

# Biblical Worship

*Kyle Skaggs provides a look at what constitutes worship that pleases God.*

What is worship? Is it attending church service on Sundays? Is it singing hymns or praise songs? What does good worship look like?

It is generally understood that worship is an activity not limited to hymns or offerings on Sunday. Despite this, it is all too common that we find ourselves viewing it in just such a way. Worse, we find ourselves going through the motions of worship, but find ourselves treating it more and more like a chore.

The source of this problem is that we either do not have a biblical understanding of worship, or that we don't know how to apply it. We need to define what constitutes worship in a biblical worldview, what worship is pleasing to the Lord, and what worship is not pleasing to the Lord.

Worship is any honor rendered to God that would be sinful to give to anything else. Worship is more than hymns and prayers. Worship can be rendered in every moment of our waking lives. It is worship when we learn and meditate on the Scriptures. The act of talking to God when we offer prayers of thanksgiving, intercession, or even when we pour our hearts out in grief, is also worship. When we give back our firstfruits. When we clothe and feed the needy in Christ's name. When we proclaim the gospel to those who do not know Christ. All of these activities and more are part of worship.

## Worship That Pleases God

With worship defined, we can now jump to what worship is pleasing to God. The passage I am focusing on, to break down the components of what kind of worship God wants, is the burnt

offering of Leviticus 1. Why the burnt offering? Because the themes and narrative techniques point towards proper worship.

The first things which stand out in this passage are recurring themes found in the rest of Leviticus. These themes are atonement and purification. God has made a covenant with the Israelites, saying, "Be holy, because I, the Lord your God am holy" (Leviticus 19:2). A theme more specific to chapter 1, yet still present throughout, is goodwill from God and from man.

The first repeated instruction is that the sacrifice must be without blemish. This occurs three times. The second is the sprinkling or pouring of blood, which also -occurs three times. The third is the laying of hands on the offering at the Tabernacle before killing it. The fourth is an instruction to skin and divide the offering on the altar. The last repeated instruction is to wash the offering. Some key words and ideas that are repeated include the need for one's sacrifice to be "without defect," atonement, the head and the fat of the offering, that all of the animal (except any explicitly described parts) is to be burnt, and finally, the idea that the smoke from the offering makes "an aroma pleasing to YHWH."

The sprinkling of blood, as translated in the New International Version, is technically correct, but there may be better choices of translation. The root word is זָרַק[zaraq] meaning to spurt, splatter, or sprinkle. Some translations have the word "cast" or "throw."<sup>{1}</sup> There is nothing gentle in this act. Blood is life, and from dietary laws, it is clear that life is highly valued. The implication is that the loss of something as precious as life is required for atonement. Sanctification is conveyed through the shedding of blood on behalf of the person who gives the offering.<sup>{2}</sup>

The reasons for laying one's hand on the offering's head are threefold. First, that it may be accepted as an offering on the person's behalf. Second, there must be a cost to this

offering, and the act of laying hands declares ownership{3}, so the owner takes responsibility for that cost. Third, the hands are laid so that the animal may atone for one's sin.{4}

The innards and the legs of the offering are to be washed with water. Water and fire are both purifying agents in Jewish rituals. The innards contain excrement, and the legs gather dirt as the animal walks around. For birds, the crop and feathers are to be thrown down the eastern side of the altar with the ashes. Therefore, the act of washing the guts and legs of the bull and ram, as well as dumping the feathers and crop from an offering of turtle doves into the ashes, is a final act of purification before the offering is burnt and the smoke goes up to the Lord.

An "aroma pleasing to the Lord" is a recurring phrase. One translator writes that the Hebrew equivalent to "pleasing" is "placating," "tranquilizing," "quieting," and "soothing." {5} Another translates the word to mean "sweet," "pleasant," "restful," and "delightful." Some translations even use the word "savory." {6} Both translations work well in conveying the meaning of the text: that the sacrifice is pleasing to the Lord, so "a sweet aroma" or "a placating aroma" seems to be the best fit among the other meanings.

As you read through this passage, note how the offering provides atonement for sin. The burnt offering in chapter 1 is different from the sin offering found in chapter 4, which is for the atonement of accidental sins. The Hebrew word used in this passage, קָרְבָּן (qarban), can translate directly to "offering," but when we compare the offering of Leviticus 1 to those in later chapters, we find different words used for offering. For example, Leviticus 4:1-34 uses the word חַטָּאת (haḥaṭṭāṭ), which translates roughly to "sin offering." The offering in Leviticus 1 is קָרְבָּן (qarban), which simply refers to an offering in general. It is also used to mean "gift." {7} So, the offering of Leviticus 1 is a casual

affair compared to the sin offering and offerings for holidays like Passover.

Both the gift and the giver must undergo purification. It also reveals bits of our nature relative to God's early on, despite it being a freewill offering; the sinful nature of humanity necessitates that one receive atonement simply to worship God! From this, we gather that God demands reverence even in the most casual forms of worship. As previously stated, the purpose of the burnt offering was to provide atonement, to make oneself acceptable to God, and to please Him with one's gift. It shows that God is merciful and patient, allowing for sin to be covered by the application of a sacrifice. It shows that He is just, He will not tolerate sin. The wages of sin are death (Romans 6:23), and something must die for any transgressions to be covered up. While the laying of hands on the sacrifice does not quite translate well to English, it shows responsibility and a willingness to give from one's own possessions. This in turn shows that God desires whole-hearted worship.

## **Unpleasing Worship: Pagan Practice**

As you can see, the most important part of worship is one's attitude towards God. This in turn requires a correct understanding of who God is, and His nature in relation to our worship. The sacrificial system in Leviticus is similar to that of the pagan cultures in the Middle East and the Mediterranean. By contrasting the nature of their gods and worship with that of the one true God, we can gain insight on what our attitude should be toward Him.

In the pagan myths of the Mediterranean and the Middle East like the *Enuma Elish*, humanity was frequently created as an afterthought. They were made to do tasks the gods couldn't be bothered to do themselves, or were made to pay tribute since they happened to exist. They are never made in God's image. For example, the Sumerian gods created humanity out of the

blood and bones of an evil primordial being to serve them so they could focus on other tasks. In the Greek myths, man is created by the titan brothers, Epimetheus and Prometheus, to provide the gods with entertainment, and is only given the ability to walk upright like the gods because all other gifts had been foolishly given to all the animals.

Our God, on the other hand, deliberately created mankind in His own image. He told man (male and female) to fill the earth and have dominion over all in it. God made humanity the crowning jewel of His creation.

The pagan gods needed sacrifices like food offerings. They depended on humans to feed them with their offerings, and they gained strength from their worship, as can be seen in Elijah's showdown with the prophets of Baal who conducted increasingly desperate rituals in the hope that Baal would send fire down from heaven.

Our God has no such needs. He does not need us to provide sustenance for Him because He needs nothing. He is the ultimate power and authority whether we worship him or not.

In contrast to the gods of the Canaanites, who were as sexually immoral, violent, and greedy if not more so than the culture that created them, God is wholly good. It can be seen from the emphasis of purity throughout Leviticus that God will not accept impurity in His people or in their offerings.

Finally, the worship of the Canaanites could not be separated from magical practice. Words had power, and thus prayers were formulaic in order to properly evoke the powers of the deity.<sup>{8}</sup> A worshiper who said the right words and presented a suitable sacrifice in just the right way may receive blessings in return, like a magical sword or a good harvest. The Scriptures condemn this: "And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words." (Matthew 6:7) The Lord is nothing

like this; He knows the desires of our heart. He cannot be influenced by our worship, but blesses the obedient according to His good pleasure.

## **Unpleasing Worship: Cain's Offering**

As we can see from the nature of God, how He prescribed the burnt offering in Leviticus, and how worship as practiced by the pagans is offensive to Him, the core of good worship is found in one's attitude towards God. Where the pagans did not have the benefit of a special revelation of God's word (though they are without excuse, Romans 1:20), those who did know the Lord also gave offerings that displeased Him. When we look at the next kind of offering that displeases God, we again see that one's worship is determined by the inclination of the heart.

In Genesis 4, Cain and Abel both offered sacrifices to the Lord, but one was loved and the other was spurned because his works were evil and he treated the Lord's offering with contempt. Able offered the fat portions from the first of the flock, while Cain only offered some of his produce. When God rejected his offering, Cain became angry, and when God warned him to do what is right. Cain was unwilling to change his ways. That is why Cain murdered his brother, "because his own actions were evil and his brother's were righteous" (1 John 3:12). Therefore, to respect God and His offering we must, as John puts it, abide in love. If we do not love God, then we cannot love the people around us who are made in His image. Rather, we easily come to hate them, even to the point of murder.

The self-righteous do not approach God with humility. They give only what they want when they want, live like the rest of the world, don't spend any time with God, and then wonder why they can't hear the Holy Spirit! It is impossible for the self-righteous to present a pleasing offering to the Lord.

This self-righteous offering appears again and again in the Old and New Testaments. This is why the prophets frequently decry the people's sacrifices. What they say concerning the offering shows just how much the offering was disrespected.

"When you offer blind animals for sacrifice, is that not wrong? When you sacrifice lame or diseased animals, is that not wrong? Try offering them to your governor! Would he be pleased with you? Would he accept you?" says the Lord Almighty. (Malachi 1:8)

Again in Isaiah, "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught." (Isaiah 29:13)

In the New Testament, we have the example of Ananias and his wife Sapphira, who lied about the portion of their offering and were struck dead. In the gospels, we have the Pharisees whom Jesus called hypocrites. Their actions appear to be righteous, but the inclination of their hearts render their worship worthless.

## **Application**

So what does this mean for us? The foundation of God-pleasing worship is the inclination of our heart. It is our attitude towards our relationship with God that determines how we worship. Pagan-style worship approaches God as if He were inattentive, finite, and uncaring. If we can evoke His name just right, if our offerings are good, then we have an 'in' with God. Ultimately, we are trying to bribe God.

Cain's worship was characterized by apathy and self-righteousness. Outside of church, one dedicates no time to God. In finance, in time, in prayer, and in actions people offer up the scraps from the prosperity God has given them. They say that Christ is Lord, yet are too self-righteous and

self-reliant to listen to the Holy Spirit.

We are obligated to worship God simply because *He is*. He doesn't need it, but He desires it. As a personal God, worship is a part of His relationship with us. God is good. Therefore, we must approach Him with humility. Good worship is giving Him the respect He deserves as our creator and ruler of the universe.

What we offer in worship needs to be pure. Our hearts need to be reconciled to God, and we need to approach Him with humility and the respect He deserves as our creator. The key to God-pleasing worship is the inclination of the heart.

Furthermore, worship is tied to everything we do day to day. Jesus said, "Whatever you did for one of the least of these, . . . you did for me." (Matthew 25:40). So even when we are not singing praises, praying, or meditating on God's word, we can still be worshiping, because our deeds are a kind of offering. This means we need to consistently choose to abide in love, or we will stumble over Cain's sin. Whatever we do, even if it is just a morning devotional, we should examine the state of our heart and ask the Holy Spirit to align it with God's.

### Notes

1. The Brown-Driver-Briggs Hebrew and English Lexicon (Peabody MA: Hendrickson Academic, 1994), 284.1.
2. Wenham, Gordon, J. The Book of Leviticus (Grand Rapids: William B. Eerdmans, 1979), p. 62.
3. Keener, Craig and Walton, John. NIV Cultural Backgrounds Study Bible (Grand Rapids: Zondervan, 2017) p. 182.
4. Rooker, Mark, F. Leviticus. The New American Commentary. Volume 3A (Brentwood TN: Holman Reference, 2000), p. 87
5. The Brown-Driver-Briggs Hebrew and English Lexicon, 629.2
6. Strong, The New Strong's Expanded Exhaustive Concordance of the Bible (Nashville TN: Thomas Nelson, 2010), #5207.
7. Ibid. #7133

8. Frazer, James. *The Golden Bough: A Study in Magic and Religion*, Volume II. (London, 1919).

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# Apologetics and Spiritual Skirmishing

*Kyle Skaggs urges Christians to use the spiritual armor of Ephesians 6 in engaging in apologetics.*

As I was working towards my degree at Dallas Baptist University I did volunteer work with an online ministry. There, I encountered people from all walks of life; all of them having questions about Christ and Christianity. For a while, I was doing well. I found joy in encouraging and counseling other believers. I also learned to tell the difference between non-believers who were willing to listen and those who were only there to argue.

Around a week from graduation I logged to the ministry's website feeling confident. I'd spent hours reviewing various arguments and counterarguments, I was certain I would use what I had learned over four years to lead the conversation to the Gospel. This was not what happened. Instead, the people I talked to became either confused or frustrated before leaving. Figuring I was just having one of those bad days, I thought nothing of it. The same thing happened the next day. Now I was conflicted. I wondered why I was ineffective, because everything I said was supported by Scripture, so I logged off and puzzled over what I was doing wrong. While I was lost in my thoughts, a very clear voice in my head said, "You cannot lecture people into the Kingdom of God." I had forgotten I

Peter 3:15; “Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect...” That rebuke from the Holy Spirit sent me on a journey of reflection on the spiritual skirmishes that we so easily lose sight of in our daily routine.

## **Spiritual Warfare**

“Enemy-occupied territory—that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is calling us all to take part in a great campaign of sabotage.” [\[1\]](#) Our adversaries are the rulers, authorities, and the powers of this dark world. (Ephesians 6:12) Every ideology, philosophy, and worldview not of the Gospel is controlled by the spiritual forces of darkness.

The devil knows his time is short (Revelation 12:12), so he is intent on dragging as many souls down with him as he can. To his annoyance, if you have already been saved by grace through faith, and are now saved, you are called to make disciples of all nations (Matthew 28:19). He is resourceful, and if he can't stop you from having a relationship with God, then he will use every trick to make you as ineffective as possible in your walk with Christ, and in evangelism.

The Devil and his forces are relentless. Whenever we attempt to evangelize, every gap in our defenses can and will be exploited. How are we Christians to contend with these forces of darkness? Paul tells us to put on the full armor of God so that we can take our stand against the Devil's schemes. Let's take a look at the parts of the spiritual armor God provides.



## **The Belt of Truth**

First, we must remain grounded in the truth. Ephesians 6:14 refers to the Belt of Truth, which holds our equipment within easy reach. When we face an enemy whose only weapons are lies and deceptions, we have the advantage. We have nothing to hide! All we need to do is tell the truth!

To wear the belt is to be ready. There has been increasing pressure to ignore fundamental Christian teachings for the sake of convenience. Do not do this. Know your scripture and gird yourself in the truth of the Gospel.

## **The Helmet of Salvation and the Breastplate of Righteousness**

Second, we must wear the helmet of salvation (Ephesians 6:17) and the breastplate of righteousness (6:14) to turn aside any attacks that slip through our defenses. In those days, just as it is now, the helmet and breastplate are essential equipment to protect the head and the heart, and just one of the things separating the true soldier from the levy and the ad hoc militia.

In the same way, the certainty of our salvation and the

righteousness of Christ are key pieces of our armor. As I have said before, Satan is ruthless. He will use every sin you have committed to shift your focus away from those who need Christ, and onto yourself. Being assured of our salvation and our righteousness before God is our greatest defense against these attacks.

## The Gospel of Peace

What made the Romans such a formidable force? Discipline and adaptability. Being able to march long distances and maneuver across a variety of terrain. Timing and distance determine the victor of any confrontation. To do this, they needed shoes that were durable and able to grip the ground firmly.



With the readiness that comes from the Gospel of Peace (Ephesians 6:15), we can rapidly move to where the Lord needs us. “[God’s Soldier’s] movements are dictated by the needs of the Gospel witness.”[\[2\]](#)

## The Shield of Faith



We are also told to take up the Shield of Faith (Ephesians 6:16) to extinguish the flaming arrows of the evil one. The favored shield in the time Ephesians was written was the Roman *scutum*, a large shield that protected most

of the soldier's body, enabling the Romans to protect both themselves and each other in tight formations without sacrificing their defense when fighting in looser formations. Most deaths in ancient battles occurred after, during, and after a rout. Therefore projectiles were used to disrupt and to instill fear before the two sides met in melee. Standing firm against hails of projectiles was key to surviving the battle.

It is the same with all believers. Our faith is our primary defensive and offensive tool. People who have faith in Christ are willing to risk being made to look foolish. They are confident in the hope they have in Christ, and are therefore enabled to do great things. People who act out of faith inspire others to do the same. Our faith also protects us from the feelings, falsehoods, and ideas the Devil likes to use to discourage us. If we are discouraged from our walk, then we have already lost.

## The Sword of the Spirit

Finally, Ephesians 6:17 refers to the Sword of the Spirit, or the word of God. In conjunction with the *scutum* was the *gladius*, a short sword primarily used for thrusting and short cuts. It was the legionary's primary weapon. After throwing their *pila* (specialized javelins) to disrupt the enemy formation, the Romans drew their swords and closed the distance to engage in hand-to-hand fighting. Their armor and discipline enabled them to weather the brutal melee far better than their opponents. Ideally, this caused the enemy to rout.



There is a good reason the word of God is described as a sword

in other passages. It is absolute truth. Revelations 9:15 and Hebrews 4:12 describe God's word as a double-edged sword. In Hebrews, Paul says "it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." Like a sword, learning to use God's word effectively requires constant training. Christians should therefore study and seek to live according to the word so they can stand firm when confronted by the Enemy.

By being willing to close in, to deliver the word of God straight into the heart of the matter, shrewdly providing an answer for our faith with gentleness and respect, we can establish common ground with those who do not know Christ, thus opening the way for them to hear the gospel. We do this knowing full well that friends and even family may hate us for confronting the world. Because we are willing to push through, we are able to form relationships with people and show what it means to walk with Christ! As with Roman equipment in Jesus' day, the armor of God is tailor made to allow us to safely close the distance with the enemy, and with the word of God, drive them from the field.

All we have to do is put it on.

### **Notes**

1. Lewis, C.S. *Mere Christianity*, 1952.
2. Ellicott, C. J. (1970). *Ellicott's commentary on the Whole Bible Volumes VII-VIII: Acts to Revelation*. Zondervan Publishing House. 1959.

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# Money Management in a Crisis

*The COVID pandemic caused a worldwide financial crisis, making stewarding God's money more important than ever. Kerby Anderson provides a biblical view of money, giving, debt, and savings.*

A number of years ago, I wrote a book with the appropriate title, *Making the Most of Your Money in Tough Times*.[{1}](#) Although there have been tough times in the past, we certainly need some biblical wisdom about our money and how to manage it in our current circumstances. Here are some key principles that I discuss in that book and in a more recent book on the subject of *Christians and Economics*.[{2}](#)

## Biblical View on Money

Let's start by correcting a common cliché that money is the root of all evil. Actually, the biblical passage says: "The love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness" (1 Timothy 6:10).



Money is not evil, but the love of money can be a concern. Money can be used to promote good or evil. Money can provide for your family, feed the poor, and promote the gospel. It can also be used to buy drugs, engage in prostitution, and destroy individuals and society.

The real question is: What is your attitude towards money? What do you plan to do with the financial resources God has placed into your hands? Jesus warned us that we should not love money because we cannot serve God and Mammon (Matthew 6:24). In order to have a proper biblical perspective on money, we need to understand what the Bible teaches about wealth and poverty.

While we are talking about money, let's focus some attention on wealth. Within the Christian community, we are often bombarded with unbiblical views of wealth. At one extreme are those who preach a prosperity gospel of "health and wealth" for all believers. At the other extreme are radical Christians who condemn all wealth and imply that a rich Christian is a contradiction in terms.

What is a biblical view of wealth? First, wealth itself is not condemned. The Bible teaches that God gave material wealth to Abraham (Genesis 13), Isaac (Genesis 26), Jacob (Genesis 30), and Joseph (Genesis 39). Other characters in the Old Testament were also wealthy, such as Job (Job 42) and Solomon (1 Kings 3). In fact, we see in Job 42 that God once again blessed Job with material possessions after his trials. In Deuteronomy, Proverbs, and Ecclesiastes, wealth is seen as evidence of God's blessing (Deuteronomy 8; 28; Proverbs 22:2; Ecclesiastes. 5:19).

Even though wealth might be an evidence of God's blessing, believers are not to trust in it. Passages in the Old Testament and the New Testament teach that the believer should not trust in wealth but in God (Proverbs 11:4; 11:28; Jeremiah 9:23; 1 Timothy 6:17; James 1:11; 5:2).

Second, when wealthy people in the Bible were condemned, they were condemned for the means by which their riches were obtained, not for the riches themselves. The Old Testament prophet Amos railed against the injustice of obtaining wealth through oppression or fraud (4:11; 5:11). Micah spoke out against the unjust scales and light weights with which Israel defrauded the poor (6:1). Neither Amos nor Micah condemned wealth per se; they only denounced the unjust means by which it is sometimes achieved.

Third, Christians should be concerned about the effect wealth can have on our lives. We read in many passages that wealth often tempts us to forget about God. Proverbs 30:8-9 says:

“Give me neither poverty nor riches; Feed me with the food that is my portion, That I not be full and deny You and say, ‘Who is the Lord?’” Hosea 13:6 says of those who were satisfied that “their heart became proud” and ultimately forget about the Lord.

## **Biblical View on Giving**

In order to develop a biblical point of view on money, we should first focus on the subject of giving. The concept of the tithe is introduced in the Old Testament. The word tithe means “a tenth part.” Once you understand that someone who, say, makes \$3000 a month and gives only \$100 a month is not tithing. A number of studies have found that only 2-3 percent of households tithe their income to their church.

There is no explicit command in the New Testament to tithe. The primary reason is that the tithe was for the Levites and the priests. The substitutionary death of Christ for our sins did away with the need for a temple and priests.

In the New Testament, we do see numerous verses calling for believers to give. For example, we are to give to those who minister (1 Corinthians 16:1; Galatians 2:10). We are to give to those who trust God to supply their needs (Philippians 4:19). We are to give as God has prospered them (1 Corinthians 16:2) and are to give cheerfully (2 Corinthians 9:7). And the Bible teaches that we will ultimately give account of our stewardship (Romans 14:12).

The first century believers set a high standard for giving. They sold their goods and gave money to any believer in need (Acts 2:45). They sold their property and gave the entire amount to the work of the apostles (Acts 4:36-5:2). And they also gave generously to the ministry of Paul (2 Corinthians 8:1-5) on a continual basis (Philippians 4:16-18).

Even though the tithe was no longer required, it appears that

the early believers used the tithe as a base line for their giving. After all, a large majority of the first century believers were Jewish, and so they gave not only the tithe but above and beyond the requisite ten percent.

Paul makes it clear that Christians are not to give “grudgingly or under compulsion” but as each believer has “purposed in his heart” (2 Corinthians 9:7). Although the tithe was no longer the mandatory requirement, it seems to have provided a basis for voluntary giving by believers.

There is also a correlation between sowing and reaping. 2 Corinthians 9:6 says: “Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully.” Elsewhere in Scripture, we read that the size of a harvest corresponds to what we scatter. Proverbs 11:24-25 says: “There is one who scatters, and yet increases all the more, And there is one who withholds what is justly due, and yet it results only in want. The generous man will be prosperous, And he who waters will himself be watered.” Notice that a spiritual harvest may be different from the kind of seed that is sown. For example, a material seed (giving to ministry) may reap a spiritual harvest (1 Corinthians 9:9).

Finally, we are to give according to what we have purposed in our hearts. 2 Corinthians 9:7 says: “Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver.”

## **Biblical View on Debt – Part 1**

The Bible has a number of warnings concerning debt. Proverbs 22:7 says: “The rich rule over the poor, and the borrower is a servant to the lender.” When you borrow money and put yourself in debt, you put yourself in a situation where the lender has significant influence over you.

Many other verses in the Proverbs also warn about the

potential danger of taking on debt, especially another person's debt (Proverbs 17:18; 22:26-27; 27:13). While this does not mean that we can never be in debt, it does warn us about its dangers.

If you are debt free you are free to follow the Lord's leading in your life. If you are in debt, you are constrained and become a servant to the lender. People who are in financial bondage are not emotionally or spiritually free. Their financial obligations wear heavy upon their mind and spirit.

The Bible also teaches that it is wrong to borrow and not repay. Psalm 37:21 says: "The wicked borrows and does not pay back, but the righteous is gracious and gives."

Some have taught that Christians should never go into debt. The basis for that teaching is usually the passage in Romans 13:8 because it says: "Owe nothing to anyone."

Although some have argued that this verse prohibits debt, the passage needs to be seen in context. This passage is not a specific teaching about debt but rather a summary of our duty as Christians to governmental authority. Paul is teaching that we should not owe anything to anyone (honor, taxes, etc.). But he is not teaching that we should never incur debt. While it is better that we are debt-free, this passage is not commanding us to never go into debt.

The Bible is filled with biblical passages that provide guidelines to lending and borrowing. If debt was always wrong, then these passages would not exist. After all, why have passages providing guidelines for debt if debt is not permitted? Certainly there would be a clear prohibition against debt. We should point out that the clear implication of Romans 13:8 is that we should pay our debts and it would be wise if we would pay our debts off as quickly as possible.

## **Biblical View on Debt – Part 2**

One of the consequences of debt is that we can often deny reality. In order to realistically deal with the debt in our lives we need to get rid of some of the silly ideas running around in our heads.

For example, you are NOT going to win the lottery. Your debt problem is NOT going to go away if you just ignore it. And a computer glitch in your lender's computer is NOT going to accidentally wipe out your financial records so that you don't have to repay your debt.

Another consequence of debt is a loss of integrity. When we cannot pay, we start saying "the check's in the mail" when it isn't. We not only kid ourselves but we try to mislead others about the extent of our problem with debt.

Sometimes debt even leads to dishonesty. Psalm 37:21 says: "The wicked borrows and does not pay back." We should repay our debts.

A third consequence of debt is addiction. Debt is addictive. Once in debt we begin to get comfortable with cars, consumer goods, furniture, etc. all funded through debt. Once we reach that comfort level, we go into further debt.

A final consequence of debt is stress. Stress experts have calculated the impact of various stress factors on our lives. Some of the greatest are death of a spouse and divorce. But it is amazing how many other stress factors are financially related (change in financial state, mortgage over \$100,000). When we owe more than we can pay, we worry and feel a heavy load of stress that wouldn't exist if we lived debt free.

## **Biblical View on Savings**



It is always important for us to get out of debt. I have written another booklet on the subject of debt. If you are in debt or want to learn more about government debt and personal debt, I encourage you to obtain that booklet. Email me your name and address at [kerby@probe.org](mailto:kerby@probe.org) and I will send it to you.

We should not merely work to get out of debt and eventually break even. Savings and investing should be part of your budget and part of your life plan. Saving and investing are ultimately a means to an end. You may be saving for your kids' college or saving for your retirement.

America used to be a nation of savers. In fact, thrift was a foundational element of American society. The architect Louis Sullivan even carved the word THRIFT over the door of his bank. Thrift was seen as a private moral virtue that made public prosperity possible. Americans supported institutions that encouraged savings.

The Bible encourages us to save. In Proverbs it encourages those who do not save to consider how a lowly creature like the ant prepares for the future. "Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest" (Proverbs 6:6-8).

The writer of Proverbs also talks about how wise people save in contrast to foolish people who do not. "In the house of the wise are stores of choice food and oil, but a foolish man devours all he has" (Proverbs 21:20).

We should always have a budget. Author and speaker, John

Maxwell, has a great definition of a budget: "A budget is people telling their money what to do instead of wondering where it went." A budget is a plan for saving and spending.

The book of Proverbs admonishes us to plan. Proverbs 16:3 says, "Commit your works to the LORD And your plans will be established." But as we develop these plans for the future, we also need to be sensitive to the Lord's leading. "The mind of man plans his way, but the Lord directs his steps" (Proverbs 16:9).

The Bible promises that good things will happen when we plan. "Good planning and hard work lead to prosperity" (Proverbs 21:5, NLT). By contrast, the Bible also teaches that your plans will fail if these plans are not within the will of God. Isaiah 30:1 says, "'Destruction is certain for my rebellious children,' says the Lord. 'You make plans that are contrary to my will. You weave a web of plans that are not from my Spirit, thus piling up your sins.'"

If you do not have anything in savings, you need to begin by putting aside a cash reserve for emergencies. Proverbs 22:5 says, "The prudent sees danger and hides himself, but the simple go on and suffer for it." Everyone needs a cash reserve for major emergencies (fire, tornado, earthquake) and even for small emergencies and inconveniences (broken appliance, car repair, flat tire).

Most financial advisors suggest that you have six months' worth of income set aside for an emergency or unexpected expense. You may not have that set aside right now, but today is a good time to start setting aside some money. Make your first goal to set aside one month's worth of income.

This has been a brief overview of money management. I encourage you to read books [{3}](#) and visit websites that will give you even more direction on how to use your money. The Bible provides insight in giving, savings, and debt. Apply

these principles and allow God to bless you.

## Notes

1. Kerby Anderson, *Making the Most of Your Money in Tough Times* (Eugene, OR: Harvest House), 2009.

2. Kerby Anderson, *Christians and Economics* (Cambridge, OH: Christian Publishing House), 2016).

3. Randy Alcorn, *Money, Possession and Eternity* (Wheaton, IL: Tyndale House), 2003.

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# A Christian Purpose for Life – Proclaiming the Glory of Christ

*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',[{3}](#) we don't need to get more righteous to enter heaven. In fact, when we see Him then we will be like Him.[{4}](#) 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.{5}

Paul goes on to explain, “For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ . . .”{6}

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.[{7}](#)

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."[{8}](#) 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 it will mean fruitful labor for me." [{9}](#) 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." [{10}](#) 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." [{11}](#)

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 word *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 Corinthians 5:14 and 1 Peter 1:13-17
2. Mark 4:19
3. Philippians 3:9-10, 2 Corinthians 5:21
4. 1 John 3:3
5. Philippians 3:18-19
6. Philippians 3:20-21
7. Exodus 19:5-6
8. 2 Corinthians 5:20
9. Philippians 1:21-23
10. Colossians 1:28 NET Bible
11. 1 Peter 2:9b NET Bible
12. 1 Peter 2:11-12

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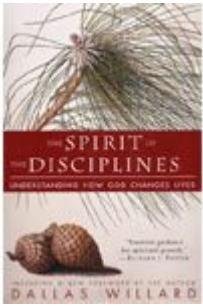
# Spiritual Disciplines and the Modern World

*The spiritual disciplines help us cooperate with God in our transformation into the likeness of Christ. Don Closson discusses disciplines of abstinence and of engagement.*



*This article is also available in [Spanish](#).*

# Spirituality and the Body



As a seminary student I was given the assignment to read a book on Christian spirituality called the *Spirit of the Disciplines* by Dallas Willard.[\[1\]](#) I obediently read the book and either wrote a paper on it or took a test that covered the material (I can't recall which), but the book didn't have a major impact on my life at that time. Recently, over a decade later, I have gone back to the book and found it to be a jewel that I should have spent more time with. In the book, Willard speaks to one of the most important issues facing individual Christians and churches in our time: "How does one live the Spirit-filled life promised in the New Testament?" How does the believer experience the promise that Jesus made in Matthew 11:29-30: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light"?



Willard argues that modernity has given us a culture that offers a flood of self-fulfillment programs in the form of political, scientific, and even psychological revolutions. All promise to promote personal peace and affluence, and yet we suffer from an "epidemic of depression, suicide, personal emptiness, and escapism through drugs and alcohol, cultic obsession, consumerism, and sex and violence . . . ."[\[2\]](#) Most Christians would agree that the Christian faith offers a model for human transformation that far exceeds the promises of modern scientific programs, but when it comes to delineating the methods of such a transformation there is often confusion or silence.

Christians frequently seek spiritual maturity in all the wrong places. Some submit themselves to abusive churches that equate busyness and unquestioning subservience with Christ-likeness. Others look for spirituality through syncretism, borrowing the spiritualism of Eastern religions or Gnosticism and covering it with a Christian veneer.

According to Willard, Christians often hope to find Christ's power for living in ways that seem appropriate but miss the mark; for example, through a "sense of forgiveness and love for God" or through the acquisition of propositional truth. Some "seek it through special experiences or the infusion of the Spirit," or by way of "the presence of Christ in the inner life." Others argue that it is only through the "power of ritual and liturgy or the preaching of the Word," or "through the communion of the saints." All of these have value in the Christian life but do not "reliably produce large numbers of people who really are like Christ."[3](#)

We evangelicals have a natural tendency to avoid anything that hints of meritorious works, works that might somehow justify us before a holy God. As a result, we reduce faith to an entirely mental affair, cutting off the body from the process of living the Christian life.

In this article we will consider a New Testament theology of human transformation in order to better understand what it means to become a living sacrifice to God.

## **A Model for Transformation**

Faith in Jesus Christ brings instant forgiveness along with the promise of eventual glorification and spending eternity with God. However, in between the believer experiences something called sanctification, the process of being set apart for good works. Something that is sanctified is holy, so it makes sense that the process of sanctification is to make us more like Christ.

Even though the Bible talks much of spiritual power and becoming like Christ, many believers find this process of sanctification to be a mystery. Since the Enlightenment, there has been a slow removal from our language of acceptable ways to talk about the spiritual realm. Being rooted in this age of science and materialism, the language of spiritual growth sounds alien and a bit threatening to our ears, but if we want to experience the life that Jesus promised, a life of spiritual strength, we need to understand how to appropriate God's Spirit into our lives.

According to Willard, "A 'spiritual life' consists in that range of activities in which people cooperatively interact with God—and with the spiritual order deriving from God's personality and action. And what is the result? A new overall quality of human existence with corresponding new powers."[{4}](#) To be spiritual is to be dominated by the Spirit of God. Willard adds that spirituality is another reality, not just a "commitment" or "life-style." It may result in personal and social change, but the ultimate goal is to become like Christ and to further His Kingdom, not just to be a better person or to make America a better place to live.

The Bible teaches that to become a spiritual person one must employ the *disciplines* of spirituality. "The disciplines are activities of mind and body purposefully undertaken to bring our personality and total being into effective cooperation with the divine order."[{5}](#) Paul wrote in Romans 6:13 that the goal of being spiritual is to offer our body to God as instruments of righteousness in order to be of use for His Kingdom. Moving towards this state of usefulness to God and His Kingdom depends on the actions of individual believers.

Many of us have been taught that this action consists primarily in attending church or giving towards its programs. As important as these are, they fail to address the need for a radical inner change that must take place in our hearts to be of significant use to God. The teaching of Scripture and

specifically the life of Christ tells us that the deep changes that must occur in our lives will only be accomplished via the disciplines of abstinence such as fasting, solitude, silence, and chastity, and the disciplines of engagement such as study, worship, service, prayer, and confession. These disciplines, along with others, will result in being conformed to the person of Christ, the desire of everyone born of His Spirit.

## **Salvation and Life**

When I first read in the Bible that Jesus offered a more abundant life to those who followed Him, I thought that He was primarily describing a life filled with more happiness and purpose. It does include these things, but I now believe that it includes much more. Salvation in Christ promises to radically change the nature of life itself. It is not just a promise that sometime in the far distant future we will experience a resurrected body and see a new heaven and new earth. Salvation in Christ promises a life characterized by the highest ideals of thought and actions as epitomized by the life of Christ Himself.

Although there is no program or classroom course that can guarantee to give us this new life in Christ, it can be argued that in order to live a life like Jesus we need to do the things that Jesus did. If Jesus had to “learn obedience through the things which he suffered” (Hebrew 5:8 KJV), are we to expect to act Christ-like without the benefit of engaging in the disciplines that Jesus did?

In *The Spirit of the Disciplines*, Willard argues that there is a direct connection between practicing the spiritual disciplines and experiencing the salvation that is promised in Christ. Jesus prayed, fasted, and practiced solitude “not because He was sinful and in need of redemption, as we are, but because he had a body just as we do.”<sup>{6}</sup> The center of every human being’s existence is his or her body. We are neither to be neo-Platonic nor Gnostic in our approach to the

spiritual life. Both of these traditions play down the importance of the physical universe, arguing that it is either evil or simply inferior to the spiritual domain. But as Willard argues, “to withhold our bodies from religion is to exclude religion from our lives.”

Although our spiritual dimension may be invisible, it is not separate from our bodily existence. *Spirituality*, according to Willard, is “a relationship of our embodied selves to God that has the natural and irrepressible effect of making us alive to the Kingdom of God—here and now in the material world.”<sup>{7}</sup> By separating our Christian life from our bodies we create an unnecessary sacred/secular gulf for Christians that often alienates us from the world and people around us.

The Christian faith offers more than just the forgiveness of sins; it promises to transform individuals to live in such a way that responding to events as Jesus did becomes second nature. What are these spiritual disciplines, and how do they transform the very quality of life we experience as followers of Jesus Christ?

## **The Disciplines of Abstinence**

Although many of us have heard horror stories of how spiritual disciplines have been abused and misused in the past, Willard believes that “A discipline for the spiritual life is, when the dust of history is blown away, nothing but an activity undertaken to bring us into more effective cooperation with Christ and his Kingdom.”<sup>{8}</sup> He reminds us that we discipline ourselves throughout life in order to accomplish a wide variety of tasks or functions. We utilize discipline when we study an academic or professional field; athletes must be disciplined in order to run a marathon or bench press 300 lbs. Why, then, are we surprised to learn that we must discipline ourselves to be useful to God?

Willard divides the disciplines into two categories:

disciplines of abstinence, and disciplines of engagement. Depending on our lifestyle and past personal experiences, we will each find different disciplines helpful in accomplishing the goal of living as a new creature in Christ. Solitude, silence, fasting, frugality, chastity, secrecy, and sacrifice are disciplines of abstinence. Given our highly materialistic culture, these might be the most difficult and most beneficial to many of us. We are more familiar with the disciplines of engagement, including study, worship, celebration, service, prayer, and fellowship. However, two others mentioned by Willard might be less familiar: confession and submission.

Abstinence requires that we give up something that is perfectly normal—something that is not wrong in and of itself, such as food or sex—because it has gotten in the way of our walking with God, or because by leaving these things aside we might be able to focus more closely on God for a period of time. As one writer tells us, “Solitude is a terrible trial, for it serves to crack open and burst apart the shell of our superficial securities. It opens out to us the unknown abyss that we all carry within us . . .”<sup>[9]</sup> Busyness and superficial activities hide us from the fact that we have little or no inward experience with God. Solitude frees us from social conformity, from being conformed to the patterns of this world that Paul warns us about in Romans 12.

Solitude goes hand in hand with silence. The power of the tongue and the damage it can do is taken very seriously in the Bible. There is a quiet inner strength and confidence that exudes from people who are great listeners, who are able to be silent and to be slow to speak.

## **The Disciplines of Engagement**

Thus, the disciplines of abstinence help us diminish improper entanglements with the world. What about the disciplines of engagement?

Although study is not often thought of as a spiritual discipline, it is the key to a balanced Christian walk. Calvin Miller writes, “Mystics without study are only spiritual romantics who want relationship without effort.”<sup>{10}</sup> Study involves reading, memorizing, and meditation on God’s Word. It takes effort and time, and there are no shortcuts. It includes learning from great Christian minds that have gone before us and those who, by their walk and example, can teach much about the power available to believers who seek to experience the light burden that abiding in Jesus offers.

Few Christians deny the need for worship in their weekly routines, even though what constitutes worship has caused considerable controversy. Worship ascribes great worth to God. It is seeing God as He truly is. Willard argues that we should focus our worship through Jesus Christ to the Father. He writes, “When we worship, we fill our minds and hearts with wonder at him—the detailed actions and words of his earthly life, his trial and death on the cross, his resurrection reality, and his work as ascended intercessor.”<sup>{11}</sup>

The discipline of celebration is unfamiliar to most of us, yet Willard argues that it is one of the most important forms of engagement with God. He writes that “We engage in celebration when we enjoy ourselves, our life, our world, in conjunction with our faith and confidence in God’s greatness, beauty, and goodness. We concentrate on our life and world as God’s work and as God’s gift to us.”<sup>{12}</sup> Although much of the scriptural argument for holy celebration is found in the festivals of the Old Testament and the book of Ecclesiastes, Jesus was accused of being a glutton and a drunkard because he chose to dine and celebrate with sinners.

Christian fellowship and confession go hand in hand. It is within the context of fellowship that Christians build up and encourage one-another with the gifts that God has given to us. It is also in this context that we practice confession with trusted believers who know both our strengths and weaknesses.

This level of transparency and openness is essential for the church to become the healing place of deep intimacy that people are so hungry for.

Walking with Jesus doesn't mean just knowing things about Him; it means living as He lived. This includes practicing the spiritual disciplines that Jesus practiced. As we do, we will be changed through the Spirit to be more like Him and experience the rest that He has offered to us.

## Notes

1. Dallas Willard, *The Spirit of the Disciplines*, (New York: HarperCollins, 1991).
2. Ibid., viii.
3. Ibid., x.
4. Ibid., 67.
5. Ibid., 68.
6. Ibid., 29.
7. Ibid., 31.
8. Ibid., 156.
9. Ibid., 161.
10. Ibid., 176.
11. Ibid., 178.
12. Ibid., 179.

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# Dealing with Doubt in Our Christian Faith

*Dr. Michael Gleghorn points out that it is not having doubts about our Christian faith that is an issue, but rather how we*

*respond to that doubt. Attacking this issue from a biblical worldview perspective, Michael helps us understand our doubts and respond to them as an informed Christian.*

## Help! My Doubts Scare Me!

Have you ever doubted your faith? We all have doubts from time to time. We may doubt that our boss *really* hit a hole-in-one at the golf course last weekend, or that our best friend *really* caught a fish as big as the one he claimed to catch, or that the strange looking guy on that late night TV show was *really* abducted by alien beings from a distant galaxy! Sometimes the things we doubt aren't really that important, but other times they are. And the more important something is to us, the more personally invested we are in it, the scarier it can be to start having doubts about it. So when Christians begin to have doubts about something as significant as the truth of their Christian faith, it's quite understandable that this might worry or even frighten them.



Reflecting on this issue in *The Case for Faith*, Lee Strobel wrote:

For many Christians, merely having doubts of any kind can be scary. They wonder whether their questions disqualify them being a follower of Christ. They feel insecure because they're not sure whether it's permissible to express uncertainty about God, Jesus, or the Bible. So they keep their questions to themselves—and inside, unanswered, they grow and fester . . . until they eventually succeed in choking out their faith.[\[1\]](#)

So what can we do if we find ourselves struggling with doubts about the truth of Christianity? Why do such doubts arise? And how can we rid ourselves of these taunting Goliaths?

First, we must always remember that sooner or later we'll probably *all* have to wrestle with doubts about our faith. As Christian philosopher William Lane Craig observes, "Any Christian who is intellectually engaged and reflecting about his faith will inevitably face the problem of doubt."[{2}](#) Doubts can arise for all sorts of reasons. Sometimes they're largely intellectual. We might doubt that the Bible is *really* inspired by God or that Jesus was *really* born of a virgin. But doubts can take other forms as well. If a person has experienced great sorrow or disappointment, such as personal wounds from family or friends, the loss of a job, a painful divorce, the death of a loved one, or the loss of health, they may be seriously tempted to doubt the goodness, love, and care of their heavenly Father.[{3}](#)

Whenever they come and whatever form they take, we must each deal honestly with our doubts. To ignore them is to court spiritual disaster. But facing them can lead ultimately to a deeper faith. As Christian minister Lynn Anderson has said, "A faith that's challenged by adversity or tough questions . . . is often a stronger faith in the end."[{4}](#)

## **It's Not All in Your Head!**

Sometimes people have sincere doubts about the truth of Christianity, intellectual obstacles that hinder them from placing their trust in Christ. In such cases, Christians have an obligation to respond to the person's doubts and make a humble and thoughtful defense for the truth of Christianity. Nevertheless, as Craig observes, it's important to realize that "doubt is never a purely intellectual problem." Like it or not, there's always a "spiritual dimension to the problem that must be recognized."[{5}](#) Because of this, sometimes a person's objections to Christianity are really just a smokescreen, an attempt to cover up the *real* reason for their rejection of Christ, which is often an underlying moral or spiritual issue.

I once heard a story about a Christian apologist who spoke at a university about the evidence for Christianity. Afterward, a student approached him and said, "I honestly didn't expect this to happen, but you satisfactorily answered all my objections to Christianity." The apologist was a bit startled by such a frank admission, but he quickly recovered himself and said, "Well that's great! Why not give your life to Christ right now, then?" But the student said, "No. I'm not willing to do that. I would have to change the way I'm living, and I'm just not ready to do that right now."

In this case all the student's reasons for doubting the Christian faith had, by his own admission, been satisfactorily answered. What was really holding him back were not his doubts about the truth of Christianity, but a desire to live life on his own terms. To put it bluntly, he didn't want God meddling in his affairs. He didn't want to be morally accountable to some ultimate authority. The truth is that a person's intellectual objections to Christianity are *rarely* the whole story. As Christian scholar Ravi Zacharias observed, "A man rejects God neither because of intellectual demands nor because of the scarcity of evidence. A man rejects God because of a moral resistance that refuses to admit his need for God." [\[6\]](#)

Unfortunately, Christians aren't immune to doubting their faith for similar reasons. I know of a young man who had converted to Christianity, but who's now raising various objections to it. But when one looks beneath the surface, one sees that he's currently involved in an immoral lifestyle. In order to continue living as he wants, without being unduly plagued by a guilty conscience, he must call into question the truth of Christianity. For the Bible tells him plainly that he's disobeying God. Of course, ultimately no one is immune to doubts about Christianity, so we'll now consider some ways to guard our hearts and minds.

# I Believe, Help My Unbelief!

As He came down the mountain, Jesus was met by a large crowd of people. A father had brought his demon-possessed son to Jesus' disciples, but they were not able to cast the demon out. In desperation the father appealed to Jesus, "If You can do anything, take pity on us and help us!" Jesus answered, "If You can! All things are possible to him who believes." The father responded, "I do believe; help my unbelief."[{7}](#)

Can you identify with the father in this story? I know I can. Oftentimes as Christians we find that our faith is in precisely the same state as this father's. We genuinely believe, but we need help with our unbelief. It's always been an encouragement to me that after the father's admission of a faith mixed with doubt, Jesus nonetheless cast out the demon and healed the man's son.[{8}](#) But of course no Christian should be content to remain in this state. If we want to grow in our faith and rid ourselves of doubts, what are some positive steps we can take to accomplish this?

Well, in the first place, it's helpful to be familiar with the "principle of displacement." As Sue "Archimedes" Bohlin, one of my colleagues, has written:

The Bible teaches the principle of "displacement." That is, rather than trying to make thoughts shoo away, we are told to replace them with what is good, true, and perfect (Phil. 4:8). As the truth comes in the lies are displaced—much like when we fill a bathtub too full of water, and when we get in, our bodies displace the water, which flows out over the top of the tub.[{9}](#)

Once we grasp this principle, a number of steps for dealing with doubt quickly become evident. For one thing, we can memorize and meditate upon Scripture. We can also listen attentively to good Christian music. Paul speaks to the importance of both of these in Colossians 3:16: "Let the word

of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.”

In addition, we can read good Christian books that provide intelligent answers to some of the questions we might be asking. Great Christian scholars have addressed almost every conceivable objection to the truth of Christianity. If you have nagging doubts about some aspect of your faith, there’s almost certainly a work of Christian scholarship that speaks to it in detail. Finally, we must never forget that this is a spiritual battle. So let’s remember to put on the full armor of God so we can stand firm in the midst of it!{10}

## Faith and Reason

How can we [know if Christianity is really true?](#) Is it by reason, or evidence, or mystical experience? Dr. Craig has an answer to this question that you might find a bit surprising.{11} He distinguishes between *knowing* Christianity is true and *showing* that it’s true. Ideally, one attempts to *show* that Christianity is true with good arguments and evidence. But Craig doesn’t think that this is how we *know* our faith is true. Rather, he believes that we can *know* our faith is true because “God’s Spirit makes it evident to us that our faith is true.”{12}

Consider Paul’s statement in Romans 8:16, “The Spirit himself testifies with our spirit that we are God’s children.” Since every believer is indwelt by God’s Spirit, every believer also receives the Spirit’s testimony that he is one of God’s children. This is sometimes called the “assurance of salvation.” Dr. Craig comments on the significance of this:

Salvation entails that God exists, that Christ atoned for our sins . . . and so forth, so that if you are assured of your salvation, then you must be assured of . . . these other truths as well. Hence, the witness of the Holy Spirit

gives the believer an immediate assurance that his faith is true.[{13}](#)

Now this is remarkable. For it means we can *know* that Christianity is true, wholly apart from arguments, simply by attending to the witness of the Holy Spirit. And this is so not only for believers but for unbelievers, too. For the Spirit convicts the unbelieving world of sin, righteousness, and judgment, particularly the sin of unbelief.[{14}](#) So when we're confronted with objections to Christianity that we can't answer, we needn't worry. First, answers are usually available if one knows where to look. But second, the witness of the Spirit trumps any objections we might encounter.

Consider an illustration from the Christian philosopher Alvin Plantinga. Suppose I'm accused of stealing a document out of a colleague's office. Suppose I have a motive, an opportunity, and a history of doing such things. Suppose further that someone thought they saw me lurking around my colleague's office just before the document went missing. There's much evidence against me. But in fact, I didn't steal the document. I was on a walk at the time. Now should I doubt my innocence since the evidence is against me? Of course not! For I *know* I'm not guilty![{15}](#)

Similarly, writes Dr. Craig, "I needn't be shaken when objections come along that I can't answer."[{16}](#) For my faith isn't ultimately based on arguments, but on the witness of God's Spirit.

## **Stepping into the Light**

We've seen that both Christians and non-Christians can have doubts about the truth of Christianity. We've also seen that such doubts are never *just* an intellectual issue; there's *always* a spiritual dynamic that's involved as well. But since we'll probably never be able to fully resolve every single doubt we might experience, I would like to conclude by

suggesting one final way to make our doubts flee before us, much as roaches flee to their hidden lairs when one turns on the light!

In John 7:17 Jesus says, "If anyone chooses to do God's will, he will find out whether my teaching comes from God or whether I speak on my own." Here, Jesus frankly encourages us to put His teachings to the test and see for ourselves whether He really speaks for God or not. As biblical scholar Merrill Tenney comments, "Spiritual understanding is not produced solely by learning facts or procedures, but rather it depends on obedience to known truth. Obedience to God's known will develops discernment between falsehood and truth."[{17}](#) Are we *really* serious about dealing with our lingering doubts? If so, Jesus says that if we resolutely choose to do God's will, we can know if His teaching is really from God!

Sadly, however, many of us will *never* take Jesus up on His challenge. No matter how loudly we might *claim* to want to rid ourselves of doubt, the truth is that many of us just aren't *willing* to do God's will. But if you are, then Jesus says that "you will know the truth, and the truth will set you free."[{18}](#) In other words, we can know by *experience* that Jesus is from God, that His teachings are true, and that He really is who He claimed to be!

As Christian philosopher Dallas Willard observes, the issue ultimately comes down to what we *really* want:

The Bible says that if you seek God with all your heart, then you will surely find him. Surely find him. It's the person who wants to know God that God reveals himself to. And if a person doesn't want to know God—well, God has created the world and the human mind in such a way that he doesn't have to.[{19}](#)

The psalmist encourages us to "taste and see that the Lord is good."[{20}](#) If we do, we can know not only that God is good,

but also that He exists. And even if we still have some lingering doubts and unanswered questions in the back of our minds, as we surely will, they'll gradually fade into utter insignificance as we become more intimately acquainted with Him who loves us and who reconciled us to Himself through the death of His Son!{21}

## Notes

1. Lee Strobel, *The Case for Faith* (Grand Rapids, Mich.: Zondervan, 2000), 316.
2. William Lane Craig, *Hard Questions, Real Answers* (Wheaton, Ill.: Crossway Books, 2003), 31.
3. Lynn Anderson, interviewed in Lee Strobel, *The Case for Faith*, 322.
4. *Ibid.*, 326.
5. Craig, *Hard Questions, Real Answers*, 33.
6. Ravi Zacharias, quoted in Strobel, *The Case for Faith*, 343. See also John 3:19-21.
7. Mark 9:14-24.
8. See Mark 9:25-29.
9. Sue Bohlin, "I'm Having a Terrible Battle in My Mind," Probe Ministries, [probe.org/im-having-a-terrible-battle-in-my-mind/](http://probe.org/im-having-a-terrible-battle-in-my-mind/).
10. See Ephesians 6:10-20.
11. This section is largely just a summary of the discussion of faith and reason in Craig, *Hard Questions, Real Answers*, 35-39.
12. *Ibid.*, 35.
13. *Ibid.*, 36.
14. See John 16:7-11.
15. Alvin Plantinga, "The Foundations of Theism: A Reply," *Faith and Philosophy* 3 (1986): 310; cited in Craig, *Hard Questions, Real Answers*, 38-39.
16. *Ibid.*, 39.
17. Merrill C. Tenney, "The Gospel of John," in *The Expositor's Bible Commentary*, ed. Frank E. Gaebelin, vol. 9 (Grand Rapids: Zondervan Publishing House, 1981), 84.

18. John 8:32.

19. Dallas Willard, quoted in Strobel, *The Case for Faith*, 352.

20. Psalm 34:8.

21. See 2 Corinthians 5:18-21.

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## Why Bible Study Matters

*Tom Davis builds a case for why we should study the Bible, drawing on both the Old Testament and New Testament scriptures.*

Does it matter if we study the Bible?

I recently encountered an article claiming it doesn't. The author claimed that Christians are not feeding the poor, helping the downtrodden, seeking justice for the persecuted, or evangelizing people, because we are too busy studying our Bibles. (Interestingly, the article has since been removed, but the question remains.)

Is his concern valid? Approximately 16% of people in the United States read their Bible most days during the week.<sup>{1}</sup> A 2014 article in *Christianity Today* states, "The average length of time spent studying the Bible was between 10 and 20 minutes per session."<sup>{2}</sup> According to Probe's 2020 religion survey, "Only one out of five Born Again Christians ages 18 through 29 pray daily, attend church at least monthly, and read the Bible at least weekly."<sup>{3}</sup> The statistics indicate that the average amount of time Christians spend reading their Bible cannot be what is keeping Christians from sharing their faith, helping those in need, or helping the homeless.

Another issue that the author raised is that the early church did not have an authoritative list of New Testament books for more than three hundred years after Jesus' resurrection. I am unsure how these historical facts show that anyone today is spending too much time reading their Bible. Are we better off when we have all the books of the Bible? Would these early Christians have preferred having all the books of the Bible? Would they want to stick with having parts of the Old Testament, a Gospel or two, and a few of the epistles? I think they would be confused why this pastor thinks that Christians are spending too much time studying their Bible.

## **What the Old Testament Says About Reading the Bible**

One way we can figure out the role that studying the Bible should play in the life of the Christian is to look at what the Bible says about reading the Scriptures. We should start with the Old Testament. The first passage to examine is:

These words I am commanding you today must be kept in mind, and you must teach them to your children and speak of them as you sit in your house, as you walk along the road, as you lie down, and as you get up. You should tie them as a reminder on your forearm and fasten them as symbols on your forehead. Inscribe them on the doorframes of your houses and gates. (Deuteronomy 6:6-9 NET)

God is preparing to lead the Hebrews into the promised land. He tells the people that they are to remember the covenant, teach the covenant to their children, and place inscriptions from the covenant in prominent places in their homes. Knowing and teaching the commands of God is so important that this charge is repeated in Deuteronomy 11:18-23.

Peter Cousins states, "Not only is it to be upon the heart . . . it must take first place in training children, in conversation (at home and outside) from the beginning to the

end of the day; it should govern the senses, control behavior, and direct life in the home and community.”<sup>{4}</sup> The words of the covenant between God and the Hebrew people are so important that the words have to be known and understood. That requires study. Knowing the covenant is so important that the Hebrew people are commanded to decorate their walls, doorframes, and gates. The people are even commanded to have the words of the covenant on their clothes. All of this indicates that God intends for His people to know and follow His commands, and that this is done by studying them. Even the people who could not read would memorize the law. (Ancient cultures operated from an oral tradition; people were used to hearing, memorizing, and repeating stories and passages from verbal input alone.) To be fair, few Jews would have been able to recite the first five books of the Bible from memory, but they would have been able to recite long passages of Scripture.

The most common passage that was most often recited was the Shema, “Hear, O Israel: the Lord is our God, the Lord is one! You must love the LORD your God with your whole mind, your whole being, and all your strength” (Deuteronomy 6:4-5). Jesus said this is God’s greatest commandment (Matthew 22:36-40). Jews would pray the Shema several times a day. This is the passage most often found on doorposts and in houses in archaeological digs.

As the people prepare to enter the land promised to them, God makes provisions for a future King. The responsibilities and conduct of the king are:

When he sits on his royal throne he must make a copy of this law on a scroll given to him by the Levitical priests. It must be with him constantly, and he must read it as long as he lives, so that he may learn to revere the Lord his God and observe all the words of this law and these statutes and carry them out. (Deuteronomy 17:18-19 NET)

Here we can see that the king does not make the law. God gave the law to Moses. The Levitical priests were to copy the law and teach it to the people. The priests were also tasked with giving the king a copy of the law so that the king could carry out God's law. The King is under the authority of the priests and of God. The king is not allowed to make his own law, he must be obedient to God.{5}

As Joshua leads the people into the promised land God tells him, "This law scroll must not leave your lips. You must memorize it day and night so you can carefully obey all in it. Then you will prosper and be successful" (Joshua 1:8 NET). Even before a king was installed over the people, the leaders of Israel were to lead God's people according to the law so they could be successful in following God.

As Israel moved into the land God had promised them, they became corrupt. The priests did not teach the kings or the people. God sent prophets to the people to call them back to living faithfully to the covenant. The people would not keep the covenant they made with God, and the priests would not teach the law to the people. God, in the book of Hosea, tells the priests:

My people are destroyed for lack of knowledge.  
Because you have rejected knowledge,  
I will reject you from serving as my priest.  
Since you have forgotten the law of your God,  
I will also forget your sons. (Hosea 4:6 CSB)

Despite all of these warnings, Israel was not faithful in following God. David Allan Hubbard summarizes the situation, "The collapse of the priests and prophet, key ministers of law and word, leads inevitably to the disastrous destruction." {6} The priests were not teaching the people or the kings. This led to God sending the people into exile and the destruction of the Temple in Israel. As a result of a lack of faithfulness and a lack of knowledge of God's law, Israel was separated

from God.

## What the New Testament Says About Reading the Bible

The Gospels tell us that after his baptism Jesus has a 40-day fast followed by a confrontation with Satan. This involved Satan tempting Jesus by quoting scripture, and Jesus rebukes him by quoting Scripture (Matthew 4:1-11; Luke 4:1-13). New Testament Scholar Craig Keener gives the following description: “This text also shows that Jesus does not just use Scripture to accommodate contemporary views of its authority; he uses it as his authority and the final word on ethics even when dealing with a supracultural adversary.”<sup>{7}</sup> While the Bible was written by people living in cultures that existed in real places and real times in the past, the morality taught within scripture is not restricted by those historical and cultural settings. As Jesus’ followers, we need to understand what is expected of us morally. In order to know Christian morality, we must study the Bible.

The Gospels also show that Jesus had debates concerning what was taught in the Scriptures. These debates often included not just morality, but the identity of the Messiah, and the power of God. In one debate Jesus tells the Sadducees, “You are deceived because you don’t know the scriptures or the power of God” (Matthew 22:29 NET). The Sadducees did not know the scriptures because they only studied the first five books of the Bible. They didn’t know the power of God because they rejected the resurrection. Stanley Horton writes, “Those who do not really know what the scriptures teach, nor God’s omnipotent power cannot avoid going astray.”<sup>{8}</sup>

In another debate with the Pharisees Jesus said, “You study the scriptures thoroughly because you think in them you possess eternal life, and it is these same scriptures that testify about me, but you are not willing to come to me so

that you may have life” (John 5:39, 40 NET). The Pharisees rejected Jesus because they saw him as a threat. Jesus had undermined their authority and threatened their position in the culture, so they were obstinate. Keener states, “They believed that one had eternal life through the scriptures; but Jesus says that the Scriptures witness to him, hence to reject him is to disobey the Scriptures.”[{9}](#) By rejecting Jesus, the Pharisees unintentionally rejected the Scriptures. By rejecting Jesus, they could not possess eternal life.

In the book of Acts, we see Jesus’ disciples proclaiming to everyone who will listen that Jesus is the Messiah and was raised from the dead. This led to debates and conflicts with the Jewish authorities. In Acts chapter seven Stephen accuses the Jewish council that they failed to follow the scriptures. In chapter eight Philip leads an Ethiopian eunuch to faith by starting with a passage in Isaiah and telling him about the gospel of Jesus. Later in Acts Paul met repeatedly with a group of Jews. Acts describes the Bereans as “more open-minded than those in Thessalonica, for they eagerly received the message, examining the scriptures carefully every day to see if these things were so” (Acts 17:11 NET). The reaction of the Bereans is not emotional. They investigated the scriptures intellectually to see what was true.[{10}](#)

In his letters Paul addresses why God gave us the scriptures. In Romans Paul writes, “For everything that was written in former times was written for our instruction, so that through endurance and through encouragement of the scriptures we may have hope” (Romans 15:4). John Murray comments, “In Paul’s esteem Scripture in all its parts is for our instruction, that the Old Testament was designed to furnish us in these last days with the instruction necessary for the fulfillment of our vocation to the end, and that it is as written it promotes this purpose.”[{11}](#) Part of being on fire for Christ is fulfilling our vocation. The primary way we know what our

vocation is and how we can fulfill it is through studying our Bible.

In his second letter to Timothy, Paul doubles down on the benefits of studying scripture. Paul reminds Timothy that he was taught the scriptures while he was a child. Then Paul writes, "Every scripture is inspired by God and useful for teaching, for reproof, for correction, and for training in righteousness, that the person dedicated to God may be capable and equipped for every good work" (2 Timothy 3:16-17). Paul is reminding Timothy that scripture has authority because it comes from God. Scripture is good for learning about God and ethics. The Jews have this benefit, but the Christians have a better understanding because Jesus taught the Apostles, which gave them a better understanding of the scriptures than that of the Jews.[{12}](#)

The last passage that I would like to examine is in Revelation. "Blessed is the one who reads the words of this prophecy aloud, and blessed are those who hear and obey the things written in it, because the time is near!" (Revelation 1:3). While this verse is speaking specifically about people who read Revelation, by logical extension we are blessed any time we read any part of the scripture. All scripture is given by God, therefore when you read any part of scripture you will be blessed. What does it mean to be blessed by reading scripture? Earl F. Palmer answers, "It does not express superficial sentiment but instead the rugged and tested assurance that it is a good thing to be walking in the pathway of God's will."[{13}](#) Our obedience to scripture brings blessing. We cannot be obedient to scripture without studying the Bible.

## Conclusion

In one sense the author of the article I mentioned was correct. If we spend so much time studying the Bible that Christians never feed the hungry, help the poor, make

disciples for Christ, or work to bring justice to the downtrodden then we are neglecting part of what we were commanded to do. But how can we even know that Christ commands us to do those things if we do not study the Bible?

In the examination of what the Bible says about Bible study, we can see that Bible study is an indispensable part of the Christian life. We can see in Deuteronomy that God commanded the Hebrews to memorize and obey the Law. When they failed to do this, they were ultimately exiled by God. Jesus reprimanded the Sadducees and the Pharisees for not knowing and believing the scriptures. Paul and John taught that Christians would be blessed by studying the scriptures.

The reason we are blessed when we study the Bible is that when we study, we develop and form a Christian worldview. The story shapes our values, our morals, and the way we live. The way we think about the people and the world around us is changed by studying scripture. One other aspect is that when we study the Bible, we enter into the glory of God. When we study the Bible, we are in God's presence in the same way as when we are praying. Studying the Bible is an act of worship.[{14}](#)

Finally, studying the Bible is how we obey the command in Ephesians 5:10 to "find out what pleases the Lord." Since the greatest commandment is to love God (Matthew 22:37) as noted above, how can we love Him without knowing what pleases Him? And since we find that God's love language is obedience (John 14:15), how can we discern what to obey without studying His word? How can we avoid sin if we have never studied the Bible to find out what sin is?

How can Christians implement Bible study into a busy 40-hour work week and taking care of kids and spending time with their spouse? You do not have to spend hours a day studying. Spend ten or fifteen minutes in the morning or at night to read the Bible. Take five minutes of your lunch break to read a chapter. If you are so busy that you cannot study during the

work week, find fifteen minutes to study on your day off. Whatever amount of time you spend studying the Bible, God will honor and bless you for that time.

## Notes

1. [State of the Bible 2021: Five Key Findings – Barna Group](#)
2. [Evangelicals admit struggling to find time for daily Bible reading and prayer \(christiantoday.com\)](#)
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# Current Events and the Currency of Truth: "Test Everything"

*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, [\[1\]](#) 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 life-giving 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.[{7}](#) 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.[{8}](#) 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. [{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" [{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.[{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 and flag the source.

**Discerning and Dealing with False Dichotomies**—With so many events and “empty philosophies of men,”<sup>{12}</sup> 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.”<sup>{13}</sup> 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.<sup>{14}</sup> 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

1. Exodus 36:1.
2. Tim Challies, *The Discipline of Spiritual Discernment*, (Wheaton, IL, Crossway Books 2007), 14. I owe this well-researched story and many concepts to Challies.
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/](https://probe.org/atheist-myths-and-scientism/). Note: this belief sneaks into the minds and convictions of Christians, too, who don't see its influence.
6. See [probe.org/worldviews-part-2/](https://probe.org/worldviews-part-2/) and [probe.org/truth-what-it-is-and-why-we-can-know-it/](https://probe.org/truth-what-it-is-and-why-we-can-know-it/).
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/](https://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/](https://imprimis.hillsdale.edu/control-need-rein-big-tech/).
8. “Love your enemies . . . .”, Leviticus 19:18; Matthew 12:31.
9. Acts 17:11. More to come on general as well as spiritual discernment to via [Probe.org](https://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/](https://Probe.org/answers/) and [Ask Probe.](#)
12. Galatians 2:8.
13. 2 Timothy 2:15.
14. Hebrews 11:16.

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## Glorious Morning Glories

This is what love looks like.

My husband planted morning glories for me on our back fence because they are my favorite.



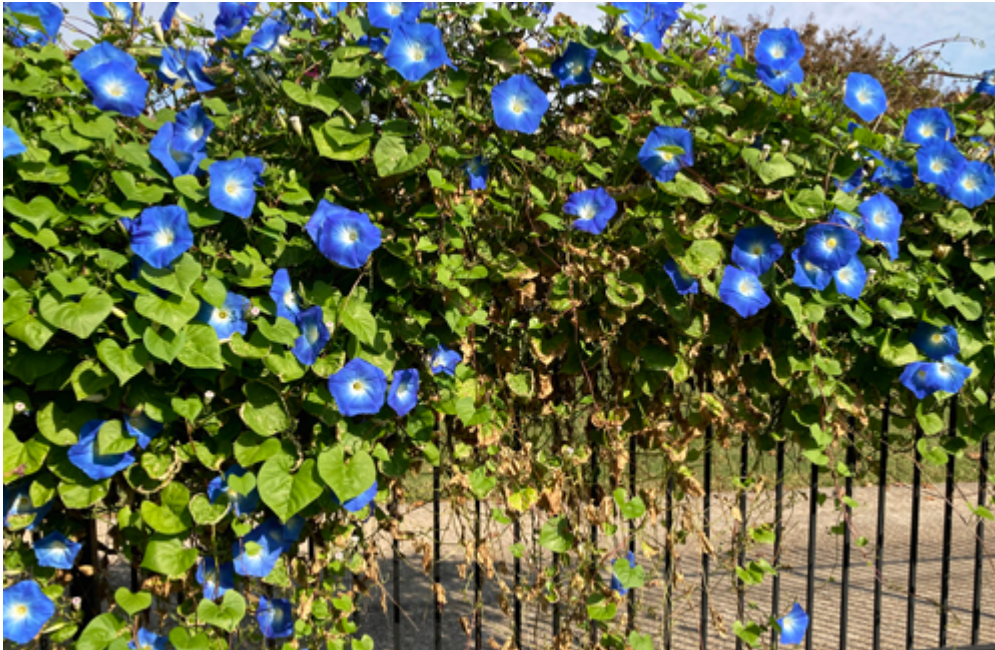
I love that a whole new batch of brand new blooms pops out each morning, day after day of fresh beauty that reminds me of Lamentations 3:23, that God's mercies are "new every morning—great is Your faithfulness!"

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!

This blog post originally appeared at [blogs.bible.org/glorious-morning-glories/](https://blogs.bible.org/glorious-morning-glories/) on December 15, 2020.

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# Addressing Anxiety in Tumultuous Times

*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.<sup>{11}</sup> "By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm."<sup>{12}</sup> New habits are formed over time. When it comes to our minds, "practice doesn't make perfect; it makes permanent."<sup>{13}</sup>

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.<sup>{14}</sup> 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."<sup>{15}</sup> 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."[{22}](#)

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."[{23}](#) 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.”[{24}](#)

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.[{28}](#) Starve the bad, feed the good.

As Paul instructed the Philippian church, dwell on what is good and pure, true and worthy of praise.[{29}](#)

## 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?”

2. Nick Givas, Fox News, “Prescriptions for anti-anxiety meds spike amid coronavirus outbreak, new report finds,” posted April 18, 2020. [www.foxnews.com/health/prescriptions-anti-anxiety-meds-spike-amid-coronavirus](http://www.foxnews.com/health/prescriptions-anti-anxiety-meds-spike-amid-coronavirus).

3. Amy Hollyfield, “Suicides on the rise amid stay-at-home order, Bay Area medical professionals say,” posted May 21,

- 2020, [abc7news.com/suicide-covid-19-coronavirus-rates-during-pandemic-death-by/6201962](https://abc7news.com/suicide-covid-19-coronavirus-rates-during-pandemic-death-by/6201962).
4. Dr. Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking and Health*, (Grand Rapids: Baker Books, 2013, p. 19 (emphasis mine).
  5. Ibid.
  6. Leaf, 39.
  7. Leaf, 64.
  8. Proverbs 23:7.
  9. Leaf, 47.
  10. Leaf, 65.
  11. As with Buddhist meditation practices seeking utter emptiness.
  12. Jennifer Wolkin, Mindful.org, "How the Brain Changes When You Meditate," posted September 20, 2015, [www.mindful.org/how-the-brain-changes-when-you-meditate](http://www.mindful.org/how-the-brain-changes-when-you-meditate).
  13. J.P. Moreland, *Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace*, Grand Rapids: Zondervan, 2019), 67.
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  15. Matthew 26:41.
  16. Ibid. Wolkin
  17. Various Authors, *Psychiatry Research: Neuroimaging*, Volume 191, Issue 1, 30 January 2011, Pages 36-43. Posted Nov. 10, 2010:  
[www.sciencedirect.com/science/article/abs/pii/S092549271000288X](http://www.sciencedirect.com/science/article/abs/pii/S092549271000288X).
  18. Isaiah 26:3.
  19. John 10:10.
  20. *Finding Quiet*, 54-55 (emphasis mine).
  21. Ephesians 2:12, Amplified Bible.
  22. Philippians 4: 6-7, New Living Translation.
  23. *Finding Quiet*, 113.
  24. 2 Corinthians 10:5.
  25. Psychologists Edmund Bourne and Lorna Garano, cited by Moreland.
  26. Entire section, *Finding Quiet*, p. ?

27. Proverbs 4:23, CSB.

28. Leaf, 151.

29. Philippians 4:8.

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