their Proper Due—How do I and those I spiritually lead avoid unconsciously discounting a high view of Scripture, theology, and God? We not only need to elevate our game but lift our eyes to the heavens.

Realize and Embrace the Need for Testing—even the scariest of crises, such as an epidemic or a cultural revolution, may constitute a test God uses for us. Such events provide a perfect laboratory for gaining discernment from general knowledge and a growing understanding gained by “rightly handling the word of truth.” The disciplines you hone through a sincerely perseverant search for a divine source of wisdom gains immediate insight for daily situations, news, and cultural developments that touch your life.

Discernment and the Human Heart, Mind and Will—What did Solomon receive after asking for discernment to govern God’s people, and how does that apply to me? Did that guarantee wise living? What’s the difference between the heart and head in biblical and scientific terms? What does Scripture say about the heart and how elevated is its role?

Are You and Your Sources Asking the Hard Questions?—Yesterday’s conspiracy theory increasingly becomes today’s headline and tomorrow’s policy. Did you detect a curious new spirit of control, perhaps a taste by governments for unreasonable and unrelenting regulations in the initial stages of the Covid-19
response? I did in March 2020. Skilled observers like Dennis Prager asked early on about the balance of our national response. Discerning people were justified in their caution and predictions about the tradeoffs between several goods: fighting a novel virus for everyone weighed against economic, medical, and psychological damage, not to mention governments’ tendency to retain emergency measures beyond need. Asking the hard questions can enable us to see and respond to the shifts and movements around us from whichever side. Asking early enough can avoid hazards.

Avoiding Logical Pitfalls and Inappropriate Judgment—Thinking can be flawed or downright incorrect, so how can I avoid that? What are some common logical fallacies and how can I spot them? Are sound arguments always true?

Judging: Is it a Forbidden Act or a Necessary Tool?—One of the most famous but misused quotes of Jesus is, “Judge not, lest you be judged” (Matthew 7:1). Was He teaching never to make assessments of anyone or anything, or did His and other New Testament teachings offer a nuanced approach?

Discernment must stem foundationally from an outside Observer or its interpretations will be captive to its own small circle of knowledge, assumptions, and influencers. Think of it! God intervened in human form and keeps speaking into it by his illuminating Spirit. “But the one who is spiritual discerns all things . . .” (1 Corinthians 2:15).

As ministers of reconciliation and ambassadors, we speak his truth as if from a foreign country. How do we gain a hearing? Partly from making sense of things from an objective, authoritative, out-of-this-world point of view, relying on knowledge and wisdom that the unredeemed can only dream exist.

Notes

3. 2 Corinthians 10:4; 1 Timothy 4:8; Ephesians 6:17; Hebrews 4:12
4. Dr. J.P. Moreland, on a Zoom conference call sponsored by Baylor University apologetics club Oso Logos (tied to Ratio Christi), streamed live on March 2, 2021. I attended that online meeting.

5. See probe.org/atheist-myths-and-scientism/. Note: this belief sneaks into the minds and convictions of Christians, too, who don’t see its influence.


7. See a mainstream media article detailing a “conspiracy” to “save the [2021 Presidential] election” through a “shadow campaign” led by a “cabal” of Big Tech leaders at time.com/5936036/secret-2020-election-campaign/. See also an expose (speech transcript) detailing very recent and alarming systematic message controlling methods by giant social media platforms: imprimis.hillsdale.edu/control-need-rein-big-tech/.


9. Acts 17:11. More to come on general as well as spiritual discernment to via Probe.org, Probe radio and our Head & Heart podcast.

10. 1 Thessalonians 5:21.

11. Visit our answers to visitor queries at Probe.org/answers/ and Ask Probe.


13. 2 Timothy 2:15.


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**The Value of Christian Doctrine and Apologetics**

Dr. Michael Gleghorn
Dr. Michael Gleghorn makes a case for why Christian doctrine and apologetics are important for spiritual growth and maturity.

Just prior to beginning college, I committed my life to Christ. Naturally, as a new believer wanting to grow in my faith, I embarked upon a program of daily Bible reading. When I came to Paul’s letter to Titus in the New Testament, I was both struck and inspired by a particular command, which I found nestled among others, there in the first chapter.

Paul reminded Titus, whom he had left on the island of Crete, that he wanted him to “straighten out what was left unfinished and appoint elders” in the local churches which had been established (Titus 1:5). After listing various spiritual and moral qualifications that an elder was to have, Paul went on to insist that he must also “hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it” (Titus 1:9). When I first read those words, it was as if a light went on inside my head and I thought, “That’s exactly what I would like to do! I want to be able to ‘encourage others by sound doctrine and refute those who oppose it’” (Titus 1:9). Paul’s words thus encouraged me to take up, in a serious way, the study of Christian doctrine and apologetics.

But what exactly do I mean by “Christian doctrine” and “apologetics”? At its most basic level, Christian doctrine is essentially the same thing as Christian teaching. Such teaching aims at providing a logically consistent and “coherent explication of what the Christian believes.”{1} Apologetics is a bit more complicated. It comes from the Greek term, apologia, and means “defense.” It was often used in law courts in the ancient world.{2} Indeed, the book of Acts records several instances in which the Apostle Paul was called upon to “make a defense” of
himself before various governing authorities, like Felix, Festus, and Agrippa (e.g., Acts 24:10; 25:8; 26:1-2).

Of course, when we’re talking about Christian apologetics, we’re concerned with “making a defense” of the truth-claims of Christianity. The Apostle Peter tells us, “Always be prepared to make a defense to any one who calls you to account for the hope that is in you, yet do it with gentleness and reverence” (1 Peter 3:15). Christian doctrine and apologetics play an important role in the life and health of the church. So please keep reading as we delve more deeply into these issues.

The Value of Christian Doctrine

Why is Christian doctrine important for the life and health of the church? The Apostle Paul told Titus that he wanted him to appoint elders in the local church who would be able to “encourage others by sound doctrine and refute those who oppose it” (Titus 1:9). The teaching of sound Christian doctrine is important for several reasons, but for now let me simply mention two. First, sound Christian doctrine helps us to learn what is true about both God and ourselves. Second, it reminds us of the right way to live in light of such truths. And both of these are essential for the life and health of the church.

First, it’s important to know what is true about God and ourselves. Indeed, our eternal destiny depends on it! Not only must we know that God is holy and righteous and will punish all sin, we must also realize that we are sinners (Numbers 14:18; Romans 3:23). But this, in itself, would lead to despair. Hence, we must also understand that God loves us and sent his Son to be the Savior of the world (John 3:16; 1 John 4:14). We need to grasp that forgiveness and reconciliation with God are freely available to those who turn to Christ in repentance and faith (Acts 3:19; 16:31). Sound Christian doctrine is thus essential for salvation (John 14:6; Acts 4:12; 1 John 5:9-13; 2 John 1:9). Without it, true spiritual life and health is impossible.

But this does not exhaust the importance of Christian doctrine. For once we are saved through faith in Christ, God then calls us to grow up and become like his
Son—and this would be exceedingly difficult apart from instruction in sound Christian doctrine. As Christian philosopher Bill Craig observes, “If we want to live correctly for Christ . . . we need to first think correctly about Christ. If your thinking is skewed and off-base, it is going to affect your life and your Christian discipleship.”

Indeed, the Apostle Paul contrasts Christian maturity, characterized by genuine “knowledge of the Son of God,” with spiritual immaturity, characterized by a lack of such knowledge and a proneness to being deceived (Ephesians 4:13-14).

God calls us to Christian maturity—and instruction in Christian doctrine plays an important role in our spiritual growth. But there is also a role for Christian apologetics—and we must now turn to consider that.

A Defense of Christian Apologetics

Many people question the value of Christian apologetics for the life and health of the church. They contend that it’s impossible to “argue” anyone into becoming a Christian. Instead of making a defense for the truth of Christianity, we ought rather to invest our limited resources in preaching the gospel of Christ, trusting that God will open people’s hearts and draw them to himself.

Now while I certainly agree that we should be preaching the gospel, and trusting that God will use it to draw men and women to himself, this negative view of apologetics is frankly unbiblical, untrue, and shortsighted.

In the first place, such a view is unbiblical. Both Jesus and the Apostle Paul used arguments and evidence to convince their listeners of particular theological truths (Matthew 22:15-46; Acts 17:16-34). Moreover, the Apostle Peter tells us to always be ready to “make a defense” (or offer an apologetic) to those who ask about our hope in Christ (1 Peter 3:15). A negative view of Christian apologetics thus runs counter to the teaching of Scripture.

Second, it’s simply untrue that no one ever comes to Christ through apologetic
arguments and evidence. Indeed, sometimes the Holy Spirit actually uses arguments and evidence to draw people to Christ! And while such people may admittedly be in the minority, they can be extremely influential in commending the faith to others, for they are often prepared to offer good reasons for believing that Christianity is really true!

Finally, a negative view of Christian apologetics is shortsighted. The great theologian J. Gresham Machen argued that we should aim to create “favorable conditions for the reception of the gospel.” Along these lines, he noted the difficulty of attempting to do evangelism once we’ve given up offering an intellectually credible case for the truth of Christianity. “We may preach with all the fervor of a reformer,” he said, “and yet succeed only in winning a straggler here and there, if we permit the whole collective thought of the nation . . . to be controlled by ideas which . . . prevent Christianity from being regarded as anything more than a harmless delusion.” Machen understood that neglecting apologetics is shortsighted. For unless we offer arguments and evidence, we make it that much easier for people to simply shrug their shoulders and continue ignoring Christianity’s truth-claims.

Having now dismantled the arguments against apologetics, we’ll next consider its benefits for the life and health of the church.

The Value of Christian Apologetics

Christian apologetics is concerned to offer a robust defense for the truth of Christianity. Hence, training in Christian apologetics can be of great value for the life and health of the church. This is because such training helps to instill within believers a deep confidence that Christianity is really true. And when one becomes convinced that Christianity is really true, one is typically more likely to share one’s faith with others—and less likely to abandon the faith when confronted with various social, cultural, and intellectual pressures.

Let’s consider that first point, that when one becomes convinced of Christianity’s truth, one is more likely to share this truth with others. Many Christians admit to
being hesitant about sharing their faith because they’re afraid someone will ask them a question that they are ill-prepared to answer. Training in apologetics can help counteract this fear. Granted, one may still be asked a question that is difficult to answer. But apologetics training can help alleviate the fear associated with such situations by helping believers understand that good answers are available—even if they can’t remember what those answers are! To give an illustration, if I learn that there is excellent evidence that a particular drug can cure some disease, then I will be far more confident about sharing this fact with others—even if I can’t answer all their questions about how the medicine works. I may not remember exactly how it works, but I do know that there is very good evidence that it works. And knowing this, I will naturally be more confident telling others about it, even if I can’t answer all their questions about how or why.

Moreover, training in apologetics can help insulate believers from abandoning the faith, for they now know that there are good reasons to believe that Christianity is really true. Of course, most people who abandon the faith do so for non-intellectual reasons. Still, as Paul Chamberlain observes, “A number of vocal critics who have moved from Christianity to atheism cite intellectual difficulties with Christianity” as a prime reason for quitting the faith. While apologetics training can’t completely prevent such outcomes, it can make them less likely. After all, it’s far more difficult to abandon a view once you’ve become sincerely convinced of its truth.

Our Witness to the World

Over a hundred years ago, the theologian J. Gresham Machen forcefully argued that, for the faithful Christian, all of life—including the arts and sciences and every sphere of intellectual endeavor—must be humbly consecrated to the service of God. Indeed, this should be true not only for every individual Christian in particular, but for the entire church in general. Our witness to the world depends on it.

Machen wrote:
Christianity must pervade not merely all nations, but . . . all of human thought. The Christian, therefore, cannot be indifferent to any branch of earnest human endeavor. It must all be brought into some relation to the gospel. It must be studied either in order to be demonstrated as false, or else in order to be made useful in advancing the Kingdom of God. . . . The Church must seek to conquer not merely every man for Christ, but also the whole of man.\footnote{11}

In this article, we’ve been considering the importance of Christian doctrine and apologetics for the life and health of the church. And clearly, Machen’s proposal cannot be effectively implemented apart from a healthy understanding of these issues on the part of the church. After all, how can “all of human thought” be brought “into some relation to the gospel” unless we first understand what the gospel is? How can views “be demonstrated as false” unless we first have some idea of what’s true—and how to reason correctly about it? How can views “be made useful in advancing the Kingdom of God” unless we first understand such views, along with how and why they can be useful in advancing God’s kingdom? If we are ever to have a hope of carrying out a project like this, in a manner that is both practically effective and faithful to our God, then sound Christian doctrine and apologetics must occupy a central role in our endeavors.

Christian doctrine and apologetics are not antithetical to the life and health of the church. They are rather of fundamental importance. Only by knowing what we believe, and why it’s really true, can we fulfill Peter’s injunction to always be ready “to make a defense” to anyone who asks about our hope in Christ (1 Peter 3:15). And only thus can we progress to true spiritual maturity, avoiding the “craftiness of men in their deceitful scheming” (Ephesians 4:13-14). So if we care about the life and health of the church—along with its witness to the world—we must encourage a healthy dose of respect for sound Christian doctrine and apologetics.

Notes

Cowan (Grand Rapids, MI: Zondervan, 2000), 8, Kindle.
5. See, for example, the “Testimonials” section of the Reasonable Faith website, accessed August 29, 2018, www.reasonablefaith.org/testimonials.
8. Indeed, entire books have been written to help believers feel better prepared for such conversations. See, for example, Mark Mittelberg, The Questions Christians Hope No One Will Ask: (With Answers) (Tyndale, 2010).
11. Ibid., 6.

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The Value of Suffering: A Christian
Perspective

Sue Bohlin

Sue Bohlin looks at suffering from a Christian perspective. Applying a biblical worldview to this difficult subject results in a distinctly different approach to suffering than our natural inclination of blame and self pity.

This article is also available in Spanish.

There is no such thing as pointless pain in the life of the child of God. How this has encouraged and strengthened me in the valleys of suffering and pain! In this essay I’ll be discussing the value of suffering, an unhappy non-negotiable of life in a fallen world.

Suffering Prepares Us to Be the Bride of Christ

Among the many reasons God allows us to suffer, this is my personal favorite: it prepares us to be the radiant bride of Christ. The Lord Jesus has a big job to do, changing His ragamuffin church into a glorious bride worthy of the Lamb. Ephesians 5:26-27 tells us He is making us holy by washing us with the Word—presenting us to Himself as a radiant church, without stain or wrinkle or any other blemish. Suffering develops holiness in unholy people. But getting there is painful in the Lord’s “laundry room.” When you use bleach to get rid of stains, it’s a harsh process. Getting rid of wrinkles is even more painful: ironing means a combination of heat plus pressure. Ouch! No wonder suffering hurts!
But developing holiness in us is a worthwhile, extremely important goal for the Holy One who is our divine Bridegroom. We learn in Hebrews 12:10 that we are enabled to share in His holiness through the discipline of enduring hardship. More ouch! Fortunately, the same book assures us that discipline is a sign of God’s love (Heb. 12:6). Oswald Chambers reminds us that “God has one destined end for mankind—holiness. His one aim is the production of saints.”[1]

It’s also important for all wives, but most especially the future wife of the Son of God, to have a submissive heart. Suffering makes us more determined to obey God; it teaches us to be submissive. The psalmist learned this lesson as he wrote in Psalm 119:67: “Before I was afflicted I went astray, but now I obey your word. It was good for me to be afflicted so that I might learn your decrees.”

The Lord Jesus has His work cut out for Him in purifying us for Himself (Titus 2:14). Let’s face it, left to ourselves we are a dirty, messy, fleshly people, and we desperately need to be made pure. As hurtful as it is, suffering can purify us if we submit to the One who has a loving plan for the pain.

Jesus wants not just a *pure* bride, but a mature one as well—and suffering produces growth and maturity in us. James 1:2-4 reminds us that trials produce perseverance, which makes us mature and complete. And Romans 5:3-4 tells us that we can actually rejoice in our sufferings, because, again, they produce perseverance, which produces character, which produces hope. The Lord is creating for Himself a bride with sterling character, but it’s not much fun getting there. I like something else Oswald Chambers wrote: “Sorrow burns up a great amount of shallowness.”[2]

We usually don’t have much trouble understanding that our Divine Bridegroom loves us; but we can easily forget how much He longs for us to love Him back. Suffering scoops us out, making our hearts bigger so that we can hold more love for Him. It’s all part of a well-planned courtship. He does know what He’s doing . . . we just need to trust Him.
Suffering Allows Us to Minister Comfort to Others Who Suffer

One of the most rewarding reasons that suffering has value is experienced by those who can say with conviction, “I know how you feel. I’ve been in your shoes.” Suffering prepares us to minister comfort to others who suffer.

Feeling isolated is one of the hardest parts of suffering. It can feel like you’re all alone in your pain, and that makes it so much worse. The comfort of those who have known that same pain is inexpressible. It feels like a warm blanket being draped around your soul. But in order for someone to say those powerful words—“I know just how you feel because I’ve been there”—that person had to walk through the same difficult valley first.

Ray and I lost our first baby when she was born too prematurely to survive. It was the most horrible suffering we’ve ever known. But losing Becky has enabled me to weep with those who weep with the comforting tears of one who has experienced that deep and awful loss. It’s a wound that—by God’s grace—has never fully healed so that I can truly empathize with others out of the very real pain I still feel. Talking about my loss puts me in touch with the unhealed part of the grief and loss that will always hurt until I see my daughter again in heaven. One of the most incredibly comforting things we can ever experience is someone else’s tears for us. So when I say to a mother or father who has also lost a child, “I hurt with you, because I’ve lost a precious one too,” my tears bring warmth and comfort in a way that someone who has never known that pain cannot offer.

One of the most powerful words of comfort I received when we were grieving our baby’s loss was from a friend who said, “Your pain may not be about just you. It may well be about other people, preparing you to minister comfort and hope to someone in your future who will need what you can give them because of what you’re going through right now. And if you are faithful to cling to God now, I promise He will use you greatly to comfort others later.” That perspective was like a sweet balm to my soul, because it showed me that my suffering was not pointless.
There’s another aspect of bringing comfort to those in pain. Those who have suffered tend not to judge others experiencing similar suffering. Not being judged is a great comfort to those who hurt. When you’re in pain, your world narrows down to mere survival, and it’s easy for others to judge you for not “following the rules” that should only apply to those whose lives aren’t being swallowed by the pain monster.

Suffering often develops compassion and mercy in us. Those who suffer tend to have tender hearts toward others who are in pain. We can comfort others with the comfort that we have received from God (2 Cor. 1:4) because we have experienced the reality of the Holy Spirit being there for us, walking alongside us in our pain. Then we can turn around and walk alongside others in their pain, showing the compassion that our own suffering has produced in us.

**Suffering Develops Humble Dependence on God**

Marine Corps recruiter Randy Norfleet survived the Oklahoma City bombing despite losing 40 percent of his blood and needing 250 stitches to close his wounds. He never lost consciousness in the ambulance because he was too busy praying prayers of thanksgiving for his survival. When doctors said he would probably lose the sight in his right eye, Mr. Norfleet said, “Losing an eye is a small thing. Whatever brings you closer to God is a blessing. Through all this I’ve been brought closer to God. I’ve become more dependent on Him and less on myself.”[3]

Suffering is excellent at teaching us humble dependence on God, the only appropriate response to our Creator. Ever since the fall of Adam, we keep forgetting that God created us to depend on Him and not on ourselves. We keep wanting to go our own way, pretending that we are God. Suffering is powerfully able to get us back on track.

Sometimes we hurt so much we can’t pray. We are forced to depend on the intercession of the Holy Spirit and the saints, needing them to go before the throne of God on our behalf. Instead of seeing that inability to pray as a personal failure, we can rejoice that our perception of being totally needy corresponds to
the truth that we really are that needy. 2 Corinthians 1:9 tells us that hardships and sufferings happen “so that we might not rely on ourselves but on God, who raises the dead.”

Suffering brings a “one day at a time-ness” to our survival. We get to the point of saying, “Lord, I can only make it through today if You help me . . . if You take me through today . . . or the next hour . . . or the next few minutes.” One of my dearest friends shared with me the prayer from a heart burning with emotional pain: “Papa, I know I can make it through the next fifteen minutes if You hold me and walk me through it.” Suffering has taught my friend the lesson of total, humble dependence on God.

As painful as it is, suffering strips away the distractions of life. It forces us to face the fact that we are powerless to change other people and most situations. The fear that accompanies suffering drives us to the Father like a little kid burying his face in his daddy’s leg. Recognizing our own powerlessness is actually the key to experience real power because we have to acknowledge our dependence on God before His power can flow from His heart into our lives.

The disciples experienced two different storms out on the lake. The Lord’s purpose in both storms was to train them to stop relying on their physical eyes and use their spiritual eyes. He wanted them to grow in trust and dependence on the Father. He allows us to experience storms in our lives for the same purpose: to learn to depend on God.

I love this paraphrase of Romans 8:28: “The Lord may not have planned that this should overtake me, but He has most certainly permitted it. Therefore, though it were an attack of an enemy, by the time it reaches me, it has the Lord’s permission, and therefore all is well. He will make it work together with all life’s experiences for good.”

**Suffering Displays God’s Strength Through Our**
Weakness

God never wastes suffering, not a scrap of it. He redeems all of it for His glory and our blessing. The classic Scripture for the concept that suffering displays God’s strength through our weakness is found in 2 Corinthians 12:8-10, where we learn that God’s grace is sufficient for us, for His power is perfected in weakness. Paul said he delighted in weaknesses, hardships, and difficulties “for when I am weak, then I am strong.”

Our culture disdains weakness, but our frailty is a sign of God’s workmanship in us. It gets us closer to what we were created to be—completely dependent on God. Several years ago I realized that instead of despising the fact that polio had left me with a body that was weakened and compromised, susceptible to pain and fatigue, I could choose to rejoice in it. My weakness made me more like a fragile, easily broken window than a solid brick wall. But just as sunlight pours through a window but is blocked by a wall, I discovered that other people could see God’s strength and beauty in me because of the window-like nature of my weakness! Consider how the Lord Jesus was the exact representation of the glory of the Father—I mean, He was all window and no walls! He was completely dependent on the Father, choosing to become weak so that God’s strength could shine through Him. And He was the strongest person the world has ever seen. Not His own strength; He displayed the Father’s strength because of that very weakness.

The reason His strength can shine through us is because we know God better through suffering. One wise man I heard said, “I got theology in seminary, but I learned reality through trials. I got facts in Sunday School, but I learned faith through trusting God in difficult circumstances. I got truth from studying, but I got to know the Savior through suffering.”

Sometimes our suffering isn’t a consequence of our actions or even someone else’s. God is teaching other beings about Himself and His loved ones—us—as He did with Job. The point of Job’s trials was to enable heavenly beings to see God glorified in Job. Sometimes He trusts us with great pain in order to make a point, whether the intended audience is believers, unbelievers, or the spirit realm. Quadriplegic Joni Eareckson Tada, no stranger to great suffering, writes,
“Whether a godly attitude shines from a brain-injured college student or from a lonely man relegated to a back bedroom, the response of patience and perseverance counts. God points to the peaceful attitude of suffering people to teach others about Himself. He not only teaches those we rub shoulders with every day, but He instructs the countless millions of angels and demons. The hosts in heaven stand amazed when they observe God sustain hurting people with His peace.”{4}

I once heard Charles Stanley say that nothing attracts the unbeliever like a saint suffering successfully. Joni Tada said, “You were made for one purpose, and that is to make God real to those around you.”{5} The reality of God’s power, His love, and His character are made very, very real to a watching world when we trust Him in our pain.

**Suffering Gets Us Ready for Heaven**

Pain is inevitable because we live in a fallen world. 1 Thessalonians 3:3 reminds us that we are “destined for trials.” We don’t have a choice whether we will suffer—our choice is to go through it by ourselves or with God.

Suffering teaches us the difference between the important and the transient. It prepares us for heaven by teaching us how unfulfilling life on earth is and helping us develop an eternal perspective. Suffering makes us homesick for heaven.

Deep suffering of the soul is also a taste of hell. After many sleepless nights wracked by various kinds of pain, my friend Jan now knows what she was saved from. Many Christians only know they’re saved without grasping what it is Christ has delivered them from. Jan’s suffering has given her an appreciation of the reality of heaven, and she’s been changed forever.

I have an appreciation of heaven gained from a different experience. As my body weakens from the lifelong impact of polio, to be honest, I have a deep frustration with it that makes me grateful for the perfect, beautiful, completely working resurrection body waiting for me on the other side. My husband once told me that heaven is more real to me than anyone he knows. Suffering has done that for me.
Paul explained what happens in 2 Corinthians 4:16-18:

“Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, for what is seen is temporary, but what is unseen is eternal.”

One of the effects of suffering is to loosen our grasp on this life, because we shouldn’t be thinking that life in a fallen world is as wonderful as we sometimes think it is. Pastor Dick Bacon once said, “If this life were easy, we’d just love it too much. If God didn’t make it painful, we’d never let go of it.” Suffering reminds us that we live in an abnormal world. Suffering is abnormal—our souls protest, “This isn’t right!” We need to be reminded that we are living in the post-fall “Phase 2.” The perfect Phase 1 of God’s beautiful, suffering-free creation was ruined when Adam and Eve fell. So often, people wonder what kind of cruel God would deliberately make a world so full of pain and suffering. They’ve lost track of history. The world God originally made isn’t the one we experience. Suffering can make us long for the new heaven and the new earth where God will set all things right again.

Sometimes suffering literally prepares us for heaven. Cheryl’s in-laws, both beset by lingering illnesses, couldn’t understand why they couldn’t just die and get it over with. But after three long years of holding on, during a visit from Cheryl’s pastor, the wife trusted Christ on her deathbed and the husband received assurance of his salvation. A week later the wife died, followed in six months by her husband. They had continued to suffer because of God’s mercy and patience, who did not let them go before they were ready for heaven.

Suffering dispels the cloaking mists of inconsequential distractions of this life and puts things in their proper perspective. My friend Pete buried his wife a few years ago after a battle with Lou Gehrig’s disease. One morning I learned that his car had died on the way to church, and I said something about what a bummer it was. Pete just shrugged and said, “This is nothing.” That’s what suffering will do for
us. Trials are light and momentary afflictions . . . but God redeems them all.

Notes
1. Oswald Chambers, Our Utmost for His Highest, September 1.
2. Chambers, June 25.
5. Tada, 118.

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Glorious Morning Glories

Sue Bohlin

This is what love looks like.

My husband planted morning glories for me on our back fence because they are my favorite.
I love that a whole new batch of brand new blooms pops out each morning, day after day of fresh beauty that reminds me of Lamentations 3:23, that God’s mercies are “new every morning—great is Your faithfulness!”

This year, we had to wait long into the fall for the flowers. The green foliage was crazy lush and full for months, but there were no gorgeous “blue happies,” as I think of them, until late October.

Finally they started exploding daily with beauty and color. Not long afterwards, an unseasonable cold snap hit us, and the green foliage started to wither and dry up.

But the “blue happies” kept popping out!
I had to smile at what was happening on our fence, because it was a powerful illustration of what it’s like for me to grow older. The green leaves were getting old and spent and dry and yucky, at the same time that every morning, there were still fresh and new morning glory blooms sprouting out. What a picture of what has become my new life verse, 2 Corinthians 4:16-18—

Therefore we do not lose heart, but **though our outer man is decaying, yet our inner man is being renewed day by day**. 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.

My body is growing older and weaker, especially ravaged by the lingering effects of polio. Not long ago, I spent almost two years unable to walk at all because of severe arthritis in both hips. (The Lord has restored so very much to me on the other side of two hip replacements!) I’m able to walk and stand without pain these days, for which I give thanks every single day, but the march of time continues and, like everyone else, I’m going downhill physically.

But—the glorious but!—on the inside I get to be fresh and new every day! Just like
the “blue happies”! As I walk in faithfulness with the Lord, seeking to abide in Him and allow the beauty and character of Christlikeness to flow into and through me, He keeps bringing renewed energy and joy to my soul. Every day! I love it!

The hope for us as believers, especially older believers, is that we get to be renewed daily with the radiance and vibrancy and joy of Jesus within that keeps getting better and better the older we get!

In fact, the Bible even speaks about our transformation as a special kind of glory: 2 Corinthians 3:17-18 says,

> Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

I LOVE being transformed, a little bit every day, into the image of Jesus, with ever-increasing glory! I get to be a spiritual morning glory!


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**A Christian Purpose for Life - Proclaiming the Glory of Christ**

Steve Cable
Steve Cable answers the question, Why does God leave Christians on earth after we are saved?

Misconceptions and Our Identity

Examining the beliefs and behavior of born-again emerging adults over the last few years, one common deficiency is a misunderstanding of their relationship to eternity. Many believers either have not thought about the question of “Why did God leave me here on earth once I was saved?” or they harbor misconceptions about the answer. Let’s begin by considering some common misconceptions.

The first misconception is being purposeless. These people believe that thinking about their eternal purpose is a waste of time. Just live for the moment. My eternal destiny is secure so why bother myself with asking, “Why am I still here? I’ll worry about the things of heaven after I die.” This viewpoint devalues the sacrifice of Christ. He did not give His life for us so that we can be unconcerned about what concerns Him.\(^1\)

The second misconception is focusing on this life’s pleasures. Many young people say things like “I don’t want Jesus to return until after I have traveled, married, had children, gotten that promotion, etc.” They assume these things are of ultimate importance in their lives. Yet, the Bible teaches us that this attitude will choke out God’s fruit in our lives. As Jesus said, “[T]he worries of the world, and the deceitfulness of riches, and the desires for other things, enter in and choke the word and it becomes unfruitful.”\(^2\)

A third misconception is becoming prepared for heaven. Some think that God
needs to get our character up to some entrance level requirement before we are ready to move on to heaven. Most people with this view are not really working hard to match their lifestyle to a biblical standard, but they figure at some point they will. However, since our righteousness is not our own, but rather that of Jesus’, we don’t need to get more righteous to enter heaven. In fact, when we see Him then we will be like Him. The fastest way to make us completely mature is to take us out of this world.

One final misconception is providing for one’s family. Caring for our family is certainly part of God’s desire for our lives. However, if our sole purpose is to provide for our own family and our children have the same purpose and so on, the church will be limited to us and our progeny—and no one else.

These common misconceptions as to our purpose fall under the warning Paul gave us in Philippians,

For many walk, of whom I often told you, . . . that they are enemies of the cross of Christ, . . . whose god is their appetite, and whose glory is in their shame, who set their minds on earthly things.

Paul goes on to explain, “For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ . . .”

We are to live our lives constantly aware of our heavenly citizenship, eagerly awaiting the return of our Lord. In this article, we examine the book of 1 Peter to see what Peter has to say about our purpose in life and how we are to live it out.

 Called to a Critical Mission

Peter begins the book of 1 Peter by reminding us what Christ has done for us. Let’s read the first few verses of this amazing letter.

According to his great mercy, [God] has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God’s power are being guarded through faith for a salvation ready to be revealed
in the last time.

Through the resurrection of Jesus we are born again and are looking forward to an eternal inheritance kept in heaven for us to be revealed in the last time. What a wonderful truth helping us to realize that we are already living in eternity as we wait for our inheritance to be revealed. In the meantime, we are living on this earth in a temporary “earthsuit” called to fulfill God’s purpose for our lives.

In the remainder of his letter to the churches, Peter addresses what we are to do while we are living on this earth. He first tells us that we are likely to encounter trials and suffering in this world. Then, beginning with verse 13 of chapter 1, Peter conveys to us the importance of our mission, giving us instructions we would expect a military commander to give before sending his team out on a dangerous and critical mission. He tells us to:

Prepare our minds for action — we are to be action oriented, not passively waiting for our life to pass by.

Be alert and focused on the mission — we are to keep our minds focused on God’s purpose for our life on this earth.

Keep a long term perspective — don’t be deceived into putting your thoughts and your hope on the temporary temptations of the world, and

Realize God has entrusted you with the priceless resource of time — Peter tells us that we are to conduct ourselves in the fear of the Lord while we are on this earth.

In the latter parts of chapter 1, Peter reminds us that we have been redeemed at a very high cost, the precious blood of Jesus Christ, the eternal Son of God. We owe a tremendous debt which motivates us to desire to faithfully carry out our mission on this earth.

The calls to action listed above must be accompanied by two critical components to be effective in this life. Specifically, Peter calls on us to purify our hearts not conforming to our former lusts and to love other believers not only as a friend, but
also with sacrificial love by which Jesus loves you. The actions listed above are not our purpose on this earth, but rather activities we need to address if we are fulfill our purpose.

Our Purpose: To Proclaim His Excellencies

Why does God leaves us on this earth after we are saved? In the second chapter of his letter, Peter begins by reminding us that we are living stones, part of the holy building God is building on the cornerstone Jesus Christ. This building made up of the lives of Christians is to be a beacon proclaiming the glory of God and the good news of redemption in Jesus.

In verses 9 and 10 of Chapter 2, Paul clearly states the purpose of our lives and of the church when he writes:

> But you are a chosen race, a royal priesthood, a holy nation, a people for God’s own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light; for you once were not a people, but now you are the people of God; you had not received mercy, but now you have received mercy.

We are a special people on this earth, God’s own people. Peter uses the terms used by Yahweh of the Israelites in the wilderness where God told them through Moses,

> Now then, if you will indeed obey My voice and keep My covenant, then you shall be My own possession among all the peoples, for all the earth is Mine; and you shall be to Me a kingdom of priests and a holy nation.

The Israelites discovered that they could not obey His voice or keep His covenant even when ruled by kings who desired to serve the Lord. Jesus Christ had to “become sin on our behalf, so that we might become the righteousness of God through Him.” In Jesus’ righteousness, we now become the special people of God given His purposes to accomplish on this earth.

We are left here so that we may proclaim His excellencies. We are to proclaim
more than just the general attributes of our Creator. We are to let people know that our Creator is prepared to deliver them out of darkness and let them live in His marvelous light. God has entrusted us with His glory, His light. We have the privilege of proclaiming His glory and offering His grace. At a basic level, we proclaim His excellencies by obeying His commands to proclaim Christ, make disciples, and be available for God to use us on this earth.

If we are to proclaim the glories of Christ and the gospel of redemption to eternal life, how are we to accomplish this wonderful goal?

**Fulfilling Our Purpose Through Excellent Behavior and Right Relationships**

In this article we have been looking at the question, “What purpose does God have for my life as a Christian here on planet Earth?” We have seen that God leaves us here primarily for the purpose of bringing others into His kingdom. As Paul said, “For me to live is Christ and to die is gain . . . if I am to remain on in the flesh if will mean fruitful labor for me.” In his letter to the Colossians, Paul stated, “We proclaim [Christ] by instructing and teaching all people with all wisdom so that we may present every person mature in Christ.” The apostle Peter put it this way, “[You are] a people of his own, so that you may proclaim the virtues of the one who called you out of darkness into his marvelous light.”

If we are to proclaim Christ in this world, the next obvious question is, how are we to do this? Is the best approach to rent a large electronic bull horn and drive the streets preaching the good news? Or in today’s world perhaps we can start a Facebook page or send out a tweet with John 3:16? These techniques may be appropriate in some circumstances, but that is not where the apostle Peter says we should begin.

Peter follows his statement that we are called to proclaim Christ with this interesting instruction:

> Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the
Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe them, glorify God in the day of visitation.\[12\]

Instead of following this primary purpose with instructions on how to best verbalize our faith, he first focuses on how we live out our faith. He clearly points out that our behavior if kept excellent in purity and good deeds will attract the attention of non-Christians, of evil doers, causing them to consider the work of Christ in this world. We see that the reason God calls us to excellent behavior is not so that we will be good enough to get into His heaven, but rather to convict others of their need for a savior.

Peter continues to address ways in which we should proclaim Christ in the remainder of the second chapter. He points out that having godly relationships is an important way of proclaiming Christ. What types of relationships does Peter address? He specifically calls out our relationships with unbelievers, government authorities, our bosses, our co-workers, husbands and wives, other believers and the elders He has placed over us.

Relationships are the biggest part of life. As people observe your relationships, they can see that they are different because you offer supernatural love, and your eternal perspective allows you to approach them with a servant’s heart. As Christians, our relationships are not about getting what we deserve, but rather about giving to others the same way Jesus has given to us.

**Fulfilling Your Purpose Through Your Testimony and Your Prayers**

Above we have seen that our post-salvation purpose of life on earth is to proclaim the excellencies of Jesus Christ through the gospel. We also looked at the first two ways that we should use to proclaim Christ in this world. The first way is through excellent behavior lived out before an unbelieving world. The second is through living out right relationships with those with whom we deal in this world. As you can see, these first two ways that Peter addresses do not require us to explain our
faith in Jesus Christ. Rather, they draw unbeliever's attention to our lives, building up questions in their minds.

For example, in 1 Peter 2:18-19, Peter tells us,

Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable. For this finds favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly.

Having a good attitude toward our boss even in those times when they are unreasonable finds favor with God and testifies to others of our different perspective.

After dealing with a comprehensive list of life relationships, from the government to our husbands and wives, Peter brings up our spoken testimony as well. In 3:15, he says:

Sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence; and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame.

Not only are we to live our lives in ways that proclaim the glories of our Savior, we are to be prepared to give an account for the hope that is in us. We know from the first chapter of 1 Peter that the hope that is in us is the hope that comes from being born again and knowing that we have obtained an eternal inheritance reserved for us in heaven. We need to be prepared to share with others that through faith in the resurrection of Jesus Christ they too can share in this same hope that drives our lives. The phrase in the verse, to make a defense, is a translation of the Greek world *apologia* from which we obtain our English word “apologetics.”

It is important to note the context in which this call to apologetics is placed. First, it is to be done with gentleness and reverence, not with arrogance and self-
righteousness. The object is not to demonstrate you are right, but rather to help the questioner come to grips with the truth of grace through the death and resurrection of Jesus Christ. Second, Peter reiterates his instruction found in 2:12, reminding us that we are to focus on living sanctified lives so that even those who slander us know in their hearts of our good behavior in Christ.

Finally, in 1 Peter 4:7, we are called to be “of sound judgment and sober spirit for the purpose of prayer.” If we are to be effective in proclaiming Christ in this world we must be consistently praying about the people and the obstacles we face.

Peter makes it clear that our purpose as a church on this earth is to proclaim the goodness of Christ who delivered us out of the domain of darkness and into the eternal kingdom of God. Proclaiming Christ in this way involves our excellent behavior, our right relationships, our gentle defense of the gospel, and a commitment to prayer. Let us examine our lives to see how this call is being lived out in us.

**Notes**

1. 2 Cor 5:14 and 1 Peter 1:13-17
2. Mark 4:19
3. Phil 3:9-10, 2 Cor 5:21
4. 1 John 3:3
5. Phil 3:18-19
6. Phil 3:20-21
7. Exodus 19:5-6
8. 2 Cor 5:20
9. Phil 1:21-23
Addressing Anxiety in Tumultuous Times

Byron Barlowe

Byron Barlowe connects the dots between the universal problem of anxiety, what brain science is teaching us about our minds, and how Scripture and spiritual disciplines can help. In a world consumed by violent riots and trauma surrounding the Covid virus, this is a timely topic that God and science speak to well.

Millions of people worldwide are battling anxiety in a tumultuous time. The Coronavirus pandemic response has created a new abnormal: heightened fear of sickness and death, economic damage, and social isolation. Loneliness is the number one health crisis in America according to many epidemiologists, psychiatrists, and social scientists.[1] While we’re all still reeling from this, racial strife has erupted into looting, killings, and anarchy in American streets.
Mental health is an increasing concern too. One study found that during the spring 2020 mass quarantine, prescriptions for anti-anxiety meds spiked.\(^2\) A San Francisco area hospital has seen more deaths by suicide than by Covid-19, prompting a call for an end to mass shutdowns.\(^3\) It’s been a perfect storm of stress.

Are there real solutions right now? Yes, brain science is confirming the truths and promises proclaimed in Scripture in exciting ways! We have wonderfully adaptive minds—especially when they are focused on God. These built-in mind-morphing capabilities show the genius of our design as Image-bearers of God. Audiologist, cognitive researcher and outspoken Christian Dr. Caroline Leaf writes, “As an individual, you are capable of making mental and emotional change in your life. Through your thinking, you can actively recreate thoughts and, therefore, knowledge in your mind.” \(^4\)

And this has profound implications for true hope. Leaf continues: “Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking [it’s happening right now as you read]. When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.” \(^5\) The biblical book of Hebrews defines faith as “the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1). The thankful, attentive, willfully hopeful mind creates positive emotions, thoughts, and acts of the will. In other words, we significantly control whether we have a healthy soul.

Dallas Willard writes, “The transformation of the self away from a life of fear and insufficiency takes place as we fix our mind upon God as he truly is.” As Scripture teaches, “Be transformed by the renewing of your mind.” In this article we’ll explore this transformation.

**Morphing Your Mind—It’s Mostly Up to You!**

Everyday stress is hard enough—but what about work-related anxiety? Money? Riots, memories of abuse, bullying, and abandonment? We have little control over family, culture or epidemics. But we can make amazing internal changes through
our responses. Science and Scripture *agree* on this.

The transforming mind-renewal encouraged by Scripture is possible for us all, especially for people who have invited God to lead their lives. We can intentionally train our minds to reshape our brains—we are *not* perpetual victims of our past or circumstances. Nor are humans mere products of matter in motion. Dr. Caroline Leaf, author of *Switch on Your Brain*, claims that “Choice is real, and free will exists. You are able to stand outside yourself, observe your own thinking, consult with God, and [work with him to] change the negative, toxic thought or grow a healthy, positive thought. When you do this, your brain responds with a positive neurochemical rush and structural changes that improve your intellect, health, and peace.” {6}

Even traumatic memories can be starved, defanged, broken down, and replaced. Brought into conscious awareness, they can become plastic enough to be recreated. Leaf explains that “Neurons that don’t get enough signal (that is, rehearsing of the negative event) will start firing apart, wiring apart, pulling out, and destroying the emotion attached to the trauma.” Also, desirable brain chemicals that bond and remold chemical connections, increase focus and attention, and increase feelings of peace and happiness begin to weaken traumatic memories even more. So bad memories, hatred, hurt, and other negative thoughts and emotions that form toxic beliefs: “If they stop firing together, they will no longer wire together. This leads to . . . rebuilding new ones.” {7}

Ideas have consequences and our beliefs guide our behavior. In the words of King Solomon, “As a man thinks in his heart, so he is.” {8} That is, we construct frameworks of beliefs and *then* speak and act from them.

Science seems to confirm this biblical view of self-control. Measuring magnetic fields, electrical impulses, chemical effects, photons, vibrations, and quantum energy paints a picture of intricately [networking] neurotransmitters, proteins, and energy—that is, signals—that change the brain’s landscape. {9} This “neuroplasticity [seems to be] God’s design for renewing the mind.” {10}
And there’s nothing magic about it: overcoming anxiety can be helped a lot through habits of the mind, heart, and soul.

**Mindfulness & Meditation—Self-Control and Seeking God in Silent Solitude**

It’s no wonder that the concept of “mindfulness” has become a “thing” these days. Meditation and concentration are new-old survival skills. How do they work?

Dr. J.P. Moreland, noted philosopher and author of *Finding Quiet: My Story of Overcoming Anxiety and The Practices That Brought Peace*, candidly shares his struggles with anxiety and the need he had for medications. He also discovered the power of seeking God in self-directed solitude. He emphasizes sustained habits of the praising, thankful, and self-controlled soul.

Mindful meditation is not like taking a drug, is not a quick fix, or denying the senses to rid oneself of desire. By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm. New habits are formed over time. When it comes to our minds, “practice doesn’t make perfect; it makes permanent.”

Remaining at rest via the practice of spiritual disciplines takes advantage of our mind’s ability to “move into a highly intelligent, self-reflective, directed state.” And the more often we go there, the more “we get in touch with the deep, spiritual part of who we are.” This exercise switches brain modes in a way that can create wisdom and potential connection with God. As Jesus taught his disciples, “Keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation.”

We can mentor our own minds, settle our souls, habituate our hearts, and free our spirits to respond to God. Brain science is catching up on this reality.

So, what’s going on physically when we stop to meditate in focused solitude and silence? A post at *Mindful.org* claims, “The impact that mindfulness exerts on our brain is borne from routine: a slow, steady, and consistent reckoning of our
realities, and the ability to take a step back, become more aware, more accepting, less judgmental, and less reactive. . . . Mindfulness over time can make the brain, and thus [ourselves], more efficient regulators, with a penchant for pausing to respond to our world instead of mindlessly reacting.”{16} How different would social media conversations be—especially on politics and race—if more people practiced patient contemplation!

Various regions of our brains change while meditating. The “fight or flight” area actually shrinks in size.{17} It’s a real chill pill!

God keeps “him in perfect peace whose mind is stayed on You, because he trusts in You.”{18}

**Thankfulness and Happiness—Healthy Habits of the Mind & Heart**

In trying times, we all want to return to happiness. It’s a God-given right to pursue it, according to America’s founders. The biblical worldview recognizes the inherent brokenness of both creation and human beings, so it is no surprise that confusion, discord, and tragedy—along with evil spiritual powers—“steal, kill, and destroy”{19} our joy. What can be done?

Christian philosopher J.P. Moreland writes, “You have it in your power to begin a regimen of choices, assuming you would choose the right things, and form a habit of this that can *substantially improve your happiness and decrease or get rid of anxiety*. There really is hope.”{20} Our non-conscious mind turns thoughts over and over. Through spiritual disciplines, we bring these into our conscious awareness, which manipulates actual proteins, creating overhauled memories. Intentionally bringing God to mind—His attributes, the wonder of creation and His blessings, promises, answered prayers—such a focus leads to a cycle of good thinking, feeling, and knowing that turns into believing real truth. Faith is a gift so we’re not alone in doing this. But it is up to us to put to use the gifts described here to “work out [our] salvation with [reverence and proper humility].”{21}

Remember, we have a strong influence in reshaping our own brains—especially
with God’s help. Secular scientists are discovering the wonderful power of thankfulness. Scientific studies prove seven benefits according to PsychologyToday.com. Gratitude improves relationships, physical and mental health, sleep, self-esteem, and mental resilience. It even reduces aggression, the urge for revenge. Scripture aligns with physical reality again when it tells us: “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”  

Moreland jokes, “If we’re not careful, we may even come to think we were designed to flourish best when we are thankful and grateful! Yet as exciting as these psychological studies are, we didn’t need them to know the importance and value of expressing gratitude and thanksgiving to God. The Bible insists on this . . . [it’s] filled to overflowing with exhortations to be grateful to God and express thanksgiving to him." As King David famously prayed in Psalm 23, “Surely goodness and mercy shall follow me all the days of my life”—he trusted a good God to lead, protect, and bless him. That’s joy far beyond happiness!

Takeaways & Practical Applications

Brain networks form an inner life of the mind. We can switch between various networks constantly. Like a mom monitoring kids running around inside several contained rooms, this enables us to control the controllable—our reactions to events and circumstances. Brain scans confirm how we capture and police rogue thoughts in ways prescribed in Scripture: “We . . . take every thought captive to obey Christ.”

UCLA researchers address how our habitual non-conscious thoughts can drive anxiety—negative self-talk like:

- “I’ll be in real trouble if…”
- “What if so and so happens next week?”
• “I’ll probably fail that exam!”

“It’s what we say to ourselves in response to any particular situation that mainly
determines our mood and feelings.”{25}

“Forming a new habit requires doing things you may not want to do in the early
stages of formation,” as any coach or teacher will tell you.

For retraining our brains, experts have devised methods like The Four Step
Solution:

It goes as follows:{26}.

**Step 1: Relabeling**: call out thoughts as having no necessary connection with
reality: tell yourself “That is a destructive lie.” Call on Proverbs 4:23, “Guard your
heart above all else, for it is the source of life.”{27}

**Step 2: Reframing**: take the power out of the bad thoughts. Reset your
perception of the deceptive message by being mindful that it exists, its content,
and how you are now feeling by correctly categorizing the distorted message. Bad
self-talk includes:

• all or nothing thinking (for example: “it was a total failure”)

• overgeneralizing

• singling out one thing to focus on

• catastrophizing (or making too big a deal out of things) and

• discounting the positive

Reframing them creates stable memories formed by repeated updating.

**Step 3: Refocusing**: Set your mind on anything else—distract yourself from the
negative thoughts. Stop obsessing! Get into “the flow” of something. Focus
elsewhere. And don’t ruminate about the message—analyzing it will deepen the
grooves in your brain.
**Step 4: Revaluing:** After a while, reflect on how you did Steps 1-3. Recommit to repeat these steps throughout the day.

Over 21 days, a “newly formed neural network” will decay in less than a month: thoughts are like muscles that atrophy and die or get stronger with use. Starve the bad, feed the good.

As Paul instructed the Philippian church, dwell on what is good and pure, true and worthy of praise.

**Notes**

1. Senator Ben Sasse, *Them: Why We Hate Each Other and How to Heal*, quoted by Richard Doster in Christian Healthcare Newsletter, June 2020, “Can the Church solve the country’s worst health problems?”
5. Ibid.
7. Leaf, 64.
9. Leaf, 47.
10. Leaf, 65.
11. As with Buddhist meditation practices seeking utter emptiness.
14. Leaf, 82.
16. Ibid. Wolkin
18. Isaiah 26:3.
24. 2 Corinthians 10:5.
26. Entire section, *Finding Quiet*, p. ?
27. Proverbs 4:23, CSB.
28. Leaf, 151.

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