

# Body and Soul in the New Testament

*Dr. Michael Gleghorn draws on John Cooper's book Body, Soul and Life Everlasting to provide an overview of what the New Testament teaches about the body-soul connection.*

## The Teaching of Jesus

What does the New Testament teach about the nature and destiny of human beings? In a [previous article](#), I discussed what the Old Testament has to say about these issues, giving special attention to the human body and soul. In this article, we'll consider what the New Testament has to say.

About 400 years separate the end of the Old Testament from the beginning of the New. During this so-called "intertestamental" period, Jewish biblical scholars, like the Pharisees, continued to teach and write about what God had revealed in the Hebrew Scriptures. According to John Cooper, the Pharisees taught that when a person dies, the soul leaves the body to continue its existence "in an intermediate state, already enjoying or lamenting the anticipated consequences of God's judgment."[1](#) Interestingly, both Jesus and the Apostle Paul also seem to have held this view.[2](#)



Consider, for example, some of the last words spoken by Jesus just prior to His death on the cross. You may remember that Jesus was crucified between two criminals. While one of these men railed against Jesus, the other (aware of his guilt), asked Jesus to "remember" him when He came into His kingdom (Luke 23:39-42). Jesus responded by promising *this* man that he would join Him "in Paradise" that very day (v. 43). Paradise, in the Jewish thinking of the time, was understood to be a pleasant and refreshing place where the souls of the righteous

continue their existence between the death and resurrection of the body. [\[3\]](#)

The body, in other words, may die, but the soul, or person, continues to exist apart from their body. Although this criminal had only hours left to live, his elementary confession of faith in Jesus resulted in Jesus promising him that they would be together in Paradise that very day! This ought to encourage all of us who have put our hope in Christ for salvation. Our bodies may wear out and die. But when they do, we shall go to be with Christ, awaiting the resurrection of our bodies while enjoying the presence of the Lord!

But what about the other criminal, the one who mocked and insulted Jesus? Although we're not told what happened to him, we know from elsewhere in Scripture that the souls of the unrepentant also continue to exist after the death of the body. In the next section we'll take a closer look at the fate of the righteous and unrighteous dead.

## **The Rich Man and Lazarus**

What happens to us when we die? Do we continue to exist in some sense? Jesus' story of the rich man and Lazarus appears to offer some answers to these questions (see Luke 16:19-31). The story concerns a rich man, who lacks for nothing, and a poor beggar, named Lazarus, who is laid at the rich man's gate (v. 20). The story implies that the rich man could have helped Lazarus, but never did so.

Eventually, both men died. Lazarus is said to be "carried by the angels to Abraham's side" (v. 22). Essentially, he is depicted as being with the Jewish patriarch Abraham in Paradise. Paradise, you'll remember, was considered a place of rest and refreshment for the righteous dead. By contrast, the rich man, his body having been buried, finds himself in "torment" in Hades (vv. 22-23). Seeing both Abraham and Lazarus at a great distance, he pleads with them for help.

Abraham, however, tells him that this just isn't possible (vv. 24-31).

What might this story teach us about the nature and destiny of human beings? Though we should perhaps be careful about reading the story too literally, it seems to teach that we will each continue to exist (in some sense) even *after* the death of our body. Moreover, this existence will be experienced as either joyful or sorrowful, depending on our relationship with God. Although the story seems to depict the rich man and Lazarus as if they still have bodies of some sort, John Cooper offers several reasons for believing that the story is using figurative language to describe a time in which these men exist apart from their bodies.<sup>{4}</sup> This would be the period between the death and resurrection of the body. What are some of the reasons that Cooper offers for this view?

First, at the time Jesus tells this story, He regarded the resurrection as a still future event (see Luke 20:34-36). It is thus unlikely that the story here concerns some sort of literal bodily existence. Second, the story locates the rich man in "Hades"—and this term appears only to be used of the intermediate state, between the death and resurrection of the body.<sup>{5}</sup> The story thus appears to depict the rich man and Lazarus as consciously existing persons between the death and resurrection of their bodies. And if this is so, then we are *more* than just our bodies (as we'll see more fully in the next section).

## **Paul's Heavenly Vision**

Do you view yourself as *more* than just your body? Might you also have a soul? We've previously considered evidence for the human soul in the teachings of Jesus. In this section, we'll consider further evidence from the writings of the Apostle Paul. In his second letter to the Corinthians, Paul recounts an extraordinary experience which he had fourteen years earlier (see 2 Corinthians 12:1-4, 7). He describes being

“caught up . . . into paradise” and hearing “things that cannot be told, which man may not utter” (vv. 2-4).

For our purposes, the most important element of this experience concerns a peculiar detail mentioned twice by the apostle. According to Paul, he was unsure whether he had this experience while “in the body or out of the body” (vv. 2-3). That is, Paul was unsure whether he had been “caught up into Paradise” (v. 3) in his body, or out of it. But why is this important? Because it shows that Paul regarded the “out of body” option as a genuine possibility.[{6}](#)

You see, many scholars have argued that Paul did not believe in any sort of conscious existence apart from the body. The great New Testament scholar F. F. Bruce claimed that Paul “could not conceive” of a situation in which he might exist and have experiences apart from his body.[{7}](#) Now you might be thinking, “Well wait just a minute. Didn’t you say that Paul was unsure whether this experience had occurred while in the body or out of it? Maybe he remained in his body and the experience was just a *vision* of Paradise, occurring while he was in some sort of trance-like state on earth.”[{8}](#)

Yes, you’re right. That *is* possible (although it doesn’t seem consistent with what Paul actually says).[{9}](#) And here’s the thing: the very fact that Paul was unsure whether this experience occurred while he was in (or out of) his body, tells us that he regarded the “out of body” explanation as a genuine possibility. And if this is so, then contrary to what some scholars have said, Paul most certainly *could* conceive of conscious existence apart from his body. Indeed, he thought he may have had just such an experience himself.

But we can take this argument further. For as we’ll see in the next section, Paul (like the Pharisees and Jesus), seemed to think that we’ll continue to exist and have experiences between the death and resurrection of our bodies.

## Our Heavenly Dwelling

When I was a child, our family would occasionally go camping. Although we usually went in a camper, with air-conditioning and beds, I've also spent a few nights camping out in a tent. Most of us have probably had such an experience (though whether we enjoyed it or not is another matter). A tent is basically a portable structure that provides a temporary place to stay while we're away from our permanent home.

In 2 Corinthians 5 the Apostle Paul has a fascinating discussion that touches on some of these issues (see vv. 1-10). The discussion is challenging, but if we consider it step by step, I think we can get a handle on what the apostle is saying. He begins, "For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens" (v. 1).

When Paul writes of "the tent that is our earthly home," he is referring to our physical bodies here and now. If our body is "destroyed," and we die physically, "we have," says Paul, "a building from God . . . eternal in the heavens" awaiting us. According to John Cooper, this "building" can plausibly refer to one of two things.<sup>{10}</sup> It *might* refer to our future resurrection body. However, it may also refer simply to "being 'with Christ'." If the second option is meant, then Paul is speaking about going to be "with Christ" at the time of death, in which we are (as he later puts it), "at home with the Lord" (2 Corinthians 5:8; see also Philippians 1:23).

Paul characterizes our present "earthly" state as one of groaning, "longing to put on our heavenly dwelling" that "we may not be found naked" (1 Corinthians 5:2-3). Although these verses are difficult to interpret, it is probable that "nakedness" refers to temporarily existing without a body when we die. If so, then Paul is saying that when we die, we go immediately to be "with Christ." There we are "at home with the Lord," awaiting that day in which we will "put on our

heavenly dwelling” (v. 2). This likely refers to our resurrection body. At the time of the resurrection, our souls will be united with a glorious new body, so that we might eternally enjoy life with Christ and fellow believers in the new heaven and new earth. We will consider these issues more fully in the next section.

## **The Resurrection of the Body**

The Bible envisions a future time in which all who have died will be raised from the dead into some sort of physical, bodily existence. The New Testament writers refer to this as “the resurrection of the dead” and it will include both believers and unbelievers. Hence Jesus, referring to His own unique role in executing divine judgment, claims that “an hour is coming when all who are in the tombs will hear His voice and come out, those who have done good to the resurrection of life, and those who have done evil to the resurrection of judgment” (John 5:28-29). Although evidence elsewhere in the New Testament suggests that different groups of people may be raised at different times, the key point here is that this event has not yet taken place. It’s still in the future.

Paul says much the same thing in several of his letters. To cite just one example, he tells the Philippians that “we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables Him even to subject all things to Himself” (Philippians 3:20-21). Elsewhere Paul tells us that our resurrection bodies will be “imperishable,” “powerful,” and glorious (1 Corinthians 15:42-43). It’s incredibly exciting to contemplate the fact that the Lord intends to give his people marvelous new bodies, patterned after his own resurrection body, so that we might enjoy eternal life with him forever. When that day dawns, our joy will truly be complete!

So how might we attempt to summarize our discussion in this article? First, both Jesus and Paul seem to have taught that

human beings are (in some sense) composed of both a body and a soul. John Cooper describes the relationship of soul and body as one of “functional holism.” Our body and soul *function* as a thoroughly integrated *whole* during our present earthly lives. But when our body dies, our soul continues to exist, awaiting the resurrection of our body at some future time.[\[11\]](#)

On that day, our soul will be united with our resurrection body, either to enjoy eternal life with Jesus, or face eternal judgment in hell. This, it seems to me, is what the New Testament has to say about the nature and destiny of humanity. In Christ we are offered a sure and steadfast hope for both our soul—and our body!

### Notes

1. John W. Cooper, *Body, Soul & Life Everlasting: Biblical Anthropology and the Monism-Dualism Debate* (Grand Rapids, MI: Eerdmans, 2000), Kindle Loc. 1208.

2. J. P. Moreland, *The Soul: How We Know It's Real and Why It Matters* (Chicago: Moody, 2014), 55, Kindle.

3. This becomes a bit complicated. John Cooper points out that Jewish thinking about the afterlife continued its development during the intertestamental period. While some Rabbis conceived of “Paradise” as a special place for the righteous dead within Sheol, others began to think of Paradise as outside Sheol altogether. Regardless of such differences, however, Cooper reminds us that “Paradise” was understood as the place “where the blessed dwell with the Lord” (see Cooper, *Body, Soul & Life Everlasting*, Kindle Loc. 1175-1200).

4. Cooper, *Body, Soul & Life Everlasting*, Kindle Loc. 1605; see also Loc. 1592-1607.

5. Again, see Cooper's discussion in *Body, Soul & Life Everlasting*, Kindle Loc. 1592-1607.

6. Cooper makes this point emphatically in *Body, Soul & Life Everlasting*, Kindle Loc. 1880-86.

7. F. F. Bruce, *Paul: Apostle of the Heart Set Free* (Grand Rapids: Eerdmans, 1977), 313; cited in John Cooper, *Body, Soul*

*& Life Everlasting*, Kindle Loc. 1840.

8. This possibility is also mentioned in *Cooper, Body, Soul & Life Everlasting*, Kindle Loc. 1871.

9. Again, see *Cooper, Body, Soul & Life Everlasting*, Kindle Loc. 1872.

10. See *Cooper, Body, Soul & Life Everlasting*, Kindle Loc. 1837.

11. See Cooper's discussion in *Body, Soul & Life Everlasting*, Kindle Loc. 699-712.

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# Gen-Z: The Generation That Ends Christian Influence in America?

*In order to grow the number of Gen-Z Christians, we need an understanding of ways to build bridges from their pluralistic, secular worldview to seriously contemplating the unique grace of God. Steve Cable draws upon the wisdom of two pastors who are making a real difference in the lives of young adults to address this important topic.*

## What Are Gen-Zs Like?

In this article we look beyond the Millennials to consider the latest generation and what they tell us about the future of Evangelicals in America. Gen-Z is the generation born between 1995 and 2010.

This year, half of the Gen-Z generation are 18 or older. By the time they are all at least 18, the Millennials and Gen-Zs





will make up almost 50% of the adult population. We will consider how this generation compares with previous generations. We want to understand this generation to truly communicate the good news of the gospel to them; to help them “to walk in a manner worth of the Lord.”[{1}](#)

In their book, *So the Next Generation Will Know*[{2}](#), Sean McDowell and J. Warner Wallace identified some key traits common among Gen-Zs. They are:

1. Digital Multitaskers – “spending nearly every waking hour interacting with . . . digital technology,” often while watching television
2. Impatient – quickly moving from thing to thing with an attention span of around 8 seconds
3. Fluid – constantly blurring the lines; making truth, genders, and family structures personal choices
4. Lonely – swamped in social media where personal relationships are minimized while personal troubles follow them everywhere. Sean points to “the availability of endless counterfeits that claim to be able to fill their hearts with meaning.”[{3}](#)
5. Individualistic – individual feelings more important than facts while judging the choices of others is avoided. As James White points out in *Meet Generation Z*[{4}](#), “the ability to find whatever they’re after without the help of intermediaries . . . has made them more independent. . . . Like no other generation before, Gen-Z faces a widening chasm between wisdom and information.”[{5}](#)

Most importantly, most of these young Americans are thoroughly secular with little exposure to Christian theology. As White opines, “They are lost. They are not simply living in and being shaped by a post-Christian cultural context. They do not even have a memory of the gospel. . . . They have endless amounts of information but little wisdom, and virtually no mentors.”[{6}](#)

As they enter adulthood, the culture around them will not encourage them to consider the claims of Christ. In fact, the Millennials going before them are already seen leaving any Christian background behind as they age into their thirties.

## Gen-Z: How Are They Trending?

What can we truly know about the religious thinking of Gen-Zs age 11 to 25? Pew Research surveyed teens and their parents giving us a glimpse into both<sup>{7}</sup>.

They found *one third* of American teens are religiously Unaffiliated.<sup>{8}</sup> In contrast, their parents were less than *one quarter* Unaffiliated. Another Pew survey<sup>{9}</sup> found more than *half* of young adult Gen-Zs are unaffiliated. This group is easily the largest religious group among Gen-Zs.

Teens attend church services with their parents, but lag behind in other areas. Less than *one fourth* of teens consider religion very important. And on an absolute belief in God and praying daily, the teens trail their parents significantly.

Using an index of religious commitment<sup>{10}</sup>, almost *half* of the parents but only *one third* of teens rated high. In fact, almost half of teenagers with parents who rated high did not rate high themselves.<sup>{11}</sup>

Perhaps the minds of teenagers are mush. Their views will firm up as they age. In reality, older Gen-Zs and Millennials also trail older adults by more than 20 points in believing in God and praying daily.<sup>{12}</sup> Also, church attendance drops dramatically among these young adults who are no longer attending with parents.

If religion were important to teens, they would look to religious teaching and beliefs to help make decisions about what is right and wrong. But less than *one third* of teens affiliated with a religion turned to its teachings to make such decisions.

As George Barna reports, [{13}](#) “The faith gap between Millennials and their predecessors is the widest intergenerational difference identified at any time in the last seven decades.” It seems that Gen-Z will increase this gap.

## **Gen-Z: Worldview and Apologetics**

Why have the Unaffiliated been growing dramatically over the last 25 years while doctrinally consistent Christians have been declining? At one level, we recognize the watered-down gospel taught in many churches encourages people to pursue other things and not waste time on church. That may have been the primary issue at one time. But in this decade, we are seeing a real reduction in the number of Evangelicals as well. The self-professed Evangelicals [{14}](#) among those ages 18 to 29 has reduced from 29% down to 20%, a reduction of almost one third.

One major driver is the dominant worldview of our young adult society. The worldview promoted by our schools, media, and entertainment industry has changed from a Christian inspired worldview to a worldview which is secular and specifically anti-Christian. As James White observes, “It’s simply a cultural reality that people in a post-Christian world are genuinely incredulous that anyone would think like a Christian—or at least, what it means in their minds to think like a Christian.” [{15}](#)

Almost all Gen-Zs have been brought up hearing the worldview of Scientism espoused. This worldview teaches “that all that can be known within nature is that which can be empirically verified . . . If something cannot be examined in a tangible, scientific manner, it is not simply unknowable, it is meaningless.” [{16}](#) At the same time, most Gen-Zs have not even been exposed to an Evangelical Christian worldview. Consequently, apologetics is critical for opening their minds to hear the truth of the gospel. Many of them need to

understand that the basic tenets of a Christian worldview can be true before they will consider whether these tenets are true for them. Answering questions such as: “Could there be a creator of this universe?” and “Could that creator possibly be involved in this world which has so much pain and suffering?” is a starting point to opening their minds to a Christian view.

Encouraging Gen-Zs to understand the tenets of their worldview and comparing them to a Christian worldview begins the process of introducing them to the gospel. As White points out, “I have found that discussing the awe and wonder of the universe, openly raising the many questions surrounding the universe and then positing the existence of God, is one of the most valuable approaches that can be pursued.”[{17}](#) The Christian worldview is coherent, comprehensive and compelling as it explains why our world is the way it is and how its trajectory may be corrected into one that honors our Creator and lifts up people to a new level of life.

## **Gen-Z: Removing the Isolation of Faith**

What will it take to reach Gen-Z? James White says, “. . . the primary reason Gen-Z disconnects from the church is our failure to equip them with a biblical worldview that empowers them to understand and navigate today’s culture.”[{18}](#) If we want to equip Gen-Zs to embrace faith, we must directly discuss worldview issues with them.

The challenge is exacerbated as most Gen-Zs are taught a redefined tolerance: to not only accept classmates with different worldviews, e.g. Muslims and the Unaffiliated, but to believe that it is as true for them as your parents’ worldview is for them. As Sean McDowell states, “Gen-Zs are exposed to more competing worldviews—and at an earlier age—than any generation in history.”[{19}](#)

The new tolerance leads directly to a pluralistic view of

salvation. Christ stated, “No one comes to the Father except through me,”[{20}](#) and Peter preached that “There is salvation in no one else, for there is no other name under heaven . . . by which we must be saved.”[{21}](#) Yet the survey of American teens[{22}](#) finds *less than one third* believe that only one religion is true, broken up into *two-thirds* of Evangelicals and *less than one-third* of Mainlines and Catholics.

Compounding these issues is the growing practice of limiting the impact of religious beliefs on real life. Sean points out, “The biggest challenge in teaching worldview to young people is the way our increasingly secular culture fosters the compartmentalization of faith.”[{23}](#) We need to help them see how a consistent Christian worldview applies to all issues. It is foolish to segregate your spiritual beliefs from your life decisions.

As an example, many Gen-Zs are enamored by a socialist view that the government should provide everything we need, equally distributing goods and services to all. Those who work hard and excel will have their productivity redistributed equally. It sounds like a possibly good approach and yet it has destroyed the economies of many countries including Russia, Cuba, and Venezuela. It fails because it is based on a worldview that “assumes greed comes from inequality in the distribution of material goods in society.”[{24}](#) In contrast, the Bible is clear that greed is part of the fallenness of the human heart. As a result, any centralized function with no competition discourages productivity and becomes an inefficient bureaucracy.

## Reaching Gen-Zs

Today, most Gen-Zs move into adulthood with little exposure to the gospel. The majority are either Unaffiliated, another religion, or have a nominal Christian background. Current surveys find that 98% of young Americans do not have a Christian worldview.[{25}](#)

This sobering data does not mean giving up on reaching Gen-Z. But if we are not intentional about it, we are not going to stem the tide. As James White observes, “What is killing the church today is (focusing) on keeping Christians within the church happy, well fed, and growing. The mission . . . must be about those who have not crossed the line of faith.”

And Sean McDowell points out that we need “to teach the difference between subjective and objective truth claims and make sure they understand that Christianity falls in the latter category.”[{26}](#)

Sean encourages a focus on relationships saying, “Relationships are the runway on which truth lands. Take the time to listen with empathy, monitor from a place of wisdom, and demonstrate your concern.”[{27}](#) White agrees, saying, “If we want (them) to know the faith, we have to teach, model and incarnate truth in our relationship with them.”[{28}](#) From a place of relationship, we can address challenges keeping them from truly hearing the gospel.

One key challenge is the role of media. As Sean notes, “Media shapes their beliefs, and it also shapes the orientation of their hearts.”[{29}](#) To counter this pervasive influence, he suggests engaging them in a skeptic’s blog. Help them consider 1) what claim is being made, 2) is the claim relevant if true, and 3) decide how to investigate the claim.[{30}](#) By learning to investigate claims, they are examining the truth of the gospel. We should never fear the gospel coming up short when looking for the truth.

Key ways White’s church is connecting with the Unaffiliated include:

1. Rethinking evangelism around Paul’s message in Athens. Tantalizing those with no background to search for truth in Christ.
2. Teaching the grace/truth dynamic in quick segments

consistent with their learning styles.

3. Being cultural missionaries – learning from those who have not been Christians.
4. Cultivating a culture of invitation by creating tools to invite friends all the time.

If we focus on growing the number of Gen-Z Christians, we could change the trajectory of American faith. If we devote ourselves to prayer, the leadership of the Holy Spirit, and reaching the lost in America rather than continuing church as usual, God can use us to turn the tide.

## Notes

1. Colossians 1:9.
2. Josh McDowell and J. Warner Wallace, *So the Next Generation Will Know*, 2019, David C. Cook.
3. McDowell and Wallace, p. 66.
4. James White, *Meet Generation Z: Understanding and Reaching the New Post-Christian World*, Baker Books, 2017.
5. White, p. 44.
6. White, p. 64-65.
7. Pew Research Center, U.S. Teens Take After Their Parents Religiously, Attend Services Together and Enjoy Family Rituals, September 10, 2020.
8. These are people who self-identify as atheist, agnostic or nothing in particular. In previous surveys, we referred to them as the Nones. Calling them the “unaffiliated” helps us avoid the confusion between “Nones” and “nuns.”
9. Call out Pew survey from 2019.
10. The index of religious commitment looks at the answers to questions on church attendance, belief in God, prayer, and importance of religion and rates a respondents commitment from high to low based on their answers. General Social Survey, 2018.
11. 42% of the teenagers with parents with a high index had a medium or low index.
12. General Social Survey, 2018

13. American Worldview Inventory 2020, Cultural Research Center at Arizona Christian University.
14. Pew Research surveys 2007, 2014, 2019.
15. White, p. 130.
16. White, p. 141.
17. White, p. 139.
18. White, p. 80.
19. McDowell and Wallace, p. 81.
20. John 14:6b.
21. Acts 4:12.
22. Pew Research Center, U.S. Teens.
23. McDowell and Wallace, p. 87.
24. Ibid, p. 93.
25. American Worldview Inventory 2020.
26. McDowell and Wallace, p. 113.
27. McDowell and Wallace, p. 78.
28. White, p. 64.
29. McDowell and Wallace, p. 164.
30. Ibid, p. 173-4.

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# **Spiritual Life and the Kingdom of God**

*Tom Davis explores how recovering the practice of classic spiritual disciplines can enhance believers' relationship with God and our impact on the world around us.*

There is a loss of spiritual knowledge of the truth of Christianity and how we live in light of that truth. This loss of spiritual knowledge is the result of shifts in cultural attitudes toward faith, happiness, ethics, freedom, and



tolerance. The answer to the loss of spiritual knowledge is a return to the practice of spiritual disciplines. After examining the benefits of suffering and the disciplines of study, prayer, and fasting, I will show how these disciplines restore spiritual knowledge in society.

## **Loss of Spirituality**

Today's society is in spiritual turmoil. Most people are not knowledgeable about spiritual things. The National Study of Youth and Religion indicates that the Church has become less influential in the lives of people. The effects of modernity and post modernity have created a popular culture that is suspicious of any claim to objective religious knowledge and any idea of an authoritative source of information concerning spiritual issues. Christian Smith writes, "In this culture religion lost, at least in theory, any remaining principled, authoritative standing to make truth claims that it has enjoyed in previous eras of history."[\[1\]](#)

Basically, this means that most people have adopted a mindset that says, "You can't know anything for sure about religion. And if you think you do, you're an arrogant bigot."

## **Five Steps to Spiritual Death**

In his book, *Kingdom Triangle*, Biola professor and theologian J.P. Moreland claims that there are five cultural shifts that have contributed to today's state of spirituality in the culture. The first shift separates knowledge from faith.[\[2\]](#) All spiritual beliefs are considered valid because they are not real knowledge. Many people think that all religions lead to the same God. They say that we should not criticize other religions because they call God by a different name or hold different theological beliefs. These things are a matter of faith, not knowledge. This kind of attitude relegates all things spiritual to the subjective arena of faith. The things of the spirit are relegated to the "upper story" of faith. Real knowledge only exists in the "lower story" of the

academic disciplines.[{3}](#) The result of this view of faith is that spirituality becomes something that is neither true nor false. Separating faith and knowledge ultimately leads to a denial of spiritual truth.

The second shift is the definition of happiness.[{4}](#) In the Bible happiness is portrayed as part of a right relationship with God. To live the good life meant that a person had intellectual and moral virtue. God created people to live well according to what they were created to be. J.P. Moreland explains, "So understood, happiness involves suffering, endurance, and patience because these are important means to becoming a good person."[{5}](#) The pressure of modernism and postmodernism has changed this view. Happiness is now associated with pleasure. Television commercials promise to deliver happiness through the next fad diet that will increase your sex appeal. Male enhancement drugs promise to give men happiness by giving them back their youth and an increased sex drive. Happiness can be achieved by buying the newest car, toy, accessory, or a trip to an exotic place or amusement park. The good life now means having fun and collecting things so that you can feel good.

The third shift that Moreland notes is a shift from duty and virtue in morality to a minimalist view of ethics.[{6}](#) Previously, moral knowledge was viewed as an objective set of propositions about right or wrong, or good and evil. It used to be that everyone would agree it was always wrong to torture and kill small children. Now moral knowledge is viewed as subjective feelings or opinions. This change can be seen if we look at the language we use when making moral statements. People used to say things like, "I know," or "I think that this is the right thing to do." Now we say, "I felt that it was right for me to do this."

Duty to one's society used to be viewed as an essential part of a moral life. People were expected to help their neighbor. If an old lady was trying to cross the street, young men were

expected to help her. Now, as long as they do not push the old lady into traffic, or rob her, the young men are considered to be moral. This change is the result of culture. People are no longer expected to contribute to their society. As long as people are not hurting anyone else, they are now considered to be moral. This view of morality changes a person's view of life. Life is now about having the most fun without harming anyone. Life used to be about living for something bigger than the individual. People used to live for God and country. Now people live for themselves and their own pleasure.

The fourth shift is in how people view freedom.[{7}](#) Freedom used to mean that people could live the way they ought to live. People were free to do what was right without government interference. Now freedom means the right of people to do what they want, when they want. Popular culture says that as long as you do not hurt anyone you can do what you want.

The last shift that Moreland notes is a shift in the meaning of tolerance.[{8}](#) Classic tolerance is when people will allow others to be, do, or believe differently than they do, even though one person thinks that the view of another person is wrong. People were allowed to critique the views of other people, but respect for the other person was still maintained. Contemporary tolerance is the view that people are not allowed to critique another person's beliefs. People are no longer allowed to say that someone is wrong. This attitude ends all public discussion. Every idea must be tolerated, except ideas that claim that other ideas are wrong. Ironically, the new tolerance fails its own definition of tolerance because they do not tolerate intolerance.

## **Returning to Spiritual Health**

The popular culture has raised five strongholds against the knowledge of God: separation of faith and knowledge, a self-centered view of happiness, a minimal view of ethics, a new view of freedom, and a new view of tolerance. How are

Christians to respond to this? Paul writes, “For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ” (2 Corinthians 10:4-5). Christians must recapture our spiritual disciplines.

## **Theology, the Intellect, and Spirituality**

The first thing that needs to be addressed is that Christians need a renewed interest in theology. J. I. Packer, while discussing the influence of the Puritans in his life, writes, “All theology is also spirituality, in the sense that it has an influence, good or bad, positive or negative, on its recipient’s relationship or lack of relationship to God.”[{9}](#) Theology comes from two Greek words. *Theos* is the Greek word for God; *logos* is the Greek word for logic. Theology can be understood as the logic, or science of God.[{10}](#) Spirituality, in the Christian context, is a person’s relationship with God. In order to claim to have a relationship with God a person has to have knowledge of who God is. It would be odd to have a man talk about having a relationship with a woman and then say he does not know her and has never met her. The concept of a relationship presupposes that each party in the relationship has knowledge of the other party.

## **The Bible and Books**

An essential step to gaining spiritual knowledge is a disciplined approach to reading the Bible. Billy Graham addresses the importance of studying the Bible: “Your spiritual life needs food. What kind of food? Spiritual food. Where do you find this spiritual food? In the Bible, the Word of God.”[{11}](#) Paul writes, “All Scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that the person of God may be proficient, equipped for every good work” (2 Timothy 3:16-17). God gave the Bible to people so that people can

learn about God. By studying the Bible a person will gain knowledge about God and strengthen that person's relationship with God.

Christians should also read other books. The Bible contains essential information for salvation and knowing God. However, the Bible is not exhaustive in its knowledge. Christians can grow intellectually and spiritually by gaining knowledge about God's creation. David Naugle, head of the philosophy department at Dallas Baptist University, sums up the impact of books on his life: "I have sought and still seek to be a person of the Book and of books, that I might know God and more and more about his world in the context of faith."[{12}](#) The study of the disciplines of theology, philosophy, the humanities, and the sciences helps people develop a coherent worldview. A worldview gives people the ability to understand the world through the corrective lens of the knowledge of God.

The medieval priest Thomas à Kempis advises, "If you would profit from it, therefore, read with humility, simplicity, and faith, and never seek a reputation for being learned. Seek willingly and listen attentively to the words of the saints; do not be displeased with the saying of the ancients, for they were not made without purpose."[{13}](#) We grow intellectually and spiritually when we read the books of others. We gain insight to their wisdom. We should humbly read the books written by the ancient teachers. They left their wisdom in writing so that we can learn from them.

## **Suffering**

Contemporary society thinks that suffering should be avoided at all costs. However, suffering can have a good outcome. Paul writes, "More than that, we rejoice in our suffering, knowing that suffering produces endurance, and endurance produces character, and character produces hope" (Romans 5:3-4). When we suffer, we can learn to endure. Our endurance produces character—that is, we mature and learn to trust God. God is

the only hope that will never fail. Matthew Henry writes, “He who, being thus tried, comes forth as gold, will thereby be encouraged to hope.”[{14}](#) When soldiers train, they punish their body; they suffer. Their suffering in training makes them better soldiers in combat because their suffering has made them stronger and given them more endurance. As a Navy veteran, I know this is true personally.

## Prayer

Prayer is the spiritual discipline of talking to God. God speaks to us in the Bible like the way people communicate through writing letters; the communication is one way. Praying is more like a discussion between two people. In prayer we get to talk with God.

Paul told the church at Thessalonica to “pray without ceasing” (1 Thessalonians 5:17). The best way to start a disciplined prayer life is to pray every day. This is easier if we begin each day with prayer. J. P. Moreland writes, “When you get up in the morning, start off with praise and thanksgiving to God for the things you honestly appreciate about him and his dealings with you. Then lift your burdens to him until you have a sense of rest before the Lord.”[{15}](#) By beginning each day with prayer we turn our minds and our hearts toward God and His will. Each day is a new opportunity to minister to someone in need. Our prayers will give us spiritual discernment so that we can recognize those in need. Our minds will also be turned towards God and the things of heaven, and we can continue to keep these things in our minds throughout the day.

John Calvin used four rules for prayer. First, we must “have our heart and mind framed as becomes those who are entering into converse with God.”[{16}](#) We must prepare ourselves to pray. Minds that are distracted do not make for good conversation. This is no ordinary conversation. People prepare themselves for meeting with important people. We should be

prepared to open our hearts and minds to God when we pray. We should be aware that we are praying to our God, but that this God loves us and wants to bring our concerns to Him. Paul writes, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God" (Philippians 4:6). We should not be anxious when praying because we know that God cares for us and can do all things. We should pray about all our concerns. Our prayers should be full of worship, thanking God for all that He has done.

One way to prepare to pray is to remember what David Naugle calls the "Three P's." These are "(1) my purpose, or what I would live my life for, (2) my profession, or what I would spend my life doing, and (3) my partner, or who I would spend my life with." [\[17\]](#) David Naugle's "Three P's" cover the most important decisions we will make in our lives. Our purpose fills our life with purpose. We should pray for purpose so that God will align what we want our purpose in life to be with what He wants our purpose in life to be. Our profession is where we fulfill our purpose. A car mechanic can glorify God in fulfilling his purpose to be God's representative in the auto shop. Our spouse is our ministry partner. Husbands and wives are not separated from each other. They share each other's joys and burdens. Praying for these things will focus our minds on what is important and orient our hearts toward living a life pleasing to God.

John Calvin's second rule is "That in asking we must always truly feel our wants, and seriously considering that we need all the things which we ask, accompany the prayer with a sincere, no, ardent desire of obtaining them." [\[18\]](#) Our requests should be things that we truly want or need. When we pray for the wants and needs of others, we should try to feel their desire for the request so that we can better minister to them through prayer. James tells us, "Is anyone suffering? Let him pray. Is anyone cheerful? Let him sing praise" (James

5:13). We should be honest and sincere in our requests and in our thanksgiving. A sincere prayer would be praying for a loved one to get well when they are sick. An insincere prayer might look like praying for a job promotion when you know that you have not been putting your best effort into the job.

Third, “discard all self-confidence, humbly giving God the whole glory.”[{19}](#) When we pray, we should realize who we are, and who God is. Jesus said, “And when you pray, you must not be like the hypocrites. For they love to stand in the synagogues and at the street corners so that they may be seen by others” (Matthew 6:5). The hypocrites’ motivation to pray in the street corners was so that people would see them and think that these people were righteous. Jesus makes this point with more clarity in the parable of the Pharisee and the tax collector:

Two men went up into the temple to pray, one a Pharisee and one a tax collector. The Pharisee, standing by himself prayed thus: “God, I thank you that I am not like other men, extortionist, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.” But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, “God, be merciful to me, a sinner!” (Luke 18:10-13)

The Pharisee came to God in prayer thinking that he was righteous and better than other men. He even pointed out his fasting and tithing as if God should be impressed with these things. The tax collector was humbled in the presence of God. He would not look up to heaven because he understood that he was guilty before God. The tax collector prayed sincerely for mercy. Asking God for mercy gives God glory and humbles the person.

John Calvin’s fourth rule of prayer is, “We should be animated to pray with the sure hope of succeeding.”[{20}](#) God is all powerful, able to meet our every need. Jesus teaches this same



principle, "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened" (Matthew 7:7-8). By grace we have been made children of God. If we ask, God will give us what we need. When we humble ourselves before God, He will be merciful. God knows what we need and will give us what is good for us. Jesus said, "If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him" (Matthew 7:11).

Through our prayer life we should conform to the image of God revealed in Jesus. Andrew Murry taught:

And of all the traits of a life *like Christ* there is none higher and more glorious than conformity to Him in the work that now engages Him without ceasing in the Father's presence His all-prevailing intercession. The more we abide in Him, and grow unto his likeness, will His priestly life work in us mightily, and our life become what His is, a life that ever pleads and prevails for men. [{21}](#)

Our prayers should make us more Christlike. By praying, we conform to God's will. Christ makes intercessions to the Father for us. We have the privilege of making intercessions to Christ for others.

## **Fasting**

Dietrich Bonhoeffer writes, "Strict exercise of self-control is an essential feature of the Christian's life." [{22}](#) One way to exercise self-control is by abstinence (saying no to ourselves by not doing something we want). Fasting is one of the most difficult abstaining disciplines. Calvin defines fasting as "when we retrench somewhat from our accustomed mode of living, either for one day or a certain period, and prescribe to ourselves a stricter and severer restraint in the

use of that ordinary food.”{23} In short, fasting is abstaining from food for a short period of time.

Jesus taught:

When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you (Matthew 6:16-18).

Fasting is to be done in secret. Again, Jesus points to the hypocrite, who wants to gain a reputation from his spiritual discipline. Jesus taught that people would be rewarded by not making a spectacle out of their spirituality.

What is the goal of fasting? Augustine taught, “While we live in the temporal order, we must fast and abstain from the enjoyment of what is temporal, for the sake of the eternity in which we desire to live.”{24} Fasting reminds Christians that they do not depend on temporal things. God wants Christians to rely on Him to supply our needs. In a world where tight schedules are kept and frivolous distractions are available everywhere, it can be easy to forget God. Fasting emphasizes the importance of a right relationship with the world by abstaining from the sustenance of food. John Calvin lists three goals for fasting: “We use it either to mortify and subdue the flesh, that it may not wanton, or to prepare the better for prayer and holy meditation; or to give evidence of humbling ourselves before God, when we would confess our guilt before him.”{25} Many times the flesh (the part of us that operates independently from God, either in active rebellion or passive indifference) will want to rebel against the spirit. Fasting deprives the flesh of sustenance and weakens it. The spirit can then rule the flesh. There are times when a Christian will need to place special focus on prayer and

meditation. Fasting is one way to prepare the spirit for these activities.

## Reversing the Shifts

In our contemporary culture faith is viewed as being completely separate from knowledge. This faulty view originates within Christianity with the ideas of some Christian philosophers and theologians. Soren Kierkegaard saw faith as “the highest passion in a human being.”[{26}](#) He applies this view to Jesus: “The proofs which Scripture presents for Christ’s divinity—His miracles, His resurrection from the dead, His ascension into heaven—are therefore only for faith, that is, they are not ‘proofs,’ they have no intention of proving that all of this agrees perfectly with reason: on the contrary they would prove that it conflicts with reason and therefore is an object of faith.”[{27}](#) Kierkegaard believed that Jesus lived and died and rose from the dead. But he thought that Jesus was unknowable through knowledge and reason. One could only know Jesus through faith, and that meant that faith was opposed to knowledge and reason.

When writing to Theophilus, Luke says, “Just as those who from the beginning were eyewitnesses and ministers of the word have delivered them to us, it seemed good to me also, to write an orderly account for you” (Luke 1:2-3). John writes “That which we have seen and heard we proclaim to you” (1 John 1:3). The New Testament authors were writing about what they knew. These men walked, talked, and ate with Christ for three years. These men knew Christ face to face. Wayne Grudem addresses the harmony of faith and reason: “Rather, saving faith is consistent with knowledge and true understanding of facts.”[{28}](#) Faith is not separate from knowledge, it is trust in knowledge.

Once the facts of the Bible are known, faith in those facts will affect how we experience happiness. Happiness defined as satisfaction of desires is an empty pointless feel-good

emotion that lasts only for a moment. But the joy of God does not fade. Jesus said, "These things I have spoken to you, that my joy may be in you, and that your joy may be full" (John 15:11). Christians get joy through meditating on the things of God. Neal Anderson and Robert Saucy state that "Meditation on the Word should produce thoughts that reach our emotions."[{29}](#) A relationship with God produces happiness, a deep well-being of the soul, that lasts. The Psalmist writes, "Let the words of my mouth and the meditations of my heart be acceptable in your sight" (Psalm 19:14). What we study and put into our minds affects our relationship with God. When we have knowledge of God then we can meditate on God. It is impossible to meditate on an object that you have no knowledge of. Meditation on the things of God brings joy.

The cultural shift to a minimalist ethic, the idea of contemporary freedom, and the meaning of tolerance are the result of relativism's effect on the culture. Relativism is the idea that there are no objective moral values, and morality is either decided by each person or each community. There are many problems with this view. Relativism makes it impossible to criticize others. If moral truths are subjective then each person gets to decide for himself what is right or wrong. Relativism cannot place blame for wrong doings. What people do is neither right nor wrong. Right or wrong is up to each individual. Why should we expect each person to reach the same conclusion? Relativists cannot promote tolerance because any definition of tolerance is an objective definition that, if true, applies to everyone.[{30}](#) But if morality is objective (meaning that there are things that are right and wrong for all people at all times), then freedom cannot mean that people can do what they want when they want. People will have responsibilities. They will be free to do what is right, and they will be free to do what is wrong. Being free means that we make choices of our own volition.

## Conclusion

The loss of spiritual knowledge has caused a fractured society and people who lead fractured lives. The cultural shifts are a result of people not taking spiritual knowledge seriously. Spiritual knowledge must have absolutes to provide meaning for life. Francis Schaeffer observes, “we need absolutes if our existence is to have meaning—my existence, your existence, man’s existence.”<sup>{31}</sup> Absolutes are learned by practicing the spiritual disciplines. A careful study of the Bible will bring knowledge ABOUT God; heart-surrender to Him, coupled with learning to abide in Him, will bring knowledge OF God. Prayer will keep people in touch with God. Fasting will break down the resistance of the flesh to living a spiritual life. The five shifts of contemporary culture mean death. The spiritual disciplines bring people spiritual life. True spirituality can only be found in Christ. Only meditation and learning about Christ can return wonder to life. I pray that through spiritual disciplines we may retain the wonder of a life given to us by God.

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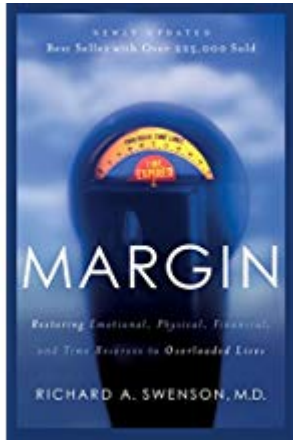
# Margin: Space Between Ourselves and Our Limits

*Margin is “The space that once existed between ourselves and our limits.” When we reach the limits of our resources and abilities, we are out of margin. Former Probe staffer Lou Whitworth reviews a very important book by Dr. Richard Swenson, Margin: How to Create the Emotional, Physical, Financial, and Time Reserves You Need.*

## The Problem with Progress

Until very recently most Americans had a blind faith in progress; we acknowledged that modern life brought problems but considered that such were inevitable and could be dealt with and eventually overcome. Over the past few years, however, discerning people have begun to ask, “What went wrong? With all the advancements we have made, life should be better. Instead, many aspects of our lives are worse than they were just a few years ago. What happened?”





In this article we are looking at a very important book by Richard A. Swenson, a medical doctor. The book is *Margin: How to Create the Emotional, Physical, Financial, and Time Reserves You Need*. Dr. Swenson's thesis is that though scientific progress benefits us in numerous ways, it also brings with it inevitable pains that must be ruthlessly

resisted if one is to live a balanced life, and especially a life that reflects Christian values/virtues.

Margin is "the space that once existed between ourselves and our limits." When we reach the limits of our resources and abilities, we are out of margin. Progress, contrary to our expectations, is like Pacman; it incessantly eats up margin. Progress and margin are often opposing forces.

The author recognizes the pains of the past and acknowledges that life for previous generations was no picnic. Nevertheless, he amply illustrates the staggering number of challenges facing contemporary mankind, challenges that have no precedent in human history. The pace of modern life has been steamrolled by progress.

Many have resisted the notion that life in the waning years of the 20th century was unusually painful and stressful. After all, didn't our history teach us of those intrepid men and women who crossed oceans and braved the harsh winters of the new world to have personal and religious freedom? Shouldn't we be ashamed to complain about the stress in our lives when brave pioneer men, and their even braver wives, piled their children and all their belongings into covered wagons and headed west across unknown and unforgiving lands surrounded by potentially hostile Indians? Did not our fathers win World War II? After 50 years of strife and struggle and staring eyeball to eyeball with Russia, didn't America finally face down the threat of world dominion by implacable, godless communism?



Where then do we get off saying that life today is hard and stressful?

As Swenson clearly points out, without minimizing the horrors of the past, modern progress brings problems never before faced by mankind. Some of our problems are very different from those of the past perhaps, but they are real, formidable problems just the same. For example, a partial list of problems would include the speed of travel, the power of computers, levels of litigation, pervasiveness of the media, specialization, business layoffs, indebtedness, vulnerability to terrorism, spiraling medical costs, AIDS, numbers of teen mothers and illegitimate births, aging population, overcrowded prisons, environmental pollution, overcrowding, traffic congestion, prevalence of divorce, disintegration of the family, drugs, prevalence of sexual diseases, complexity at all levels, and on and on the list could go. Never before have we had to face problems of this – and certainly we have never before had to face them all at the same time.

As Swenson writes, “Each item has played a significant role in making our era different from all those that preceded it. And when we factor in the interrelatedness of issues, the dimensions involved, and the speed of change, then unprecedented become too mild a word.”

## **The Pain of Life Without Boundaries**

In his book *Margin*, Dr. Swenson says that our problems have no precedent because of the rate of change. In the past we faced a slightly upward pattern of linear change; now we are looking at a skyrocketing pattern of exponential change in practically every area of life. Yet most of us still think and live with a linear mind-set. Suddenly we are encountering limits in our time, energy, health, finances, ability to concentrate, to care, to even feel. Minds, bodies, systems, plans that were adequate on a linear timescale may self-destruct at warp speed. We are perilously close to burnout. We hope beyond hope

that things will level out and slow down, but even if that happens, much that makes life worthwhile and manageable will be destroyed in the meantime.

Examples abound of life without natural boundaries. Once it was a given that the night was for sleeping, and the day was for work. Now a hundred years after the electric light bulb, whole cities never sleep. Sunday was once a day of rest; nearly everyone had one day off from work. Now the boundaries between work and play and home and the office are so confused some people can never relax or let down. A few years back we might have known someone who had borne a child out of wedlock, been divorced, had emotional problems, or gone bankrupt, but today we are in an epidemic of such problems.

Swenson asks, "Is there a critical mass of problems beyond which a society—or, for that matter, an individual—will be destroyed no matter how wonderful the benefits it enjoys? If so, what is that critical mass? Are we approaching it? Have we reached it?" He answers, Yes, there is a point of critical mass; what that point is we don't know, but clearly we are approaching it. He says it remains to be seen whether we have already reached it. As George Gallup wrote, "I've come to feel a deep sense of urgency about the Future Forces at work today. . . . If swift, forceful steps aren't taken to defuse the political and social time bombs facing us, we may well find ourselves on a track that could lead to the destruction of civilization as we know it."

It is critical to note here that progress has brought man much power—power that can be used for good or for evil. The sobering truth, then, is that the power to do evil advances exponentially, and modern secular man is not known for restraint nor does he recognize his fallenness and the danger it holds for himself and all humanity.

We have benefited from progress in two main areas. First, we have seen positive gains in medicine, technology, and in our

standard of living and material well being. Second, our intellectual and educational opportunities have expanded enormously, and knowledge and information are increasing with unimagined speed.

The pain that progress has brought us is evident in three areas. First, we have lost ground in the social sphere as pressures have increased on all relationships: family, friendships, neighborhoods, community spirit, and church life. Second, we are often emotionally drained, stressed, angry, isolated, and frequently unfulfilled and don't know what to do about these problems. Third, we are spiritually weakened by the pace of life, the lack of community, lack of time and energy to cultivate our relationship with God and with our fellow man. This, Dr. Swenson says, is the price we have paid for progress.

## **The Problem of Stress**

Because of the unprecedented level of problems today people live with very high levels of stress. Stress is "the nonspecific response of the body to any demand made upon it." Note that stress is not the circumstance but the response to the circumstance.

We normally think of such a crisis as the "fight or flight" reaction which pumps adrenaline into our system, makes us stronger and more alert, etc. If these responses are occasional there is little harm done, but if triggered too often or if "stuck" in a constant state of anger, rage, anxiety, fear, or frustration, we begin to overdose on our own adrenaline. This can bring about irreversible damage to the body and set it up for heart attack, stroke, cancer, etc.

Our stress levels are unprecedented. One reason is that most of us today experience constant mental strain without the offsetting benefits of strenuous physical work. When, for example, the commercial property deal we've worked on for

months falls through, or the accounts don't balance, or the computer just won't cooperate, there is no place to run and no one to hit. We just have to try again. The physical laborer, even if he has some mental strain, still has the labor to drain off his adrenaline, and he usually has the ability to think about other things occasionally as he works.

Closely related to stress is overload; in fact, overload is a primary cause of stress. Our culture adds detail on top of detail; one more choice, one more option, one more change, and the details never end. "We must now deal with more 'things per person' than at any other time in history. Yet one can comfortably handle only so many details in his or her life. Exceeding this threshold will result in disorganization or frustration. . . . The problem is not in the 'details.' The problem is in the 'exceeding.' This is called overloading."

The facts are that there are physical limits and man has performance limits, emotional limits, and mental limits. The work load a twenty-five year old athletic, single man can carry may differ greatly from the load a fifty-five year old man can carry if the latter has two teenage children and two children in college, dependent parents, and a wife in menopause. When such overload occurs, the person may experience anxiety, have a physical or nervous breakdown, exhibit hostility, slip into depression, or become bitter and resentful.

We are overloaded with activities, change, choices, commitments, competition, debt, decisions, education, expectations, fatigue, hurry, information, media, ministry, noise, people, pollution, possessions, problems, technology, traffic, waste, and work.

So why do we overload? First, we are usually unaware of our overload until it's too late. Second, some people are too conscientious. Third, others get overloaded because their bosses are driven people who overload their employees.

Generally people don't intend to go down the path to overload; they just think that "one more thing won't hurt." But if they are at or near overload, it will hurt.

As the author says, learning "to accept the finality and non-negotiability of the twenty-four hour day" will help us avoid overload and excessive stress.

## **Building Margin into our Lives**

Of all the areas in which we need margin, having adequate emotional energy is the most important because with emotional margin one can work to gain the other margins.

The amount of emotional energy we have is finite and must not be squandered. Though it is difficult to measure and quantify we must not be embarrassed to admit to ourselves or to others when our emotional reservoir is low. Then we need to replenish our emotional reserves for the good of others and ourselves.

Restoring emotional margin is aided by cultivating our social and family support network. Serving others or doing volunteer work is proven to enhance and lengthen life. Extending forgiveness and reconciling relationships can stop the negative drain on our emotional stores. Cultivating a spirit of gratitude, a hopeful outlook, and love for God and our fellow human beings is energizing, whereas their opposites are negative and debilitating. Finally, establishing appropriate limits and boundaries will help in maintaining emotional reserves.

Dr. Swenson's recommendations for gaining a margin in physical energy are fairly routine to the knowledgeable reader, but he puts particular stress on the need for the need for rest and sleep. The need for correction is clear since America has now become a 24-hour society: many of our cities never sleep and many businesses never close. People of all types, college students, policemen, nurses, taxi drivers, shift workers, and

mothers of young children, may go long periods without a good night's sleep. Such people push (or are pushed) to their limits during the day and push on into or through the night. Sleep disorders plague more than 50 million of us; in fact, sleep deprivation "has become one of the most pervasive problems facing the U.S." Unfortunately the ability to go without sleep is sometimes a matter of pride for some, but sleep and rest are God's ideas, and we should not be ashamed of our need for both. The author gives several helpful suggestions on making sleep more natural and effective.

Dr. Swenson strongly stresses the need for all types of physical exercise, but says that aerobic exercise for the heart "will do more to establish margin in physical energy" than anything else. He endorses exercise not only for its physical benefits but also for its emotional and mental benefits.

When the subject turns to time the author writes, "The spontaneous flow of progress is to consume more of our time, not less . . . to consume more of our margin, not less." He adds that for "every hour progress saves by organizing and technologizing our time, it consumes two more hours through the consequences, direct or indirect, of this activity."

Clearly time becomes a problem for a society like ours. Some the author's suggestions for countering the time crunch are countercultural and tough to implement, but then continuing on in the same direction most of us are going is difficult as well. He suggests practicing saying "No," turning off the television, practicing simplicity, and getting less done but doing the right things. Many of us need to make some thoughtful and hard choices.

The author's suggestions for gaining a margin in time are preceded with a reminder that of the ten top stressors of family life, four have to do with insufficient time: insufficient couple time, "me" time, family play time, and

overscheduled family calendars.

Why do we need to prune our time wasters? Because time is for people and relationships, subjects very dear to God.

## **A Plan of Action**

There are many ways we can spend our time. We could follow the "Excellence" gurus and pour all our energy into one part of our lives. We would probably have no extra margin since other parts of our lives had been sacrificed and in a condition of "negative excellence."

At some point, all things being equal, we would become quite accomplished in a given area. The end result, however, might be similar to having one magnificently developed right arm attached to puny, stooped shoulders, a scrawny left arm, and skinny, weak legs. This is like the person who is a powerhouse in his professional life and a dwarf in his relationships.

Dr. Richard Swenson suggests a different way in his book *Margin*. He suggests an approach to life that neglects no important area. He suggests being willing to sacrifice excellence in one or two areas in order that no area be in a condition of negative excellence. This would be similar to the athlete who is toned and conditioned all over, but not overly developed in any one area.

A similar balance in our lives will increase our emotional margin because we and our families will be happier.

Simplicity has much to offer harried twentieth-century man. But it isn't easy. It takes effort to discard the superfluous and concentrate on the core elements of life. There has always been an attraction to simplicity; the difficulty has been in achieving it. The simple life the author calls us to is not so much to escape modern life as to transcend it.

Envy is the enemy of contentment and form of self-inflicted

torture. Yet because envy is the chief ingredient of advertising and the mainspring of political and social movements, it is difficult for many to see its destructiveness. We need to follow Paul who learned contentment in whatever circumstance he found himself (Phil. 4:11-12; 1 Tim. 6:6-10). The practice of contentment brings margin into our lives.

The pain that progress has brought us is mostly in the area of our emotions, our relationships, and our spiritual natures. What are some additional steps start dealing with the pain and achieving some margin?

First, thank God for the pain. The pain pointed out that something is wrong. Second, repent in a way that leads to permanent, tangible change. Third, prune activities and habits that waste time, sap energy, and stifle relationships. Fourth, cooperate with God. Bathe plans in prayer and leave wiggle room for yourself, your family, and people God may send your way.

- How did we relate to God?
- How did we relate to ourselves?
- How did we relate to others?

The road to health and blessing in the path of relationship. Love and relationships are hard work, and sometimes costly because superfluous, unimportant things may need to be put aside, but the payoff is happiness, contentment, peace, and margin. I hope some of the things we have shared in this article turn you from the path of overload and start you down the path of margin.

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# The Pope Got It Wrong. Breathtakingly Wrong.

*Sue Bohlin reacts to Pope Francis's recent statement that all religions are roads to God, providing a biblical answer to this false teaching.*

Recently (9/13/2024) Pope Francis told a Singapore audience of youth from different faiths that all religions are equal, all different paths to God.

Through an interpreter, he said,

*"If we start to fight among yourselves and say my religion is more important than yours, my religion is true and yours is not, where would that lead us. It is okay to discuss, because every religion is a way to arrive at God. Analogously speaking, religion is like different languages to arrive at God. But God is God for all. And if God is God for all, we are all sons and daughters of God. 'But my God is more important than your God.' Is that true? There is only one God, and each of us is a language, so to speak, to arrive at God. Muslim, Hindu, they are different paths. Understood?"<sup>[1]</sup>*

As the spiritual leader of the Catholic Church's 1.3 billion adherents, the pope is responsible for speaking truth to his flock. Not only is this statement heretical, it is a slap in the face of the Lord Jesus Christ—Whom the pope presumably worships and serves. If all religions lead to God, why did Jesus leave heaven to become a human being? Why did He submit Himself to the excruciating suffering of His passion and crucifixion? Why did the sinless, perfect God-man die? What's the point of His resurrection?

No. Different religious paths do not all lead to God. The pope is wrong wrong wrong. Those who believe what he's saying, trusting in their false religions, will remain enemies of God; their sin will forever separate them from God. This breaks my heart. Even as I type this, I pray for God to open the eyes of those embracing this Satanic lie so that they will turn in faith to the one true God.

Those who believe the "all religions lead to God" deception often invoke the story of the six blind Hindus who encountered an elephant. One felt its side and said, "An elephant is a wall." Another felt its leg and said, "An elephant is a tree trunk." A third felt its tusk and said, "An elephant is a spear." The fourth felt its trunk and said, "An elephant is a hose." The fifth felt its tail and said, "An elephant is a rope." The last one felt its ear and said, "An elephant is a fan."

The point of this allegorical story is that each person's encounter and description of the elephant in radically different ways is like the various world religions. None of them should claim to have the corner on truth because they all have different perspectives.

But this view leaves out the larger picture: an elephant is an elephant—not a wall or tree or spear or hose or rope or fan. And the Creator of the elephant has communicated with us the very nature of the "elephant." He has revealed capital-T Truth about reality, and He has been clear in how mankind is to relate rightly to Himself. This blind Hindu story leaves out the very important aspect of revelation, when Someone outside the limitations of our "blindness" as finite creatures, tells us things we cannot know on our own.

Which leads us to the ultimate reason why the Pope is so very wrong. The "Creator of the elephant," Jesus the Son of God, came to earth as a man and made astonishing truth claims about Himself: "I am the way, the truth, and the life. No one comes

to the Father except through Me.” (John 14:6)

***If all religions led to God, why would Jesus say He is the ONLY way?***

He also claimed to be Yahweh, the covenant God of the Old Testament. “Before Abraham was, I AM.” (John 8:58).

He claimed for Himself attributes that are only true of God Himself:

**Eternal** “Now, Father, glorify Me together with Yourself, with the glory which I had with You before the world was.” (John 17:5)

**Omnipresent** “For where two or three have gathered together in My name, I am there in their midst.” (Matthew 18:20)

“Lo, I am with you always, even to the end of the age.” (Matthew 28:20)

**Sinless** “Which one of you convicts Me of sin? If I speak truth, why do you not believe Me?” (John 8:46)

**Accepted worship** “And those who were in the boat worshiped Him, saying, ‘You are certainly God’s Son!’ (Matthew 14:33)

Then He said to Thomas, “Reach here with your finger, and see My hands; and reach here your hand and put it into My side; and do not be unbelieving, but believing.” Thomas answered and said to Him, “My Lord and my God!” (John 20:27-28)

**Able to Forgive Sins** And Jesus seeing their faith said to the paralytic, “Son, your sins are forgiven.” (Mark 2:5)

“For this reason I say to you, her sins, which are many, have been forgiven, for she loved much; but he who is forgiven little, loves little.” Then He said to her, “Your sins have been forgiven.” Those who were reclining at the table with Him began to say to themselves, “Who is this man who even forgives

sins?" (Luke 7:48-50)

**Judge of All Men** "Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life. Truly, truly, I say to you, an hour is coming and now is, when the dead will hear the voice of the Son of God, and those who hear will live. For just as the Father has life in Himself, even so He gave to the Son also to have life in Himself; and He gave Him authority to execute judgment, because He is the Son of Man. Do not marvel at this; for an hour is coming, in which all who are in the tombs will hear His voice..." (John 5:24-28)

Jesus claimed to be God; He claimed to be the only way to the Father. He backed up these claims by fulfilling prophecy about the promised Messiah. And most phenomenal of all, He said He would die and rise from the dead three days later—and He did it.

We can believe Him when He says He is the only way. We *should* believe Him.

The Pope is massively, terrifyingly wrong. All religions do not lead to God. Jesus is the ONLY way.

1. <https://ethosinstitute.sg/every-religion-is-a-way-to-god>  
/ Accessed 9/17/2024 ?

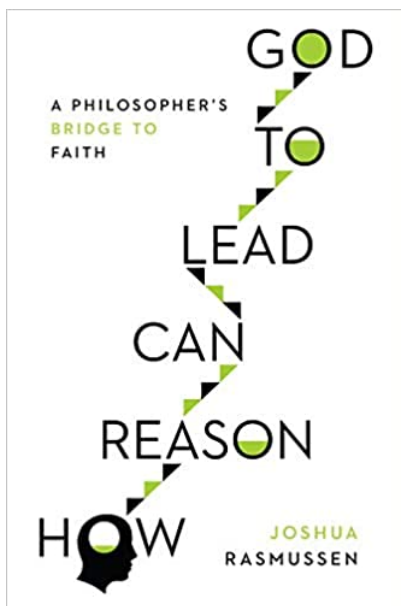
This blog post originally appeared at [blogs.bible.org/the-pope-got-it-wrong-breathtakingly-wrong/](https://blogs.bible.org/the-pope-got-it-wrong-breathtakingly-wrong/) on September 17, 2024.

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# How Reason Can Lead to God – Part 2

*Dr. Michael Gleghorn continues to make a compelling case for how reason can lead us, step by step, to the logical conclusion of God's existence based on the book How Reason Can Lead to God.*

## Foundation of Mind



In this article we're continuing our examination of Christian philosopher Josh Rasmussen's book, *How Reason Can Lead to God*.<sup>{1}</sup> In [my previous article](#), I introduced the book and showed how Rasmussen began constructing a "bridge of reason" that led to "an independent, self-sufficient, . . . eternally powerful foundation of all reality."<sup>{2}</sup>

But Rasmussen goes further, arguing that there must also be "a certain *mind-like* aspect" to this foundation.<sup>{3}</sup> And that's what we'll explore in this article. We're going to follow Rasmussen's lead as he takes us over the "bridge of reason." And once we've taken that final step, we'll see that it's led us not to some cold, calculating, "mind-like" reality, but to a very "special treasure."<sup>{4}</sup>



But to begin, why does Rasmussen think that the foundation of all reality must be "mind-like"? To answer that question, consider that one of the things the foundation has produced is *you*—and *you* have a mind. As Rasmussen notes, "you are capable

of thinking, feeling, and making decisions.”<sup>{5}</sup> Indeed, if you’re awake and functioning normally, you have some awareness of what is going on “around” you—and even of what is going on “within” you. That’s because you possess a conscious (even *self-conscious*) mind. How is this to be explained?

According to Rasmussen there are only two live options: either minds ultimately originate from some sort of “mind-like” or “mental” reality, or else they arise solely from a physical process.<sup>{6}</sup> Is one of these options better than the other? Rasmussen thinks so, and points to “a construction problem” with the matter-to-mind option.<sup>{7}</sup> Here’s the problem. Just as a black steel pipe cannot be constructed out of emerald green toothpaste, so a self-conscious mind cannot be constructed from mindless particles. Particles just aren’t the right thing for constructing the thoughts, feelings, and purposes of a mind. In order to construct a mind, “mental materials” are needed. Hence, the foundation of all reality *must be* mind-like in order to account for the unique features of self-conscious human minds.<sup>{8}</sup>

But at this point, some may raise an objection. After all, if we say there’s a construction problem going from matter to minds, then wouldn’t there also be a problem in saying that an immaterial mind created the material world? The answer is “No.”

## Foundation of Matter

Above, we argued that one can’t explain the thoughts and intentions of human minds by appealing only to material particles. There must rather be an ultimate mind at the foundation of all reality.

But of course, human beings also have *bodies*. And your body (including your brain) is an example of incredible material complexity. Not only that, but in order for you to be physically alive, the “fundamental parameters” of the universe

must be delicately balanced, or “fine-tuned,” with a precision that is mind-boggling. As physicist Alan Lightman observes, “If these fundamental parameters were much different from what they are, it is not only human beings who would not exist. No life of any kind would exist.”[{9}](#)

How should we account for such complexity? Can we explain it in terms of chance?[{10}](#) That’s wildly implausible. And better explanations are available. After all, one could *try* to explain the words of your favorite novel by appealing to “chance.” But is that “the *best* explanation?”[{11}](#) Isn’t it far more likely that an intelligent mind selected and ordered the words of that story with the intention of communicating something meaningful to others? While the chance hypothesis is *possible*, is it really *probable*? If we’re interested in truth, shouldn’t we prefer the *best* explanation?

So what *is* a better explanation for the material complexity that we observe—not only in our bodies, but in the fine-tuning of the universe that allows for our existence? If the ordering of the letters and words in your favorite novel is best explained by an intelligent mind, then what about the biological complexity of human beings? Scientists have observed “that molecular biology has uncovered an analogy between DNA and language.” In short, “The genetic code functions exactly like a language code.”[{12}](#) And just as the words in a novel require an intelligent *author*, the genetic code requires an intelligent *designer*.

Hence, a *foundational mind* offers a good explanation not only for human *minds*, but for the complexity of human *bodies* as well. Moreover, a foundational mind also provides the best explanation for objective moral values.

## Foundation of Morals

What is the best explanation for our moral experience in the world? How might we best account for our sense of right and

wrong, good and evil? So far, we've seen two reasons for thinking that the ultimate foundation of reality is "mind-like." First, a foundational mind best explains the existence of *human* minds. Second, it also offers the best explanation for the staggering material complexity of the human body and the exquisite "fine-tuning" of the universe that allows for our existence. Might a foundational mind also provide the best explanation for our moral experience? Rasmussen thinks so, and he offers potent reasons for us to think so too.[{13}](#)

Consider our sense of right and wrong. How should this be explained? Rasmussen proposes that our "moral senses are a *window* into a moral landscape."[{14}](#) Just as our sense of sight helps us perceive objects in the physical world, so our moral sense helps us perceive values in the moral world. Of course, just as our sense of sight may not be perfect, such that a tree appears blurry or indistinct, so also our moral sense may not be perfect, such that a particular action may not be clearly seen as right or wrong. But in each case, even imperfect "sight" can provide *some* reliable information about both the material and moral landscapes.[{15}](#)

How might we best explain both the moral landscape and our experience of it? "Can the particles that comprise a material landscape, with dirt and trees, produce standards of good and bad, right and wrong?"[{16}](#) It's hard to see how undirected particles could do such a thing. And naturally, they could have no *reason* to do so.

On the other hand, a foundational mind with a moral nature could account for *both* the moral landscape *and* our experience of it. As Rasmussen observes, such a being would account for moral values because of its moral nature.[{17}](#) Further, such a being would have both a *reason* and *resources* to create moral agents (like us) with the ability to perceive these values.[{18}](#) Its reason for creating such agents is that we're valuable.[{19}](#) A mind-like foundation thus offers a better explanation for human moral experience than mindless particles



ever could.

## Foundation of Reason

Human minds are special for their ability to reason. This ability helps us think correctly. When we reason correctly, we can begin with certain basic truths and infer yet other truths that logically follow from these. For example, from the basic truths that “all men are mortal” and “Socrates is a man” we can logically infer the further truth that “Socrates is mortal.”

But here an interesting puzzle arises. Where does our ability to reason come from? How might we account for the origin of human reason? And one of the interesting topics tackled by Josh Rasmussen in his book, *How Reason Can Lead to God*, is the origin of reason itself. What’s the best explanation for this incredible ability?

If the universe sprang into being “from nothing, with no mind behind it,” then not only human minds, but even rationality itself, must ultimately come from mindless material particles.<sup>{20}</sup> But as Rasmussen observes, “If people come only from mindless particles, then *reasoning* comes from non-reason.”<sup>{21}</sup> But could reason really come from non-reason? Is that the *most plausible* explanation? Or might a *better* explanation be at hand?

The atheistic scientist J. B. S. Haldane once observed, “If my mental processes are determined wholly by the motions of atoms in my brain, I have no reason to suppose that my beliefs are true . . . and hence I have no reason for supposing my brain to be composed of atoms.”<sup>{22}</sup> For Haldane, if human reason arises entirely from a non-rational historical and physical process, then we have little reason to think that our beliefs are true.

Fortunately, there’s a way out of this difficulty. We can

suggest that human reason comes from an ultimately *rational* foundation. In that case, reason comes from reason. We've already seen that the best way to account for minds, matter, and morals is by positing a foundational Mind as the source of all reality. And this is also the best way to account for human reason as well. As Rasmussen notes, "by anchoring reason in the nature of the foundation, we can explain how the foundation of all existence can be the foundation of minds, matter, morals . . . and reason itself."[{23}](#)

In the next section we will follow Rasmussen "to the treasure at the end of the bridge of reason."[{24}](#)

## Perfect Foundation

In this article we've seen that a foundational Mind offers the best explanation for the existence of human minds and bodies, moral concepts, and even reason itself. In my previous article, we saw that this foundation is also independent, self-sufficient, and eternally powerful. Today, with some final help from the Christian philosopher Josh Rasmussen, we want to pull together the various strands of this discussion to see what unifies the various features of this foundation into a single, coherent being. What sort of being might all these features point to? According to Rasmussen, they all point to a *perfect* being. But why does he think so?

Rasmussen argues that a perfect being must have two essential features. First, it must have no defects, or imperfections. And second, it must have "supreme value."[{25}](#) In other words, a perfect being cannot possibly be improved.

But why think the foundation of all reality is a perfect being? Simply put, the concept of perfection enables us to account for all the characteristics of this being that reason has revealed to us. Perfection accounts for this being's independent, self-sufficient, and eternally powerful nature. It also accounts for how this being can be the ultimate

foundation of other minds, astonishing material complexity, morality, and reason itself. As Rasmussen observes, “Perfection unifies all the attributes of the foundation” and “successfully predicts every dimension of our world.”[{26}](#)

A perfect being is thus the foundation of “every good and perfect gift” that we possess and enjoy, and must surely be described as “the greatest possible treasure.”[{27}](#) Moreover, since this being possesses “the maximal concentration of goodness, value, and power imaginable,” it can only properly be termed “God.”[{28}](#) Thus, by following the “light of reason” to the end of the “bridge of reason,” we have arrived not at meaninglessness or despair, but at “the greatest possible treasure,” the self-sufficient, eternally powerful, supremely rational, and perfectly good, Creator God.

If you would like to explore the work of Josh Rasmussen further, I would recommend reading his book, *How Reason Can Lead to God: A Philosopher’s Bridge to Faith*. You can also visit his website at [joshualrasmussen.com](http://joshualrasmussen.com).

## Notes

1. Joshua L Rasmussen, *How Reason Can Lead to God: A Philosopher’s Bridge to Faith* (Downers Grove, IL: InterVarsity Press, 2019).
2. See my previous article, “[How Reason Can Lead to God, Part 1.](#)”
3. Rasmussen, *How Reason Can Lead to God*, 75.
4. Ibid., 8.
5. Ibid., 76.
6. Ibid.
7. Ibid., 77.
8. Ibid., 92. The phraseology of “mental materials” in the previous sentence is also borrowed from Rasmussen.
9. Alan Lightman, “The Accidental Universe,” Harper’s, December 2011, [harpers.org/archive/2011/12/the-accidental-universe/](http://harpers.org/archive/2011/12/the-accidental-universe/), cited in Rasmussen, *How Reason Can Lead to God*, 95.
10. Rasmussen deals with this option, as well as several

- others, in *How Reason Can Lead to God*, 95-108.
11. Ibid., 95.
  12. Walter L. Bradley and Charles B. Thaxton, "Information and the Origin of Life," in *The Creation Hypothesis: Scientific Evidence for an Intelligent Designer*, ed. J. P. Moreland. (Downers Grove, IL: InterVarsity Press, 1994), 205.
  13. Ibid., 109-24.
  14. Ibid., 110. Rasmussen takes the terminology of a "moral landscape" from Sam Harris's book, *The Moral Landscape: How Science Can Determine Human Values* (New York: Free Press, 2011).
  15. Rasmussen, *How Reason Can Lead to God*, 110-11.
  16. Ibid., 119.
  17. Ibid., 121.
  18. Ibid., 121-22.
  19. Ibid., 122.
  20. Ibid., 133.
  21. Ibid., 133-34.
  22. Haldane, J. B. S., *Possible Worlds*, 209, as cited in C. S. Lewis, *Miracles: A Preliminary Study* (New York, NY: Macmillan, 1960), 15.
  23. Rasmussen, *How Reason Can Lead to God*, 135.
  24. Ibid., 136.
  25. Ibid., 137-38.
  26. Ibid., 148.
  27. Ibid. See also James 1:17.
  28. Rasmussen, *How Reason Can Lead to God*, 148.

# 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.

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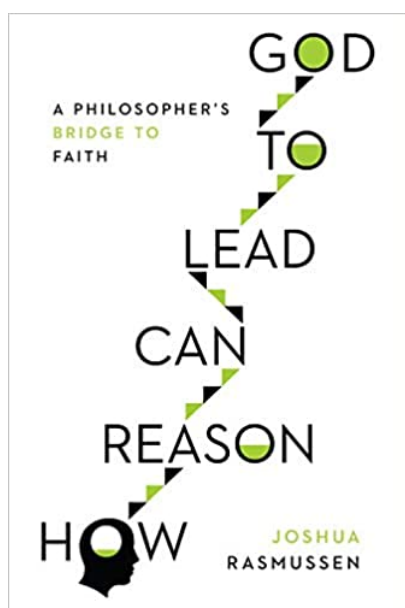
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## How Reason Can Lead to God – Part 1

*Dr. Michael Gleghorn makes a compelling case for how reason can lead us, step by step, to the logical conclusion of God's existence.*



In 2019 the Christian philosopher Josh Rasmussen published a little book with the intriguing title, *How Reason Can Lead to God: A Philosopher's Bridge to Faith*. Rasmussen earned his Ph.D. in philosophy from the University of Notre Dame and currently teaches philosophy at Azusa Pacific University.

The book, dedicated to Rasmussen's "skeptical friends," aims "to mark out a pathway . . . that can inspire a greater vision of the ultimate *foundation* of everything."<sup>[1]</sup> Now admittedly, this is a tall order. And it leads Rasmussen into some deep philosophical waters. Still, he claims to be writing for a broad audience of truth-seekers—and he has largely managed to make the book accessible to the educated layperson. One



reviewer characterized the result of Rasmussen's effort as both an "original presentation of cutting-edge philosophy of religion, and an engaging personal invitation to reason one's way to God."[{2}](#)

Now I realize that you may be thinking, "Well, this doesn't apply to me. I'm not interested in such 'heady' things as this." But do you know someone who is? Perhaps a son or daughter, spouse or co-worker? If so, you'll want to keep reading, for this may be just the sort of thing they need.

Rasmussen wrote the book for those who need to think their way carefully through the issues. The sort of person who is not content to dodge difficult questions or settle for superficial answers.

Several philosophers have praised Rasmussen's efforts. Robert Koons, of the University of Texas at Austin, describes the book as "winsome and engaging, drawing the reader into a thrilling adventure . . . of the existence and nature of reality's ultimate foundation."[{3}](#) And J. P. Moreland, of Biola University, compares the study with C. S. Lewis's *Mere Christianity* and claims that "Rasmussen's argument for God is developed with such precision and care that, quite frankly, it could not be improved."[{4}](#)

With praise like this for Rasmussen's book, I hope you'll agree that it's worth our time and effort to take a deeper look at its contents. What *is* Rasmussen's argument for God? How does he develop it? Why does he refer to it as a "bridge to faith"? What sort of materials does he use in constructing his "bridge"? We'll begin our inquiry in the same place that Rasmussen does, with the deceptively simple observation that *something exists*.[{5}](#)

## **The Blob of Everything**

Let's begin by considering the book's subtitle: *A Philosopher's Bridge to Faith*. What sort of bridge is this? As

you might expect, since Rasmussen is a philosopher, this is a “bridge of reason.” But it has an interesting destination, for it leads not to skepticism, but to faith.{6}

Rasmussen constructs his bridge very carefully. He wants every step in his construction project to be reasonable. In order to accomplish this, he seeks to use quality materials and first-rate tools. His

materials are statements that anyone can see are clearly true. His tools “are rules of logic.” By carefully selecting his materials, and conscientiously using his tools, he constructs “a bridge of reason that leads . . . to a special treasure.”{7}

Rasmussen begins his project with the claim that something exists. Although few will object to such a claim, some may still have doubts. After all, what if everything you think you experience is just an

illusion? Well, in that case, “the experience of your illusion exists.” Moreover, *you* exist. If you didn’t, you couldn’t have any doubts about reality. In order to have such doubts, you must *first* exist. Thus, Rasmussen’s first claim, that something exists, seems quite secure.{8}

Next, Rasmussen bundles every existing thing, of whatever sort, into a comprehensive whole, which he aptly dubs the “blob of everything.” This “blob” includes every existing thing, the totality of reality. Since every existing thing is included in the “blob of everything,” there is nothing “outside” or “beyond” it. It is *everything*. Hence, the blob cannot have its cause, or reason for being, in anything outside it (for, of course, there *isn’t* anything outside the blob of *everything*).{9}

Now this is strange! My car, cat, and computer were each created by causes beyond themselves. My car had a car maker. My cat had parents. But something about the “blob of everything” isn’t like this. It has what Rasmussen calls a

*foundational layer* that doesn't depend on anything outside itself for its existence. We'll consider the nature of this "foundation" more carefully next.[{10}](#)

## Probing the Foundation

As we just noted, there isn't *anything* outside "the blob of everything." And hence, there isn't anything *outside* the blob that could cause, or explain, its existence.

What are we to make of this? Notice, first, that since the blob includes *everything* that exists, it includes many things that depend on other things for their existence. For example, the blob contains things like weasels, watches, and waffles and each of *these* things depend on *other* things for their existence. Baby weasels depend on mommy and daddy weasels. Watches and waffles depend on watch- and waffle-makers.

But notice: not everything in the blob can be like this. After all, if everything in the blob depended on something else for its existence, then we would have a serious problem—for the "blob of everything" does not depend on anything else for *its own* existence. Attempting to build such a blob using only dependent materials (that is, materials that depend on something outside themselves for their existence) would commit what Rasmussen calls a "construction error."[{11}](#) One cannot construct an independent, self-sufficient reality (like the "blob of everything"), using only dependent parts. That would be like trying to construct a black steel pipe using nothing but toothpaste! No matter how much toothpaste you have, you will never construct a black steel pipe with such materials.[{12}](#)

So here's the problem. The "blob of everything" includes many things with a dependent nature (like weasels, watches, and waffles). At the same time, the blob (as a whole) depends on nothing outside itself for *its* existence. How is this possible? Clearly, the



blob must contain some special ingredient that does not depend on anything else for its existence. Rasmussen calls this ingredient the “foundation.”[{13}](#) It has an independent, self-sufficient, necessary nature. It’s the sort of thing that *must* exist, no matter what.[{14}](#) It must therefore be eternal (i.e. without beginning or end) and provide “an ultimate foundation for everything else.”[{15}](#)

## Eternal Power

This “foundation” that is self-sufficient doesn’t need a cause for its existence. It exists on its own. It’s the sort of thing that *must* exist, that cannot *not* exist. And for this reason, the foundation must be eternal. That is, it must have always existed. Finally, it must also be powerful. But why?

Well, consider first that “power exists.” Rasmussen observes that there are only two ways of explaining this. The first suggests that power “came into existence from nothing.” The second says that power is eternal and has always existed. Which way is more reasonable?[{16}](#)

Well, suppose that power came into existence from nothing. The difficulty here is that something cannot come from nothing without a cause. And if there isn’t anything, then there cannot be a cause. Moreover, we must remember that “nothing” is *not* anything. It is the absence of anything. It thus has no potential to produce anything. It has no power or potential because it *isn’t* anything. Something cannot come from nothing, then, because “nothing” has no power or potential to produce anything.[{17}](#)

Thus, Rasmussen claims that reason itself drives us to suggest “a power that exists on its own, by its own nature.” In other words, since power exists, and since it can only come from something powerful, there must be an *eternal power*. That is, there must be a power that has always existed. This power never *became* powerful; it *has always been* powerful.

Fortunately, this conclusion agrees with reason, unlike the view that power came from nothing.[{18}](#)

Rasmussen sums it up this way: “The foundational power is eternal.”[{19}](#) Now this is quite astonishing. By thinking very carefully and following the light of reason, we have arrived at a foundation of all reality that is independent, self-sufficient, necessary, and eternally powerful. But we can go even further. By considering some of the things that the foundation has produced, we can learn even more about its nature.

## Implications

Let’s recap: beginning with the simple (and undeniably true) statement that *something exists*, we have watched Rasmussen carefully construct a bridge of reason that has led (so far) to an independent, self-sufficient, eternally powerful foundation of all reality. But Rasmussen goes still further. For if this foundation is the ultimate source of all other things, then we can learn something about the nature of the foundation by considering some of what it has produced.

For example, it is doubtless true that one of the most important things the foundation has produced is *you*—a human being. But what sort of thing are you? And what might this tell us about the foundation’s nature?

Rasmussen examines four aspects of human beings that reveal some important characteristics of the foundation.[{20}](#) First, human beings have minds. We are not like rocks, papers, or scissors. We are self-conscious beings, aware of our own existence. We can think, feel, make plans, and work to accomplish them. Second, we have bodies. We are not disembodied minds, souls, or spirits. There is a complex physical (and physiological) dimension to our being. Third, we are moral agents. We experience a moral dimension to our existence. We sense that some things are good and that others

are evil. We recognize that it is good to be kind to other persons and bad to harm them. Finally, we are rational agents. We can “see” or discern certain logical and mathematical truths. For example, we can “see” that two plus two equals four and that “nothing is both true and false at the same time.”[\[21\]](#)

If we ultimately depend for our existence on a self-sufficient and eternal foundation, then what might this tell us about that which brought us into being? Although the details will have to wait for the next article, the various characteristics of human beings mentioned above point to “a certain *mind-like* aspect of the foundation.”[\[22\]](#) Indeed, we might even say that these characteristics reveal a foundation with mental, moral, rational—and even personal attributes!

Our goal for the [next article](#), then, is to consider each of these characteristics in greater detail, showing how each one plausibly leads to a personal foundation of existence.

## Notes

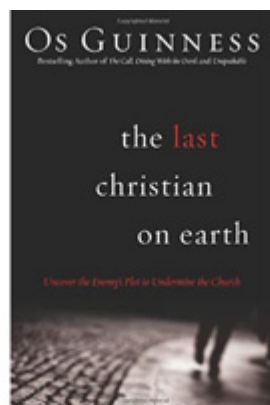
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# Digging Our Own Grave: The Secular Captivity of the Church



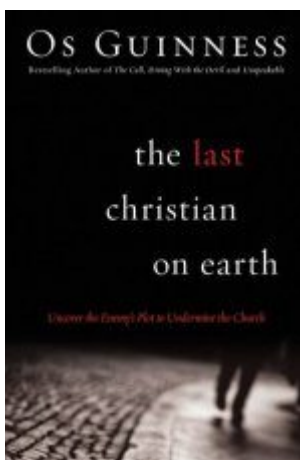
*Rick Wade provides an overview of how the Christian church has become captive to the godless values and perspective of the surrounding culture, based on Os Guinness' book The Last Christian on Earth.*

## Our Real Enemy

If memory serves me correctly, it was my introduction to such concepts as secularization and pluralization. I'm speaking of the book *The Gravedigger Files* written by Os Guinness in the early 1980s. The subtitle of *The Gravedigger Files* is *Papers on the Subversion of the Modern Church*. The book is a fictional dialogue between two members of a council which has as its purpose the undermining of the Christian church. The Deputy Director of the Central Security Council gives one of his subordinates advice on how to accomplish their goal in his area.



In 2010, Guinness published a revised and updated version of *Gravedigger Files*. He gave it the new title *The Last Christian on Earth*. The titled was inspired in part by Luke 18:8: "When the Son of Man comes, will he find faith on the earth?"



What Guinness wanted to do in *Gravedigger* and the updated version was to show how the church in America is being undermined from within. We concern ourselves so much about outside enemies without realizing that we are at times

our own worst enemies. He wrote: "*The Christian faith contributed decisively to the rise of the modern world, but it has been undermined decisively by the modern world it helped to create. The Christian faith has become its own gravedigger.*"[\[1\]](#)

The primary focus of Probe Ministries now is what's been called the cultural captivity of the church. All too many of us are influenced more by our culture than by the Bible. It's impossible to separate oneself from one's surrounding culture, to be sure, but when there is conflict, we are called to follow Christ. Cultural captivity is subtle. It slowly creeps up on us, and, before we know it, it has soaked into our pores and infected much of what we think and do. "Subversion works best when the process is slow and subtle," Guinness's Deputy Director says. "Subtle compromise is always better than sudden captivity."[\[2\]](#)

This book is helpful for seeing ourselves in a clearer light, and for understanding why some of the things we do, which seem so harmless, are really very harmful to our own Christian lives and to the church.

## **Stages of Subversion**

Rather than directly attacking the church, the enemy finds it more profitable to try to undermine it. "Subversion" is the word Os Guinness's Deputy Director uses in the book *The Last Christian on Earth*. How does this happen?

This process of undermining comes in various stages. Three of them are demoralization, subversion, and defection.[\[3\]](#)

*Demoralization* is the softening up of the church through such things as hypocrisy and public scandals. Morale drops, and our ability to resist the devil's advances decreases.

*Subversion* comes about from winning over key church leaders who begin to trumpet "radical" and "daring" ideas (better

words for this, Guinness says, may be “revisionist” and “unfaithful”[{4}](#)).

*Defection* comes when prominent members abandon the church, such as when former fundamentalists publicly deny the divine authority of the Bible.

Faithfulness, which once was understood as being committed to God, now has a new focus. The desire to be “in the world but not of the world” is realigned. The church’s commitment to the world turns into attachment, and worldliness settles in. “Worldliness” is a term once used by fundamentalists to describe being too attached to the world, but it went out of favor because of the excesses of separationism. It was a word to be snickered at by evangelicals who were adept—or thought they were adept—at being in the world without becoming its servant. This snickering, however, doesn’t hide the fact that the evangelical sub-culture exhibits a significant degree of being of the world, or worldly.

Moving through these stages, the Deputy Director says, has led the church deeper and deeper into cultural captivity. The church becomes so identified with the culture that it no longer can act independently of it. Then it finds itself living with the consequences of its choices. Says the Deputy Director, “Our supreme prize at this level is the complete devastation of the Church by getting the Adversary [or God] to judge her himself. “Here, in a stroke,” he continues, “is the beauty of subversion through worldliness and its infinite superiority to persecution. . . . if the Adversary is to judge his own people, who are we to complain?”[{5}](#)

## **Forces of Modernism**

In *The Last Christian*, Os Guinness describes three challenges of modernity which aid in the subversion of the church. They are secularization, privatization, and pluralization. These forces work to squeeze us into the mold of modernistic

culture. To too great an extent, they have been successful.

*Secularization* is the process of separating religious ideas and institutions from the public sphere. Guinness's Deputy Director speaks of society being "freed" from religious influence.[{6}](#) This is how secularists see the separation. Religion is seen as restrictive and oppressive and harmful, and the public square needs to be free of it. All ideas and beliefs are welcome as long as they aren't explicitly grounded in religious belief. Because of the influence of the public arena in our lives, Guinness points out that "*Secularization ensures that ordinary reality is not just the official reality but also the only reality.* Beyond what modern people can see, touch, taste and smell is quite simply nothing that matters."[{7}](#)

If religion is removed from the public square, the immediate result is *privatization*, the restriction of religion to our private worlds. This can be the small communities of our churches or it can mean our own individual lives. Guinness writes that "today, where religion still survives in the modern world, no matter how passionate or committed the believer, it amounts to little more than a private preference, a spare-time hobby, and a leisure pursuit."[{8}](#)

The third force is *pluralization*. With the meeting of many cultures comes the awareness that there are many options with regard to food, dress, relationships, entertainment, religion, and other aspects of life. The number of options multiplies in all areas, "especially," notes Guinness, "at the level of worldviews, faiths and ideologies."[{9}](#) Choosing isn't a simple matter anymore since it's so widely believed that there *is* no truth in such matters. In fact, choosing is what counts. Guinness writes, "what matters is no longer good choice or right choice or wise choice, but simply choice."[{10}](#)



## Some Characteristics of Subversion

What are some characteristics of a subverted church? Os Guinness discusses several in his book *The Last Christian on Earth*.

One result of being pushed into our own private worlds by secularization is that we construct our own sub-culture and attempt to keep a distance. But then we turn around and model our sub-culture after the wider culture. For example, it's no secret that evangelical Christianity is heavily commercialized. Our Christianity becomes our style reflected in plenty of Christian kitsch and in being surrounded by the latest in fashions. The depth of our captivity to things—even Christian-ish things—becomes a measure of the shallowness of our Christianity. Compared to what Jesus and the apostles offered, which included sacrifice and suffering, says Guinness, “today’s spiritual diet . . . is refined and processed. All the cost, sacrifice and demand are removed.”[{11}](#)

Another pitfall is rationalization, when we have to weigh and measure everything in modernistic ways. We’re guided by “measurable outcomes” and “best practices” more than by the leading of the Spirit.[{12}](#)

Feeling forced to keep our Christian lives separate from the wider culture—the sacred/secular split, it’s been called—reduces Christianity in size. We don’t know how to apply it to the larger world (apart from excursion-style evangelism). “Many Christians,” Guinness writes, “have so personal a theology and so private a morality that they lack the criteria by which to judge society from a Christian perspective.”[{13}](#) Lacking the ability to even make sound judgments about contemporary issues from a distinctly Christian perspective, we’re unable to speak in a way that commands attention. Christianity is thought at best to be “socially irrelevant, even if privately engaging,” as someone

said. [{14}](#)

A really sad result of the reshaping of Christianity is that people wonder why they should want it at all. The church is the pillar of truth, Paul says (1 Tim. 3:15). The plausibility of Christianity rises and falls with the condition of the church. If the church is weak, Christianity will seem weak. Is this the message we want to convey?

## A Wrong Way to Respond

In the face of the pressures of the modern world on us, the conservative church has responded in varying ways in the wider culture.

Os Guinness describes what he calls the *push* and *pull* phases of public involvement by conservatives. The push phase comes when conservatives realize how much influence they have lost. For much of the nineteenth century, evangelical Christianity was dominant in public life. Over the last century that has been stripped away, and conservatives have seen what they held near and dear taken away. This loss of respect and position in our society has resulted in insecurity. [{15}](#)

In response, conservative Christians push for power by means of political action and influence in education and the mass media. "But, since the drive for power is born of social impotence rather than spiritual authority," Guinness writes, "the final result will be compromise and disillusionment." They fall "for the delusion of power without authority." [{16}](#)

When they recognize the loss of purity and principles in their actions, they begin to pull back and disentangle themselves from the centers of power. There is a return to the authority of the gospel without, however, a sense of the *power* of the gospel. Standing on the outside, as it were, they resort to "theologies stressing prophetic detachment, not constructive involvement." [{17}](#) This is the phase of "hypercritical

separatism.”

Then comes a third phase, the enemies’ coup de grâce. Standing back to view all this, some Christians experience what Guinness’s Deputy Director gloatingly describes as “a fleeting moment when they feel so isolated in their inner judgments that they wonder if they are the last Christian left.” There is left “a residue of part self-pity, part discouragement, and part shame that unnerves the best of them.”[\[18\]](#) But these are the few. The many are simply kept asleep, the Director is happy to report, unaware of what has happened.

This article has given only a taste of Os Guinness’s message to us. The hope for the church is a return to the gospel in all its purity and power. I invite you to read *The Last Christian on Earth* and get a fuller picture of the situation and what we can do to bring about change.

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11. Ibid., 159.
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13. Ibid., 155.
14. Theodore Roszak, *Where the Wasteland Ends* (New York: Doubleday, 1973, ), 449; quoted in Guinness, *Last Christian*, 79.

15. Guinness, *Last Christian*, 166.
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## What You CAN Say to Someone Who's Grieving

When we [lost our \(believing\) son to suicide](#) last month, we received hundreds of cards and Facebook notes assuring us of people's care and sympathy. What a blessing!

So often, people just don't know what to say in the face of horrific loss and pain, and it's easy to say the wrong thing. One of my favorite-ever blog posts is "[What Not to Say When Someone is Grieving.](#)"

But I want to share ideas on what has been truly comforting and supportive, because some of the comments we received are how "the God of all comfort" (2 Corinthians 1:3) blessed us, and I hope you find them helpful for crafting what YOU can say to someone in pain.

Bottom line key: what really comforts and encourages us (because we're still making our way through grief) is communicating LOVE. Nothing encourages like the power of love. If you're really crunched for time, scroll to the end for the two most powerful notes we received.

### **Cards**

I am sad and so sorry or all the pain you are experiencing.

I'm praying for your peace in the midst of the anguish. With love for you and appreciation for your faithful witness.

May you both feel the hope that anchors our souls—even in dark days and weeks.

I am so sorry for the grave loss you are suffering. I am lifting you up in prayer and asking the Holy Spirit to intercede for you in this time when words are not enough. I ask God to make His nearness evident to you in the coming days and that His peace would surround and carry you moment by moment. May the Lord bless you and keep you.

There are no words sufficient to convey my deep sympathy for you. Having said that, I know that Curt is now experiencing what those of us who remain can only look forward to—complete fellowship with the Lord Jesus Christ and all the saints who have gone before. You both remain in my heart and prayers.

Praying for an extra measure of God's presence and peace in the days ahead.

We love you and we feel your pain and wish we could bear some of it for you. We lift you up to our Father's grace!

We know that Curt is fully healed and rejoicing with Jesus over the indescribable gift of glory! Still, we cannot fully fathom the deep emotions you are going through. Just know you are and will be in our prayers.

### **Facebook notes**

I will be in prayer asking the Lord to tenderly hold you both in His hands and ease your pain and your grief.

May the Holy Spirit minister to you and meet your needs in ways beyond we could even ask or imagine.

My heart is breaking for you. I'm so sorry. Love you all.

May the Lord be so near, may you cherish your wonderful memories with you son, and may the hope of heaven bring comfort in the deep pain of loss.

No words can adequately comfort—but I am so deeply sorry and I pray for sustaining comfort until the promised reunion.

I am heartbroken for your loss but so grateful for your hope that you will see Curt again.

Oh Sue, words fail. May the peace that passes understanding come to you, Ray and the family quickly.

Words are inadequate in the midst of such tragedy. Love and prayers for you and your family.

Oh dear friends, we are crushed by this news but we know God's grace superimposes us in our most difficult moments. We are praying for you in this difficult time and know your future reunion with Curt will erase this present sorrow.

Oh, Sue! I am weeping with you. I am praying for you right now. May the Lord comfort you as only He can. One day, death will be forever defeated and all will be made new. Come quickly, Lord Jesus!

I am asking the Lord to help you feel His presence and strength in tangible ways and that the hope of heaven comforts you. Sending you so much love!

My heart grieves with you, Sue and Ray. May God's loving presence comfort and sustain you as He did for me four years ago when I received similar news about my son. I'm thankful we grieve but not without hope. My prayers are with you now and in the days to come and I send you my love.

We lost our son to suicide two years ago, so when I tell you my heart aches with you I know whereof I speak. I pray that the Lord sends you comfort. I pray that the Lord holds you in his loving arms. I pray He gives you whatever strength you

need. I love you sweet sister in Christ.

—

Lord, we ask for Your comfort to envelop our beloved Bohlin family in their time of unimaginable sorrow. Please grant them strength to face each day and the peace that surpasses all understanding.

Surround them with love and support, and let them feel Your presence even in the darkest moments.

Help them to find solace in the memories of their son and to lean on one another as they navigate this painful journey. May they feel Your everlasting arms holding them close, providing hope and healing in the days to come.

In Your merciful name, we pray. Amen.

—

I wish I could give you a huge hug right now. My heart aches for you and Ray.

My heart breaks for you both. May you experience God's supernatural peace surpassing all understanding ... in such an un-understandable moment.

I have no words. Only tears.

Our hearts are breaking for you! God is faithful, yes but this is HARD.

Oh Sue & Ray, what words are there for this? May you be swamped with God's tender mercy. I pray that the structure you have built upon the firm foundation of Christ, day after day & year after year, now be a sanctuary for you. May many take note to see & know that Jesus is enough for unspeakable times.

Devastated & heartbroken for you all. He was such a sweet soul and he will forever have a piece of my heart. Grateful he is

in the arms of Jesus and no longer in agony. Praying the Lord's peace washes over your pain.

Oh Sue. My heart is shattered on your behalf. May you be comforted by ways that only the Lord can offer. I love you SO MUCH. I am approaching His throne for you and your family.

I know God is so near and grieving along with you and Ray! I pray that you can submit all your steps and words to him and let him heal you the only way our amazing God can. I am sending so many hugs.

Oh Sue! I cannot imagine the depth of pain coupled with the hope of heaven. Lord, preserve my dear friends through their deep loss, sustain them with your mighty hand, extend peace and rest as they reflect on sweet memories. Hold them close Lord.

### **The Most Powerful Notes:**

How my heart hurts for you as you bear this great loss. You have been so faithful to love and care for your beloved son all these years. Now you can rest in knowing he is in the arms of Jesus now. May the God of all comfort carry you and sustain you in the difficult days to come, and may He fill you with joyous memories you can cherish in the midst of the grief. You are incredible parents and I'm sure that very few will understand the burden and sacrifice you have carried for so long. Rest now in peace knowing he is with Jesus and your loving work is complete

—

My eyes have been glued to this page for 30 minutes, unsure of how to start such a note,

I know words can fail at such a time, but loving prayer does its most urgent work. You both are loved by so many and I know that heaven's gates are flooded with the prayers of the body



of Christ. My prayer tonight is that the God of all comfort would comfort your hurting hearts.

Please know that your tears are mingled with family and friends who love you so. I am thankful to be in that number.

With my note comes my love,

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Loving and compassionate words can't *fix* grief, but they most certainly can bring comfort in the hard coldness of the pain of loss. I hope you find this helpful the next time you want to say something that communicates your heart.

This blog post originally appeared at

[blogs.bible.org/what-you-can-say-to-someone-whos-grieving/](https://blogs.bible.org/what-you-can-say-to-someone-whos-grieving/) on  
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