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}

Notes

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4. Dr. Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking and Health*, (Grand Rapids: Baker Books, 2013, p. 19 (emphasis mine).
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17. Various Authors, *Psychiatry Research: Neuroimaging*, Volume 191, Issue 1, 30 January 2011, Pages 36-43. Posted Nov. 10, 2010: www.sciencedirect.com/science/article/abs/pii/S092549271000288X.
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20. *Finding Quiet*, 54-55 (emphasis mine).
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22. Philippians 4: 6-7, New Living Translation.
23. *Finding Quiet*, 113.
24. 2 Corinthians 10:5.
25. Psychologists Edmund Bourne and Lorna Garano, cited by Moreland.
26. Entire section, *Finding Quiet*, p. ?
27. Proverbs 4:23, CSB.
28. Leaf, 151.
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3 Truths to Feed Our Hope in a Pandemic

*When the world is upside down due to unforeseen circumstances, we need hope, but not just any hope. Sue explains that **biblical hope** is something different. Something better. Because it's about God.*

When pretty much the whole world is in stay-at-home mode . . . when pretty much the whole world is impacted by sudden unemployment because the whole world is in stay-at-home mode . . . when pretty much the whole world's economy might be

affected by the crazy fall in oil prices . . .

We desperately need hope.

Hope that things will get better. Hope that we will be able to experience “normal” again. Hope that everyone’s stress level will go down, especially health care heroes and first responders.

I’ve been thinking a lot about hope lately.

Your everyday kind of hope is a wish or expectation for the future. It’s oxygen for the soul. An important part of mental health is being able to look forward to something good.

But *biblical hope* is something different. Something better. Because it’s about God.

Where everyday hope is about wishing, biblical hope is a confident expectation that God will be good, and He will do good, toward us. It is faith in the future tense.

Everyday hope is horizontal, looking at circumstances, the world, and other people—which are all broken by the Fall, and they are guaranteed to disappoint. But biblical hope is vertical. It looks UP instead of out. Biblical hope is focused on a perfect, loving God who is all-knowing and all-powerful. He doesn’t just *know* the future, He *holds* the future.

We can encourage one another daily, as Hebrews 3:13 urges us, by reminding ourselves and each other of what is true. Let me suggest three truths that will feed our hope.

God is good.

Probably the #1 lie of the enemy is that God ISN’T good. It’s what was behind his temptation of Eve in the Garden of Eden: that God was holding out on her because He’s not good.

And when life is hard and we live in pain, it’s easy to look

through the filter of “God is not good, that’s why He’s letting me hurt.”

But the truth is that our circumstances are not an accurate indicator of whether God is good or not. Our logic and thinking are not accurate judges of whether God is good or not.

Even if we don’t say it out loud, we can sit in the self-pity puddle of the belief, “If God was good, He wouldn’t let me hurt.”

But our pain is achieving something eternally significant, an eternal weight of glory (2 Corinthians 4:17). When life is hard, God is doing something really big in us. And eventually, for those who have trusted Christ, God’s goodness will mean He carries us to the place where there is no more pain, no more tears, no more sickness or weakness or even disappointment. That is our hope, that the future will hold nothing but GOOD for us.

We’re not there yet. But it’s coming!

God is faithful.

He is faithful in His character, He is faithful to His word, He is faithful to His promises.

Faithfulness means being a promise-keeper, even when it’s hard. The Hebrew word for faithfulness means steadfastness, firmness.

On a trip to Colorado, my brother-in-law Phil learned that a cashier at Rocky Mountain National Park was also from Chicago. He said, “It must be cool to be here with these mountains all the time.”

“Let me tell you something about the mountains,” she responded. “They’re . . . always . . . THERE.” Meaning, they

don’t move, they don’t change, and it takes a long time to get from A to B because those mountains are always THERE.

Like God’s faithfulness.

We can have hope that God will remain faithful to His promises, such as Jesus promising, “I will be with you always.”

Sports Illustrated covered a memorable incident at the 1992 Olympics when runner Derek Redmond tore his hamstring near the end of the race. He fell face first onto the track in agony.

> As the medical attendants were approaching, Redmond fought to his feet. “It was animal instinct,” he would say later. He set out hopping, in a crazed attempt to finish the race. When he reached the stretch, a large man in a T-shirt came out of the stands, hurled aside a security guard and ran to Redmond, embracing him. It was Jim Redmond, Derek’s father. “You don’t have to do this,” he told his weeping son. “Yes, I do,” said Derek. “Well, then,” said Jim, “we’re going to finish this together.” And so they did.
>
> Fighting off security men, the son’s head sometimes buried in his father’s shoulder, they stayed in Derek’s lane all the way to the end, as the crowd gaped, then rose and howled and wept.{1}

Most people don’t remember who won the gold medal in the 1992 Barcelona Olympics, but millions will never forget the faithful love of a father who left his seat in the stands to enable his son to finish his race.

What a picture of our faithful heavenly Father who sent His Son from His seat in glory to earth to rescue and redeem us! Jesus promises that He will be with us always, to the end of the age—just as Derek Redmond’s father was with his son to the end of the race.

God is at work in my life.

Philippians 1:6 promises that He who began a good work in me will continue to complete it. Once God gets started on the process of making us like Jesus, He doesn't quit!

One of my pastors has said that if you don't like how things are, it means the story's not over and God's not finished.

How encouraging is that??!

Romans 8:28 teaches us, "And we know that God causes all things to work together for good for those who are called according to His purpose."

Since God is at work in us, then He has a plan to make us like Jesus, and He's using every situation and every circumstance in our lives as His tools.

When we open our hearts and minds to God's plans to make us like Jesus, and we cooperate with the Holy Spirit in the process, it strengthens our hope that our future will be different from the past or the present.

But to be like Jesus means we have to follow Him, which means denying ourselves, and taking up our cross. It means not fighting the tools of sanctification He is using to make us like Jesus. The best way to do that is to obey scripture, which says to give thanks IN everything, FOR everything. If God has allowed it, there must be a purpose in it. It means developing an attitude of gratitude by disciplining ourselves to say, "This stinks, Lord, but You have allowed it in my life so I will give You thanks for this crummy boss, or this difficult roommate situation, or this physical challenge, or this thorn in my flesh."

When we realize we are not content with WHO we are or HOW we are, because we long to be better, it means God's not finished with us. We are still a work in progress. The story's not

over.

It means there is hope. Biblical hope.

God is good, God is faithful, and God is at work in me. Those are the truths that will feed our hope and allow us to look at the future with confident expectation that it's going to be better than OK . . . it's going to be amazing. Either in this life, or on the other side, we can have hope.

A living hope. Hope has a name. His name is Jesus.

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COVID Conditioning: A Viral Outbreak is (Re)Shaping Us and Our World

Byron Barlowe probes the underlying implications of the global reaction to COVID-19 from a worldview level, asking if we may be being conditioned to accept unbiblical views without realizing it.

You and I are being conditioned, you know that, right? It's a

daily thing. Events and messages work on us, and we need to learn to shape them before they shape us. We must take in the right stuff to counter lies and well-intended overreach.

All of a sudden a universal and ubiquitous mind-and-heart-shaper has hit the world like an alien invasion. The tension and suspense feels like that in the film *Signs:* sitting in the basement, waiting for green "men" to creep into the boarded-up farmhouse, getting snatches of what's going on in the outside world through a baby monitor. We are covered over with everything COVID-19 virus: news of it, perhaps even the real effects of it as a sickness. But for most of us the newly-minted mandates by mayors and governors, and social pressures from friends and family stemming from the worldwide reaction is the main reality of our lives as we "shelter in place" and are bombarded with a constant stream of information. It's ruining investment portfolios—at least for now "on paper"—and skyrocketing the recently record-low unemployment numbers. People are scared for themselves and loved ones since so much is unknown.

How is all this change changing us? Materially, how will shifting norms transform public policy and law, along with our personal beliefs? What will the upending of our economy, civic, and personal lives mean? For folks with secure jobs and schoolchildren, is it simply about getting through a few weeks of downtime and home-work, commonsense hygiene and personal contact avoidance? Or will we be forever stamped with new attitudes and convictions birthed by events beyond our control?

We are Responsible for Our Thoughts and Beliefs

Brain scientists confirm what good pastors, parents, and coaches teach: we can't necessarily control what we go through, but our reaction to it is up to us. Don't get

“Corona’d”! We can either fall mindlessly into lockstep with what we’re told, or to run this experience through a wise grid and conquer fear and foolishness. Cognitive researcher and Christian Dr. Caroline Leaf emphasizes the power of mental self-control: “As we think, we change the physical nature of our brain. As we consciously direct our thinking, we can wire out toxic patterns of thinking and replace them with healthy thoughts . . . . *It all starts in the realm of the mind, with our ability to think and choose—the most powerful thing in the universe after God, and indeed, fashioned after God.*”{1}

The Apostle Paul, under the inspiration of our Creator God, acknowledged this reality when writing to the first Century Roman church and, by extension, to us today. If he were writing what became Romans 12:1-2 to contemporary folks he may have emphasized an action point first (verse 2) and expanded his words’ scope to entail what early believers took for granted: God as the center of all things. Their worldview, including their view of the universe (cosmology), was hierarchical and infused with “God-ness.”—Our temptation to trust in God-optional techno-science and complex government structures would be alien to our ancient Christian brethren. Yet, there were competing views of the way the seen and unseen worlds work, so Paul’s admonition to develop their new Christ-inhabited mind is just as germane today.

It might have read something like, “Do not be conditioned by the world [all that is other-than-God, the cosmos, and anti-biblical realms, including your own self-created view of the world] but be reconditioned by the total upgrading of your mind in a new operating system downloaded by the entrance of the Holy Spirit when you believed. This will help you discern how to use that new mind wholeheartedly, purely serving through your body, which is only fitting and quite pleasing as your service to the Master of created reality, Himself the ‘I Am’ Reality.”

It’s Real for Me Too

I’m not immune from the scare and worry. My smartphone just dinged: my son’s second interview for his first career job set for 90 minutes from now was just cancelled. The recently thriving corporation—a very promising prospect—has frozen all hiring due to COVID-19. On the other line is a daughter who is seeking a low-income service position since her employer has no jobs in the pipeline. Our other daughter, an Intensive Care Unit nurse, feels the pressure of shortages and health risks. She posted a picture of herself in a mask and gown, disease prevention protocols called “Droplet Precautions.” Their medical equipment is inadequate and has to be washed and reused. A friend’s fiancé’s family have all been laid off: dad, mom, and siblings. It’s up to me to regulate my Corona-news intake, take my anxiety to God, and trust him. But I am determined not to be led into fear and one-sided thinking and to help others.

Mind-Conditioning: Words Matter to Our Worldview

Harsh new realities are marked by new verbiage which is always a sign of cultural change and often a signal of improper controlling (“shelter in place,” “social distancing,” “presumptive positive,” “an abundance of caution”). Euphemisms like these mask meanings. In order of appearance, they clearly mean “Stay home, keep apart, we presume that he/she is a carrier, and we are going into high-control mode.” As philosopher Peter Kreeft writes, “Control language and you control thought; control thought and you control action; control action and you control the world.” Are you and I being conditioned to become used to changes we may not want?{2}

In the chaos, those of us with downtime and a biblical view of life need to use it to reflect and speak into a frightened and confused world. In the larger pluralistic community, *how we*

respond collectively and personally will in no small way determine the arc of our future. As Dr. J.P. Moreland says, "Each situation in our lives is an occasion for either positive formation or negative deformation."{3} Yet, this is not simply a personal matter. We are citizens and need to be active ones.

Basic assumptions about reality—worldview presuppositions we just take for granted—tend to sit like bedrock or sinkholes underneath the foundations of cultures, families, and individual lives. We either don't know about them or ignore them, especially in hectic times of real or perceived crisis. They're deep, unseen, and usually of no concern until events unearth them or an earthquake shakes things up. Sinkholes cause collapse. Bedrock stands.

Specific Concerns About Corona-Conditioning

Here are some concerns I have as a teacher of biblical worldview discernment as this worldwide quake rattles on:

Have we become too beholden to medical science for direction? Every human life is infinitely precious—a very biblical stance given that we are made in God's image, that He died for all people, and that He desires for none to perish (Genesis 1:27; John 3:16; 2 Peter 3:9). Yet, how does a society weigh its view of life-value versus the inevitability of sickness and death? Citizens demand a disease-free life without pain and engage in death-avoidance, then take "death with dignity"; the medical establishment pretends it can deliver all that. Can outbreaks like this be allowed to shut down entire economies and render personal freedoms moot? Only if we play along with such pretense. An international obsession with killing it ignores everything else. Will our COVID-19 response cause more harm than good? *How* one answers such concerns, not whether such dilemmas *should* happen, is at issue. Our personal

worldviews and collective societal constructs—which we can help change—will determine controllable outcomes. We will not determine uncontrollable.

This is *not* to say that public health decrees are wrong in principle nor to necessarily question at least some of those being decreed in this situation, for example voluntary at-home work and study. *Repeating louder this time: I am not saying a massive and unusual response is bad or wrong in and of itself.* Nevertheless, history is absolute regarding the exercise of such power—it almost never regresses. 9-11 and subsequent one-off attempted terrorist acts put in place onerous rules for air passengers that look permanent. Progress, in this sense, may be regress if it unrealistic and ill-conceived.

Conditioning Reality Itself?

Is Modern mankind seeking to short-circuit reality and its consequences? This is the biggest underlying issue. There's something new in the air: near-unanimous mass morality based in rapidly fueled public opinion further fed by transnational fear. I call it "CoronaVirus Virus." So far, epidemiologists and medical scientists are calling the shots for a global society. Pundits pump up the hype before we can know. Public peer pressure (along with corporate acquiescence and promotion) guarantee an unquestioning going-along for most people and institutions.

We constantly hear and read the phrase, "It's just the right thing to do." This orientation raises the question, "*Why* is it the right thing to do? What is the moral grounding for that decision?" "The greater good" is the mantra of a *utilitarian* worldview that eventually erases the kind of individual freedom of moral agents which Scripture honors. The people in power decide what is good for all the rest. In a pluralistic society like ours, the privileging of choice was traditionally baked into the very fabric of public policy. Law allows leeway for disputable matters of conscience—at least they did before

the advent of “hate crimes” which require God-like knowledge of motives. Such fundamental precepts of liberty have long been eroding. In this new Corona-driven milieu, dictates like government ordered shuttering of businesses and stay-at-home decrees means they may never be fully regained. Let’s at least realize this, even if the calculus of health-risk mitigation over civil liberty wins the day.

Then there’s the prospect of the next pandemic. Some virus is surely incubating for debut next year. Will this draconian level be the new standard of response? How will our economy or that of the world (who often follow our lead) survive under such control?

“What, again, is government’s role?”

Who is pausing even for a moment to ask about various requirements, “Is this a bridge too far?” That leads to the other great concern: the directives from medical science’s mass diagnosis-for-the-world are, of course, implemented by government. But the biblical view of the role of government is pretty much limited to policing and making war. Admittedly, society and hence, government has multiplied in complexity—an unbiblical situation given the limits mentioned—therefore public health and economic interventions are somewhat necessary. Absolutely, there are critical emergency situations and this is one of them. It would be unconscionable to allow an epidemic to spread willy-nilly on its own.

However, again, is anyone hitting Pause to ask how far is too far? One hopes that in retrospect, this crisis engenders a throttling back and overturning of policies that helped us get in this pickle (e.g., Federal Reserve-mandated interventions and supposed fixes which are being implemented again; also, allowing a Communist foreign nation a choke hold on pharmaceutical and medical supply chains to gain the “common good” of cheap goods while caregivers do without). Government solutions for all of life. Did we vote this in? Will we do it

again in November?

Government Tyranny in Sight?

Most worrisome is a move toward what appears more like a police state. In Jordan, missionaries report that 400 people have been arrested for leaving their apartments. Refugee relief workers cobble together care in an impossible situation. A Kentucky man was kept in his home somehow after he refused to *self-isolate* (another new term in the popular vernacular)—I don't know the details. That spooked me. I wish he cared enough to stay away from people, but when it comes down to it, he could be shot in his own neighborhood—presumably on his own property—for leaving. Explain that to your six-year-old. A *shelter in place* order for all counties surrounding Kansas City is to be enforced by police. Cops deciding to fine or arrest you for leaving your home for other than trips to the doctor, grocery story, or cleaners? Politicians telling us what's essential may be necessary but seems arbitrary at best. Talk of state borders closing for a sickness? This is a novel consideration, far as I know! Does the Coronavirus rise to the level of a nuclear fallout situation? Is this our shared future? As author and apologist Dr. Ken Boa asks (in a personal email), "Given the nature of interconnectivity in a digital world, we now live within plausible sight of a fear-induced technological plague that could lead to a totalitarian outcome."

Choices, Not Conditioned Responses

Again, all I am asking is, "Does the necessity of this drastic a world-changing meta-response go without saying? Could a relatively restrained response now be wise—despite the public relations suicide of facing a sometimes mad mob morality?" On the other hand, "Is freedom—economic and cultural—worth more lives? Whose feet would that be laid at? Politicians? The medical establishment (they are simply doing their calling)?

Fate's? God's?"

If the choice is between saving every possible life and forever changing life itself for earth's entire population, where is the middle ground and how does a society find it? That boat has sailed, I fear. Relativistic, ever-changing ideals and their progressive promotion have won the day. The mindset of "We are going to win this thing, no matter the cost!" reigns triumphant in headlines.

There's a worldview at work—learn to notice it: note the irony of a Postmodern relativism entwined with a Modernist certainty regarding mankind's ability to control what used to be called an "act of God." That's what the highly moralistic and humanistic John Mauldin is unabashedly promoting, I believe. One more mass-mediated call to controlling an out of control universe. As if we could.

Be At Peace, Christian, And Spread That Peace

For individual believers, a biblically realistic and optimistic response is to shelter in place ("abide in Me"). Rest in the peace and assurance of a loving, sovereignly overseeing Creator who will make all things right someday, whose agenda is being met. The best outward response toward unbelievers is to share not only the certainty of that hope, but the gospel that leads to hope in a disease-free, worry-free, perfectly functional and loving society of brother and sisters in Christ. Eternal perspective is the conditioning we must seek. Because we're all being conditioned. It is truly a daily thing.

Meanwhile, pray for the individuals in charge and their decision-making to be sound. As a new normal reconditions minds and hearts around the globe at the speed of Internet connections, "Do not be conformed to this world, but be transformed" by the mind of Christ (Romans 12:2).

Notes

1. Dr. Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health*, p. 20, emphasis mine.
2. www.azquotes.com/quote/1333869, accessed 3/23/2020.
3. J.P. Moreland, *Finding Quiet: My Story of Overcoming Anxiety and the Practices That Brought Peace* (Grand Rapids: Zondervan, 2019).

Responding to COVID-19: God Already Had It Figured Out

As America grinds almost to a halt as we try to suppress the spread of the Corona Virus, governments are closing things up and shutting things down. As we are instructed to stay in our homes and keep our distance from other people, we are also being encouraged about how to think about these restrictions. We're hearing pleas to younger people, especially, not to gather in bars and restaurants, because it speeds up the transmission of the virus. This will help protect the physically vulnerable—older folks [um, *wince*—somehow that now includes me] and those with compromised immunity.

What strikes me about the messages we are receiving is that God came up with them first.

These calls to citizens parallel God's calls to believers. Several of the "one anothers" of scripture are particularly salient to our needs right now to pull together to fight this invisible enemy: not merely as a nation, but as human beings facing a global pandemic together.

Love one another (John 15:12). It is loving to keep your

distance from others and stay home in order to keep yourself from catching, and even worse become an unknowing carrier for, what is a serious and sometimes deadly virus. It is loving to wash our hands for 20 seconds because it kills the virus and helps us keep from spreading the virus to others.

Serve one another (Galatians 5:13). It just *delights* me to receive texts from friends asking if they can go to the store for us, and to read offers on my Next Door app from people offering to run errands and shop for the older and health-challenged people in our neighborhood.

Bear one another's burdens (Galatians 6:2). Saying no to ourselves (such as wanting to hang out with friends in groups) in order to protect others is one way of bearing each other's burdens. Buying online gift cards from restaurants that now can't serve diners in order to provide a cash flow when they are strapped is another. Providing childcare, eldercare and respite care is yet another. Reaching out by phone, text and other social media is how we can bear the burden of loneliness to people in isolation.

Be hospitable to one other (1 Peter 4:9). Leaving food gifts on a neighbor's door step. Sending/leaving notes to assure people they are remembered and they are important.

Pray for one another (James 5:16). We need to pray for protection, especially for health care workers who expose themselves to danger every minute of their working day. We need to pray for those struggling against the symptoms of the virus. Is there anything as scary as having trouble breathing? We need to pray for business owners and employees who have lost their ability to provide for themselves and their families.

I have a mental list that I pray through every time I wash my hands.

Finally, I especially love Philippians 2:3-4 in view of our

current challenge:

Do nothing from selfishness or empty conceit, but with humility of mind **regard one another as more important than yourselves**; do not merely look out for your own personal interests, but also for the interests of others.

The entire country is being asked to put the risks and needs of other people ahead of our own. In a spectacular display of biblical thinking, Dallas County judge Clay Jenkins said we need to "turn from selfishness to sacrifice."

Yes we do. Jesus said, "Greater love has no one than this, that one lay down his life for his friends" (John 15:13). In big and small ways.

It's an exceptional opportunity for all of us to do things God's way. Because He knows what works best.

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