5 Biblical Ways to Defend Your Mental Health Against Ongoing World Conflicts

As mental health issues continue to spread throughout our society and the world, Terrence Harris shares 5 important and practical Biblical insights to help protect your mental health, considering the ongoing wars and conflicts we see today.

1. Mental Health Needs God's Truth

God's truth demands obedience, even against personal preference. Repentance and faith in Jesus Christ gives us new life and compels us to joyfully obey God's truth. Christ offers salvation to those who receive Him as Lord and Savior. Some think they can save the world by their own actions. Many hope to make the world a better place through charity or a perverted version of peace, love and unity. Any vision of peace that denies the return of Christ rejects the truth and ultimately collapses.

World conflicts aren't just a political issue—they are the result of humanity rejecting God's truth and replacing it with deception. The Bible speaks of a humanity that desires everything they see, physical pleasures, and the pride of life. All of these come from a sinful world that refuses to obey and submit to the Living God (1 John 2:16, 17). Consequently, we live in a decaying world (2 Peter 3:10, 1 Corinthians 7:31) of which no human can control or stop.

Anxiety, another symptom of humanity's brokenness, exists as a major issue within the mental health crisis today. Anxiety can express itself through a sensation of "being choked" and suffocating. Those who suffer from anxiety, like I once did, tend to also experience the sensation of "falling." Without

anchoring ourselves in God's truth, our emotions begin to interpret reality instead of responding to it.

Medication helped during my struggle with anxiety and mental health issues, but I improved when I relied less on my truth and more on God's truth. He has full authority over heaven and earth. Humanity assumes absolute control over our lives because we take God's grace for granted. This illusion of control contradicts the truth that God alone has authority over heaven and earth. When we align our lives with God's truth, we can experience freedom from the pressure to hold everything together on our own. This reduces and even frees us from undue stress and worry.

2. When Community Grows, Mental Health Improves

Some people serve in the military overseas, have loved ones fighting, or worry about the war's impact on American soil. Navigating war's presence and uncertainty is challenging. While war and violence exist, God doesn't want us to bear these challenges alone. Sometimes, a kind reminder that fear doesn't come from God (2 Timothy 1:7) is needed. If fear arises, remember God's love and care through others (Galatians 6:2, Hebrews 10:24-25). Having a solid group of family, friends, and trusted people is wise (Ecclesiastes 4:9-12). Helping each other through hard times keeps our mental health from
deteriorating because God created humanity for connection. The Father, Son, and Holy Spirit have distinct functions but exist as one. Togetherness and community are essential to the Living God. Created in His image, humanity must imitate God's likeness, seeking and building meaningful, God-honoring relationships, unity, and community in Christ.

3. Solitude: Where Mental Health Speaks

Jesus sought solitude to spend time with the Father (Mark 1:35, Luke 5:16, Mark 14:23).

Solitude differs from isolation. The Bible says isolating oneself is foolish and contrary to God's standard for community. Biblical solitude seeks intimacy with God, hearing His voice, experiencing His presence, and minimizing distractions. Finding sacred time to enjoy God's company improves mental health. This connects our hearts to the Father who made us and our interests. Ask God for solutions to mental health and navigating the world's brokenness.

4. Fasting: A Secret Weapon Against Mental Oppression

Jesus said, "When you fast and pray . . ." His words sound like a command, not an option.

Christians tend to focus on the physical benefits of fasting rather than the supernatural benefits. Queen Esther called for the Jews to fast on her behalf before entering her king's throne room uninvited—which could have resulted in her death (Esther 4:15-17). All the people of Ninevah (Jonah 3:5-10) fasted and repented for sinning after hearing Jonah preach, turning God's coming judgment away from the city. Daniel fasted while mourning and for understanding (Daniel 10:2). In Mark 9:29 (in some manuscripts), Jesus tells His disciples that prayer and fasting invites supernatural authority in deliverance from demonic oppression. Fasting exchanges the natural pleasures of food for a complete focus on God. Sometimes, our mental health needs relief from anxiety or comfort from life's hardships—especially in times of world conflicts. Other times, we may need God's mercy, favor, or His supernatural strength to overcome the challenges of an immaterial nature. Scripture has shown how fasting can turn the tides of worldly conflicts and challenging circumstances. Incorporating a fast that Yahweh commands and respects could be the spiritual discipline necessary for life's journey.

5. Enjoying Life: A Gift for Mental Health

No matter the difficulties we face in life, we can still trust

and believe that God gave us life to appreciate and enjoy, as well as experiences to enjoy along with it. In Ecclesiastes 5:18–21, we can discover a desirable pattern, one blessed by Yahweh that most Christians may overlook. One of the best things you can do for your mental health is to enjoy the work you do, developing the ability to enjoy the wealth it produces, and using the resources to create wonderful and exciting memories and experiences for yourself, your family, and others.

Unstable circumstances cannot sustain mental health in a world marked by ongoing conflict, uncertainty, and moral confusion. The wars and tensions we see around us reveal a deeper reality—humanity's rejection of God's truth. When we try to carry the weight of a broken world or place our hope in human solutions, mental health issues such as anxiety increase, and peace fades. But God has not left us without help. When we anchor our minds in His truth, walk in community, seek Him in solitude, practice spiritual discipline through fasting, and choose to enjoy the life He has given, we begin to experience stability in our mental health that the world cannot offer. True peace exists outside of trying to control outcomes, but in trusting the God who is already in control. As we align our lives with His truth, we protect our minds, strengthen our faith, and learn to live with confidence—even in the midst of a world at war.

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Be WHAT?

Be not afraid, be strong, be not discouraged, be anxious for nothing, be transformed. How are we supposed to obey God's seemingly impossible commands?

During a recent sermon, our pastor was teaching through Jesus' healing of a leper, who threw himself on Jesus' mercy and implored Him:

"Lord, if You are willing, You can make me clean."

And He stretched out His hand and touched him, saying, "I am willing; be cleansed." And immediately the leprosy left him. (Luke 5:13)

I was struck by Jesus' command, "Be cleansed."

Huh?

How does a leper, afflicted by an incurable disease that isolated him so terribly, just . . . "be cleansed"?

How does one obey a command like that?

Further, how does one obey similar seemingly impossible commands, such as:

- Be not afraid.
- Be strong.
- Be not discouraged.
- Be anxious for nothing.
- Be transformed.

It makes me smile to think about the one answer that all these "Be _____" commands have in common:

We can't do it. Jesus wasn't kidding when he said in John 15:5, "I am the vine, you are the branches. If you abide in Me and I abide in you, you will bear much fruit. Apart from Me you can do nothing."

What we CAN do, *all* we can do, is to open ourselves up to the grace and power of God, giving Him access to ourselves, and inviting Him to do the work, to make the changes.

How was the leper cleansed? Jesus took his leprosy into

Himself, I think, exchanging His health and "leprosy-freeness" for the man's horrible sickness. Jesus' holiness and perfection destroyed the leprosy the way bleach destroys mold and mildew. The point is, Jesus did it.

"Be Not Afraid"

I understand there are 365 commands to "be not afraid" in the Bible, one for each day of the year. When we are beset by fear, how can we stop being afraid? How do we just turn it off?

We can't. But Jesus can.

Just as He reassured Joshua in entering the Promised Land that He was with him and would never leave him or forsake him (Joshus 1:5), Jesus promised us before leaving earth to go back to heaven, "I will be with you always, even to the end of the age." (Matthew 28:20)

The last two medical procedures I had done, I was scared. I was so scared I was literally shaking. I couldn't turn off the fear, but I could (and did) remind myself that Jesus was with me, He had me, He was in charge and taking care of me. That's what I focused on, and that's what shrank the fear.

I get that; as a mother, when my young kids were scared, I would reassure them with, "I'm here, I'm here, Mommy's here with you."

"Be Strong"

As a polio survivor whose entire left leg was originally paralyzed and has been very weak my whole life, I can truly appreciate the apparent craziness of this command. It's like my brain telling my frail and lame leg, "Hey! Be strong!" Ain't gonna happen! So why would God give us this command?

We see the full story in Ephesians 6:10, which literally says, "[B]e being strengthened in the Lord and in the strength of

His power.” The verb is present passive imperative, which means we are told to move out of the driver’s seat and let the Lord drive. Let Him be strong in us; let Him pour the power of His might into and through us.

It’s like allowing ourselves to be hooked up to a “Jesus IV” so that His power and strength flows into our veins.

It’s like buckling ourselves into an airplane seat, sitting back, listening to the mighty jet engines roar to life, and allowing the pilot to hurtle us down the runway, gaining speed, until the plane takes off and we are soaring through the skies. Somebody else does all the work.

The way to “be strong” is actually to be strengthened by a power and force not our own, by receiving and trusting in God’s strength and not trying to be strong in our own strength.

“Be Not Discouraged”

This command is often paired with the command to not be afraid, which makes sense. In the Old Testament, God linked His command to “be not discouraged” with the powerful promise of His presence and power for His people. Since God is not only powerful but also sovereign—He has everything under control and will work everything together for our good if we love Him and are called according to His purpose, Romans 8:28—we can jettison discouragement and be encouraged.

I love this passage in 2 Chronicles 32:7—

“Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria and the vast army with him, for there is a greater power with us than with him.” I’m pretty sure the apostle John had this in mind when he wrote in the New Testament, “Greater is He who is in you than he who is in the world (meaning Satan).”

And how encouraged was the prophet Elisha's servant who "had risen early and gone out, behold, an army with horses and chariots was circling the city. And his servant said to him, "Alas, my master! What shall we do?"

So he answered, "Do not fear, for those who are with us are more than those who are with them."

Then Elisha prayed and said, "O LORD, I pray, open his eyes that he may see." And the LORD opened the servant's eyes and he saw; and behold, the mountain was full of horses and chariots of fire all around Elisha. (2 Kings 6:15-17)

We can choose to be encouraged over discouragement if we remember that there is a spiritual reality in the heavenly realms that our physical eyes can't see, another reason to trust God.

"Be Anxious for Nothing"

The twin terrorists of anxiety and depression have a chokehold on many people today, especially in the wake of the pandemic. Yet we are told in Philippians 4:6 to "be anxious for nothing." I'm so glad there is a comma and not a period after the word *nothing*, because the antidote for anxiety is right there in the text: "but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

I think Paul had meditated on his friends' notes of the Sermon on the Mount, where Jesus challenged His audience's worry about the basics of life in Matthew 7:25-34. His perspective was to trust His Father, who cared far more for people made in His image than lesser parts of His creation that He also cared for.

The antidote for anxiety is to tell God what we're concerned

about, but not to stop there: also focus on and deepen our understanding of just how loving, kind and generous the Father is toward us.

Wise people have defined anxiety as “fear of loss.” When we focus on and trust in God instead of the things we are afraid of losing, the anxiety will shrink.

“Be Transformed”

Romans 12:2 says to “be transformed by the renewing of our minds.” We can’t transform ourselves, we need to give God permission to change us from the inside out. It really starts with recognizing the need to BE transformed in the first place, with the humility that begins to see how much we fall short of Jesus’ command to “Be perfect, as your Father in heaven is perfect” (Matthew 5:48).

Oh look, there’s another “Be _____” command! Be perfect! Yikes! How can we do that?

By being transformed.

How do we do *that*?

By asking for it. By inviting the Holy Spirit to make us like Jesus and His Father. By responding with repentance when He convicts us of sin and righteousness, which is His job (John 16:8). By “taking off” the old thinking habits and behaviors that are displeasing to God, and “putting on” the new habits and behaviors that align with the heart and character of God—which we learn about as we get to know Him in His word. And we take off and put on with the Spirit’s empowering, not our own efforts.

There’s an important thread to obeying all these “Be _____” commands: God does the work in us, with our cooperation, as we surrender and submit to Him.

Philippians 2:13 tells us that God is at work in us, both to

will and to work for His good pleasure. He gives us “the want-to and the can-do.” He’s the one who enables us to live out His commands to “Be _____.”

The Christian life is a supernatural life! God does the work, we get the blessings!

This blog post originally appeared at blogs.bible.org/be-what/ on June 21, 2023.

Salt and Light Online

During the pandemic, I was honored to be asked to address a student leadership conference for a Christian school in the Philippines via Zoom. Looking over my notes, there isn’t much here that doesn’t apply to ALL of us with any kind of online connection.

In order to follow Jesus’ call to be salt and light, and applying it to online life, I’d like to take a look at several dangers of the dark side of online life, as well as suggest ways to be wise in the use of this technology.

The Comparison Trap

I don’t think anything has fueled the temptation to compare ourselves to others as much as social media. There is a wise saying that “Comparison is the thief of joy.”

This is where our feelings go when we’re caught in the comparison trap: to envy. To depression and anxiety.

> A tranquil heart gives life to the flesh, but envy makes the bones rot. (Proverbs 14:30)

> Anxiety in a man's heart weighs him down, but a good word makes him glad. (Proverbs 12:25)

The opposite of comparing is choosing contentment.

> Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." (Hebrews 13:5)

> Now there is great gain in godliness with contentment, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. (1 Timothy 6:6-8)

And one of the best ways to choose contentment is to train yourself to practice gratitude. Give thanks for what the Lord has allowed for you.

> Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this. (1 Thessalonians 5:18)

Dangers of Social Media Apps

One of the worst is Tiktok.

A 17 year old girl wrote: "The only thing worse that happened to me besides Tiktok was my family members dying . . . . I would spend countless hours crying in my bedroom repeatedly watching Tiktok, telling myself I wasn't good enough."

Another girl told of starving herself to look like the people Tiktok decides are acceptable.

Tiktok destroys people's self-esteem. Millions of kids try to learn the dances to fit in or feel accepted.

There is a strong pro-anorexia and pro-bulimia presence, causing lots of girls to develop eating disorders because adolescents are particularly vulnerable to peer pressure.

The message on so many of the apps for girls is: If you want

to be seen, heard, loved—show off your body. No one is valuing you for your heart or your mind or your passions, just your appearance. Just your body.

This is so dangerous! It's a lie that a girl's worth is in how pretty she is or how thin she is or how sexy she is.

A person's worth is set by Jesus, who was willing to pay for each one of us with His life. He says, "I made you in My image, and that makes you infinitely valuable to begin with. Then I died for you, which proves you are infinitely valuable." THAT is true worth. It's set by Jesus Himself.

Many of the apps are also dangerous because sexual predators use them to trick kids and lure them into meeting, where bad things happen. So many victims of sex trafficking are drawn in on social media.

Another way social media is dangerous is because there's where so much cyber-bullying happens.

If you see someone being bullied, ask the Lord for help and be brave. Speak up and say, "That's not okay." There is power in just one voice! And report it-to whatever authorities have to do with how you know the person, such as school, or church, or the neighborhood. Keep inviting Jesus into the situation and ask for supernatural help.

Another problem with Tiktok in particular is a different kind of danger, concerning privacy and security.

One expert said, "Anytime Amazon, major banks, and the Department of Defense ban employees from using an app for security issues, it's time for everyone to uninstall the app."

You need to know that NOTHING you put on social media is private.

Other Emotional Dangers

The more time you spend online, the greater your risk of feeling isolated and taken to a dark place emotionally. Because of the pandemic's lockdown, depression and loneliness are at an all-time high.

Scrolling your social media feeds contributes to feeling left out.

Too much social media leads to disconnection and loneliness, and feelings of social isolation. Too much social media makes us feel inadequate because of the comparison thing.

A 2018 study published in the Journal of Social and Clinical Psychology revealed that those who limited their social media exposure to 30 minutes a day, reported that their depression lifted and their loneliness improved. Social media activist Collin Karchner, founder of the "Save the Kids" movement, kept hearing from U.S. students that they reported feeling better immediately after deleting their social media apps!

Another aspect of spending too much time online is that it can cause difficulty engaging in conversations in real life. Which of course fuels the loneliness further.

Purity

Probably the MAJOR pitfall of the Internet is pornography.

The fastest growing consumer of porn is girls 15-30. I found one statistic that 70% of guys and 50% of girls struggle with a porn problem. I think it's higher than that.

I understand that when apologist and speaker Josh McDowell offered a one-month discipleship program for Christian student leader, he learned that 100% of both guys and girls confessed to problems with porn.

Brain chemicals are released when viewing pornography and during sexual experiences. These brain chemicals are intended to bond husband and wife like emotional superglue, but when

people use porn, they bond to the porn instead of an actual person.

This is a matter of spiritual warfare. The enemy of our souls is taking captive millions of Christians through pornography, then beating them up with shame and guilt.

I plead with you, install a filter or an accountability program on your phone to help you stand against this attack on your purity.

And please, don't take pictures of your bodies. And most certainly do not send any pictures of body parts to other people!

> You were bought at a price. Therefore glorify God in your body. (1 Corinthians 6:20)
>
> The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. (1 Corinthians 7:4)

Your body was bought by Jesus and it belongs to Him. It's not okay to give it away, even in pictures, to anyone except the person you have married.

What would being WISE look like, then?

First, recognize that this is a huge issue, especially in the Philippines. People in your country spend more time online than any other country in the world-almost 11 hours a day. You also spend more time on social media, over four hours, than any other country-twice the worldwide average.

It would be wise to choose to unplug yourselves so you can replenish your mental, emotional, and spiritual resources.

Jesus said in Matthew 16:24, "If anyone wants to come after Me, he must deny himself, take up his cross, and follow Me."

There has to be a choice to deny ourselves and say NO to the phone as a way of saying YES to Jesus.

Think about all the ways you stay tethered to your phone so it controls you.

Get a real alarm clock and watch so you're not dependent on your phone to tell you what time it is.

At night, recharge your phone in another room so your sleep won't be disturbed by the sound and light of incoming messages and notifications.

Don't post on social media when you're emotional. Don't treat social media like a diary. Then you won't regret emotional posting that embarrasses you later.

If you're already feeling down, don't scroll social media. It will make you feel even worse.

To be emotionally healthy, let yourself feel your feelings instead of distracting yourself by scrolling.

Put your phone down and be 100% mindful of what's happening in your life at that moment.

The blue light from screens decreases your melatonin levels, which leads to sleep problems. Turn off your screen an hour before bed to help yourself sleep better.

Love One Another

Before you post anything, ask:

- Is it true?
- Is it helpful?
- Is it kind?
- Will it cause drama?
- Am I posting this for the right reason?
- Would my grandmother want to see this?

- Is it mine to share?
- Would I say this or share this in real life?
- Does this glorify God?

Can you see how passing your post through the filter of these insightful questions would be loving?

The Big Picture

There are two verses that strike me as especially appropriate to this issue:

> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves. (Philippians 2:3)

> So then, whether you eat or drink OR WHATEVER YOU DO, do it all to the glory of God. (1 Corinthians 10:31)

If that is the question we ask: "Will this bring glory to God?" we will find ourselves being loving, kind, respectful Christ-followers who are bringing salt and light into the dark and corrupt world of the internet.

And we will earn the Lord's accolade: "Well done, good and faithful servant."

This blog post originally appeared at blogs.bible.org/salt-and-light-online/ on May 17, 2022.

On Suicide

The incidence of depression, anxiety, and suicide has skyrocketed as the isolation and life-disruption from Covid-19 has ravaged our world. I wrote this post in April 2013, but it's even more salient today.

Over the weekend, Rick Warren (pastor of Saddleback Church in California, author of *The Purpose Driven Life*) and his wife Kay revealed that their son Matthew had taken his life after a lifelong struggle with mental illness. In an email to his church, Pastor Warren wrote, "[O]nly those closest knew that he struggled from birth with mental illness, dark holes of depression, and even suicidal thoughts. In spite of America's best doctors, meds, counselors, and prayers for healing, the torture of mental illness never subsided."

Many years ago, I was privileged to take a three-year lay counseling class from a wise and experienced man who taught us that those who commit suicide don't really want to die; they just want the pain to end. Deep depression feels like being locked in a dark dungeon with no way out. The pain can become intolerably intense; one friend likened it to being forced to hold a large cauldron of boiling liquid with no hot pads. Those of us who have been spared from deep depression cannot really imagine how dark and how painful it is.

Psalm 139:16 says, "All the days ordained for me were written in Your book before one of them came to be." That means that before God even creates us, He knows the day of our death. That also means that those who commit suicide are dying on their ordained last day. Most of the time, though, God intervenes in people's plans to end their lives, each story different and drenched in grace.

When one teenage girl learned she was pregnant, she planned to drive one of her family's cars into an embankment at the end of the week-but her parents sold that car before she could carry out her plan, and she decided she couldn't wreck the one remaining vehicle. Today, she is so glad she gave birth to her baby girl, who brought immeasurable joy to her adoptive parents, and enjoys her life of service to God which includes her own family.

Another friend lay in bed one night planning to end her life

by walking out in front of an 18-wheeler on the nearby interstate. As she thought about making her way in her nightgown across the empty field that lay between her house and the highway, she suddenly thought, “I can’t walk across that field in my bare feet!” . . . and turned over and went back to sleep.

When our son was suicidally depressed in high school, his friend came to us and told us of his plan to hurt himself a few days later. He was not pleased that his friend had “betrayed” him, but we were so grateful-and it enabled us to get him some badly-needed help.

There are so many stories of God’s intervention that when we do hear of someone taking their own life, I do believe it means God allowed it because it was their ordained day. This doesn’t diminish the pain for the survivors, though.

My dear friend Caren Austen, responding to the news of Matthew Warren’s suicide, wrote an essay revealing her own struggles with mental illness and suicidal depression so that people would know what it’s like. With her permission, I gratefully share these excerpts:

> “I am not weak, lacking in faith, demon-possessed or oppressed or anything else but suffering from faulty brain chemistry.
>
> “The disorder affects my daily life: my ability to work, interact with other people, activities of daily living to the point of sometimes being unable to get out of bed or leave my house. I hate it. I hate that God has chosen this path for my growth and sanctification. Depression is my nearly constant companion. I rarely get a break. I wake up with it. I work with it. I go to sleep with it, knowing that tomorrow I’ll wake up and live it all over again.
>
> “There are so many of us who suffer silently, because it is not acceptable to discuss mental illness. Cancer is OK.

People have sympathy and understanding for that. Cystic Fibrosis, diabetes, MS and the multitude of other terrible diseases and disorders are acceptable. Mental illness is considered taboo. The stigma attached to it prevents people from getting the help they need, from picking up the phone, from asking for prayer.

"Many, many people, especially Christians, negatively judge people with mental illness and especially those who have made the awful decision to take their own lives. A common statement is: 'It's the ultimate selfish act.' I'd ask you to consider what agony any individual must be enduring to fight every natural instinct for survival to choose instead to die. To be feeling psychic pain so incredible that the very thought of even one more moment is unendurable. I have, in the past, been completely and thoroughly convinced that if I loved my family, especially my children, as I said I did, I would remove the evil (me) from their lives, so I would no longer influence them for evil.

"These are the kinds of thoughts that people who choose suicide experience. They are not to be judged harshly. They are to be seen with compassion. Yes, it is an unspeakable tragedy that leaves those left behind with the worst kind of pain. A pain that I can't even imagine as they believe that the one who died didn't love them enough to fight. I know those are the thoughts, the feelings of those left behind, but they are not the actual reasons suicide was chosen. In fact, just the opposite is likely true. The one who chooses suicide often does it out of love for those they care most about, as strange as that may seem."

Please, please pray for the Warren family and for all those teetering on the edge of suicide. God knows who they are. It may even be someone you know and love.

This blog post originally appeared at
blogs.bible.org/on_suicide/.

Addressing Anxiety in Tumultuous Times

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

Millions of people worldwide are battling anxiety in a tumultuous time. The Coronavirus pandemic response has created a new abnormal: heightened fear of sickness and death, economic damage, and social isolation. Loneliness is the number one health crisis in America according to many epidemiologists, psychiatrists, and social scientists.{1} While we're all still reeling from this, racial strife has erupted into looting, killings, and anarchy in American streets.



Mental health is an increasing concern too. One study found that during the spring 2020 mass quarantine, prescriptions for anti-anxiety meds spiked.{2} A San Francisco area hospital has seen more deaths by suicide than by Covid-19, prompting a call for an end to mass shutdowns.{3} *It's been a perfect storm of stress.*

Are there real solutions *right now*? Yes, brain science is confirming the truths and promises proclaimed in Scripture in

exciting ways! We have wonderfully adaptive minds—especially when they are focused on God. These built-in mind-morphing capabilities show the genius of our design as Image-bearers of God. Audiologist, cognitive researcher and outspoken Christian Dr. Caroline Leaf writes, "As an individual, you are capable of making mental and emotional change in your life. Through your thinking, you can actively recreate thoughts and, therefore, knowledge in your mind."{4}

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

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

Morphing Your Mind—It's Mostly Up to You!

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

The transforming mind-renewal encouraged by Scripture is possible for us all, especially for people who have invited

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

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

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

Science seems to confirm this biblical view of self-control. Measuring magnetic fields, electrical impulses, chemical effects, photons, vibrations, and quantum energy paints a picture of intricately [networking] neurotransmitters, proteins, and energy—that is, signals—that change the brain's landscape.{9} This "neuroplasticity [seems to be] God's design for renewing the mind."{10}

And there's nothing magic about it: overcoming anxiety can be helped a lot through habits of the mind, heart, and soul.

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

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

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

Mindful meditation is not like taking a drug, is not a quick fix, or denying the senses to rid oneself of desire.{11} "By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm."{12} New habits are formed over time. When it comes to our minds, "practice doesn't make perfect; it makes permanent."{13}

Remaining at rest via the practice of spiritual disciplines takes advantage of our mind's ability to "move into a highly intelligent, self-reflective, directed state." And the more often we go there, the more "we get in touch with the deep, spiritual part of who we are." This exercise switches brain modes in a way that can create wisdom and potential connection with God.{14} As Jesus taught his disciples, "Keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation."{15} We can mentor our own minds, settle our souls, habituate
our hearts, and free our spirits to respond to God. Brain science is catching up on this reality.

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

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

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

Thankfulness and Happiness—Healthy Habits of the Mind & Heart

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

Christian philosopher J.P. Moreland writes, "You have it in your power to begin a regimen of choices, assuming you would choose the right things, and form a habit of this that can *substantially improve your happiness and decrease or get rid of anxiety.* There really is hope."{20} Our non-conscious mind turns thoughts over and over. Through spiritual disciplines, we bring these into our conscious awareness, which manipulates

actual proteins, creating overhauled memories. Intentionally bringing God to mind—His attributes, the wonder of creation and His blessings, promises, answered prayers—such a focus leads to a cycle of good thinking, feeling, and *knowing* that turns into believing real truth. Faith is a gift so we're not alone in doing this. But it is up to us to put to use the gifts described here to "work out [our] salvation with [reverence and proper humility]."{21}

Remember, we have a strong influence in reshaping our own brains—especially with God's help. Secular scientists are discovering the wonderful power of thankfulness. Scientific studies prove seven benefits according to *PsychologyToday.com*. Gratitude improves relationships, physical and mental health, sleep, self-esteem, and mental resilience. It even reduces aggression, the urge for revenge. Scripture aligns with physical reality again when it tells us: "Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."{22}

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

Takeaways & Practical Applications

Brain networks form an inner life of the mind. We can switch between various networks constantly. Like a mom monitoring kids running around inside several contained rooms, this enables us to control the controllable—our reactions to events and circumstances. Brain scans confirm how we capture and police rogue thoughts in ways prescribed in Scripture: "We . . . take every thought captive to obey Christ."{24}

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

- "I'll be in real trouble if…"
- "What if so and so happens next week?"
- "I'll probably fail that exam!"

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

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

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

It goes as follows:{26}

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

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

self-talk includes:

- all or nothing thinking (for example: "it was a *total* failure")
- overgeneralizing
- singling out one thing to focus on
- catastrophizing (or making too big a deal out of things) and
- discounting the positive

Reframing them creates stable memories formed by repeated updating.

Step 3: Refocusing: Set your mind on anything else—distract yourself from the negative thoughts. Stop obsessing! Get into "the flow" of something. Focus elsewhere. And don't ruminate about the message—analyzing it will deepen the grooves in your brain.

Step 4: Revaluing: After a while, reflect on how you did Steps 1-3. Recommit to repeat these steps throughout the day.

Over 21 days, a "newly formed neural network" will decay in less than a month: thoughts are like muscles that atrophy and die or get stronger with use.{28} Starve the bad, feed the good.

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

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23. *Finding Quiet*, 113.
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From Fears to Tears

In a previous blog post, I'm Scared, Lord, I wrote about my apprehensions concerning my upcoming hip replacement surgery. My doctor was cheerfully confident that I would not experience the post-operative pain I was afraid of, but I was all-too-aware of my potential complications. As a polio survivor, I'm twice as sensitive to pain as those whose brains were not infected by the poliovirus. On top of that, I was extremely aware of the fact that my severely arthritic hips had become basically frozen, leaving me with a limited range of motion. I knew that the surgeon and her team would be moving my legs in all kinds of unnatural (to me) contortions during the surgery, and I was extremely concerned about how my muscles and ligaments might scream in protest once I woke up from surgery. So I was scared.

But when I shared my fears with God's people, hundreds of them graciously prayed for me, and the Lord swept away my fears like blowing away smoke. Suddenly the fear was gone and I was graced with a very matter-of-fact willingness to just get 'er done. It was amazing. I was held in my Father's gentle and

loving cuddle, and I walked in peace the remaining days until the surgery. Metaphorically walked, that is. I hadn't physically walked for well over a year because of pain and weakness.

Well, it has now been over a week since my surgery, and every day I stand amazed at the healing grace and pain-control grace of my gracious Lord. Not a metaphorical standing, either. For the first time in two years, I am able to stand upright and pain free. I try to maintain an awareness of the huge grace in which I stand, marveling at the privilege of being able to once more stand at the sink to wash my hands or brush my teeth. My recovery has gone exceptionally well. I'm able to walk with the aid of a walker and each day the distance I can walk grows longer. Soon I'll be able to go home from the inpatient rehabilitation facility I've been in—once we figure out how to get me into our car.

But I was not prepared for what kept happening in the therapy gym: tears.

I was flummoxed by the unbidden tears that sprang to my eyes the first time a physical therapist asked me to exercise my polio leg in the same way I had just moved my surgery leg. I knew I couldn't; I don't have the strength, and never have. My left leg was originally paralyzed when I got polio as an infant, and it barely functions. But I also live with the mindset of trying to do what people ask me to do, and the clash of those two realities rose up in sadness and frustration that leaked out my eyes. It was rather embarrassing. I didn't know what was going on, I just knew my heart was a storm of unhappy feelings.

When the therapist asked me to climb a two-inch step and I didn't have enough pain meds in me for that, the stabbing pain in my surgery leg rose up through my body and exited through my eyes in tears again. It seemed that tears were just under the surface, ready to leak out at the slightest provocation,

for two days.

I was so confused! What in the world was going on? Where were all these tears coming from?

It was my husband who provided the answer, and I thank the Lord for using Ray to bring clarity to my maelstrom of emotion. He texted me, “Honey, you have lived with decades of loss you have learned to manage. Now the loss is renewed and you now are reminded further of the loss in ways you haven’t dealt with for a lifetime. Polio sucks. I understand.”

That was it! The pain of loss is *grief*. I was grieving the impact of polio’s losses on my life yet again, this time with a freshly painful punch: polio is now interfering with my recovery from surgery. Other people can just use their other leg to support themselves and climb into a mini-van with its higher seats—no problem! I don’t have that choice. That’s a loss. When asked to do the same exercise with both legs, other people can do that, but I don’t have that choice. That’s another loss.

I manage to navigate the losses of polio for months and sometimes years at a time without having to actively think about it, allowing me the luxury of not having to face my grief every day. But that luxury has been taken away today and I want to be real and honest about where I am. I live in a fallen world where the evidence of sin’s destructive impact on our world is everywhere. My grief, the pain of my losses, is part of that fallen world. But what is also part of that fallen world is God’s promise that He would never leave me or forsake me (Hebrews 13:5). He tells me He is “the LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness” (Exodus 34:6).

I remind myself of my new life verse that just seems to incredibly appropriate for one whose body is compromised:
Therefore we do not lose heart, but though our outer man is

decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. (2 Corinthians 4:16-18)

I cried today. I let the tears fall as the grief flowed. But then I chose not to lose heart, because this momentary, light affliction is producing for me an eternal weight of glory far beyond all comparison.

It's gonna be okay.

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/from_fears_to_tears on June 26, 2018.

I'm Scared, Lord

My daughter-in-love recently sent me a video of my son introducing their new Golden Retriever puppy to a swimming pool in which he coaxes little Judah, "Don't be scared! Bohlins don't get scared!"

. . . While I've been working on this blog post about being scared. Well yeah, sometimes we do.

For four years I've been living with the pain of severe arthritis and the late effects of polio (muscle weakness, pain, and fatigue). In a few weeks, Lord willing, I will have hip replacement surgery. When my husband had his hip replaced, he was in excellent physical condition and his experience was

as close to perfect as you can get.

But I'm in a different place physically. I haven't walked in a year. I haven't been able to stand up straight for a couple of years, and even lying flat in bed is extremely uncomfortable. My pelvis and hip joints have lost the flexibility that is a sign of good health, and I just don't know how my post-polio will affect recovery from surgery.

On top of this, I'm a pain weenie. It turns out that the poliovirus affected everything in my body, including pain receptors, and we polio survivors are twice as sensitive to pain as everyone else. So . . . yeah, I'm scared of what I will wake up to after surgery.

My fear level kept rising. It didn't help when people would ask, "Are you excited about your surgery? To get rid of the pain?" No! No, I'm not excited, I'm actually quite fearful of the post-op pain, and not knowing what to expect from physical rehab.

One thing I've learned in life, though, is that if we're focused on our fears and anxieties, it's because we're leaving God out of the equation. He gives no grace for "what ifs" and our vain imaginations of potential scenarios where any number of things could go wrong.

That's why worrying is a sin.

And the Bible says "fear not" 365 times.

So what do I do with my "scaredness"? [Note: Microsoft Word really, really wants to keep flipping "scaredness" to "sacredness." Not the same thing. Not by a long shot.]

I sensed the Lord nudging me to share it.

So I did.

And I discovered, once again, the power of prayer.

It started when I needed a CT scan for the robotic assistance of my surgery, but I couldn't lie flat on the table. The pain was unbearable. So I rescheduled the procedure and asked the surgeon to prescribe me some heavy pain meds to be able to lie down. I posted a prayer request on Facebook, asking for "lying flat grace." I was able to tell the CT tech that over a hundred people had said they were praying for me—and she could see with her own eyes the answer to their prayers as I was able to lie flat and remain still for the scan.



So I was doing my part, by confessing Psalm 56:3—"When I am afraid, I will trust in You," and reminding myself of the power of Philippians 4:6-7—"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus."

But, in obedience, I also shared with another large group of people that I was working daily on surrendering my fears of post-op pain and inviting the Lord into my concerns about what lies ahead. Just like with the CT scan. God blessed the others' intercession for me. To my delight, after I shared my struggle with fear, it was evident that lots of people prayed—because the next day I realized that my fear had dissipated like letting air out of a balloon.

The bottom line of this "adventure with God" is that I am

learning, yet again, the importance of trusting God and relying on the prayers of others to deal with my fears. The importance of not indulging in scary mental scenarios where pain is bigger than the presence of God Himself. And of choosing to throw myself wholly on the grace of God and keep speaking truth to myself:

It will be worth it.
This too shall pass.
God will help me and uphold me.
It's going to be okay because God is good.

This blog post originally appeared at https://blogs.bible.org/engage/sue_bohlin/im_scared_lord on May 29, 2018.

A Doctor's Journey with Cancer

When you suddenly learn you might have only 18 months to live, its a good time to sort out what really matters in life.

Last December, Yang Chen, MD, dismissed an aching pain under his shoulder as muscle strain. Five weeks later, as the pain persisted, a chest x-ray brought shocking results: possible lung cancer that might have spread.

A highly acclaimed specialist and medical professor at the University of Colorado Denver, Yang knew the average survival rate for his condition could be under 18 months. He didnt smoke and had no family history of cancer. He was stunned. His life changed in an instant.

I wondered how I would break the news to my unsuspecting wife and three young children, he recalls. Who would take care of my family if I died?

Swirling Vortex of Uncertainty

When I heard his story, I felt a jab of recognition. In 1996, my doctor said I might have cancer. That word sent me into a swirling vortex of uncertainty. But I was fortunate; within a month, I learned my condition was benign.

Yang did not get such good news. He now knows he has an inoperable tumor. Hes undergoing chemotherapy. Its uncertain whether radiation will help. Yet through it all, he seems remarkably calm and positive. At a time when one might understandably focus on oneself, hes even assisting other cancer patients and their families to cope with their own challenges. Whats his secret?

I learned about Yangs personal inner resources when we first met in the 1980s. He worked at the Mayo Clinic and brought me to Rochester, Minnesota, to present a seminar for Mayo and IBM professionals on a less ponderous theme, Love, Sex and the Single Lifestyle. With the audience, we laughed and explored relationship mysteries. He felt it was essential that people consider the spiritual aspect of relationships, as well as the psychological and physical.

Later he founded a global network to train medical professionals how to interact with patients on spiritual matters. Many seriously ill patients want their doctors to discuss spiritual needs and the profession is taking note.

Reality Blog

Now a patient himself, Yang exhibits strength drawn from the faith that has enriched his life. He has established a websitewww.aDoctorsJourneyWithCancer.netto chronicle his

journey and offer hope and encouragement to others. The site presents a compelling real-life drama as it happens.

As a follower of Jesus, Yang notes biblical references to Gods light shining in our hearts and people of faith being like fragile clay jars containing this great treasure. He sees himself as a broken clay jar through which Gods light can shine to point others who suffer to comfort and faith.

As he draws on divine strength, he reflects on Paul, a first-century believer who wrote, We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.

A dedicated scientist, Yang is convinced that what he believes about God is true and includes information about evidences for faith. Hes also got plenty to help the hurting and the curious navigate through their pain, cope with emotional turmoil, and find answers to lifes perplexing questions about death, dying, the afterlife, handling anxiety, and more.

With perhaps less than 18 months to live, Yang Chen knows whats most important in his life. He invites web surfers to walk with me for part, or all, of my journey. If Im ever in his position, I hope I can blend suffering with service while displaying the serenity and trust I observe in him. Visit his website and youll see what I mean.

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Starting Over: Facing the

Future after Significant Loss

February 13th fell on a Tuesday that year, but it seemed like my unlucky day.

My wife of twenty years was divorcing me; it would be final in two days. February 1, my employer had shown me the door—on the twenty-fifth anniversary of my employment. Now, on February 13, I was in my physician's office getting test results. Unaware of my difficulties, he asked, "Have you been under stress recently?" Perhaps he was assessing my emotional state to help him gently ease into the difficult subject he was about to address.

He said I might have cancer.

That evening, a longtime friend called to encourage me. As we spoke, I felt the weight of my world crashing in. Would the haunting pain of spousal rejection ever end? Where would I work? What of my life's mission? Would life itself last much longer? I wept into the phone as I struggled to make sense of the swirling vortex of uncertainty.

Relationships, work and health absorb our time, energy, memories and hopes. Ever had a fulfilling relationship turn to ashes? Maybe you've excelled at work; then a new or insensitive boss decides your services are no longer wanted or affordable. Or perhaps your health falters. Your parent or best friend dies suddenly of a heart attack or perishes in an auto wreck.

What do you feel? Shock? Grief? Anger? Desires for revenge or justice? Discouragement and depression? How do you cope with the loss, and how can you start over again?

Over dinner, a new friend told me he had lost both his parents in recent years. "How did you cope?" I inquired. He related painful details of their alcohol-related deaths. I listened

intently and tried to express sympathy. “But how did you deal with their deaths?” I asked, curious to know how he had handled his feelings. “I guess I haven’t,” he replied. Painful emotions from deep loss can be difficult to process. Some seek solace by suppressing them.

My wife lost her father, then her mother, during a five-year span in her late twenties and early thirties. Focusing on her mother’s needs after her father’s passing occupied much of her thought. After her mother’s death, she felt quite somber. “People who always were there, whom you could always call on for advice, were no longer around,” she recalls. “That was very sobering.” Over time, the pain of grief diminished.

How can you adjust to significant loss and start over again? I certainly don’t have all the answers. But may I suggest ideas that have worked for me and for others along life’s sometimes challenging journey?

Grieve the loss. Don’t ignore your pain. Take time to reflect on your loss, to cry, to ask questions of yourself, others or God. I remember deep, heaving sobs after my wife left me. I would not wish that pain on anyone, but I recommend experiencing grief rather than ignoring and stuffing it. This tends to diminish ulcers and delayed rage.

A little help from your friends. During divorce proceedings and my rocky employment ending, good friends hung close. We ate meals together, watched football games, attended a concert and more. A trusted counselor helped me cope. A divorce recovery group at a nearby church showed me I was not the only one experiencing weird feelings. Don’t try to handle enormous loss alone.

Watch your vulnerabilities. In our coed divorce recovery group, I appreciated learning how women as well as men processed their pain. It also was tempting to enter new relationships at a very risky time. Some members, not yet

divorced, were dating. Some dated each other. Attractive, needy divorcés/divorcées can appear inviting. After each group session, I made a beeline to my car. “Guard your heart,” advises an ancient proverb, “for it affects everything you do.”{1}

Look for a bright spot. Not every cloud has a silver lining, but maybe yours does. After my divorce and termination, I returned to graduate school and saw my career enhanced. My cancer scare turned out to be kidney stones, no fun but not as serious. I met and—four years after the divorce—married a wonderful woman, Meg Korpi. We are very happy.

CNN star Larry King once was fired from the *Miami Herald*. “It was very difficult for me when they dropped me,” he recalls. King says one can view firing as “a terrible tragedy” or a chance to seek new opportunities.{2}

Cherish your memories. Displaying treasured photos of a deceased loved one can help you adjust gradually to their loss. Recall fun times you had together, fulfilling experiences with coworkers or noteworthy projects accomplished. Be grateful. But don’t become enmeshed in past memories, because the time will come to. . .

Turn the page. After appropriate grieving, there comes a time to move on. One widow lived alone for years in their large, empty house with the curtains drawn. Her children finally convinced her to move but in many ways she seemed emotionally stuck for the next three decades until her death.

Significant steps for me were taking down and storing photos of my ex-wife. Embracing my subsequent job with enthusiasm made it fulfilling and productive. Consider how you’ll emotionally process and respond to the common question, “Where do you work?” Perhaps you’ll want to take a course, exercise and diet for health, or develop a hobby. Meet new people at volunteer projects, civic clubs, church, or vacations.

Consider what you can learn from your loss. Often, suffering develops character, patience, confidence and opportunities to help others.

Sink your spiritual roots deep. I'm glad my coping resources included personal faith. Once quite skeptical, I discovered spiritual life during college. Students whose love and joy I admired explained that God loved me enough to send His Son, Jesus, to die to pay the penalty due for all my wrongdoing. Then He rose from the dead to give new life. I invited Him to enter my life, forgive me, and become my friend. I found inner peace, assurance of forgiveness, and strength to adapt to difficulties. Amidst life's curve balls, I've had a close Friend who promised never to leave.

One early believer said those who place their faith in Christ "become new persons. They are not the same anymore, for the old life is gone. A new life has begun!"{3} Jesus can help you start all over with life itself. He can help you forgive those who have wronged you.

As you grieve your loss, seek support in good friends, watch your vulnerabilities, and seek to turn the page. . . may I encourage you to meet the One who can help you make all things new? He'll never let you down.

This article first appeared in *Answer* magazine 14:1 January/February 2007. Copyright © 2007 by Rusty Wright. Used by permission. All rights reserved.

Notes

1. Proverbs 4:23 NLT.
2. Harvey Mackay, *We Got Fired!…And It's the Best Thing That Ever Happened to Us* (New York: Ballantine Books, 2004), pp. 150-153 ff.
3. 2 Corinthians 5:17 NLT.

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Overcoming Anxiety: Finding Real Peace When Life Seems Crazy

What makes you feel anxious? Being late or unprepared for work or appointments? Maybe unresolved interpersonal conflict. Airline travel? Public speaking? Fears of losing love? Serious illness or a friend's death?

 *This article is also available in Spanish.*

What makes you feel anxious? Being late or unprepared for work or appointments? Maybe unresolved interpersonal conflict. Airline travel? Public speaking? Fears of losing love? Serious illness or a friend's death?

Pressures from the trivial to the traumatic can prompt feelings of fearfulness or apprehension.

Once at a booksellers convention my wife and I spent an exhausting day on our feet promoting a new book. Late that night, after a reception crowd had thinned down to mostly authors and our publisher, we stood in a circle engaged in conversation. I had to leave her side momentarily to attend to a matter.

Upon returning to the circle, I walked up behind my wife and began gently to massage her shoulders. She seemed to enjoy this, so I started to put my arms around her waist to give her a little hug. Just then, I looked up at the opposite side of the circle and saw … my wife.

I had my hands on the wrong woman!

In that instant, I knew the true meaning of fear. Fear of circumstances. Even fear of death! Confusion clouded my mind. Heat enveloped my back, shoulders, neck and head. My face reddened; my stomach knotted.

You've probably had embarrassing moments that generate anxiety. What about more serious causes?

Your Greatest Fear?

Fear of death is perhaps humans' greatest fear. In college, the student living next door to me was struck and killed instantly by lightening on a golf course one springtime afternoon. Shock gripped our fraternity house. "What does it mean if life can be snuffed out in an instant?" my friends asked. "Is there a life after death and, if so, how can we experience it?" Confusion and anxiety reigned.

If you can't answer the question "What will happen when you die?" you may become anxious.

How can you find real peace in a chaotic world? Consider a possible solution. It involves the spiritual realm.

As a university student, I wrote a paper for an abnormal psychology class investigating a biblical therapy for anxiety. I had come to faith as a freshman and found it brought me peace of mind. Complex psychological disorders often stem from more basic problems like anxiety, problems for which faith offers practical solutions.

I sent a copy of my paper to the author of our textbook, a prominent UCLA psychologist. A month later, he replied that he liked the paper and asked permission to quote from it in his revised textbook.

Somewhat amazed, I readily agreed. I also sent a copy of his letter to my parents in Miami, who were beginning to wonder about their son's campus spiritual involvement.

This professor felt that the principles in the paper—which certainly were not original with me—had both academic and personal relevance. Several months later, we met at his lovely home in Malibu overlooking the Pacific Ocean. As we sat in his back yard, this professor told me he lacked personal peace and wanted to know God personally. I showed him a simple four-point outline based on one of Jesus' statements: "God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life."{1}

We discussed God's unconditional love for us, our dilemma of being unplugged from Him and the flaws (selfishness and "sins") that result. I noted that Jesus, through His death in our place and return to life, came to plug us back into God by paying the penalty we owed for our sins.

Finding Real Peace

This professor decided to place his faith in God and asked Jesus to forgive him and enter his life. We kept in touch. Later, over the phone, he told me that as he looked out over the ocean and saw the setting sun, "I really believe I'm a part of all this. Before I didn't, but now I do." He was seeing how he fit into God's universe. An internationally acclaimed scholar linked up with, if you will, the greatest Psychologist.

One of Jesus' earlier followers wrote to some friends about a divine aid for anxiety: "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus."{2}

Faith in God does not make life perfect and is no automatic solution to anxiety. Illness, chemical imbalance, emotional wounds and more can hamper coping. But a good starting place

is to become linked with the One who loves us and knows best what makes us fulfilled.

Might it be time for you to consider Him?

Notes

1. John 3:16 *NLT* (*New Living Translation*).
2. Philippians 4:6-7 (*NLT*).

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