Back Infections and Heart Infections

My husband Ray knew something was wrong as soon as he got out of bed.



His lower back, where he'd had back surgery six weeks before, was wet. His t-shirt was wet. The sheet was wet. His fingers glistening with a strange wetness from reaching back to investigate, he asked me to check what was going on. I saw a rivulet of fluid pouring out of the top of his surgical incision. Something was really, really wrong.

As I gently pressed the skin around the incision, pus kept flowing out. He had a serious infection under the incision. It had been hidden, but it literally rose to the surface of his body and forced its way out. His problem wasn't that pus was being discharged from the inside to the outside—that was just the symptom, the manifestation of the true problem: a deep and serious infection.

He'd had the infection before he was forced to be aware of it. There were indications: fever, and just not feeling right.

The Lord is quite adept at using the physical to show us truths about the spiritual and emotional. I started seeing parallels between the two worlds.

The undealt-with, unhealed spiritual and emotional hurts in our souls don't just sit there under the surface—our awareness—forever. It's like emotional pus. Eventually it

starts leaking out sideways: addictions, anger, isolation, rebellion, self-destruction. These are the presenting problems that drive people to seek help through recovery programs such as Re:generation and Celebrate Recovery, or counseling.

Just as a rivulet of pus wasn't Ray's true problem but merely a symptom, our heart issues are the true problem that Jesus wants to point to and say, "Let Me heal them. You can't do it on your own."

Ray's infection was so large that he needed "wash out" surgery. He needed a skilled surgeon, in the sterile, controlled environment of the operating room, to open up his incision and clean out the infection. Before he even got to the OR, the doctor ordered IV antibiotics to attack and disarm the destructive power of the multiplying bacteria. By the time the surgeon got to the washing-out stage, Ray's infection had been disarmed, turned into "clean gunk." No bacteria was left, just the debris of the now-dead bacteria.

In the spiritual realm, it's truth that functions like powerful antibiotics. Truth attacks the destructive power of lies and decision. There is still leftover debris of lies—bad thinking habits and bad behavior habits—but when the lies are disarmed, it's a lot easier to replace the old habits with new, healthy, godly habits.

This was a serious infection. The day after surgery, they put in a PICC line that threaded a tube from his upper arm into a vein, ending just above his heart. This is a very effective way to infuse health-building antibiotics into his body, medicine that can't be taken orally—it has to be pumped directly into his bloodstream. He gets five antibiotic infusions a day, which we can do at home instead of needing to be hospitalized or having to go a doctor's office (which would be hard to do at 6 a.m. and 9 p.m.!).

The PICC line allows us to keep a constant level of antibiotic

in his blood. He needs this constant flow to attack the infection over a long period of time. We also need a constant infusion of truth into our souls, into our minds, to counteract the destructive power of lies and deceptions and schemes. In fact, one study revealed the it takes a minimum of four infusions of truth weekly through time in the Word for spiritual growth and healthiness.

I like thinking about the infusion of truth through God's Word as I connect the tubing to Ray's PICC line catheter. God is so good to give us physical lessons to show us spiritual truths!

Ray sure couldn't heal himself on his own. He pointed out that he had to surrender control over this entire "adventure" (to use my dad's word to describe his cancer journey). There was absolutely nothing he could do to fix the spinal stenosis that squeezed nerves, causing shooting pains down the backs of his legs, and he couldn't heal the infection that came later. He had to place himself in the hands of the surgeon both times. He had to place himself in the hands of the anesthesiologists to put him to sleep and wake him up. He had to place himself in the hands of the nurses to administer his pain meds and the IV antibiotics. He had to surrender control to those who knew how to help him.

At any point, he could have shut down the process—not having the surgery, or walking out of the hospital, or refusing the home infusions of IV antibiotics. He could have refused to wear the back brace after the spine surgery; he could have refused to submit to the BLT restrictions (no bending, lifting or twisting).

But that would have also shut down the healing.

When we have soul sickness—a heart infection, if you will—we need to entrust ourselves into the hands of people more educated in the healing process than we are. We need to surrender our false sense of control and invite others to lead

us from sickness into health. And we need to not shut down the process by thinking we know better, or thinking we're fixed or even just "good enough." We need to not push back against restrictions suggested by those who know better than we do what it will take to help us climb of our pits to get to the place of spiritual and emotional health.

God provides help for physical challenges like infections, and through the "one anothers" of scripture He provides help for spiritual and emotional challenges as well. And He lets us connect the dots to learn transferable concepts from each.

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on Sept. 4, 2019.

The Problem With Heart Bombs

In August 2012, a construction crew in Munich, Germany discovered an unexploded bomb from WWII. Munitions experts weren't able to defuse it, so they evacuated 3000 residents and detonated the 550-pound bomb.

This was just one of tens of thousands of unexploded bombs that were dropped over Germany during the war and eventually buried, all of them posing a threat.



Bomb exploded in Munich

When construction crews start building, they need to identify buried bombs and deal with them before they explode and cause all kinds of chaos, havoc and pain.

The problem, you see, is that bombs don’t go away. They go off.

And that’s why it’s a good idea to cooperate with the Holy Spirit, inviting Him to shine His light of truth on the unexploded bombs in our hearts and minds: unresolved conflict, unexpressed grief and pain, unconfessed unforgiveness.

A couple of my friends sustained hurtful childhood traumas. No one helped them process the pain and shock of abuse, bringing it out into the light and speaking healing truth to them. Their emotional pain generated anger and frustration that always simmered just under the surface. Triggered by situations, words, or body language that vividly reminded them of how they felt as children, they would explode in rage, destroying relationships and jobs. As they exposed their “bombs” to the Holy Spirit, He defused them with truth: It wasn’t their fault. It wasn’t right. And His tender compassion ministered grace that brought healing to their hearts.

Another friend was raised in a cult. Evil people in what she called a dark circle planted “bombs” in her young mind—threats of certain hurt and danger if she ever dared to believe in Jesus and connect with Him as a Christian. The unexploded

bombs consisted of promises that they would come find her and hurt her, and lies about the true God and about the power of Satan. When she did become a Christ-follower, she dared to invite Him to deal with her bombs. He defused them with the truth that He had conquered Satan and his demons at the cross, disarming them, making a public spectacle of them, and triumphing over them (Col. 2:15).

Yet another friend was mercilessly bullied every single day of her school career. The abusive ridicule and insults she took, day after day, planted bombs in her heart: lies that she was worthless, lesser-than, unloved. When she gets overwhelmed, the bombs can explode into throwing things and even her cat. She is finally facing the need to grieve her still-buried pain and eventually forgive those who bullied her. Grieving and forgiving will defuse my friend's bombs, but as of today, she sits on a ticking bomb every day of her life.

Some have pushed back against the idea of counseling or recovery ministry, citing Paul: "[B]ut one thing I do: forgetting what lies behind and reaching forward to what lies ahead" (Phil. 3:13). But the "what lies behind" is his list of spiritual credentials, not issues of his past. Instead, consider what David wrote in Ps. 139:23-24, "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way."

Paraphrased, we might pray, "God, what unexploded bombs are in my heart? Please show me, so You can defuse them and heal my heart."

[I am indebted to the wisdom of my pastor, Todd Wagner, for his tweetable, quotable word of wisdom on bombs.]

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bs on Jan. 28, 2014

“I Need Help Resolving Past Stuff In My Life”

I need help resolving past stuff in my life. I’m stuck and I don’t know where to go or what to. Can you help?

I can tell you that from my study over the years, as well as personal experience, I believe the key to emotional healing (which is what resolving past stuff is about) is a two-pronged effort: grieving and forgiving. That said, the overarching, “big picture goal” is what David realized in Psalm 51:6 when He told the Lord, “I know that You desire truth in my inmost parts.” God brings freedom and healing when we allow Him to show us the lies we have believed about what we’ve experienced and the conclusions we have come to about Him, about life, about other people and about ourselves. When we renounce the lies and embrace the truth, we actually experience Jesus’ promise in John 8:32, “You shall know the truth, and the truth shall set you free.” But it needs to be more than an intellectual assent to the truth; we also need to open our hearts to the freeing power of truth.

It’s important to face our losses and our woundings, inviting Jesus into the process (absolutely essential), so that we give Him access to those places in our hearts that need healing. In fact, one of my mentors calls Christian denial “the refusal to give God access to the hurts He wants to heal for His glory and our benefit.” Instead of going digging, it’s much better to ask the Holy Spirit, our Comforter and Counselor, to shine His light on which wounds and losses He wants to address, since He knows the best order for untangling our messes. As He

brings memories to the surface, we ask for grace in facing them, experiencing the feelings again but this time in a redemptive way because we are giving them to God to heal, and grieving the ungrieved feelings we haven't yet dealt with. This means tears, and sometimes screams. (The best definition I've ever heard of Post Traumatic Stress Disorder, the emotional debilitation that can follow an emotional trauma such as sexual abuse, or war, or observing something horrific like the workers who cleaned up the aftermath of 9/11, is "failure to scream.") Journaling is one of the most important tools in grieving because there is something therapeutic about the layers of sensory experience in writing on paper: holding the pen, feeling the paper, smelling the ink and the paper, hearing the sounds of pen on paper. And somehow, the Holy Spirit seems to be able to direct our thoughts and our feelings in the process of writing out what's in our hearts, and He dislodges the shards and splinters of lies that are embedded in our souls so that we can recognize them, renounce them, and embrace the truth He shows us.

One of the things God has shown me about grieving is that there is a finite amount of grief for each wound and loss. He knows how many tears are attached to each wound, and once they're out of us, they are gone forever, collected by God Himself in His tear-bottle (Ps. 56:8). (Consider this: if you think about a childhood loss or painful experience that caused tears, have you cried about it lately? Probably not, because you finished grieving it years ago. There were a finite number of tears over losing a beloved pet in fourth grade, for example. And also consider that since there will be no sorrow or crying or pain in heaven for the believer (Rev. 21:4), all our grieving has a time limit.

The other part of healing is forgiving, where we face the wrongs done to us and choose to let go of them into God's hands for Him to deal with. There are good resources on understanding forgiveness and how to forgive (two of the best

are *Total Forgiveness* by R.T Kendall and *I Should Forgive, But…* by Chuck Lynch), but bottom line, we forgive because the only one we hurt by refusing to forgive is ourselves. It's like someone tosses us a hot potato, and we clutch it to our chest exclaiming with pain, all the while continuing to hold it to ourselves. Forgiving means letting go of the hot potato so it no longer hurts us. When we forgive the people who caused us pain, we release them into God's hands for HIM to deal with them as He sees fit. Louis Smedes said that when we forgive someone, we set a prisoner free, and we discover that the prisoner was us.

Refusing to forgive has terrible repercussions. Unforgiveness is a bitter, corrosive poison that consumes a person's soul and diminishes their spirit. I watched a family member grow increasingly invalid and weak with the years of holding onto grudges and insults, whether real or perceived, as if they were treasures. By the time she died, all of her life and vitality was drained out, and there was nothing but a brittle shell of who she used to be. But failing to grieve also has painful consequences: uncried tears heighten stress and cause all kinds of physical diseases and maladies. Because we are a unit of body, soul and spirit, our bodies hold onto soulish pain and it comes out as physical pain and illness. This is why James 5 "connects the dots" between physical illness, confession of sins, and the need for prayer.

Hope you find this helpful.

Sue Bohlin

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The Second Half of Marriage

When children begin leaving the nest, marriages change and often couples are unprepared for those changes. Kerby Anderson looks at the book The Second Half of Marriage *by David and Claudia Arp and describes the eight challenges of second-half marriages.*

When children begin leaving the nest, marriages change and often couples are unprepared for those changes. In this article we are going to be looking at the book *The Second Half of Marriage* (Zondervan, 1998) by David and Claudia Arp. Suddenly marriages that were child-centered once again become couple-centered. Many marriages do not survive the transition. According to the National Center of Health Statistics, while divorce generally declined, divorces among couples married thirty years or more increased significantly.

In their book, the Arps describe eight themes within a second-half marriage. One is the need to transition from a child-focused marriage to a more partner-centered marriage. Without children as buffers, couples face the challenge of redefining their marriage. Either it becomes more intimate or it slowly disintegrates. A husband married for nineteen years said, "I'm fearful that when our children leave home, we will go our separate ways, because our priorities and interests are so different."

Couples must learn how to communicate and effectively deal with conflict and anger. Couples often lose the ability to communicate in marriage because there is such an urgent focus on the kids and their needs and problems. One wife said, "The greatest stress in my marriage is lack of communication—just being able to converse at the end of the day. I always feel as if I'm competing with the computer, the newspaper, or CNN news."

Couples in the second half of marriage must also learn to adjust to changing roles with aging parents and adult children. Your parents may have placed certain expectations on you and your marriage that you are still feeling in midlife. A wife married thirty-one years said, “Whatever I do for my parents, I can never meet all of their expectations. Yet I keep trying. I’d have to say unmet expectations are the hardest to deal with. I need to add that my expectations are the hardest to deal with.”

Reconnecting with your adult children is also a challenge. As children leave the nest, they leave behind certain requirements and expectations. Our relationship with them changes, and couples in the second half of marriage must reconnect with children who are now adults on a different level. Often we must learn to resist giving advice unless it is requested. And even when we give advice, we should mentally prepare ourselves for the possibility that our grown children may not act on it.

Here we will be looking at these eight themes of second half marriages and discuss the challenges of each of them. We will view them from the kaleidoscope of over five hundred survey responses used by the Arps in writing their book. We pray that this look at second half marriages will help strengthen your marriage no matter how long you have been married.

Expectations and Companionship

The first challenge is to learn to let go of past marital disappointment, forgive each other, and commit to making the rest of your marriage the best. All of us go into marriage with certain dreams and expectations. Some of these will never be realized. Are you willing to let go of unmet expectations and unrealistic dreams? You may never build your dream house or go on that exotic vacation. Are you willing to let it go? Can you accept those extra pounds or that gray hair or even no hair at all? Giving up lost dreams and dealing with each

other's imperfections is a positive step toward forgiving past hurts and moving on in your marriage.

A wife married for twenty-five years said, "After twenty years of marriage, I finally realized my husband will never be home at 5 p.m. While this is disappointing to me, I simply had to let that expectation go." Another wife said, "During times of testing and disappointment, we kept working on our relationship. We learned how to forgive each other and how to work things out. We are committed to our marriage and we never give up. That's our secret."

The second challenge is to create a marriage that is partner-focused rather than child-focused. When children leave the nest, couples often move from a child-focused marriage to an activity-focused marriage. Community or church activities may now take up the time and energy formerly devoted to children. As valuable as these activities might be, they still serve as buffers to a mutual, partnership marriage. In the second half of marriage, couples need to redefine their roles and functions. What previously worked may no longer be relevant. Marriage can be more personal and more fulfilling as you focus on the couple's relationship rather than the children.

A wife married for thirty-three years said, "It's important to build a good relationship with your spouse so that when the children leave, you have the underlying joy of focusing on each other and not on your adult children."

Key to this is to develop what is called a "companionship marriage." This has been defined as a socially registered commitment between a man and a woman where they seek to know themselves and each other as far as they are capable of being known. It also involves mutual affection and affirmation where they help each other grow and change in order to become the loving and creative persons they are capable of becoming.

These then are the first two of eight challenges in the second

half of marriage. Next we will look at two more challenges.

Communication and Conflict

The third challenge is to maintain an effective communication system that allows you to express your deepest feelings, joys, and concerns. Communication is the lifeblood of a good marriage. But what do you do when the communication patterns that seemed to work in the first half of marriage seem inadequate for the second half? When children are gone, there are more spaces of silence, and there is often less to say to each other. Couples may wonder how they made it this far only to end up as quiet strangers in front of each other. Couples in the second half of marriage need to develop intimate and honest communication that focuses on their needs, wants, and dreams at midlife.

A wife married for eighteen years said, “My greatest fear is that when the kids are gone, we won’t communicate or have anything in common. I’m afraid of being left alone with someone who never speaks, pays attention, or ever touches me.” Another wife said, “The greatest frustration for me in my marriage is simply not being understood.”

The fourth challenge is to use anger and conflict in a creative way to build your relationship. Anger and conflict are part of any marriage. Mature couples need to learn how to process anger. Marriage must become a safe place to express your concerns in the context of a loving relationship. This challenge is critical because often the real problem isn’t the facts but the strong negative feelings we harbor. Once those feelings are dealt with, it’s easier to move on and resolve the conflict.

A wife of eighteen years said, “We had the divorce papers ready to sign a couple of times a number of years ago, but both times we looked at each other and said, ‘But I haven’t stopped loving you.’ Even when we couldn’t agree on virtually

anything else, we have always agreed on that. Nothing we've been through was bad enough to kill the love we have for each other."

Often the key to dealing with anger is to objectively state the problem and then begin to set forward the solutions. In the process, the couple can also identify what is at stake and what each partner has invested. Finding a solution to the problem is easier when both partners are committed to each other and committed to a mutually satisfying solution. Sometimes this will involve compromise and in other cases, it will involve showing love to your partner by accepting his or her perspective.

These then are the first four of eight challenges in the second half of marriage. In the next section we will look at two more challenges.

Friendship and Romance

The fifth challenge is to build a deeper friendship and enjoy your spouse. In the second half of marriage, we can deepen our friendship and become close companions. When we are in a long-term marriage, we become more familiar and comfortable with each other. When we acknowledge that we aren't perfect, we can relax and enjoy each other. What are you doing to build your friendship with your spouse? Are you working to expand your boundaries and prevent boredom? Are you trying to put more fun back into your marriage? Fun and friendship are two key ingredients in the second half of marriage.

One wife married for twenty years said, "This year has been a time of growth for us as a couple. It started with lots of stress—overcommitment and relationship problems—but God helped us through it. We just celebrated our twentieth anniversary with a romantic getaway. We've become best friends again. Hope can be restored!"

In their book, the Arps provide some concrete tips for making the second half more enjoyable. First, take care of yourself. Sometimes our back muscles can give us a midlife wake-up call, so exercise and physical therapy should become a way of life. Second, pace yourself. Third, build relationships and maintain them. This is the time of life to beef up your friendships and develop a support system. Fourth, stretch your boundaries. Fifth, stay involved with life. Sixth, hang in there. When you are discouraged, don't throw your life away.

The sixth challenge is to renew romance and restore a pleasurable, sexual relationship. Contrary to popular belief, interest in sex does not have to diminish as we grow older. Actually the research done by the Arps tends to indicate that sexual satisfaction increases rather than decreases with the number of years married. Couples in the second half of marriage need to do three things: protect privacy, cherish the love relationship, and renew romance. These are important priorities.

The Arps list six secrets to rekindle romance. These are: be affectionate, be a listener, be adventuresome, be playful, be in shape, and be a little wacky. As we grow older, the pace of life changes and there is a greater need to stay in shape by eating well, working out, and watching our weight. This is not only good for your marriage. It is good for your health.

These then are the first six of eight challenges in the second half of marriage. Let's look at the last two challenges.

Adapted Relationships and Spiritual Growth

The seventh challenge is to adjust to changing roles with aging parents and adult children. As children leave the nest, we release them into adulthood. But it is also important to reconnect with them on an adult level. At the same time, you need to balance relationships with your own parents. This will

be difficult, especially if your parents did not successfully meet this challenge in their marriage. Whatever your situation, your relationship with your adult children and your elderly parents will affect your marriage. Accepting the circumstances can be key in building a strong second half of marriage. You can't go back and change your family history, but you can make wise choices for the future based upon past circumstances.

The drain of family commitments can take its toll on a second half marriage. One wife of twenty-eight years said, "For me, the emotional drain of trying to be everything to everybody is affecting my relationship with my husband. There is no energy left at the end of the day for me to invest in our marriage."

The challenge of rearing children and sending them into a world also affects one of the other challenges we have discussed: the challenge of communication. One husband of thirty years said, "We don't have an empty nest yet, although two out of three are gone. We've tried to push our children out of the nest but leave the lines of communication open to advise and assist when needed."

The final challenge is to evaluate where you are on your spiritual pilgrimage, grow closer to each other and to God, and together serve others. Our faith in God should make a difference in our marriage. The relationship of a husband and wife to God provides the foundation for a good marriage that will be tested by the changing circumstances of the second half of marriage. Couples should evaluate their spiritual pilgrimage and seek to grow closer spiritually to each other and to God.

A husband married for thirty-two years said, "The best aspects of our marriage are companionship, our faith in God, and our love for each other. We try to add to the other's happiness by surprising each other with little gifts, a hug, a kiss, or giving a compliment—or just being thoughtful."

We trust that this has been helpful to you as you seek to strengthen your marriage and grow closer to God. We believe you will grow closer to each other as you grow closer to God. May God bless you.

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Christian Psychology: Is Something Missing?

The Church as a Healing Community

Worldviews shape the way we think. Psychology, once an outsider both to the sciences and most people's experience, has become a worldview for many people today. Evolutionary psychology, the view that our long evolution from animal to human has deeply imprinted all our behavior, is gaining acceptance on a rapidly widening scale. Psychology is often used to provide an explanation for everything from our "religious aspirations" to our behavior as consumers. How should a Christian view psychology, and what does psychology offer the believer? This essay will consider only one small part of the answer to those questions.

While specifically Christian counseling was once rare in the church, today it is a recognized part of many churches. As Christian counseling has become more widespread, some see it as the answer for the struggles that seem to plague most of us. The therapeutic worldview sees many of our problems and struggles in life as stemming from unresolved problems arising in childhood. The cataloging and diagnosis of psychological disorders has become widespread, both within the church and in

the culture at large. Professional counselors are seen as the primary way of dealing with these disorders. How many of us, when faced with someone enduring an ugly divorce, or hounded by problems of self-guilt, or struggling with their self-image, don't think, "This person needs to see a counselor"?

Larry Crabb has done much to bring counseling into the American church. Having written books for more than 23 years, Crabb has always seen the church as being central in the counseling process. He has trained many of the counselors working in churches today. He has written books, taught, founded schools, and lectured around the country on Christian psychology. He has successfully questioned the church's distrust of psychology.

Now Larry Crabb is asking a new question: Is the common, therapeutic model of Christian psychology really right? Should the church depend on mental health professionals to do all but minor, pat-on-the-back, words-of-cheer kinds of counseling? Is counseling really a matter of education and degrees and specialized training?

While being very clear that professional Christian counselors have an important role to play in the Christian community, Crabb is asking, Could we be depending on counselors too much? Could it be that God has given all believers more resources than we think to help one another deal with many of the troubles and struggles we face in daily life?

Going even deeper, Crabb asks the heretical question, Are psychological disorders really at the bottom of most of our struggles? "I conclude," says Crabb, "that we have made a terrible mistake. For most of the twentieth century, we have wrongly defined soul wounds as psychological disorders and delegated their treatment to trained specialists."(1) What he proposes in his book, *Connecting*, is both revolutionary and profound. In giving us new life in Christ, God has put in each of us the power to connect with other believers and to find

the good God has put in them. We have the opportunity to heal most wounded souls. This is Larry Crabb's proposal. While he is still solidly behind professional counseling, he has come to see a broader place for healing within the context of Christian relationships. In this essay we will talk about what it means for two people to connect, and how God can use this connection to heal the deepest wounds of life and expose a beautiful vision of God's work in us.

What Is Connecting?

Some people seem to write a new book as often as most of us buy new shoes. And, like shoes, most of those books don't attract too much attention. But when well-known author Larry Crabb questions the very discipline that he helped establish, his book *Connecting* may cause more of a stir.

Christian psychology views human problems as primarily the result of underlying psychological disorders. We may be angry at a teenager's disobedience, but anger is only the symptom of problems buried within us. Stubborn problems may require deeper exploration of our thinking. Counselors are those people who have special training, enabling them to understand the various disorders we struggle with, and how to fix what's wrong.

In this book, Larry Crabb calls this whole picture into question. He describes the most common ways we react to people who are hurting and puts those reactions into two categories: moralistic and psychological. The moralist looks for what scriptures have been disobeyed, rebukes our disobedience, calls us to admit our sin and repent, and sees that we have some sort of accountability in the future. The psychologist listens to us, tries to find out what is wrong internally, and then helps us learn healthier ways of living. This process often takes months of self-exploration to find the roots of our problem, and to chart a course towards self-awareness and better ways of coping with the world.

Could there be another way for people to relate to each other when problems arise? Crabb's suggestion is a powerful one. Could it be, Crabb asks, that God has put within each of us His power, which, when we connect with another person, allows us to find the good that God has already put in them, and to release that good so that they can respond to the good urges God has placed there?

This is the main premise of the book *Connecting*. Coming straight to the point, Crabb says, "The center of a forgiven person is not sin. Neither is it psychological complexity. The center of a person is the capacity to connect."(2) The gift of salvation gives us the Holy Spirit, Who allows us first to connect with God the Father, and then, on a new and deeper level, with each other. But what is connecting?

Crabb uses an analogy to the Trinity to make his point clear. The Trinity, Crabb writes, is "an Eternal Community of three fully connected persons."(3) They have delighted in each other for eternity, there is no shadow of envy or minute bit of jealousy between them, and they love to do what is best for each other. Since God made us in His image, we too can enjoy one another, but we must rely on the power of God in us to show us what is good in the other person.

Connecting is so powerful, Crabb says, because it requires that we look past the surface of people and see the new creation God has already begun. Connecting with someone else requires us to look at what a person could be, not just what he is right now. With God's insight, we look beyond the small amount God may already have done and ask God for a vision of what this person could be like. Connecting finds the spark in someone else and is excited about what it could flame into.

Is professional counseling unnecessary? Of course not, says Crabb. But connecting is a powerful way God uses us to bring out His good in others. What keeps us from doing this more?

What Keeps Us From Connecting?

If connecting is what God has made us for, and if this is what the Holy Spirit equips us to do, then why don't more of us connect with one another? Larry Crabb's answer is developed around four analogies. We tend to be either city builders, fire lighters, wall whitewashers, or well diggers.

City builders are those who know what resources they have and how to use them. They know their strengths, and they have a solid sense of their adequacy to meet whatever lies ahead. City builders want to be in control, and fear that they might be found inadequate. City builders have a hard time connecting with someone else because they are looking for affirmation of themselves, not what is good in another. They can work together with other people towards a common goal, but only if it increases their sense of adequacy.

Martha Stewart, for example, has built an empire on feeding people's desire to be adequate, able to handle any situation. She is in control of her kitchen, her house, her yard, her life. And she is the one who will show us how to bring our lives under control.

God has created us with a desire for good. We want to please others, we want to live in peace, we want to have everything work out right. And in heaven it will. But we are not in heaven, and too often we try to insulate ourselves from the messiness of the world around us. City builders depend on their own resources to bring a sense of control into their lives. Their adequacy comes from themselves and what they can accomplish. But this blocks them from depending on God. God encourages us to seek peace with all men (Rom. 12:18), but at the same time we must realize that following Christ is a path of difficulty, not ease (2 Tim. 3:12). We are being prepared for perfection, but we are not to expect it here on earth. God has prepared a perfect city for us, but we are not to try to create it on our own now (Heb. 11:13-16).

Fire lighters are like those people described in Isaiah 50:10-11. They walk in darkness, but rather than trust in God to guide them by His light, they light their own torches, and set their own fires to see by. Fire lighters, Crabb says, are those people who must have a plan they know will work. Their demand of God is the pragmatist's "Tell me what will work!" Fire lighters trust and hold closely to their plans, so connecting is hard for them because it would require them to trust God and not know what might happen next. Connecting requires us to give up our plans and expectations so that we can recognize and enjoy God's plans. We can either trust God or trust our own plans, but we cannot do both. It is not wrong to plan, but we must be willing to give up our plans when Jesus does not fit into them in the way that we want. As C.S. Lewis describes Aslan, the great lion who represents Jesus in *The Chronicles of Narnia:* "It's not as if he were a tame Lion."(4)

Have you ever known people whose primary efforts in life were directed towards protecting themselves and their children from any difficulties? When safety is your top priority, then you have become a *wall whitewasher*, Crabb says. Wall whitewashers build flimsy walls of protection around themselves and their worlds, and then whitewash them to make them appear stronger than they really are. These people want protection from whatever they fear. They are sure that their lives of dedication to the Lord are a protection from major problems. "Wall whitewashers cannot welcome tribulations as friends. . . Character isn't the goal of a wall whitewasher. Safety is."(5)

Many people who feel God's calling in their lives, also assume that God will take care of them and of their families. And He will, but not always in the way that we imagine. As we raise our children and watch the terrible struggles that seem to overcome so many other young people, we may feel that at least God will protect our own children from such affliction. But if our trust is that our serving the Lord is protecting our

family, then we have built up a false sense of security. We are trying to cover our own uncertainty about the future with the whitewash of our own good deeds. God builds us up and shows us our need to depend on Him alone in our tribulations, but we often want to hide ourselves and protect our families from the very misfortunes that God wants to use to strengthen us. We are whitewashing a failing wall when we try to put up a hedge around ourselves and our families, sure that God will protect us from trouble. Everything that happens in our lives has come through God first, has been "Father-filtered," as someone once said. But we must depend on the Lord in all circumstances, not just when we feel protected. God loves us perfectly, but His desire is to give us His character, not to protect us from any difficulty. That is why, as James says, we are to greet tribulations as friends, and not with fear.

Crabb's fourth class of people who thwart God's purpose in connecting are those he calls *well diggers*. The image comes from Jeremiah 2, where God marvels at the broken, pitiful wells that the Israelites make instead of coming to Him for real, unlimited water. Well diggers are looking for satisfaction on their terms, and they want to escape pain at any cost. The well digger asks, "Do I feel fulfilled?" If the answer is no, then he renews his quest for something that will give even a moment's pleasure. We judge drug addicts harshly, but what about needing to have a certain position to feel good, or driving a certain kind of car to prove we're reaching our goals?

Well diggers also are characterized by something that marks our whole first-world culture: the desire for satisfaction now. Well diggers dig their own wells because it often seems faster than the way God is providing water. We want to be filled, and we want it immediately. We live in a fast-everything world. We stand around the microwave oven, wondering why it takes so long to heat a cup of water. Or, more seriously, we wonder why God is taking so long to bring

along the right woman or man, so we find our own ways to satisfy our desires, whether in pornography, or cheap sex, or relationships we know can't last. We want to be satisfied, and if God seems slow, we find our own satisfaction any way we can.

God plans for eternity, and builds to last forever. But it takes time, and patience. If we fulfill our own desires, we will be like the Samaritan woman at the well: we will soon thirst again. But if we allow God to provide for our thirst, He fills us with living water, and we are filled in ways we could never have known otherwise.

Whether we are city builders, fire lighters, wall washers, or well diggers, we will never be able to deeply connect with another person until we kill these urges of the flesh, and allow God to strengthen our spirit. What will help us connect with other people?

Finding What God is Doing in Others

To connect with another believer, we "discover what God is up to and join Him in nourishing the life He has already given."(6) This is why Larry Crabb sees connecting as central to the Gospel. To connect with another Christian is to let the power of the Holy Spirit in you, find the good that God has planted in the spirit of another believer. It requires us to get past our flesh, which Paul instructs us to crucify (Gal. 5:24), so that we can be alive to the Spirit, the one Who makes connection possible. Connecting with someone else is a triumph of the Spirit over my own fleshly desires to control my own life (being a city builder), to create a plan I know will work (fire lighter), to protect myself against the uncertainties of life (wall whitewasher), and to find my own ways to feel good when I want to (well digger). To connect with a fellow believer I must see what God sees in him or her, not just what I can see.

So how do we see as God sees? God's forgiveness of us provides a clue. Does God forgive me because I am such a nice fellow? No. Does God forgive me because I have such a good heart? No. Am I forgiven because I will always do the right thing in the future? No. God forgives me because He sees Jesus' death in my place. It must be the same when I look at a fellow Christian. I must see him or her as someone whom God cared enough to die for, and as someone worth the incredible price that Christ paid on the cross.

Just as God looks past what is bad in my flesh to what He is creating in my spirit, so I must learn to look at other people and find the good that God is working on in them.

Have you ever heard a child learning to play a musical instrument? We don't just listen to the noises coming from the violin or piano or drums. We listen to what is behind the music—the effort, the intensity, the desire to do better, the willingness to work. We listen for the spark that might indicate that this child really connects to music. That is just what we need to look for in one another: the sparks of eternity God has placed in each one of us. We need to look for what God is doing in our friends that can delight us, and make us "jump up and down with excitement" at how wonderfully God is remaking them.

If we would truly connect with someone else, we must also be putting to death the flesh and feeding the spirit. Larry Crabb goes back to an old Puritan phrase, "mortifying the flesh," to describe what we are to do as we discover urges of the flesh rising up in us. As Crabb emphatically writes: "The disguise [of the flesh] must be ripped away, the horror of the enemy's ugliness and the pain he creates must be seen, not to understand the ugliness, not to endlessly study the pain, but to shoot the enemy."(7) This is an ongoing war, one we will fight until we are home with Jesus, but alongside this battle to "crucify the flesh" (Gal. 5:24) we must also feed the Spirit. By this Crabb means that we are, as a community of

believers, to “stimulate one another to love and good deeds” (Heb. 10:24). As we put to death the flesh, we are indeed made alive in the Spirit (Rom. 8:10-14).

Discerning a Vision for Others

Larry Crabb’s book *Connecting* has two subtitles. The first subtitle is “Healing for Ourselves and Our Relationships.” Earlier, we saw how we are healed as we allow Christ to sweep away all of our own methods of dealing with life. Whether we are city builders, fire lighters, wall whitewashers, or well diggers, these are all ways that we try to manage life. Jesus does not ask us to manage our lives. Instead, as a father might take his son through a crowded mall, God asks us to take His hand, and let Him guide us to where He chooses. The urges we need to kill are the very urges that whisper in our ears that we must take care of ourselves.

Remarkably, as we abandon our own techniques for survival, and let God use our lives in His own way, we also find that we can approach others much more openly and honestly. We are free to love people for who they are, not what they can do for us. And this opens up what is one of Larry Crabb’s most important ideas. When we look at others the way God does, we begin to see what He is doing to make them new and incredible creations, just as He is doing for us.

The second subtitle for *Connecting* is “A Radical New Vision.” It is certainly radical when one of the leading voices for Christian psychology suggests that lay Christians themselves can deal with many of the personal problems they often refer to counselors. But the radical view he has most in mind is a new way we can relate to and view one another.

Crabb’s challenge is for us to kill the bad urges in ourselves so that we are able to begin seeing and hearing what God is doing in other people. This will not be just a warm feeling. We discern visions for a person’s life; we do not create them.

When a doctor announces “It’s a girl!” he is not making her a girl, he is announcing what is already the case. In the same way, Crabb writes, we are, by prayer, listening, and reading God’s Word, to discern what God is doing in someone’s life and then announce it. And the process of seeing what God is doing in someone’s life may not be easy.

Larry Crabb’s vision for the church is that we will become communities of people who care desperately about one another, so much that we will let down our guard. People can truly know us, and we can see into them. In this process of connecting with a few other people, we will see God take the power of His Holy Spirit, and use that power to see what another person could be. As we walk with the Lord, and grow in godly wisdom, He enables us to see the good in other believers, and to encourage that good in a way that gives that person a vision of why she is here. It is this vision of who we could be in Christ which can transform each of us. But we must be willing to die daily to who we are on our own, and arise daily to do and say the things that God desires us to do and say. Are you ready for a radical new vision? It will fill your whole world with the power God has put in you to release the good He has put in others. What a calling of hope!

Notes

1. Larry Crabb, *Connecting* (Nashville: Word Publishing, 1997), p. 200.
2. Crabb, 38.
3. Crabb, 53.
4. C.S. Lewis, *The Voyage of the Dawn Treader* (New York: Collier Books, 1970), p. 138.
5. Crabb, 121.
6. Crabb, 49.
7. Crabb, 91.

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