

“Body Building”: Edifying Thoughts about Our Bodies

Why Should I Care About This?

Our culture is obsessed with the human body. Have you turned on the television or stood in the supermarket checkout line recently? Images and information about the human body bombard our senses from almost every direction. And what we believe about the body can make a huge difference for our daily life, and for the life beyond! That’s why we need to think carefully about a Christian view of the body. For when our ideas about the body go wrong, a lot of related Christian beliefs can also be affected.



For example, in the early centuries of the Christian church there were some religious groups called Gnostics. Their name derived from the Greek term *gnosis* which means “knowledge,” because they thought that salvation came through secret knowledge. In their view, reality consisted of two primary components: matter (which was evil) and spirit (which was good).^{1} Since matter was evil, the human body was likewise viewed as “intrinsically degenerate.”^{2}

The Gnostics’ negative beliefs about the human body influenced their thinking in other areas as well. Their ideas about the incarnation, the afterlife, and human sexuality, were all affected. Consider the incarnation. Christians believe that God the Son became a real human being with a real human body. But this view was repulsive to some of the Gnostics. While some believed that the divine Christ temporarily assumed a human body, they did not think this state was permanent. And

others denied that Jesus had a physical body at all. They believed that Jesus only *appeared* to be human.^{3} In reality, he was a completely spiritual being. This was especially true after his resurrection, which Gnostics generally held to be a purely spiritual (and not physical) event.^{4}

The Gnostic view of the afterlife was similar. After death, Gnostics believed, they would be reunited with God in the spiritual realm. Unlike Christians, they had no desire for the resurrection of the body. The body was a prison from which they would gratefully escape at death.

Consider finally their views about human sexuality. Although some Gnostics may have lived a sexually immoral lifestyle, the majority seem to have rather been ascetics.^{5} They treated the body harshly and rejected sexual activity and procreation as earthly, physical, and unspiritual. Such activities kept one in bondage to this evil material world.

Unfortunately, these Gnostic beliefs about the body influenced Christianity to some degree. But if we look at what the Bible teaches, what we find is much more interesting and exciting.

The Goodness of the Human Body

What do you believe about your body? Is it something good—or evil?

In striking contrast to the Gnostics, who believed both the material world and human body were intrinsically evil, the biblical writers present a positive conception of both.

The first verse of Genesis declares, “In the beginning God created the heavens and the earth” (Gen. 1:1). A few verses later we learn that God created human beings in His image and likeness (Gen. 1:26-27). And at the end of chapter one we’re told that everything God made “was very good” (Gen. 1:31). So unlike the Gnostics, who believed the material world was the

work of an evil, inferior deity, the biblical writers viewed the physical universe and human body as part of the good creative work of the one true God.

Moreover, in the biblical view humanity occupies a very special place in the created order. Having been made in God's image, men and women are viewed as the crown of creation. But what does it mean to say that we are made in God's image? As one might expect, this is a question that has been given extensive consideration throughout the history of the church.

On the one hand, we probably shouldn't think of the divine image primarily in *physical* terms, for God is a *spiritual* being. Still, it's probably also a mistake to think that our bodies aren't *in any sense* made in God's image. Genesis 1:27 says that God created man in His image. Reflecting on this statement, some scholars have noted that it's "not some part of a human or some faculty of a human, but a human in his or her wholeness [that] is the image of God. The biblical concept is not that the image is *in* man and woman, but that man and woman *are* the image of God." [\[6\]](#) Since God created man in His image as an embodied personal being, it seems quite natural to suppose that the material (as well as immaterial) aspects of our being are *both* included in what it means to be made in God's image.

In Genesis 2 we have a more detailed account of the creation of man and woman. In verse 7 we read that "the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being." This verse indicates that there are both material and immaterial components of man's being—and each *in some sense* bears God's image. This is why in the Christian view human beings have inherent worth and dignity. It's also why in contrast to the Gnostics we believe in the goodness of the human body.

The Importance of the Incarnation

Did you know that your beliefs about the human body can affect your view of Jesus and why He came? As we've seen, the biblical writers saw the human body as God's good creation (Gen. 1-2). Naturally enough, such radically different views of the body influenced how Gnostics and Christians understood the doctrine of the incarnation as well.

The term "incarnation" means "'to enter into or become flesh.' It refers to the Christian doctrine that the pre-existent Son of God became man in Jesus."[\[7\]](#) Our first hint that something like this would happen comes shortly after man's fall into sin. In Genesis 3:15 God tells the serpent, the agent of temptation in the story, "I will put enmity between you and the woman, and between your seed and her seed; He shall bruise you on the head, and you shall bruise him on the heel." The verse promises a coming Champion or Deliverer, who would be born of a woman, and who would deliver the decisive death-blow to Satan. Later we learn that this Deliverer, the Lord Jesus Christ, redeems humanity from the tragic consequences of sin and death by giving His own life as a substitute in our place (1 Jn. 2:2; 4:10). The death of God's Son for the sins of the world was possible because of the incarnation. By becoming a real man, with a real body, He experienced a real death on the cross.

One of the clearest statements of the incarnation is found in the Gospel of John: "In the beginning was the Word . . . and the Word was God . . . And the Word became flesh, and dwelt among us" (1:1, 14). This Word made flesh, the Lord Jesus Christ, told His followers that He had come "to give His life a ransom for many" (Mk. 10:45). While Gnostics generally regarded the death of Jesus as irrelevant for salvation, Christians see it as absolutely essential.

In Revelation 5:9 a song is sung in praise of Christ, who through His death "purchased men for God from every tribe and

language and people and nation.” In the early church, some theologians said that what Christ did not assume, neither did He redeem. They meant that if Christ did not really have a human body, then neither did He redeem our bodies. This is why the incarnation is so important. By becoming fully human and dying for our sins, Christ secured the complete redemption of all who put their trust in Him.

Human Sexuality

Those unfamiliar with the Bible might be surprised to learn how much it has to say about sex. And what it says is neither prudish nor out of date. On the contrary, its counsel is both supremely wise and eminently practical. [\[8\]](#)

In fact, unlike the ancient Gnostics, the Bible has a very positive view of human sexuality. An entire book of the Bible, the Song of Solomon, is largely devoted to extolling the beauty and wonder of sexual love within the God-ordained covenant of marriage. Sex was God’s idea and is rooted in His original creation of man and woman as sexual beings (Gen. 1:27). While one of God’s purposes in creating us this way was for procreation (Gen. 1:28), it certainly wasn’t His only purpose. God also intended sex to be a pleasurable and meaningful expression of intimacy and love between husband and wife (Prov. 5:18-19).

According to Jesus, the biblical ideal of marriage is a lifelong, exclusive commitment of one man to one woman (Mk. 10:2-9). Citing the Genesis creation account He says, “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh” (Mk. 10:7-8; cf. Gen. 2:24). As one writer has observed, “Here we have a blueprint for human sexual love: through the sexual act the man and woman have a wonderful new kind of intimacy. This is called being ‘one flesh,’ and it is designed to be exclusive and faithful.” [\[9\]](#)

Unfortunately, man's fall into sin brought about the misuse and abuse of God's good gift. And as one might expect, the Bible doesn't shy away from addressing such things. Essentially, the biblical view is that sex is to be fully enjoyed as a wonderful gift from God, but *only* within the sacred bonds of marriage between one man and one woman. Every other kind of sexual activity is lumped into the category of "sexual immorality." And this we are told to flee, for as Paul told the Corinthians, "he who sins sexually sins against his own body" (1 Cor. 6:18).

But Paul then went even further. He called the believer's body "a temple of the Holy Spirit." He said that Christians have been "bought at a price" and should "honor God" with their bodies (1 Cor. 6:19-20). This reveals something of the value which God places upon the human body. And He encourages us to do the same.

Bodily Death and Resurrection

Did you know that your view of the human body affects your view of eternity?

Throughout history humanity has entertained a variety of ideas about what happens after death. Some think that physical death is the end of our personal, conscious existence. While we might "live on" in people's memories, we don't live on in any other sense. Others believe that while the body dies, the human soul or spirit continues to exist—perhaps on a higher spiritual plane, perhaps in a spiritual heaven or hell, or perhaps somewhere else. According to this view, our bodily existence is only temporary. Once we die our bodies are discarded, but our souls go on living forever.

In the early years of the church, many Gnostics believed that people would experience different fates at death. Some would just cease to exist. For them, death was the end. Others could

enjoy some sort of afterlife through faith and good works. From a Gnostic perspective, these people were the Christians. Only a few, however, namely, the Gnostics themselves, could expect a truly fantastic afterlife in which they would be reunited with God in the divine realm.[\[10\]](#) In other words, the Gnostics anticipated being liberated from this evil material world, including their bodies, and being reunited with God in a completely spiritual existence. Interestingly, although there are differences, many Christians seem to expect an afterlife that's very similar to that envisioned by the Gnostics.

But what the Bible teaches is really quite different. Although it comforts Christians with the reminder that to be absent from the body is to be at home with the Lord (2 Cor. 5:8), this is not the believer's final state. Instead, we're told to eagerly await the resurrection of our bodies, which will be modeled after Jesus' resurrected body (1 Cor. 15:20-23, 42-49). As Christians, we don't look forward to a purely *spiritual* (in the sense of *non-physical*) afterlife. Instead, we await a *bodily* existence in a new heaven and new earth which is completely free from the presence and power of sin (2 Pet. 3:10-13)! Just as Christ was raised *physically* from the dead, so one day He will likewise raise all men from the dead. Some will enjoy His presence forever; others will be shut out from His presence forever (Matt. 25:46; Jn. 5:28-29). Which experience shall be ours depends entirely upon our relationship to Christ (Jn. 3:36; 2 Thess. 1:8-10). So why not put your trust in Him and enjoy forever the new heavens and new earth in a new, resurrected body? You're invited, you know (Rev. 22:17).

Notes

1. Bart D. Ehrman, *Lost Christianities: Christian Scriptures and the Battles Over Authentication*, Course Guidebook, Pt. 1 (Chantilly, Virginia: The Teaching Company, 2002), 20.
2. Mary Timothy Prokes, *Toward a Theology of the Body* (Grand

Rapids: Eerdmans, 1996), 9.

3. J. Ed Komoszewski, M. James Sawyer, and Daniel B. Wallace, *Reinventing Jesus: What The Da Vinci Code and Other Novel Speculations Don't Tell You* (Grand Rapids, Michigan: Kregel Publications, 2006), 200.

4. Ehrman, *Lost Christianities*, 29.

5. Ibid., 21.

6. *Tyndale Bible Dictionary*, eds. Walter A. Elwell and Philip Wesley Comfort (Wheaton, Illinois: Tyndale House Publishers, 2001), s.v. "Image of God."

7. *Harper's Bible Dictionary* (1st ed.), ed. Paul J. Achtemeier (San Francisco: Harper & Row, 1985), s.v. "Incarnation" by Frank J. Matera.

8. A number of ideas in this section were informed by the article "Sex, Sexuality," in *Tyndale Bible Dictionary*.

9. Amy Orr-Ewing, *Is the Bible Intolerant?* (Downers Grove, Illinois: InterVarsity Press, 2005), 113.

10. Ehrman, *Lost Christianities*, 21.

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"What Should I Do About My Dream About Death?"

While sleeping I heard a voice say, "Melanie is dead." This was repeated, loudly and clearly. I picked up my phone to dial my mom and realized I had been asleep. I am 42 years old. I am saved. Melanie is my niece who has turned Muslim. She had just given birth to a baby boy that same morning.

What am I supposed to do about this message and where could it have originated from?

Wow! What a horrible way to have your sleep crashed into!

An important response when something like this happens is to immediately invite the Lord Jesus into it. Ask for His perspective and His wisdom. Then, if it were me, I would say something like, "Lord, I don't know where this is coming from, but I'm going to take it as a signal to pray for Melanie. No matter if it's from an angel or a demon, you turn it into an opportunity to trust and intercede."

For what it's worth, I had a similar, unnerving experience one time. A month after 9/11, I was going to fly back to Dallas from Chicago, and there was some scuttlebutt about hijackers planning to crash a jet full of fuel into the Sears Tower after takeoff. I was awakened that day with the chilling words, "You're going to die today." It caused such a spirit of fear and total lack of peace that I immediately knew it wasn't from God, but it was so strong I had a hard time shaking it off as the spiritual warfare that it was. So I do understand how deeply troubling this message was and is.

I send this with a prayer that God will open Melanies eyes to who He truly is.

Hope you find this helpful.

Sue Bohlin

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Reflection on the Virginia

Tech Shootings

We moved our household this weekend, so I had not heard anything about the shootings at Virginia Tech until that same night. Next morning, I began reading articles to bring myself up to speed. The situation hurts. It was a student at the university, not some outsider. The gunman was 23, only three years younger than me.

Another person from my generation lashing out in violence; this is not the first time it's happened. This situation brings to mind several other recent occurrences, both locally and nationally. On a personal level, I recently found out that a guy from my high school who also graduated from my alma mater, University of Texas at Dallas (UTD), committed suicide recently. He was 26, an accomplished musician, national merit scholar, and earned a computer science degree.

During my junior year at UTD, a friend of mine at a Christian university came home for Christmas. While she was in Dallas, she received word that her dormitory roommate had committed suicide. She was a bright girl with a promising future and was apparently from a Christian family.

A month after I had graduated UTD, a news report came out that a student drugged, raped, and assaulted another student—during an exam study session.

Lastly, while reading about the Virginia Tech gunman's angst that finally snapped into a violent rage, I could not help but remember the Columbine shootings. That report came out my senior year in high school. The two teenage perpetrators were my age.

With all of these cases of violent crimes on campuses among young, educated people, I have to wonder, *What is wrong with my generation?* Why are these twenty-somethings breaking like this? Crime and violence are a part of the fallen world that

we live in, but the inordinate amount of violent and sexual crimes on campuses is staggering.

My generation has received the most “information” from media than any other. We have seen the rise of technological advances that only Gene Rodenberry (*Star Trek*) could dream of. We have grown up thinking that every opportunity and possibility is at our fingertips (or at the click of a mouse). We have some of the fastest, most efficient cars, the biggest malls, and some of the best plastic surgery that money can buy. The nation is rich, and although material resources may not satisfy us in the long run, they sure feel good right now. We have medications for nearly everything, and beauty products for everything else. But apparently all of the riches, technology, beauty, and opportunities still leave us in despair—for some, despair to the point of death. Why? Is this an artifact for only this generation, or does the Bible speak to the despair plaguing us?

Consider the words of Solomon:

“I made great works. I built houses and planted vineyards for myself... I bought male and female slaves, and had slaves who were born in my house. I had also great possessions of herds and flocks, more than any who had been before me in Jerusalem. I also gathered for myself silver and gold and the treasure of kings and provinces... Also whatever my eyes desired I did not keep from them. I kept my heart from no pleasure... Then I considered all that my hands had done and the toil I had expended in doing it, and behold, all was vanity and a striving after wind, and there was nothing to be gained under the sun” (Ecclesiastes 2:4,7-8,10-11).

Just as Solomon was blessed and lived in a time of education, materialism, and plenty, I think his hopelessness rings true of my generation as well. Compared to prior generations, we have it all, and yet it only fills us with despair that is

really no different. There is a void that only God can fill. At the end of Ecclesiastes, Solomon concludes that the end of the matter is to fear the Lord and keep his commandments (12:13). In other words, when all is said and done, no amount of education, riches, or technology can compare to knowing the Lord through His Son Jesus Christ.

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Deadly College Shootings in U.S.

Some deadly shootings at U.S. colleges or universities, listed by number of fatalities:

April 16, 2007

A gunman kills 32 people in a dorm and a classroom building at Virginia Tech in Blacksburg, Va. The suspect then dies by gunshot himself.

Aug. 1, 1966

Charles Whitman points a rifle from the observation deck of the University of Texas at Austin's Tower and begins shooting in a homicidal rampage that goes on for 96 minutes. Sixteen people are killed, 31 wounded.

July 12, 1976

Edward Charles Allaway, a custodian in the library of California State University, Fullerton, fatally shoots seven fellow employees and wounds two others. Mentally ill, Allaway believed his colleagues were pornographers and were forcing his estranged wife to appear in their movies. A judge found him innocent by reason of insanity in 1977 after a jury was

unable to reach a verdict and he was committed to the state mental health system.

Nov. 1, 1991

Gang Lu, 28, a graduate student in physics from China, reportedly upset because he was passed over for an academic honor, opens fire in two buildings on the University of Iowa campus. Five University of Iowa employees killed, including four members of the physics department, one other person is wounded. The student fatally shoots himself.

May 4, 1970

Four students were killed and nine wounded by National Guard troops called in to quell anti-war protests on the campus of Kent State University in Ohio.

Oct. 28, 2002

Failing University of Arizona Nursing College student and Gulf War veteran Robert Flores, 40, walks into an instructor's office and fatally shoots her. A few minutes later, armed with five guns, he enters one of his nursing classrooms and kills two more of his instructors before fatally shooting himself.

Sept. 2, 2006

Douglas W. Pennington, 49, kills himself and his two sons, Logan P. Pennington, 26, and Benjamin M. Pennington, 24, during a visit to the campus of Shepherd University in Shepherdstown, W.Va.

Jan. 16, 2002

Graduate student Peter Odighizuwa, 42, recently dismissed from Virginia's Appalachian School of Law, returns to campus and kills the dean, a professor and a student before being tackled by students. The attack also wounds three female students.

Aug. 15, 1996

Frederick Martin Davidson, 36, a graduate engineering student at San Diego State, is defending his thesis before a faculty committee when he pulls out a handgun and kills three professors.

Jan. 26, 1995

Former law student Wendell Williamson shoots two men to death and injures a police officer in Chapel Hill, N.C.

April 2, 2007

University of Washington researcher Rebecca Griego, 26, is shot to death in her office by former boyfriend Jonathan Rowan who then turned the gun on himself.

Aug. 28, 2000

James Easton Kelly, 36, a University of Arkansas graduate student recently dropped from a doctoral program after a decade of study and John Locke, 67, the English professor overseeing his coursework, are shot to death in an apparent murder-suicide.

Source: Associated Press

Accessed Apr. 17, 2007 © 2007 MSNBC.com
<http://www.msnbc.msn.com/id/18137414/>

A Christian Response to the

Horror at Virginia Tech

Many of us found ourselves glued to the television, watching videos of the events surrounding the mass murder in Blacksburg, Virginia. A day like all other days for thousands of college students, faculty, administrators, and all the rest that make up the mini-city of Virginia Tech University suddenly turned into a waking nightmare, the kind of experience that happens on TV but never really happens to us. Or so we think. I've been to the campus in Blacksburg; it isn't the kind of place one would imagine mass murder. But where *would* one expect such a thing, except in far away places like Iraq?

In such situations, our emotions typically take the lead since it takes awhile to get all the information that informs our thinking. What emotions do we experience? Shock? Fear, as we think about students of our own there or at similar campuses? Sadness for the loss of life, especially for such senseless loss? Another sense we have, sometimes not till after the initial shock has worn off, is moral outrage, a deep-seated sense that what happened was wrong: not in terms of economics or simply the proper functioning of an organization, but in terms of moral wrong. Deep down we know there is good and there is evil, and this event was evil.

But upon what do we base this sense? Before you just brush the question aside with the ubiquitous "Duh!" or ask incredulously, "What kind of question is *that*?!" pause a moment and give it some thought. Why is such a thing wrong? After all, if we push a Darwinian, naturalistic worldview to the limit, we might think ourselves justified in seeing this kind of horror as really no different from animals attacking and killing each other. Keep in mind that the Nazis were able to carry out their slaughter because they had relegated Jews to a lower level in the evolutionary chain.

The first point I want to make is that *Christianity explains our moral outrage*. It's explained by the fact that we are created in God's image and have in us a sense of moral right and wrong. The apostle Paul wrote that "the requirements of the law are written on [our] hearts," that our "consciences [are] also bearing witness, and [our] thoughts now accusing, now even defending [us]" (Romans 2:15). God is the standard of moral right and wrong, and we reflect that knowledge in ourselves. Of course, we can deaden that knowledge; a conscience can be trained to ignore promptings to do good.

Have you seen someone get angry (or maybe you got angry yourself) when a person who commits such an evil act commits suicide immediately afterwards? Oh, I know: some people ultimately want the person to die himself. But there's something about being denied to express our moral outrage at the person. We want justice for the crime committed, and we don't always want it to be a quick and dirty justice. Frankly, we'd like the person to suffer and know what he's suffering for.

How do we explain our desire for justice? What I described above is more a desire for vengeance. However, we do want justice. We want the person to face up to the charges, to hear the condemnation (consider the trials where families of victims get to speak their minds to the accused). We want him to know he did wrong and to know he's going to suffer the consequences, and then we want justice meted out.

Along the same lines that Christianity explains moral outrage, it also *explains our desire for justice*. We know some things are morally wrong and are deserving of punishment. And we want to make a strong enough impression on the guilty that he (or observers of the case) doesn't do it again. God is very interested in justice. A quick search in the New International Version lists almost one hundred twenty instances of the word "justice" in the Old Testament. The psalmist writes, "The LORD loves righteousness and justice; the earth is full of his

unfailing love" (33:5). "Truth is nowhere to be found," God said through Isaiah, "and whoever shuns evil becomes a prey. The LORD looked and was displeased that there was no justice" (Isa. 59:15). And, "Your hands are full of blood; wash and make yourselves clean. Take your evil deeds out of my sight! Stop doing wrong, learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow" (1:15-17).

This isn't just an Old Testament concern. In the New Testament we have this promise: "For he has set a day when he will judge the world with justice by the man he has appointed. He has given proof of this to all men by raising him from the dead" (Acts 17:31).

A question comes naturally to mind. If God is so interested in justice, why doesn't He fulfill it now? This is an extremely important question. However, it's one I'm going to forego for now (search Probe's Web site for articles on the problem of evil; Sue Bohlin's article "[The Value of Suffering](#)" is a good start). The long and short of it is that we don't know just what God is up to. We can hazard some guesses. C. S. Lewis said that suffering is God's "megaphone to rouse a deaf world."

Let's say we *can't* give an answer to the question, Why is evil allowed? What then? If that's the primary criterion for accepting a particular religion or philosophy as true, we will be able to accept none, not even secularism!

What, then? Where does that leave us? Christianity does have an answer to that: *Christianity offers hope*. Even in the worst of situations, the person who has received the grace of God in salvation has the hope of a future in which death has no place. This isn't "hope" as in cross-your-fingers hope, like, "I sure hope the game doesn't get rained out this weekend." In the New Testament, hope is presented as the assurance of the future. We have the hope of eternal life—of that life which

has no room for death—by the resurrection of Jesus from the dead. The apostle Peter wrote, “Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead” (1 Peter 1:3). Jesus proved that He had broken the hold of death through His own death on the cross by breaking free from the tomb and appearing live to hundreds of people. Because He rose and conquered death, we who trust in Him will, too.

Hope is a fundamental ingredient of Christianity. Faith enables us to say “yes” today to what we know we should do; hope enables us to say “yes” to the future, because it rests in the hands of the God Who loves us. One of my favorite verses in Scripture is in Romans. Paul wrote: “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit” (15:13). This is God’s desire for us, to live in the (sure) hope that our future is secure in Him.

One more thing. Christianity isn’t just some set of religious dogmas and practices that keeps some of us off the streets on Sunday mornings! *Christianity provides a way of life that minimizes such tragedies.* It provides both the framework within which we order our lives *and* the ability to do it by the power of the Holy Spirit living in us. Blaise Pascal held out the value of Christian morality as an enticement to see if Christianity is true. Even if it isn’t true, he said, look at the kind of life it calls us to lead! Thomas Jefferson, who so rejected the miraculous in the Bible that he edited out of the New Testament all such things, recognized a high level of morality in its pages. And when you ask people who the best exemplars of goodness have been in history, Jesus is typically on the list, even the lists of those who don’t believe He is the divine Son of God.

The point is that built into Christianity is a structure of life that prohibits people hurting each other. Of course, this

isn't to suggest that Christians never do wrong! But it *is* to say that we have more than just pragmatic reasons for doing right. We do right to honor God, to honor people, because we believe in moral right and wrong. Sometimes we do the right thing—only because it's the right thing to do, regardless of the rewards! However, I would be dishonest if I didn't note that there *does* lie in our future many blessings for obedient lives.

But Christianity goes beyond simply providing a moral code. It also provides the power to follow it! The Holy Spirit somehow resides in us (one of the mysteries of the faith!), and He transforms us, changes us through a number of ways into the image of Christ (cf. Rom. 8:5-17; 12:1,2; Gal. 5:16-26).

To sum up: Christianity explains our moral outrage at the mass murders at Virginia Tech this week. It explains our desire for justice, and guarantees that it will be carried out eventually. It offers real hope, hope that is sure, for those who suffer. And it provides a way for people to live with one another without having a reason to give in to such evil impulses.

It's likely that some people will read this who aren't Christians. If you're one of them, I'd like to ask you to consider thoughtfully what I've said about Christianity, but also consider what *you* believe. You may be an adherent of another religion or philosophy, or you may simply be a secularist who believes in God but believes He doesn't really have much to do with our lives. My question is this: If you agree that the issues I've raised are important, how does your belief system answer them? If it *does* answer them, do the answers seem plausible? Is there good reason to believe them? If not, maybe the whole belief system needs to be evaluated.

If you'd like to know more about a Christian understanding of these issues, hunt around on our Web site for other articles. Or [send us an e-mail](#). You can even use the old-fashioned

method of calling on the phone!

We'd love to hear from you.

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Virginia Tech Massacre: Coping with Grief

As the world joins Virginia Tech in mourning a terrible massacre, I've found myself experiencing poignant memories of an earlier visit to that campus when students also struggled with recent death. Though that tragedy was smaller in scope, grief and confusion abounded then as now.

Several months before my evening lecture at Virginia Tech, I had recommended that my hosts have me speak on love, sex, and dating . . . nearly always a popular campus draw. But they preferred I speak on death and dying: [One Minute After Death](#). Reluctantly, I agreed; they publicized accordingly. Though they didn't claim clairvoyance, their selection proved providential.

A few days before my presentation, three Tech students died tragically in separate incidents involving suicide and a fire. The campus buzzed with concern about death and dying. The lecture venue was packed; the atmosphere electric.

Death's Shuddering Finality

I told the audience of similar sadness: The spring of my sophomore year at Duke, the student living in the room next to me was struck and killed by lightning. For some time after Mike's death, our fraternity was in a state of shock. My

friends wrestled with questions like, “What’s life all about?” “What does it mean if it can be snuffed out in an instant?” “Is there life after death?”

Our springtime happiness became gloom. A memorial service and personal interaction helped us process our grief. I vividly recall a classmate driving Mike’s ashes home to Oklahoma at the end of the term. Death had a shuddering finality.

Now, in the recent massacre’s immediate aftermath, stories both heartrending and inspiring are emerging. Rescue workers removing bodies from Norris Hall, where the bulk of the killings occurred, encountered cellphones ringing, likely parents or friends trying to contact missing students. Parents wandered the campus that first evening seeking to learn their children’s fate.

During the siege, engineering professor [Liviu Librescu](#), an Israeli Holocaust survivor, blocked a door with his body, sacrificing his life so students could flee.^{1}

God and Evil?

As mourners process their anguish, it’s only natural to wonder where God is in all this. Virginia Governor Tim Kaine, who once served as a volunteer missionary, noted at the campus convocation that even Jesus, in his dark hour on the cross, cried out, “My God, my God, why have you forsaken me?”^{2} He encouraged grieving students to embrace their community to help everyone process their pain.

The late William Sloane Coffin gained fame as a controversial peace and civil rights activist during the Vietnam War. He also served as chaplain of Yale University and had a helpful take on the question of God and suffering.

“Almost every square inch of the Earth’s surface is soaked with the tears and blood of the innocent,” [Coffin told Religion and Ethics Newsweekly](#), “and it’s not God’s doing.

It's our doing. That's human malpractice. Don't chalk it up to God."

"When [people] see the innocent suffering," continued Coffin, "every time they lift their eyes to heaven and say, 'God, how could you let this happen?' it's well to remember that exactly at that moment God is asking exactly the same question of us: 'How could you let this happen?'"^{3}

The problem of evil has many complex facets, but the horror in Blacksburg resulted from human action. Students and faculty face considerable healing. President Bush reminded them, "People who have never met you are praying for you.... In times like this, we can find comfort in the grace and guidance of a loving God.... 'Don't be overcome by evil, but overcome evil with good.'"^{4} Sound counsel for a grieving campus community.

Notes

1. Laurie Copans, "Holocaust Survivor Killed in Virginia Shootings," Associated Press, April 17, 2007; on ABC News at <http://abcnews.go.com/US/story?id=3048967&page=1>, accessed April 18, 2007. See also Richard T. Cooper and Valerie Reitman, "Virginia Tech professor gave his life to save students," Los Angeles Times, April 18, 2007; <http://tinyurl.com/2lnomg>, accessed April 18, 2007.
2. Matthew 27:46, quoted here from the more contemporary language of the New Living Translation. Kaine appeared to be quoting from the King James Version. Audio of Governor Kaine's April 17, 2007, Virginia Tech convocation speech is at <http://www.vbdems.org/>, accessed April 18, 2007.
3. "Profile: William Sloane Coffin," Religion & Ethics Newsweekly interview with Bob Abernathy, Episode no. 752, originally broadcast August 27, 2004; rebroadcast in 2007; <http://tinyurl.com/2vdr6t>, accessed April 18, 2007.
4. Text of the president's April 17, 2007 speech at the Virginia Tech memorial convocation is at <http://tinyurl.com/2t6txa>, accessed April 18, 2007. The third

sentence in the Bush quotation here is from Romans 12:21.

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Paris Hilton and What We Want

Paris Hilton. Paris Hilton. Paris Hilton. Paris Hilton. Paris Hilton.

Please excuse the repetition, but I want this article to score highly in Google searches.

You see, [Google Zeitgeist](#), the mega-search engine's report on its most popular search topics, says the heiress scored number one on 2006 Google News searches. The report presents a glimpse of the "spirit of the times," giving clues to websurfers' interests.

In news (yes, I said "news," not "entertainment") searches, Paris beat Orlando Bloom, cancer, and Hurricane Katrina. Borat and Hezbollah topped "Who is" searches. Among U.S. searches for "Scandal," the [Duke Lacrosse](#) episode took three of the first four slots.

What else do people want to know about? Google's top-ten lists in various categories include MySpace, Nicole Kidman, Tom Cruise, Britney Spears, Paul McCartney, Pamela Anderson, Reggie Bush, and Clay Aiken.

Why do celebrities and entertainment rank so high? Perhaps it's the desire to connect with something larger than ourselves. Maybe boredom explains some celebrity obsession. And don't rule out diversion.

For some—maybe many—daily life ranges from harried to

overwhelming: soured relationships, job conflict, financial pressure, health distress. Diverting focus can ease your troubled mind, at least temporarily.

Of course, everyone needs mental and emotional breaks. Diversion can be a healthy coping mechanism—until it becomes obsessive. Then it can lead to denying reality, perhaps obscuring genuine wants and needs.

Suppose we had a mind/heart/soul reader to discover what people really want once their basic physical needs are met. What would we find? Psychologist Abraham Maslow's renowned hierarchy of basic needs includes safety, love, esteem and self-actualization.[{1}](#) Perhaps our soul reader would detect desires for acceptance, thriving personal friendships, peace of mind, health, security.

Maslow also realized that several profound fears—including the fear of death—trouble humanity.[{2}](#) Our soul reader might find that people also want an answer to death.

Anthropologist Ernest Becker argued in his Pulitzer Prize-winning book, [*The Denial of Death*](#),[{3}](#) that much human behavior can be explained by a deep desire to deny death's reality, to repress "the terror of death." No wonder. Which would you enjoy more, right this minute: contemplating your own death and its aftermath . . . or reading, exercising, web- or channel surfing, conversing, partying, working, shopping, etc.?

If we don't have a solution to fear of death, we can invent ways to avoid thinking about it. Alas, attractive and even worthwhile pursuits can become enslaving. Amassing the most "toys"; rat-race schedules; obsession with career, job, education, sports or even friends can insulate people from facing their own mortality.

The biblical book of Hebrews presents a similar analysis of the human dilemma, reasoning that people "have lived all their

lives as slaves to the fear of dying.” {4} It claims that Jesus died to “deliver” people from this slavery so they might connect with God in time and eternity.

It seems morbid to always be thinking about your own death. But could avoiding it altogether constitute unhealthy denial? Could excessive focus on certain pursuits become risky diversion from life’s real issues, like personal meaning, personal worth, fulfilling relationships, and what Sigmund Freud called “the painful riddle of death”?{5}

Could obsession with Paris Hilton and her *Google Zeitgeist* pals conceal deep longings, insecurities and fears in individual web surfers and in society at large?

As the esteemed British philosopher and rocker Sir Mick Jagger famously counseled, “You can’t always get what you want. But if you try sometime . . . you just might find you get what you need.” {6} A friendly question for my fellow web surfers: Is what you want, what you need?

Notes

1. A. H. Maslow (1943), “A Theory of Human Motivation”; Originally Published in *Psychological Review*, 50, 370-396; at <http://psychclassics.yorku.ca/Maslow/motivation.htm>, accessed December 28, 2006.
2. Abraham H. Maslow, *Religions, Values, and Peak-Experiences* (Penguin Books Limited, ©1964 by Kappa Delta Pi and ©1970 [preface] The Viking Press), Appendix A, “Religious Aspects of Peak-Experiences,” items 8 & 14; at <http://www.druglibrary.org/schaffer/lsd/maslowsa.htm>, accessed December 28, 2006.
3. Ernest Becker, *The Denial of Death* (New York: Free Press Paperbacks, 1997; original copyright was 1973).
4. Hebrews 2:15 NLT.
5. Sigmund Freud, *The Future of an Illusion* (New York: W.W. Norton, 1961 edition; James Strachey translator and editor;

original work was published in 1928) 19.

6. Mick Jagger and Keith Richards (songwriters), "You Can't Always Get What You Want." Lyrics at

<http://rollingstones.com/discog/index.php?v=so&a=1&id=124>;

accessed December 28, 2006.

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Overcoming Anxiety: Finding Real Peace When Life Seems Crazy

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



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

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

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

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

a matter.

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

I had my hands on the wrong woman!

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

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

Your Greatest Fear?

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

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

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

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

offers practical solutions.

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

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

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

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

Finding Real Peace

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

One of Jesus' earlier followers wrote to some friends about a

divine aid for anxiety: “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”[\[2\]](#)

Faith in God does not make life perfect and is no automatic solution to anxiety. Illness, chemical imbalance, emotional wounds and more can hamper coping. But a good starting place is to become linked with the One who loves us and knows best what makes us fulfilled.

Might it be time for you to consider Him?

Notes

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

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Grief and Grace

Former Probe staffer Rick Rood, a hospital chaplain who understands the pain of losing his beloved wife, addresses loss, grieving and God’s grace.

Over the past eight years that I’ve had the privilege of serving in the hospitals, I’ve had the occasion and privilege of interacting with thousands of grieving people, and to become more than casually acquainted with the many aspects of the “grieving process.” In seeking to become better able to

comfort those who are grieving, I've read many books and attended numerous seminars. But I've observed that while it's one thing to learn about the grieving process, it's quite another to experience it. Australian pastor Donald Howard wrote in the preface to his short book entitled *Christians Grieve Too* that though he was prepared for the death of his wife from cancer at the age of forty-six, he was "ill-prepared for grief."

Part of me didn't want to write this short essay. I've gotten in the habit of writing about some of the painful things in life the past year or so (though from the perspective of faith). And I wanted to write something happy, or even humorous. But I guess it's one of the occupational hazards of a hospital chaplain that you are constantly confronted with the realities of life that most of us would rather forget about (until it's no longer possible). This past year, I didn't have to go to the hospital to be confronted with this kind of reality. So, please bear with me as I "reflect" one last time.

One of the things I've noticed about grieving people is that though all people do grieve their losses, everyone grieves differently. There must be a host of factors influencing how people grieve: the kind of relationship they had with the loved one, and its depth, the degree of dependence of one on the other (either the dependence of the survivor on the deceased, or vice versa), the presence of ambivalence in the relationship (the presence of anger as well as love), the degree of guilt (whether real or imagined) experienced by the survivor, the kind of loss (sudden, traumatic, preventable, etc.), the person's temperament and personality, gender, ethnicity, family background, past losses and accumulated grief, one's world view and spirituality. Wow. That's just the short list! Knowing just this much has kept me from comparing how one person grieves from another, and from making judgments about things I know little or nothing about.

There are many excellent books and resources available on grief and loss these days, quite a number from a Christian perspective. But few of them take into consideration in much detail what the scriptures tell us about grief, except for some passing references. My work and my own personal experience have prompted me to pay more attention to this topic in my Bible reading than I normally would. And especially this past year I have tried to listen more closely to what the Lord says to us about it through his Word. Some of what I've found so far has surprised me. All of it has encouraged me.

Grief and Loss

This first section will of necessity be a bit more somber. But it is a necessary prelude to what will follow! The first and most obvious thing one notices in reading the scriptures is that death follows sin, like winter follows fall. God had warned that Adam's sin would result in death (Genesis 2:17). And it did. The solemn refrain "and he died" appears eight times in the list of Adam's descendants given in Genesis 5. Death is indeed the "wages of sin" (Romans 6:23a). Death is not (as we are sometimes told) "a natural thing" or "just a part of life." Death was not part of the created order when God pronounced it "very good" (Genesis 1:31). It is an aberration, an alien invader into God's natural order. Isaiah describes death as a "covering which is over all peoples," and a "veil which is stretched over all nations" (Isaiah 25:7). It is the great equalizer.

The second most obvious thing one notices is that God promises that death will one day be destroyed. The day is coming when "He will swallow up death for all time" (Isaiah 25:8), when the sentence of death will be "abolished" (1 Corinthians 15:26), and it will "no longer be" (Revelation 21:4). For all who are in Christ, this is our great hope!

The third thing that becomes apparent as one reads the

scriptures is that while the sentence on death awaits its fulfillment, sorrow and grief follow death and loss as naturally as spring follows winter. If death were just a natural thing, it would be unnatural to grieve the resulting loss. But since death and loss are not natural, grief and sorrow *are*. They are the expression of pain resulting from the severing of relational bonds that were originally designed by God to be permanent. But because of sin and death, they no longer are. And it hurts.

It's interesting that the first person described in the Bible as grieving is God! Scripture tell us that because of the evil and wickedness of man. God was "grieved in His heart" (Genesis 6:6). We don't understand everything about the emotional life of God. It is certainly not exactly like our own. But since we are created in his image, we should not be surprised to learn that our emotions are in some sense a reflection of his own. One of the most remarkable statements of scripture in this regard appears in Isaiah 63:9, "In all their affliction, he was afflicted." Edward J. Young, in his commentary on Isaiah (vol 3, p. 481) says, "God feels the sufferings of his people as his own sufferings." In fact, every member of the Godhead is described in scripture as experiencing grief. Not only God the Father, as in these passages, but also God the Son. In reflecting on his rejection by the nation's leaders in Jerusalem, it is said that He "wept over it" (Luke 19:41). At the tomb of his friend Lazarus He "was deeply moved in spirit and was troubled," and indeed that he "wept" (John 11:33, 35). In the garden of Gethsemane Jesus is described as pouring out His heart to God the Father "with loud crying and tears" (Hebrews 5:7). The Holy Spirit is described as experiencing grief as well. Compare Isaiah 63:10 and Ephesians 4:30, where we are warned against "grieving the Holy Spirit" by our sins. The psalmist says that God "remembers" our tears (Psalm 56:8). And it is even implied that He is in some sense moved by them (Isaiah 38:5, "I have heard your prayers, I have seen your tears").

The fact that God experiences grief should not be seen as contradicting his sovereign control over all things. For it is clear that there are many things within God's sovereign purpose that are nonetheless grievous to Him. In fact, there are many things within God's purpose that are the cause of His anger and judgment.

If God, then, experiences grief, it should not surprise us to find many scriptures which describe God's people as experiencing grief as well. Abraham is said to have "mourned and wept" over the death of his wife Sarah (Genesis 23:2). So Joseph at the death of his father Jacob (Genesis 50:1). The nation Israel at the death of Moses (Deuteronomy 34:8). Indeed, there is an entire book devoted to expressing the "Lamentations" of the nation Israel over the fall of Jerusalem to Babylon. True, God's people were admonished not to mourn in the same way that the surrounding pagan nations did at the death of their own. Though we do not understand today the meaning of these practices, the Jews were forbidden to "cut themselves" or "shave their head" for the sake of the dead, as their pagan neighbors did (Leviticus 19:28; Deuteronomy 14:1). Nonetheless, there were traditional mourning practices among the Jews that were viewed as entirely appropriate (e.g., the covering of the head in 2 Sam 15:30, the baring of the feet in Isaiah 20:2, and the covering of the lip in Leviticus 13:45 and Micah 3:7.) The fact that Ezekiel was forbidden these outward expressions of mourning at the death of his wife (Ezekiel 24:16-17) as a sign to the nation concerning their impending judgment (v. 24), indicates that such restraint was not considered normal.

In the New Testament we find similar expressions of grief on the part of God's people. We've already noticed our Lord's own grief. Indeed he was called "a man of sorrows and acquainted with grief" (Isaiah 53:3, cf. v. 10a). A curious description, if indeed Jesus rarely wept. One aspect of our growth in likeness to Christ is that we should be growing more

transparent about our emotions, and more empathetic with those of others. We should also note the description of the “devout men” who when they buried the martyred Stephen “made loud lamentation over him” (Acts 8:2). A most interesting reference appears in Paul’s letter to the Philippians (a letter devoted to promoting the joy of the Lord), where he states that should his friend Epaphroditus have died as a result of his recent illness, he would have experienced “sorrow upon sorrow” (2:27). Just as in the Old Testament, so in the New, God’s people have reason not to “grieve as those who have no hope” (I Thessalonians 4:13). But there is nothing in the New Testament which suggests that God’s people nonetheless do not or should not grieve the temporary loss of relationship with those they love. Theologian J. I. Packer has stated: “Grief is the human system reacting to the pain of loss, and as such it is an inescapable reaction” (*A Grief Sanctified*, p. 12).

Of particular interest to me is the fact that the removal of grief and sorrow from human experience is tied very closely in scripture with the ultimate removal of death and loss. Compare the following statements from both Old and New Testaments. “He will swallow up *death* for all time, and the Lord God will wipe *tears* away from all faces” (Isaiah 25:8). “And He will wipe away every *tear* from their eyes; and there will no longer be any *death*” (Revelation 21:4). Though I believe (as we shall shortly see) there is substantial healing available from the Lord in our grieving now, its effects will not be entirely and completely relieved until the old order of life is fully replaced by the new.

With this context in mind, before moving on to a consideration of God’s comforting grace, there is an intriguing passage in the Old Testament that we ought not overlook. It’s found in the sometimes enigmatic book of Ecclesiastes: “It is better to go to a house of mourning than to go to a house of feasting, because that is the end of every man, and the living take it to heart. Sorrow is better than laughter, *for when a face is*

sad a heart may be happy. The mind of the wise is in the house of mourning, while the mind of fools is in the house of pleasure” (7:2-4 NASB). As with many of Solomon’s sayings in this book, the italicized phrase is not easily understood. But the RSV rendering seems to capture its meaning well when it says, “By sadness of countenance the heart is made glad.” Or as the NKJV puts it, “For by a sad countenance the heart is made better.” What the writer appears to be saying is that genuine “recovery” from grief comes not by denying it or repressing it, but by giving appropriate expression to it. This is obviously something that the Old Testament saints understood, and practiced. And so may we. Someone well may ask how sorrow and grief can be consistent with the joy of the Lord. But it is interesting that St. Paul saw no contradiction in describing himself on one occasion as “sorrowful, yet always rejoicing” (2 Corinthians 6:10a). The former is the result of experiencing painful loss; the latter the result of contemplating the implications of the providence of God—simultaneously.

Few people have experienced losses greater than those that befell Job. Perhaps his initial response to news of the death of his children provides something of a paradigm for us. “Then Job arose and tore his robe and shaved his head, and he fell to the ground and worshiped” (Job 1:20). Grieving, but worshiping. Grieving profoundly. Worshiping humbly.

Comfort and Grace

In God’s economy, if grief follows loss, then comfort follows grief. And this is exactly what we find in many passages of scripture. Among the things for which the Lord is said to have anointed his Messiah is “To comfort all who mourn” (Isaiah. 61:2b). Among those upon whom Jesus pronounced God’s blessing are those who mourn, “for they shall be comforted” (Matthew 5:4). A fact sometimes overlooked is that it is only those who mourn, who acknowledge their grief, who place themselves in a

position of being comforted by the Lord. God's comforting grace is the answer to our grieving heart.

One of the most endearing descriptions of the Lord in scripture is found in 2 Corinthians 1:3, "The Father of mercies and God of all comfort." He is merciful and compassionate in nature. And He is the source of all genuine comfort and encouragement. The word used here for "comfort" is related to the word used to denote the Holy Spirit as the "Comforter" ... one called alongside to encourage and help (John 14:16,26). He is "the divine fount of all consolation to His people—the 'all' both excluding any other source of comfort and also emphasizing the complete adequacy of that comfort for every circumstance that may arise" (P. E. Hughes, *II Corinthians*, p. 13). The following verse states that God "comforts us in all our affliction" (v. 4a). "The present tense of the verb shows that this God of ours comforts us constantly and unfailingly, not spasmodically and intermittently; and he does so in all our affliction, not just in certain kinds of affliction" (Hughes, p. 12). Furthermore, God comforts us "so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God" (v. 4b). "Nor is the comfort received from God intended to terminate in the recipient: it has a further purpose, namely, to fit the Christian for the God-like ministry of comforting and encouraging others, whatever the affliction they may be suffering" (Hughes, p. 12). What a rich description of the comforting grace of God! From Him. To us. Through us.

But *how* does God's comfort come to us? One means through which God's comfort comes to us has been alluded to already. And that is that God identifies with us in our grief. We have noted above some of the passages that state this very fact. He "sympathizes with our weakness" (Heb. 4:15). "For He Himself knows our frame; He is mindful that we are but dust" (Psalm 103:14).

But beyond this, God has provided his word with a view to providing comfort in time of sorrow. "This is my *comfort* in my affliction, that your word has revived me" (Psalm 119:50). "My soul weeps because of grief; *strengthen* me according to your word" (Psalm 119:28). God's words seem to find their way into our heart particularly when they are set to music: "Your statutes are my songs in the house of my pilgrimage" (Psalm 119:54). I have found great comfort in the music of praise and worship to the Lord. St. Paul says that "through perseverance and the *encouragement* of the Scriptures we might have hope" (Romans 15:4). And concerning his teaching on our coming reunion with the Lord and with our departed loved ones, St. Paul says, "Therefore *comfort* one another with these words." It is in part through letting the word of God "richly dwell within" us (Colossians 3:16) that we can gain access to God's comforting grace. I have found it true in my own experience that the Word of God has been a river of grace to my heart.

We are comforted also by simply experiencing the loving acts of God in our life. "O may your lovingkindness comfort me, according to your word to your servant (Psalm 119:76)." It is for the direct experience of the faithful love of God that the psalmist is praying here. And I believe God does comfort and encourage us by leaving his "fingerprints" on our lives in many ways during our days of grieving. He lets us know through his providential acts that we are not alone. That He is with us. That He loves us. That He has a purpose for us still (cf. Genesis 50:24).

As indicated in the passage examined above (2 Corinthians 1), much of God's comfort comes to us through his people. Later in this very letter, Paul tells us that he was comforted by God's sending his friend Titus. "But God, who comforts the depressed, comforted us by the coming of Titus" (2 Corinthians 7:6). When God provided Rebekah as a bride for Isaac, it is said that he "was comforted after his mother's death" (Genesis 24:67). When Paul was imprisoned in Rome, he wrote that he was

“refreshed” by his friend Onesiphorus who searched for him and found him (2 Timothy 1:16-17). It is often overlooked that much of God’s grace comes to us, not only directly from His Spirit or through His word, but through His people. Peter tells us that it is as we steward the gifts God has given us in serving one another that we administer “the manifold grace of God” (1 Peter 4:10). The Old Testament people of God seemed to put this understanding into practice in a very practical way. It was apparently their custom to surround their grieving neighbors with love and support by providing meals for them. The “bread of mourning” and “cup of consolation” were biblical terms meant to be taken in a very literal way (cf. Deuteronomy 26:14; Jeremiah 16:7; Hosea 9:4).

In what ways can God’s people administer God’s comforting grace? Certainly through following Jesus’ example to “weep with those who weep” (Romans 12:15b; contra Proverbs 25:20). By learning to be comfortable and patient with those who are actively grieving their losses. By learning to be “quick to hear, slow to speak” (James 1:19b). By being a “ready listener.” I’ve personally found that those who have simply “listened to my story” have greatly comforted me. I once heard a pastor speak of this effect as “healing through the laying on of ears.” What a great phrase! When Job’s friends first came “to sympathize with him and comfort him” (2:11b), it is said that “they sat down on the ground with him for seven days and seven nights with no one speaking a word to him, for they saw that his pain was very great” (2:13). (Oh that they would have remained in silent mode!) Later, Job made this telling statement: “For the despairing man there should be kindness from his friend; so that he does not forsake the fear of the Almighty” (6:14). The thought is that lack of kindness can serve only to push people further from God when they are despairing. I’ve talked with many people in the hospital through the years who have distanced themselves from various churches. When I’ve inquired about what occasioned their departure, too often I have been told that it was during a

time of bereavement. You can fill in the rest of the story. One way I've learned that we "speak the truth in love" is by being sensitive to the recipient's present ability to receive it and absorb it. ("I have many more things to say to you, *but you cannot bear them now*", John 16:12.)

Closing Thoughts

A rather obscure passage that has served to guide me in all of this is found in 1 Samuel 30:1-6.

"Then it happened when David and his men came to Ziklag on the third day, that the Amalekites had made a raid on the Negev and on Ziklag, and had overthrown Ziklag and burned it with fire; and they took captive the women and all who were in it, both small and great, without killing anyone, and carried them off and went their way. When David and his men came to the city, behold, it was burned with fire, and their wives and their sons and their daughters had been taken captive. Then David and the people who were with *him lifted their voices and wept until there was no strength in them to weep*. Now David's two wives had been taken captive, Ahinoam the Jezreelitess and Abigail the widow of Nabal the Carmelite. Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. *But David strengthened himself in the Lord his God.*"

What a great passage for summing up our thoughts in this article. We see first the experience of sudden loss. Then the expression of understandable sorrow and grief. They wept 'til there was no more strength in them to weep. But then, as he was able, *David strengthened himself in the Lord*.

It's that last phrase that I want to emphasize in closing. And there are two thoughts that emerge from it. First, the strength to move through our grief comes from the Lord. We go astray when we seek to find comfort for our grief apart from

Him. I've seen many in the hospitals who have fallen into addictions or into unhealthy relationships due to their attempts to find comfort apart from the Lord. We've seen already some of the ways in which the Lord comforts and strengthens us in our grief, so that we can move on with our life and fulfill God's remaining purposes for us.

But second, as David did, we ourselves must take responsibility for obtaining God's comfort and strength. David *strengthened himself in the Lord his God*. Gaining God's comfort involves our active participation in the process. And if the people around us seem not to be helping us in this direction, then we must ask God to lead us to those who will. And seek them out. Not everyone is so equipped. A dear friend who had previously lost his wife told me, a good while before [I lost Polly](#), "Rick, your recovery will be your responsibility."

The rate of recovery is unique for every person. But there is at least one passage in scripture which speaks of those who seemed to be stuck in their grief, "refusing to be comforted" (Jeremiah 31:15; cf. 2 Chronicles 15:7), in need of "restraining their eyes from tears" (Jeremiah 31:16), and of remembering that "there is a hope for (their) future" (Jeremiah 31:17). We do this as we utilize the means of grace which God provides, placing our faith in Him one day at a time, in pursuit of his purpose for the remainder of our days. Part of that purpose may be (probably will be) serving others who are still on the path of grief.

Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand (Isaiah 41:10).

Suggested reading:

Howard, Donald. *Christians Grieve Too*. The Banner of Truth

Trust.

Lewis, C. S. *A Grief Observed*. Bantam Books.

Mitsch, Raymond R. and Lynn Brookside. *Grieving the Loss of Someone You Love*. Vine Books.

Packer, J. I. *A Grief Sanctified*. Vine Books.

Scazzero, Peter. *The Emotionally Healthy Church*. Zondervan.

Wright, H. Norman. *Helping Those Who Hurt*. Bethany House.

Wright, H. Norman. *Recovering from the Losses of Life*. Revell.

Wright, H. Norman. *Will My Life Ever Be the Same? Finding God's Strength to Hope Again*. Harvest House.

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“I Have Some Questions About What Happens After Death”

I have read one of your publications titled [“What Happens After Death?”](#) In the section “One Minute After Death” you make this statement:

“What happens when we breathe our final breath? The Bible teaches what will occur. First our immaterial soul and spirit will be separated from our physical body. Second, we will immediately receive the judgment that will determine our eternal destiny. Those who have trusted in Christ’s payment

on the cross for our sins will enter into eternal life in the presence of God."

My questions are these:

a) It sound that the judgment of man is by batch, for not all men died at the same time (from Adam to our time). My question is: Does this mean that there are already people now in heaven (paradise) and there are already people cast to hell?

b) Does this mean that there are already people now in paradise and that they have seen our Lord and His son Jesus Christ.

c) Since you are using Revelation 20:11-15, my question is: What do you mean by "first resurrection" and "thousand-year reign" in Revelation 20:5?

d) In 2 Thessalonians 4:16, What do you mean by "dead in Christ shall rise first" relative to the thousand-year reign and judgment day?

Thanks for reading the article. Here are some answers for you.

a) It sound that the judgment of man is by batch, for not all men died at the same time (from Adam to our time). My question is: Does this mean that there are already people now in heaven (paradise) and there are already people cast to hell?

Yes, there are souls in heaven and hell now. When we die, our soul separates from the body and goes to heaven or hell.

b) Does this mean that there are already people now in paradise and that they have seen our Lord and His son Jesus Christ.

Yes, those in heaven are in the presence of the Lord.

c) Since you are using Revelation 20:11-15, my question is: What do you mean by "first resurrection" and "thousand-year reign" in Revelation 20:5?

At the rapture, when Christ returns for the church (1 Thessalonians 4:13-18), the bodies of the "dead in Christ" are resurrected in the new glorified state and unite with their souls. Then those who are alive and in Christ are raptured and join the saints in heaven. After the seven years of tribulation when God's wrath is poured out on the earth, the bodies of those martyred for Christ in the Tribulation and the bodies of the Old Testament saints are resurrected in their glorified state. The resurrection of the bodies of all those in Christ, Old and New Testament saints, is the first resurrection, the resurrection unto life. After the resurrection of the saints comes the thousand-year rule of Christ on the earth.

The second resurrection is the resurrection of all those not in Christ, and they are judged and sentenced to hell (Revelation 20:11-15). This occurs after the thousand year rule of Christ.

d) In 2 Thessalonians 4:16, What do you mean by "dead in Christ shall rise first" relative to the thousand-year reign and judgment day?

Presently, those who are in Christ (or Christians) are in the presence of the Lord. The souls of Christians are in heaven. At the rapture when Christ returns for the church, the bodies of these believers will be resurrected from the dead and unite with their souls. Their resurrected bodies will be glorified and eternal as Paul describes in 1 Corinthians 15.

Thanks for asking your questions. I will use these questions on my radio show in the future.

Mel Gibson's Passion Film Ignites Passions

The storm of controversy surrounding Mel Gibson's film about Jesus death has had many facets. Is the movie anti-Semitic? Too violent for kids? Would Gibsons Jesus get married?

Representatives of the Jewish Anti-Defamation League and the Simon Wiesenthal Center feared provocation of anti-Jewish feelings and violence. Prerelease screenings found warm response from leaders including Vatican officials and Billy Graham. Others remained skeptical.

Much of the controversy centers on two questions about the film and the history it depicts: Were Jewish people responsible for Jesus death? And, if so, are all Jewish people thereby Christ killers? Anti-Semitism's ugly stains make certain fears understandable.

Raised as a Gentile in Miami, I had many Jewish friends. Miamis Jewish population exceeds that of many cities of Israel. My classmates talked of Hebrew school, synagogue, and bar mitzvahs. In school we sang Hanukah songs and Christmas carols. My parents taught and modeled respect and tolerance. Anti-Semitism makes my blood boil.

After finding faith as a university student, I explored concerns about anti-Semitism in biblical accounts of Jesus death. Jesus was Jewish, as were his early followers. Jewish people who opposed him aligned against Jewish people who

supported him. This was essentially a Jewish-Jewish conflict. One faction pressured Pilate, a Roman ruler, into executing Jesus.

Jewish leaders did not physically hang him on a cross; Roman executioners did that. But some Jewish people were part of the mix.

Should all Jewish people bear the guilt for Jesus execution? Of course not. Neither should all Germans bear guilt for the Holocaust nor all Christians for racism or anti-Semitism, pedophilia, corruption, or other outrageous acts of Christians. We all bear responsibility for our own decisions.

But there is another facet to the guilt question. After I spoke in a University of Miami anthropology class, one student asked if Jews are responsible for the death of Jesus. Absolutely, I replied. Jews are responsible for Jesus death. And so are Christians, Buddhists, Muslims, Hindus, atheists and agnostics.

Jesus said he came to help plug people into God, to give his life as a ransom for many. He believed his death would pay the price necessary to provide forgiveness for all who would accept it, becoming a bridge linking them to eternity.

According to this perspective, we – all of us – and our flaws are the reason Jesus went to the cross. Are we guilty of physically executing him? No. Was it because of us that he suffered? By his reasoning, yes.

Gibson's film is significant. Of course, I brought my own biases to the screening. I left impressed with the terrible pain Jesus endured, especially poignant because I believe he endured it for me.

Rembrandt, the famous Dutch artist, painted a memorable depiction of the crucifixion. In it, several people help to raise the cross to which Jesus is nailed. Light emphasizes one

particular face among the cross-raisers. The face is Rembrandts, a self-portrait. The painter believed he himself was part of the reason Jesus died.

Gibson told the Associated Press, "I came to a difficult point in my life and meditating on Christ's sufferings, on his passion, got me through it." The Passion film and story are worth considering and discussing among friends of any faith or of no faith.

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