

“How Do You Determine Your Spiritual Gift?”

How do people determine their spiritual gift? Is it through prayer? Or does the Lord reveal it to them in some way?

There are several ways. Praying for guidance about your spiritual gift(s) is the first step, certainly. Also important is educating yourself to find out what the gifts are and what they look like in operation. And ask the people around you what they think your gifts are, if the people around you know anything about spiritual gifts! (They are found in 1 Corinthians 12:7, 11; Romans 12:4-8; Ephesians 4:7; and 1 Peter 4:10.)

I have discovered that when you're operating in an area of supernatural gifting, it's like getting on the moving sidewalks at airports—you can get where you're going twice as fast as the people walking next to you who *aren't* on the people mover, and there's energy and power and a spring in your step. It's FUN! When you're using your spiritual gifts, you are aware of operating in God's power and strength instead of your own. . . and the Spirit-led response is humility instead of pride.

After studying spiritual gifts, my husband Ray and I compiled a spiritual gifts inventory that some have found helpful. I hope you do too. (These are limited to the ministry gifts and do not include the foundational gifts of apostleship or prophet, nor the sign gifts of tongues, interpretation of tongues, healings or miracles.)

Spiritual Gifts Evaluation

Teaching – *The supernatural ability to explain clearly and apply effectively the truth of the Word of God.*

- Do you love the Body of Christ and desire that others know more about Scripture and how to apply it?
- Do you love studying the Word of God?
- Do you have a passion for sharing the insights and principles you have learned from the Word?
- Do you find it a challenge to make complicated truths simple and understandable?

Pastor/Teacher – *One who is supernaturally equipped to shepherd and feed the flock of God with the result of their growth and maturity.*

- Do you deeply love the people of God?
- Do you feel a yearning to model the principles of Scripture and mentor others so that they can follow Christ also?
- Do you feel God's calling to shepherd His people, tenderly nurturing and nourishing them?

Evangelism – *The supernatural capacity to present the gospel message with exceptional clarity and an overwhelming burden for those who don't know Christ.*

- Do you find yourself in situations where the topics of Christ and salvation come up?
- Do you gravitate toward relationships with non-Christians?
- When others hear you explain the gospel, do they respond by trusting Christ?
- Do you have a passion for the lost?

Word of Knowledge – *The supernatural ability to receive information and truth directly from God without natural means. To know without knowing how you know.*

- Do you find yourself "knowing" something you did not learn, and unable to explain how you know it?
- If you feel that God has given you a message to give to another Christian, is it confirmed by that person's response as truly coming from God?

Word of Wisdom – *The supernatural ability to have insight concerning God's perspective and relay this insight succinctly to others. "Deep insight with handles."*

- Do you experience flashes of insight on spiritual things, unusual in their clarity?
- Are you able to express this wisdom in ways that minister to people?
- Do you recognize wisdom in others when you hear it?
- Do people consider you unusually wise, and trust your judgment?
- Do you find yourself being quoted, and you recognize the quote as "a God thing"?

Faith – *The supernatural ability to believe God for the impossible.*

- When diverging roads appear before you, are you able to see God's path based on His word, in a way that others miss?
- Do you depend on God's resources and guidance to an unusual degree?
- Are you able to firmly claim God's presence in the midst of chaos?
- When God answers your prayers, is your response one of calm satisfaction rather than wonderment?

Exhortation (Encouragement) – *The supernatural ability to come alongside and help others by comforting, encouraging, challenging, and rebuking.*

- Are you especially sensitive to people?
- When you encourage someone, do they respond with grateful appreciation?
- Is the timing of your encouragements usually "perfect"?
- When you challenge or rebuke another believer, is it well received?

Showing Mercy – *The supernatural ability to minister compassionately and cheerfully to those who are difficult to*

minister to.

- Do you have the ability to sense when a person is in need, even before they tell you?
- Are you drawn to people with emotional or physical pain, and to those society considers “unlovely”?
- Do you have an intuitive sense of when to be quiet and when to speak, or what to say and what not to say?
- Do people seek you out when they’re hurting? Do they enjoy having you around?

Giving – *The supernatural ability to give of one’s material goods to the work of the Lord consistently, generously, sacrificially, with wisdom and cheerfulness.*

- Are you enthusiastic when presented with an opportunity to give money to meet a need?
- Are you constantly looking for ways to give?
- Do you enjoy giving privately or anonymously?
- Do you REALLY think of money as God’s, not yours?

Leadership/Administration – *The supernatural ability to organize and lead projects while handling people tactfully and providing the vision to keep them at the task.*

- Do you enjoy taking a disorganized situation and straightening it out?
- Are you able to motivate others to complete the project? Do people respond when you step in to give leadership?
- Do you enjoy planning and completing projects?
- Do you enjoy sorting out details, or do they frustrate you?

Service – *The supernatural ability to serve faithfully and joyfully behind the scenes, in practical ways, in long-term commitments to service.*

- Do you willingly volunteer to help with details?
- Do you prefer to work behind the scenes?

- Do you gain a sense of satisfaction when others succeed as a result of your behind-the-scenes work?
- Is faithfulness over the long term important to you?

Helps – *The supernatural ability to minister joyfully to God's people in short-term service with flexibility and sensitivity to what needs to be done.*

- Are you sensitive to specific and immediate needs?
- Are you flexible?
- Would you rather meet a one-time need than commit yourself to long-term service?

Discernment of Spirits – *A supernatural ability to distinguish between the spirit of truth and spirit of error, between holiness and evil. Can instantly sniff out when someone's a phony or lying.*

- Do you have an internal alarm that goes off when you encounter something phony or evil?
- Even when you're the only one who senses something wrong, is your "intuition" eventually validated?
- Do you (and others) consider yourself a good judge of character?

Hope this helps!

Sue Bohlin
Probe Ministries

Amazing Grace in John Newton

– A Christian Witness Lived and Sung

“How Sweet the Sound”

Are you familiar with the classic song *Amazing Grace*? You probably are. Do you know the inspiring story behind its songwriter? Maybe like I did, you *think* you know the real story, but you don't.

John Newton was an eighteenth century British slave trader who had a dramatic faith experience during a storm at sea. He gave his life to God, left the slave trade, became a pastor, and wrote hymns. “Amazing Grace! (how sweet the sound),” Newton wrote, “That saved a wretch like me! I once was lost, but now am found, was blind but now I see.”[\[1\]](#) He played a significant role in the movement to abolish the slave trade.

Newton's song and story have inspired millions. *Amazing Grace* has been played at countless funerals and memorial services, sung at civil rights events and in churches, and even hit pop music charts when Judy Collins recorded it. It's loved the world over. In South Korea, a local audience asked a coworker and me to sing them the English version; they responded by singing it back to us in Korean.

Newton wrote the lyrics, but the tune we know today did not become linked with them until about 1835, after his death.[\[2\]](#) My university roommate and I used to try to see how many different tunes would fit the *Amazing Grace* lyrics. My favorites were *Joy to the World* (the Christmas carol), *Ghost Riders in the Sky*, and *House of the Rising Sun*. Try them sometime. They work!

Jonathan Aitken has written a biography titled *John Newton: From Disgrace to Amazing Grace*.[\[3\]](#) Aitken sees some parallels

between his own life and his subject's. Aitken was once a prominent British parliamentarian and Cabinet member, but perjury landed him in prison where his life took a spiritual turn. He's now active in prison ministry and Christian outreach.

John Newton's journey from slave trader to pastor and hymn writer is stirring. But it has some surprising twists. You see, Newton only became a slave-ship captain *after* he placed his faith in Christ. And he left the slave trade not because of his spiritual convictions, but for health reasons.

Lost and Found

Newton was the prototypical "bad boy." His devout Christian mother, who hoped he would become a minister, died when he was six. He says that through much of his youth and life at sea, "I loved sin and was unwilling to forsake it."[{4}](#) At times, "I pretended to talk of virtue," he wrote, "yet my delight and habitual practice was wickedness."[{5}](#) He espoused a "freethinking" rationalist philosophy and renounced the Christian faith.[{6}](#)

Flogged and demoted by the Navy for desertion, he became depressed, considered suicide, and thought of murdering his captain.[{7}](#) Traded to work on a slave ship, Newton says, "I was exceedingly wretched. . . . I not only sinned with a high hand myself, but made it my study to tempt and seduce others upon every occasion."[{8}](#)

In West Africa he partnered with a slave trader and negotiated with African chiefs to obtain slaves.[{9}](#) Life was good, he recalled. "We lived as we pleased, business flourished, and our employer was satisfied."[{10}](#) Aitken, the biographer, says Newton engaged in sexual relations with female slaves.[{11}](#)

One day on another ship, Newton was reading—casually, "to pass away the time"—an edition of Thomas à Kempis' classic, *On the*

Imitation of Christ. He wondered, "What if these things were true?" Dismayed, he "shut the book quickly." {12} Newton called himself a terrible "blasphemer" who had rejected God completely.{13} But then, as Forrest Gump might say, God showed up.

That night, a violent storm flooded the ship with water. Fearing for his life, Newton surprised himself by saying, "The Lord have mercy on us!" Spending long hours at the ship's helm, he reflected on his life and rejection of God. At first, he thought his shortcomings too great to be forgiven. Then, he says, "I . . . began to think of . . . Jesus whom I had so often derided . . . of His life and of His death . . . for sins not His own, but for those who in their distress should put their trust in Him." {14}

In coming days, the New Testament story of the prodigal son (Luke 15) particularly impressed him. He became convinced of the truth of Jesus' message and his own need for it. "I was no longer an atheist," he writes. "I was sincerely touched with a sense of undeserved mercy in being brought safe through so many dangers. . . . I was a new man." {15}

Newton discovered that the "new man" would not become perfect. Maturation would be a process, as we'll see.

From Slave-Ship Captain to Pastor

After his dramatic experience at sea, Newton saw changes in his life. He attended church, read spiritual books, prayed, and spoke outwardly of his commitment. But his faith and behavior would take many twists on the road toward maturity.{16}

Newton set sail again on a slave ship, seeing no conflict between slaving and his new beliefs. Later he led three voyages as a slave-ship captain. Newton studied the Bible. He held Sunday worship services for his crew on board ship.{17}

Church services on a slave ship? This seems absolutely disgusting today. How could a dedicated Christian participate in slave trading? Newton, like many of his contemporaries, was still a work-in-progress. Slavery was generally accepted in his world as a pillar of British economy; few yet spoke against it. As Aitken points out, this cultural disconnect doesn't excuse Christian slave trading, but it does help explain it.

During my youth in the US south, I was appalled by racism I observed, more so when church members practiced it. [I concluded](#) that some merely masqueraded as followers of Jesus. Others had genuine faith but—by choice or confusion—did not faithfully follow God. It takes years for some to change. Others never do. Aitken observes that in 1751, Newton's spiritual conscience "was at least twenty years away from waking up to the realization that the Christian gospel and human slavery were irreconcilable."[\[18\]](#)

Two days before he was to embark on his fourth slave-trading voyage as ship's captain, a mysterious illness temporarily paralyzed Newton. His doctors advised him not to sail. The replacement captain was later murdered in a shipboard slave uprising.[\[19\]](#)

Out of the slave trade, Newton became a prominent public official in Liverpool. He attended Christian meetings and grew in his faith. The prominent speaker George Whitfield encouraged him.[\[20\]](#) Life still brought temptations. Newton engaged in the common practice of accepting kickbacks until a business ethics pamphlet by Methodism founder John Wesley prompted him to stop, at significant loss of income.[\[21\]](#)

Eventually, Newton sought to become an ordained minister, but opposing church leaders prevented this for six years. Intervention by the Earl of Dartmouth—benefactor of Dartmouth College in the US—helped launch his formal ministry.[\[22\]](#) Newton was to significantly impact a young Member of

Parliament who would help rescue an oppressed people and a nation's character.

Newton and Wilberforce: Faith in Action

William Wilberforce was a rising star in Parliament and seemed destined for political greatness. As a child he had often heard John Newton speak but later rejected the faith. As an adult, conversations with a Cambridge professor had helped lead him to God. He considered leaving Parliament and entering the ministry. In 1785, he sought the advice of his old pastor, Newton.

Newton advised Wilberforce not to leave politics. "I hope the Lord will make him a blessing, both as a Christian and as a statesman," Newton later explained.^{23} His advice proved pivotal. Wilberforce began attending Newton's church and spending time with him privately. Newton became his mentor.^{24}

Perhaps you've seen the motion picture *Amazing Grace* that portrays Wilberforce's twenty-year parliamentary struggle to outlaw the trading of slaves. If you missed it in theaters, I encourage you see it on DVD. It was after spending a day with Newton that Wilberforce recorded in his diary his decision to focus on abolishing the slave trade.^{25} During [the arduous abolition campaign](#), Wilberforce sometimes considered giving up and quitting Parliament. Newton encouraged him to persist, reminding him of another public figure, the biblical Daniel, who, Newton said, "trusted in the Lord, was faithful . . . and . . . though he had enemies they could not prevail against him."^{26}

Newton's biblical worldview had matured to the point that he became active in the abolition movement. In 1788, he published a widely circulated pamphlet, *Thoughts Upon the African Slave Trade*. "I hope it will always be a subject of humiliating

reflection to me," he wrote, "that I was once an active instrument in a business at which my heart now shudders."[{27}](#) His pamphlet detailed horrors of the slave trade and argued against it on moral and practical grounds.

Abolitionists sent a copy to every member of both Houses of Parliament. Newton testified before important parliamentary committees. He described chains, overcrowded quarters, separated families, sexual exploitation, flogging, beating, butchering. The Christian slave-ship captain who once was blind to his own moral hypocrisy now could see.[{28}](#) Jonathan Aitken says, "Newton's testimony was of vital importance in converting public opinion to the abolitionist cause."[{29}](#)

Wilberforce and his colleagues finally prevailed. In early 1807 Britain outlawed the slave trade. On December 21 of that year, grace finally led John Newton home to his Maker.

Lessons from a Life of Amazing Grace

John Newton encountered "many dangers, toils, and snares" on his life's voyage from slaver to pastor, hymn writer, mentor, and abolitionist. What lessons does his life hold? Here are a few.

Moral maturation can take time. Newton the morally corrupt slave trader embraced faith in Jesus, then continued slave trading. Only years later did his moral and spiritual conscience catch up on this issue with the high principles of the One he followed. We should hold hypocrites accountable, but realize that blinders don't always come off quickly. One bumper sticker I like reads, "Please be patient; God is not finished with me yet."

Humility became a hallmark of Newton's approach to life. He learned to recognize his shortcomings. While revising some of his letters for publication, he noted in his diary his failures to follow his own advice: "What cause have I for

humiliation!" he exclaimed. "Alas! . . . How defective [I am] in observing myself the rules and cautions I propose to others!"[\[30\]](#) Near the end of his life, Newton told a visitor, "My memory is nearly gone, but I remember two things: That I am a great sinner and that Christ is a great Savior."[\[31\]](#)

Newton related Jesus' message to current events and everyday life. For him, faith was not some dull, dusty, irrelevant relic but a living relationship with God, having immense personal and social relevance. He grew to see its import in fighting the slave trade. He used both the Bible and friendship to encourage Wilberforce. He tied his teaching to the news of the day, seeking to connect people's thoughts with the beliefs that had changed his life.[\[32\]](#)

Newton was grateful for what he saw as God's providence. Surviving the storm at sea that helped point him to faith was a prime example, but there were many others. As a child, he was nearly impaled in a riding accident.[\[33\]](#) Several times he narrowly missed possible drowning.[\[34\]](#) A shooting accident that could have killed him merely burned part of his hat.[\[35\]](#) He often expressed gratitude to God.

Have you ever considered writing your own epitaph? What will it say? Here's part of what Newton wrote for his epitaph. It's inscribed on his tomb: "John Newton. Once an infidel and libertine, a servant of slaves in Africa was by the rich mercy of our Lord and Saviour Jesus Christ preserved, restored, pardoned and appointed to preach the faith he had long laboured to destroy."[\[36\]](#)

Notes

1. From Olney Hymns, 1779; in John Newton, *Out of the Depths, "Revised and Updated for Today's Readers by Dennis R. Hillman"* (Grand Rapids: Kregel 2003), 9. Newton's autobiography was originally published in 1764 as *An Authentic Narrative*, a collection of letters between an anonymous writer (Newton) and

a pastor. Newton was not yet ordained when he wrote the letters.

2. Jonathan Aitken, *John Newton: From Disgrace to Amazing Grace* (Wheaton, IL: Crossway Books, 2007), 233.

3. Aitken, op. cit.

4. Newton, op. cit., 24.

5. Ibid., 33.

6. Ibid., 34.

7. Ibid., 34-37; 40-41.

8. Ibid., 44-45.

9. Ibid., 57-64; Aitken, op. cit., 63-64.

10. Newton, op. cit., 60.

11. Aitken, op. cit., 64.

12. Newton, op. cit., 69.

13. Ibid., 65, 68.

14. Ibid., 69-80; quotations from 71, 75.

15. Newton, op. cit., 82-83.

16. Aitken, op. cit., 85 ff.

17. Ibid., 91, ff.; 106, 107.

18. Ibid., 112.

19. Ibid., 125-126.

20. Ibid., 127-137.

21. Ibid., 140-141.

22. Ibid., 143-177; 193.
23. Ibid., 304.
24. Ibid., 299-308.
25. Ibid., 310 ff.
26. Ibid., 315 for the quote about Daniel; 312-316 for background on Wilberforce's thoughts about quitting.
27. Ibid., 319.
28. Ibid., 319-328.
29. Ibid., 319.
30. Ibid., 243.
31. Ibid., 347.
32. Ibid., 293-296. See also Newton, op. cit., 154.
33. Newton, op. cit., 23.
34. Ibid., 23, 66-67, 94-95.
35. Ibid., 85.
36. Aitken, op. cit., 350, 356.

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A Doctor's Journey with

Cancer

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

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

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

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

Swirling Vortex of Uncertainty

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

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

I learned about Yangs personal inner resources when we first met in the 1980s. He worked at the Mayo Clinic and brought me to Rochester, Minnesota, to present a seminar for Mayo and IBM

professionals on a less ponderous theme, Love, Sex and the Single Lifestyle. With the audience, we laughed and explored relationship mysteries. He felt it was essential that people consider the spiritual aspect of relationships, as well as the psychological and physical.

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

Reality Blog

Now a patient himself, Yang exhibits strength drawn from the faith that has enriched his life. He has established a website www.aDoctorsJourneyWithCancer.net to chronicle his journey and offer hope and encouragement to others. The site presents a compelling real-life drama as it happens.

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

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

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

With perhaps less than 18 months to live, Yang Chen knows whats most important in his life. He invites web surfers to

walk with me for part, or all, of my journey. If I'm ever in his position, I hope I can blend suffering with service while displaying the serenity and trust I observe in him. Visit [his website](#) and you'll see what I mean.

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Castro's Staying Power

"I threw a rock at Castro!" my young friend beamed in our junior high classroom. He had recently migrated to Miami, part of a mass exodus fleeing the Cuban revolution.

Over the intervening years, many others have thrown rocks—real and figurative—at El Comandante. An Energizer Bunny of world rulers, he just kept on going. Only Britain's queen and Thailand's king had served longer as heads of state when Castro recently announced that, due to declining health, he would not continue his presidency.

Survivor

The aging socialist warrior has staying power. The *Guinness Book of Records* says his 4 hour and 29 minute UN speech in 1960 remains a UN record for length. His longest recorded speech in Cuba lasted 7 hours 10 minutes.

Castro counts 634 attempts on his life, ranging from poison pills to a toxic cigar. [\[1\]](#) Ten US presidents have served during his command. He survived the US-backed Bay of Pigs invasion in 1961 and the Cuban Missile Crisis the following year.

I remember as a child sitting on our living room floor watching [JFK demand](#) the Soviets remove their missiles. We were

only 235 miles away, well within range. The world approached the brink, Khrushchev blinked, Fidel...and humanity...survived.

Several years later my parents' airline flight was hijacked to Cuba. Their surreal night in the Havana airport included individual government interviews, genuine risk of not being allowed to return to the US, and relief at finally taking off for home.

The controversial dictator inspires affection from compatriots who appreciate Cuba's high literacy and universal health care. Relatives of his political prisoners hold him in considerably less regard. And Cuba's economic woes are legendary.

He's Not Gone Yet

In stepping down, Castro emphasized he isn't planning to disappear: "This is not my farewell. My only wish is to fight as a soldier in the battle of ideas. I shall continue to write under the heading of 'Reflections by comrade Fidel.' It will be just another weapon you can count on." [\[2\]](#)

What reflections are in Castro's future at a frail 81? Even globally influential leaders must face life's finish line. Often spiritual matters creep into one's thoughts during autumn years. Castro has reflected on them in surprising ways in the past.

In 1985 he said, "I never saw a contradiction between the ideas that sustain me and the ideas of that symbol, of that extraordinary figure (Jesus Christ)." [\[3\]](#)

Certainly Jesus displayed compassion for the poor and oppressed, significant Marxist concerns. But it's hard to envision the one who said "You will know the truth, and the truth will set you free" [\[4\]](#) jailing folks for disagreeing with him.

Years ago, Fidel wrote about a fallen comrade:

Physical life is ephemeral, it passes inexorably.... This truth should be taught to every human being—that the immortal values of the spirit are above physical life. What sense does life have without these values? What then is it to live? Those who understand this and generously sacrifice their physical life for the sake of good and justice—how can they die? God is the supreme idea of goodness and justice.[\[5\]](#)

Jesus, whom Castro admired, commented on this theme: “I am the resurrection and the life. Those who believe in me, even though they die like everyone else, will live again. They are given eternal life for believing in me and will never perish.”[\[6\]](#)

Fidel Castro’s physical life will, of course, eventually end. His ideas and influence could survive for generations. But as he approaches that personal threshold we all must cross, might thoughts of his own spiritual future intrigue him again?

Notes

1. Reuters, Weird and wonderful: the facts about Fidel Castro, The Independent tinyurl.com/24yqvn, accessed February 19, 2008.
2. Reuters, Text of Fidel Castro’s Announcement, New York Times, February 19, 2008; at www.nytimes.com/reuters/world/international-cuba-castro-text.html, accessed February 19, 2008.
3. Reuters, FACTBOX-Quotes from Cuba’s Fidel Castro, February 19, 2008; at in.reuters.com/article/worldNews/idINIndia-32028720080219, accessed February 19, 2008.
4. [John 8:32 NIV](#).
5. Andrew Buncombe, When Castro believed in God: letters from prison reveal atheist leader’s spiritual side, The Independent, 26 February 2007; at tinyurl.com/36xnrs, accessed February 20, 2008.

Amazing Grace Movie: Lessons for Today's Politicians

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After his dramatic experience at sea, Newton saw changes in his life. He attended church, read spiritual books, prayed, and spoke outwardly of his commitment. But his faith and behavior would take many twists on the road toward maturity.{16}

Newton set sail again on a slave ship, seeing no conflict between slaving and his new beliefs. Later he led three voyages as a slave-ship captain. Newton studied the Bible. He held Sunday worship services for his crew on board ship.{17}

Church services on a slave ship? This seems absolutely disgusting today. How could a dedicated Christian participate in slave trading? Newton, like many of his contemporaries, was still a work-in-progress. Slavery was generally accepted in his world as a pillar of British economy; few yet spoke against it. As Aitken points out, this cultural disconnect doesn't excuse Christian slave trading, but it does help explain it.

During my youth in the US south, I was appalled by racism I observed, more so when church members practiced it. [I concluded](#) that some merely masqueraded as followers of Jesus. Others had genuine faith but—by choice or confusion—did not faithfully follow God. It takes years for some to change. Others never do. Aitken observes that in 1751, Newton's spiritual conscience "was at least twenty years away from waking up to the realization that the Christian gospel and human slavery were irreconcilable." {18}

Two days before he was to embark on his fourth slave-trading voyage as ship's captain, a mysterious illness temporarily paralyzed Newton. His doctors advised him not to sail. The replacement captain was later murdered in a shipboard slave uprising.{19}

Out of the slave trade, Newton became a prominent public official in Liverpool. He attended Christian meetings and grew in his faith. The prominent speaker George Whitfield encouraged him.[{20}](#) Life still brought temptations. Newton engaged in the common practice of accepting kickbacks until a business ethics pamphlet by Methodism founder John Wesley prompted him to stop, at significant loss of income.[{21}](#)

Eventually, Newton sought to become an ordained minister, but opposing church leaders prevented this for six years. Intervention by the Earl of Dartmouth—benefactor of Dartmouth College in the US—helped launch his formal ministry.[{22}](#) Newton was to significantly impact a young Member of Parliament who would help rescue an oppressed people and a nation's character.

Newton and Wilberforce: Faith in Action

William Wilberforce was a rising star in Parliament and seemed destined for political greatness. As a child he had often heard John Newton speak but later rejected the faith. As an adult, conversations with a Cambridge professor had helped lead him to God. He considered leaving Parliament and entering the ministry. In 1785, he sought the advice of his old pastor, Newton.

Newton advised Wilberforce not to leave politics. "I hope the Lord will make him a blessing, both as a Christian and as a statesman," Newton later explained.[{23}](#) His advice proved pivotal. Wilberforce began attending Newton's church and spending time with him privately. Newton became his mentor.[{24}](#)

Perhaps you've seen the motion picture *Amazing Grace* that portrays Wilberforce's twenty-year parliamentary struggle to outlaw the trading of slaves. If you missed it in theaters, I encourage you see it on DVD. It was after spending a day with

Newton that Wilberforce recorded in his diary his decision to focus on abolishing the slave trade.{25} During [the arduous abolition campaign](#), Wilberforce sometimes considered giving up and quitting Parliament. Newton encouraged him to persist, reminding him of another public figure, the biblical Daniel, who, Newton said, “trusted in the Lord, was faithful . . . and . . . though he had enemies they could not prevail against him.”{26}

Newton’s biblical worldview had matured to the point that he became active in the abolition movement. In 1788, he published a widely circulated pamphlet, *Thoughts Upon the African Slave Trade*. “I hope it will always be a subject of humiliating reflection to me,” he wrote, “that I was once an active instrument in a business at which my heart now shudders.”{27} His pamphlet detailed horrors of the slave trade and argued against it on moral and practical grounds.

Abolitionists sent a copy to every member of both Houses of Parliament. Newton testified before important parliamentary committees. He described chains, overcrowded quarters, separated families, sexual exploitation, flogging, beating, butchering. The Christian slave-ship captain who once was blind to his own moral hypocrisy now could see.{28} Jonathan Aitken says, “Newton’s testimony was of vital importance in converting public opinion to the abolitionist cause.”{29}

Wilberforce and his colleagues finally prevailed. In early 1807 Britain outlawed the slave trade. On December 21 of that year, grace finally led John Newton home to his Maker.

Lessons from a Life of Amazing Grace

John Newton encountered “many dangers, toils, and snares” on his life’s voyage from slaver to pastor, hymn writer, mentor, and abolitionist. What lessons does his life hold? Here are a few.

Moral maturation can take time. Newton the morally corrupt slave trader embraced faith in Jesus, then continued slave trading. Only years later did his moral and spiritual conscience catch up on this issue with the high principles of the One he followed. We should hold hypocrites accountable, but realize that blinders don't always come off quickly. One bumper sticker I like reads, "Please be patient; God is not finished with me yet."

Humility became a hallmark of Newton's approach to life. He learned to recognize his shortcomings. While revising some of his letters for publication, he noted in his diary his failures to follow his own advice: "What cause have I for humiliation!" he exclaimed. "Alas! . . . How defective [I am] in observing myself the rules and cautions I propose to others!"[\[30\]](#) Near the end of his life, Newton told a visitor, "My memory is nearly gone, but I remember two things: That I am a great sinner and that Christ is a great Savior."[\[31\]](#)

Newton related Jesus' message to current events and everyday life. For him, faith was not some dull, dusty, irrelevant relic but a living relationship with God, having immense personal and social relevance. He grew to see its import in fighting the slave trade. He used both the Bible and friendship to encourage Wilberforce. He tied his teaching to the news of the day, seeking to connect people's thoughts with the beliefs that had changed his life.[\[32\]](#)

Newton was grateful for what he saw as God's providence. Surviving the storm at sea that helped point him to faith was a prime example, but there were many others. As a child, he was nearly impaled in a riding accident.[\[33\]](#) Several times he narrowly missed possible drowning.[\[34\]](#) A shooting accident that could have killed him merely burned part of his hat.[\[35\]](#) He often expressed gratitude to God.

Have you ever considered writing your own epitaph? What will it say? Here's part of what Newton wrote for his epitaph. It's

inscribed on his tomb: "John Newton. Once an infidel and libertine, a servant of slaves in Africa was by the rich mercy of our Lord and Saviour Jesus Christ preserved, restored, pardoned and appointed to preach the faith he had long laboured to destroy."[\[36\]](#)

Notes

1. From Olney Hymns, 1779; in John Newton, *Out of the Depths, "Revised and Updated for Today's Readers by Dennis R. Hillman"* (Grand Rapids: Kregel 2003), 9. Newton's autobiography was originally published in 1764 as *An Authentic Narrative*, a collection of letters between an anonymous writer (Newton) and a pastor. Newton was not yet ordained when he wrote the letters.
2. Jonathan Aitken, *John Newton: From Disgrace to Amazing Grace* (Wheaton, IL: Crossway Books, 2007), 233.
3. Aitken, op. cit.
4. Newton, op. cit., 24.
5. Ibid., 33.
6. Ibid., 34.
7. Ibid., 34-37; 40-41.
8. Ibid., 44-45.
9. Ibid., 57-64; Aitken, op. cit., 63-64.
10. Newton, op. cit., 60.
11. Aitken, op. cit., 64.
12. Newton, op. cit., 69.
13. Ibid., 65, 68.
14. Ibid., 69-80; quotations from 71, 75.
15. Newton, op. cit., 82-83.
16. Aitken, op. cit., 85 ff.
17. Ibid., 91, ff.; 106, 107.
18. Ibid., 112.
19. Ibid., 125-126.
20. Ibid., 127-137.
21. Ibid., 140-141.
22. Ibid., 143-177; 193.

23. Ibid., 304.
24. Ibid., 299-308.
25. Ibid., 310 ff.
26. Ibid., 315 for the quote about Daniel; 312-316 for background on Wilberforce's thoughts about quitting.
27. Ibid., 319.
28. Ibid., 319-328.
29. Ibid., 319.
30. Ibid., 243.
31. Ibid., 347.
32. Ibid., 293-296. See also Newton, op. cit., 154.
33. Newton, op. cit., 23.
34. Ibid., 23, 66-67, 94-95.
35. Ibid., 85.
36. Aitken, op. cit., 350, 356.

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William Wilberforce and Abolishing the Slave Trade: How True Christian Values Ended Support of Slavery

Rusty Wright provides an insightful summary of the journey which led William Wilberforce from unbelief to Christ and to leading the fight to abolish the slave trade in Britain. He clearly shows how true Christian values were key in inspiring

Wilberforce's persistent effort to rid Britain of this shameful scourge, the slave trade.

Slavery's Scourge

What do you think of slavery? Are you for it or against it?

I suspect most readers would immediately denounce slavery as a scourge on humanity. But in the eighteenth century, much of western society accepted slavery and the slave trade. It took heroic efforts by dedicated leaders to turn the tide.

William Wilberforce, the famous British parliamentarian, helped lead a grueling but bipartisan twenty-year struggle to outlaw the trading of slaves. His inspiring story has many lessons for today's leaders.

Abraham Lincoln acknowledged Wilberforce's significant role in abolition.[{1}](#) Nelson Mandela, addressing the British Parliament in 1996 as South Africa's president, declared, "We have returned to the land of William Wilberforce who dared . . . to demand that the slaves in our country should be freed."[{2}](#)

The task was formidable. Eighteenth-century Britain led the world in slave trading. A pillar of colonial economy, the trade was legal, lucrative, and brutal. In one notorious episode, a ship's captain threw 132 slaves overboard, claiming illness and water shortage. British law protected the ship's owners, considering slaves property (like "horses," ruled one judge).[{3}](#)

African tribal chiefs, Arab slave dealers, and European traders rounded up Africans, stuffed them into ships' holds, and delivered them to colonial auctions for sale and forced servitude. The "Middle Passage" across the Atlantic was especially horrific. Slaves typically lay horizontal, shackled and chained to each other, packed like sardines. The air was stale and the sanitation putrid.

Olaudah Equiano, a freed slave, said the “stench of the hold,” the heat, and the cramped quarters brought sickness and much death. The deceased, Equiano explained, fell “victims to the improvident avarice . . . of their purchasers.” He wrote, “The shrieks of the women, and the groans of the dying, rendered the whole a scene of horror almost inconceivable.” Some slaves, when taken up on deck, jumped overboard, preferring death to their misery.{4}

Enter William Wilberforce, young, silver-tongued, popular, ambitious, seemingly destined for political greatness. Then, a profound change led him on a path that some say cost him the prime ministership, but helped rescue an oppressed people and a nation’s character.

Wilberforce’s “Great Change”

The transatlantic slave trade was filled with horror stories about human inhumanity. John Newton, a former slave trader, told of a shipmate “who threw a child overboard because it moaned at night in its mother’s arms and kept him awake.”{5}

William Wilberforce grew up among Britain’s privileged, far from these horrors. Heir to a fortune, he was a slacker and socialite at Cambridge. Sporting an adept sense of humor, he loved partying and playing cards more than schoolwork. His superior intellect frequently covered for his lax academic habits. His keen mind, delightful wit, and charming personality kept many doors open.{6}

At Cambridge, he befriended William Pitt the Younger, who would become Britain’s youngest Prime Minister. Both were elected to Parliament in their twenties. Wilberforce became Pitt’s bulldog, using his oratorical and relational skills to advance Pitt’s legislative agenda.

From 1784 to 1786, what he later called his “Great Change” would forever reshape his life’s work. It began innocently

enough when he invited his friend, Cambridge professor Isaac Milner, to accompany him on a journey to France. Milner was a brilliant scientist who eventually became vice chancellor of Cambridge. (That's similar to a university president in the U.S.) As they conversed during the trip, Wilberforce was surprised to hear Milner speak favorably of biblical faith. Wilberforce was a skeptic and wanted nothing to do with ardent believers to whom he had been exposed in his youth.

During their travels, Milner and Wilberforce spent long hours discussing faith and the Bible. His doubts receded as Milner answered his objections. Initial intellectual assent to Christian faith morphed into deeper conviction and a personal relationship with God.[\[7\]](#)

Back in England, he reluctantly consulted John Newton, slave trader turned pastor and writer of the well-known hymn, "Amazing Grace." Newton had been Wilberforce's minister for a time during his youth, before his spiritual interest waned. Wilberforce wrote that after his meeting with Newton, "My mind was in a calm, tranquil state, more humbled, looking more devoutly up to God."[\[8\]](#) Newton encouraged Wilberforce that God had raised him up "for the good of the nation."[\[9\]](#)

In time, Wilberforce grew to consider "the suppression of the slave trade" part of his God-given destiny.[\[10\]](#) At first he thought abolition would come quickly, but he guessed incorrectly, as we will see.

The Battle in Parliament

When William Wilberforce first introduced anti-slave-trade legislation into Parliament, he had high hopes. He quickly learned that opposition would be fierce.

Financial stakeholders howled. Significant elements of British economy relied on slavery. Businesspersons didn't want to sacrifice profit. Their elected representatives didn't want to

sacrifice votes. Some claimed slavery benefited slaves since it removed them from barbarous Africa. The Royal Family opposed abolition. Even Admiral Lord Nelson, Britain's great hero, denounced "the damnable doctrine of Wilberforce and his hypocritical allies."[\[11\]](#)

Wilberforce and the Abolitionists repeatedly introduced legislation. Apathy, hostility and parliamentary chicanery dragged out the battle. Once, his opponents distributed free opera tickets to some abolition supporters for the evening of a crucial vote, which the Abolitionists then lost. Enough supporting members of Parliament were at the opera to have reversed the outcome.[\[12\]](#) Twice West Indian sea captains threatened Wilberforce's life. His health faltered.[\[13\]](#)

Buoyed by friends and faith, Wilberforce persisted. He believed God viewed all humans as equal,[\[14\]](#) citing Acts 17:26, "[God] has made from one blood every nation of men." Methodism founder John Wesley encouraged perseverance, writing, "If God is with you, who can be against you? . . . Be not weary in well-doing. Go on . . . till even American slavery, the vilest that ever saw the sun, shall vanish away."[\[15\]](#) John Newton wrote and testified in Parliament about his experiences as a slave trader, "a business at which my heart now shudders," he explained.[\[16\]](#)

Finally, in 1807, twenty years after beginning, Wilberforce prevailed. Parliament erupted in cheering as the slave trade abolition bill passed.

Of course, outlawing the British transatlantic slave trade in 1807 did not immediately eradicate the trade. In fact, it continued, practiced illegally for a while by British subjects and for decades among other nations like France, Spain and Portugal. Alas, African tribal chiefs and Arab slave-dealers continued to supply captured Africans for the system.[\[17\]](#)

But outlawing the slave trade proved the impetus for a host of

social improvements, including prison reforms, child labor laws, and abolition of slavery itself in 1833, of which Wilberforce learned only a few days before his death.

Wilberforce's Methods: Lessons for Today

The esteemed historian W.E.H. Lecky ranked the British anti-slavery movement “among the three or four perfectly virtuous pages . . . in the history of nations.”[\[18\]](#) While, of course, Wilberforce and his Abolitionist colleagues were not perfect, their historic effort left many lessons for today. Consider a few that could enhance your own interaction in the workplace, academia, politics, cross-cultural engagement, in your neighborhood or family.

The value of friendships and teamwork. Many of the Abolitionists lived for several years in the same community. They and their families enjoyed one another's friendship and moral support. This camaraderie provided invaluable encouragement, ideas, and correction.

Bipartisan cooperation was essential to Wilberforce's success. He set aside differences on certain issues to collaborate for the greater good. Both political liberals and conservatives joined the abolition cause. Quakers mobilized support. Wilberforce partnered with Jeremy Bentham a founder of Utilitarianism on abolition and prison reform.[\[19\]](#) Utilitarianism, of course, favors the end justifying the means, hardly a biblical value.[\[20\]](#) Yet the two could work together.

Wilberforce sought to make civil discourse civil. Biographer Kevin Belmonte notes, “After his Great Change Wilberforce was nearly always able to dissent from the opinions of others with tact and kindness. This trait grew gradually within him; it was not instantaneous, nor did he always act as charitably as he might have wished on some occasions. But he kept

trying.”[{21}](#) He aimed to disagree without being disagreeable.

Wilberforce attempted to establish common ground with his opponents. In his opening speech on abolition before Parliament, he was especially gracious. “I mean not to accuse anyone,” he explained, “but to take the shame upon myself, in common indeed with the whole Parliament of Great Britain, for having suffered this horrid trade to be carried on under their authority. We are all guilty we ought all to plead guilty, and not to exculpate ourselves by throwing the blame on others.”[{22}](#)

William Wilberforce was not perfect. He had fears, flaws and foibles like anyone. You likely would not agree with all his political views. But he did possess dedication to principle and to God, close friends of many stripes, a penchant for bipartisan cooperation, and steadfast commitment to right terrible injustice. A fine example for life and work today.

Wilberforce’s Motivation: Lessons for Today

Have you ever been tempted by opposition to abandon a good cause? What motivated William Wilberforce to persevere in pursuing abolition for twenty agonizing years?

After discovering faith, Wilberforce viewed the world through different lenses-biblical lenses. He authored a popular book to explain faith’s implications. Famous parliamentarian Edmund Burke, who found solace in it during his last two days of life, said, “If I live, I shall thank Wilberforce for having sent such a book into the world.”[{23}](#)

Wilberforce’s book, *Real Christianity*,[{24}](#) emphasized personal, life-changing faith, not mere nominal assent. He wrote, “God loved the world so much and felt such tender mercy for us that He gave His only Son Jesus Christ for our

redemption.”{25} He felt all humans have an innate flawself-centeredness or sin that inhibits true generosity, “clouds our moral vision and blunts our moral sensitivity.”{26} He called selfishness “the mortal disease of all political communities”{27} and humbly admitted his own “need and imperfection.”{28}

Wilberforce believed Jesus suffered “death on the cross . . . for our sake” so those accepting His pardon “should come to Him and . . . have life that lasts forever.”{29} Don’t get the cart before the horse, he warned. Good behavior doesn’t earn God’s acceptance; it should be a result of “our reconciliation with God.”{30} Wilberforce encouraged his reader to “Throw yourself completely . . . on [God’s] undeserved mercy. He is full of love, and He will never reject you.”{31}

Wilberforce aspired to the Golden Rule: “doing to others as we would have them do to us.”{32} He believed the faith was intellectually credible and advocated teaching its supporting evidences,{33} but cautioned that “a lack of faith is in general a disease of the heart more than of the mind.”{34}

Wilberforce asked penetrating questions: “Do we love our enemies? Are we gentle even when we are provoked? Are we ready to forgive and apt to forget injuries? . . . Do we return evil with good . . . ? Can we rejoice in our enemy’s good fortune, or sympathize with their distresses?”{35} Sound convicting? Join the club.

An inscribed tribute to Wilberforce at Westminster Abbey where he is buried commends his efforts, “Which, by the blessing of God, removed from England the guilt of the African slave trade, and prepared the way for the abolition of slavery in every colony of the Empire: . . . he relied, not in vain, on God.”{36}

Wilberforce’s legacy of faith and service persists. What will

your legacy be?

*Parts of this essay are adapted from Rusty Wright, “‘[Amazing Grace’ Movie: Lessons for Today’s Politicians](#),” Copyright Rusty Wright 2007, and are used by permission.

Notes

1. Abraham Lincoln, Speech fragment concerning the abolition of slavery, c. July 1858. The Gilder Lehrman Collection; tinyurl.com/2cs99u, accessed April 6, 2007.
2. “Address of the President of the Republic of South Africa, Nelson Mandela to the Joint Houses of Parliament of the United Kingdom,” 11 July 1996, Issued by: Office of the President, www.anc.org.za/ancdocs/history/mandela/1996/sp960711.html, accessed July 23, 2007.
3. Garth Lean, *God’s Politician* (Colorado Springs: Helmers & Howard, 1987), 1-6; Eric Metaxas, *Amazing Grace: William Wilberforce and the Heroic Campaign to End Slavery* (San Francisco: HarperSanFrancisco, 2007) 103-107.
4. Olaudah Equiano, *The Interesting Narrative of the Life of Olaudah Equiano, or Gustavus Vassa, the African*, (first published in 1789), Chapter Two; excerpted in Ted Baehr, Susan Wales, Ken Wales, *The Amazing Grace of Freedom: The Inspiring Faith of William Wilberforce, the Slaves’ Champion* (Green Forest, AR: New Leaf Press, 2007), 62-63.
5. Mark Galli, “A Profitable Little Business,” in Baehr, et al., op. cit., 58.
6. Metaxas op. cit., 17-22.
7. Kevin Belmonte, *William Wilberforce: A Hero for Humanity* (Grand Rapids: Zondervan, 2002, 2007), 21, 69-81 ff.; Lean, op. cit., 32-40.
8. Belmonte 2002, 2007, op. cit., 80.
9. Lean, op. cit., 33-40.

10. Belmonte 2002, 2007, op. cit., 97.
11. Lean, op. cit., 50-51.
12. Belmonte 2002, 2007, op. cit., 134.
13. Lean, op. cit., 51, 60, 93.
14. Kevin Belmonte, "William Wilberforce," www.wilberforce.org/Bio.asp?ID=1016, accessed April 6, 2007.
15. Lean, op. cit., 58.
16. Marylynn Rouse, "John Newton: Mentor to William Wilberforce," in Baehr, et al., op. cit., 105-106.
17. William Law Mathieson, *Great Britain and the Slave Trade: 1839-1865* (London: Longmans, Green and Co., 1929) 1, 3, 5, 7-10 ff., 170-171, 185-186 ff.
18. Lean, op. cit., 69.
19. Belmonte 2002, 2007, op. cit., 95, 164-165, 167, 174.
20. Kerby Anderson, "Utilitarianism: The Greatest Good for the Greatest Number," 2004, www.probe.org/utilitarianism-the-greatest-good-for-the-greatest-number/; accessed April 6, 2007.
21. Belmonte 2002, 2007, op. cit., 212.
22. Metaxas, op. cit., 133.
23. Belmonte 2002, 2007, op. cit., 245.
24. *William Wilberforce, Real Christianity*; Abridged and updated by Ellyn Sanna (Uhrichsville, OH: Barbour Publishing, 1999). The original was published in 1797 with the ponderous title, *The Practical View of the Prevailing Religious System of Professed Christians in the Higher and Middle Classes of this Country Contrasted with Real Christianity*.
25. Ibid., 50.
26. Ibid., 29, 256.
27. Ibid., 243 ff.; 246.
28. Ibid., 256-257.
29. Ibid., 50-51.
30. Ibid., 198-199.
31. Ibid., 269-270.
32. Belmonte 2002, 2007, op. cit., 177; 90-91. Biblical references for the "Golden Rule" are Luke 6:31 and Matthew 7:12.

33. Wilberforce, op. cit., 18; 221-222; 285-293.
34. Ibid., 289.
35. Ibid., 193.
36. Baehr et al., op. cit., 140.

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“Can You Suggest Graduation Gifts With Worldview In Mind?”

We are desiring to give each of our graduates an age appropriate gift, i.e., 8th grade, High School, and College, for graduation. We want to give them something to help them think through the Christian worldview in light of the culture they are being raised in.

Great question! We are in the “business” of providing such resources for kids and adults especially useful for those headed to secular university or college so anything on our site is appropriate, as well as the books & sites below.

The [Reasons to Believe](#) section of Probe.org is a great place for starters.

Resources written for children up to about 8th grade:

Here are Amazon.com listings by journalist turned Christian apologetics author extraordinaire Lee Strobel (note emphasis on titles very similar but not the same):

[The Case for a **Creator** for Kids](#)

[The Case for **Christ** for Kids](#)

[The Case for **Faith** for Kids](#)

[Off My Case for Kids: 12 Stories to Help You Defend Your Faith](#)

[The Case for a Creator: A Journalist Investigates Scientific Evidence That Points Toward God](#) (more grown-up edition)

[The Case for Faith–Student Edition](#)

Also, see:

[My Heart Christ's Home: Retold for Children](#) (don't know grade level) by Robert Boyd Munger OR

[My Heart Christ's Home](#) (original)

Other suggestions for high school grads, possibly 8th graders:

[Ethix: Being Bold in a Whatever World](#), by Sean McDowell (son of Josh McDowell, good author, speaker, thinker in his own right; this book written somewhat to youth leaders, perhaps—I've only sampled it; great illustrations especially about absolute truth vs. relative truth and morality)

[How to Stay Christian in College](#), by J. Budziszewski—My wife and I give this one to high school grads for obvious reasons, given the title. J. Budziszewski is a one-of-a-kind critical thinker who matches his intellect with caring for kids. See his columns under Ask Theophilus at Boundless.org—excellent narratives of paraphrased professor-student conversations about deep, real life issues from a Christian worldview.

Note: I suggest the 1999 edition, although there's a newer

one (Think books, a NavPress imprint). This older one contains many useful links, many from a site I used to edit:

[LeaderU.com](#). Massively useful for scholarly work like writing papers, essays, debates. Most or all of the links cited in the book should still work.

[Chris Chrisman Goes to College: and Faces the Challenges of Relativism, Individualism and Pluralism](#). From the master of worldview, James Sire, brought down off the proverbial shelf for laypeople, this fictional account of three new collegians creatively tackles the topics in the book's subtitle. Particularly interesting: Sire "identifies no fewer than six types of relativism," according to the cover.

For college or high school grads:

[Welcome To College: A Christ-Followers Guide for the Journey](#), by Jonathan Morrow. This sweeping, but accessible and succinct volume contains 42 chapters that ask: What do Christians really believe? Can I put that into words for unbelievers? What is the nature of truth and how do we know things? What about sex? Finances? How should a Christian worldview inform my entire life and experience? and much more. Packs a worldview wallop.

[Making Your Faith Your Own, A Guidebook for Believers With Questions](#), by Teresa Vining. See the top review of a pastor's wife.

The second review at Amazon.com of the above book is by my colleague, Sue Bohlin, whose responses on scores of questions from believers and unbelievers, posted here on Probe.org, are worth their weight in gold:

[Probe Answers Your Email](#). Look for Sue Bohlin's responses particularly, especially in the Marriage & Family, Sexuality, Homosexuality and Gender sections, but elsewhere as well.

Michael Gleghorn is great on theology & philosophy. This set of 500-600 answers is good for high school, college, adult, sometimes younger, depending on topics.

[My Utmost for His Highest](#) (latest edition), Oswald Chambers

A subscription to our own [Probe-Alert](#) e-letter (always free, every two weeks, relevant new materials and more) might be a good “freebie”—they’ll have to approve it via email. Or, to avoid that and make it a one-step operation, send a list of emails to me and I’ll mass subscribe them manually.

I hope you find this helpful. God bless you and your graduates and may they thrive in their faith as they move to their next life-step.

Byron Barlowe

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Starting Over: Facing the Future after Significant Loss

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

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

about to address.

He said I might have cancer.

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

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

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

Over dinner, a new friend told me he had lost both his parents in recent years. "How did you cope?" I inquired. He related painful details of their alcohol-related deaths. I listened intently and tried to express sympathy. "But how did you deal with their deaths?" I asked, curious to know how he had handled his feelings. "I guess I haven't," he replied. Painful emotions from deep loss can be difficult to process. Some seek solace by suppressing them.

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

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

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

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

Watch your vulnerabilities. In our coed divorce recovery group, I appreciated learning how women as well as men processed their pain. It also was tempting to enter new relationships at a very risky time. Some members, not yet divorced, were dating. Some dated each other. Attractive, needy divorcés/divorcées can appear inviting. After each group session, I made a beeline to my car. "Guard your heart," advises an ancient proverb, "for it affects everything you do."[{1}](#)

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

CNN star Larry King once was fired from the *Miami Herald*. "It

was very difficult for me when they dropped me,” he recalls. King says one can view firing as “a terrible tragedy” or a chance to seek new opportunities.[\[2\]](#)

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

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

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

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

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

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

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

Notes

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

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Forgiveness, Reconciliation, and You

Forgiveness Can Be Good for Your Health

Have you ever been cheated or mistreated? Got any lingering grudges you’re holding onto? Is there any “unclear air” between you and a family member, neighbor, or coworker

regarding a dispute, a slight, an offense? Could those situations use some forgiveness?

More and more medical doctors and social scientists are extolling the benefits of forgiveness and reconciliation, benefits both to individuals and to society. This article examines some of these benefits and presents several inspiring case studies, stories of forgiveness in action.

Would you believe that forgiveness can be good for your health? Lingering anger, stress, or high blood pressure could indicate that you need to forgive someone (or to be forgiven yourself). Many religions—including, of course, the Christian faith—have long held that forgiveness is an important component of a fruitful life. Now secular research supports its value.[\[1\]](#)

In the early 1980s, Kansas psychologist Dr. Glenn Mack Harnden searched in vain to find studies on forgiveness in the academic digest *Psychological Abstracts*. Today there exist an International Forgiveness Institute and a ten-million-dollar “Campaign for Forgiveness Research” (Jimmy Carter and Desmond Tutu have been among the ringleaders). The John Templeton Foundation awards grants in the field.

Harnden says forgiveness “releases the offender from prolonged anger, rage, and stress that have been linked to physiological problems, such as cardiovascular diseases, high blood pressure, hypertension, cancer, and other psychosomatic illnesses.”[\[2\]](#)

He’s big on this theme. When I ran into him in Washington, DC, a while back, he spoke enthusiastically about attending an international gathering in Jordan that saw forgiveness between traditional individual enemies like Northern Irish and Irish Republicans, Israelis and Palestinians.

George Washington University medical professor Christina Puchalski cites forgiveness benefits supported by research

studies. Writing in *The Yale Journal for Humanities in Medicine*, she says, “The act of forgiveness can result in less anxiety and depression, better health outcomes, increased coping with stress, and increased closeness to God and others.” [{3}](#)

Daily life brings many sources of conflict: spouses, parents, children, employers, former employers, bullies, enemies. If offense leads to resentment and bitterness, then anger, explosion, and violence can result. If parties forgive each other, then healing, reconciliation, and restoration can follow.

Startling Contrition

Robert Enright is an educational psychology professor at the University of Wisconsin–Madison and president of the International Forgiveness Institute. He laments the fact that despite society’s conflicts, “almost never do we hear public leaders declaring their belief that forgiveness can bring people together, heal their wounds, and alleviate the bitterness and resentment caused by wrongdoing.” [{4}](#)

The year 2006 brought a startling example of contrition by Adriaan Vlok, former Law and Order Minister under South Africa’s apartheid regime. During the 1980s, racial conflict there boiled.

In 1998, Adriaan Vlok confessed to South Africa’s Truth and Reconciliation Commission that ten years earlier in 1988 he had engineered the bombing of the headquarters of the South African Council of Churches, a prominent opposition group. The bombing campaign also included movie theaters showing “Cry Freedom,” an anti-apartheid film. [{5}](#) I had tickets to see “Cry Freedom” in Pretoria the night it opened, but the screening was cancelled. The next morning, a bomb was discovered in the theater I would have attended.

You can imagine my interest when BBC television told of Vlok's 2006 attempt to reconcile personally with Rev. Frank Chikane, former head of the South African Council of Churches, the group whose headquarters Vlok had bombed. Chikane, now director general of the South African president's office, reports that Vlok visited his office and gave him a Bible with these words inscribed: "I have sinned against the Lord and against you, please forgive me (John 13:15)." That biblical reference is Jesus' Last Supper admonition that his disciples follow his example and wash one another's feet.

Chikane tells what Vlok did next: "He picked up a glass of water, opened his bag, pulled out a bowl, put the water in the bowl, took out the towel, said 'you must allow me to do this' and washed my feet in my office." Chikane gratefully accepted the gesture.[{6}](#)

Vlok, a born-again Christian, later told BBC television it was time "to go to my neighbor, to the person that I've wronged." He says he and his compatriots should "climb down from the throne on which we have been sitting and say to people, 'Look, I'm sorry. I regarded myself as better than you are. I think it is time to get rid of my egoism . . . my sense of importance, my sense of superiority.'" [{7}](#)

Startling contrition, indeed.

Strength to Forgive

Have you ever unexpectedly encountered someone who has wronged you? There you are, suddenly face-to-face with your nemesis. How do you feel? Frederic Luskin, director of the Stanford Forgiveness Project, says, "Our bodies react as if we're in real danger right now to a story of how someone hurt us seven years ago. . . . You're feeling anger, your heart rhythm changes . . . breathing gets shallow." [{8}](#)

Corrie ten Boom and her Dutch family hid Jews from the Nazis

during World War II. For this she endured Ravensbruck, a concentration camp. Her inspiring story became a famous book and film, *The Hiding Place*.

In 1947 in a Munich church, she told a German audience that God forgives. "When we confess our sins," she explained, "God casts them into the deepest ocean, gone forever." [\[9\]](#) After her presentation, she recognized a man approaching her, a guard from Ravensbruck, before whom she had had to walk naked. Chilling memories flooded back.

"A fine message, *Fraulein!*" said the man. "How good it is to know that, as you say, all our sins are at the bottom of the sea!" He extended his hand in greeting.

Corrie recalled, "I, who had spoken so glibly of forgiveness, fumbled in my pocketbook rather than take that hand. He would not remember me. . . . But I remembered him and the leather crop swinging from his belt. I was face to face with one of my captors, and my blood seemed to freeze."

The man continued: "You mentioned Ravensbruck in your talk. . . . I was a guard there. . . . But since that time . . . I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well, *Fraulein*." He extended his hand again. "Will you forgive me?"

Corrie stood there, unable to forgive. As anger and vengeance raged inside her, she remembered Jesus' death for this man. How could she refuse? But she lacked the strength. She silently asked God to forgive her and help her forgive him. As she took his hand, she felt a "healing warmth" flooding her body. "I forgive you, brother!" she cried, "With all my heart."

"And so," Corrie later recalled, "I discovered that it is not on our forgiveness any more than on our goodness that the world's healing hinges, but on [God's]. When He tells us to

love our enemies, He gives, along with the command, the love itself.”

“My Father, the Town Alcoholic”

When Stanford education and psychology professor Carl Thoresen and his colleagues began recruiting adult subjects for the Stanford Forgiveness Project, they had trouble signing up males. When they started using the terms “grudge” and “grudge management” in the recruiting, the men came. Thoresen thinks some men felt “forgiveness” was a feminine activity, but a “grudge” was something they probably should deal with.[{10}](#)

Consider a guy who had a longstanding grudge involving a family member. And aren't family conflicts often causes of intense stress?

As a teenager on the family farm, Josh McDowell loved his mother but despised his father “more than anyone else in the world.”[{11}](#) His friends would joke about his dad being drunk. It tore him up inside. “I hated my father for the embarrassment and shame his alcoholism caused my family,” McDowell relates. “I also resented what it caused him to do to my mother. I'd go out in the barn and see my mother beaten so badly she couldn't get up, lying in the manure behind the cows.” Eventually his mother lost the will to live and died, Josh says, “of a broken heart.”

In college, Josh met some followers of Jesus whom he liked. Skeptical about Christianity's validity, he accepted their challenge to examine evidence regarding Jesus' claims and found it convincing.[{12}](#) He thanked Jesus for dying for him, admitted his flaws to God, and asked Christ to enter his life and take over. Soon he realized he no longer hated his father.

Josh says, “I had confessed to God my feelings for my dad, asked God to forgive me, and prayed that I could forgive. And it happened as quickly as I asked. No longer was my dad a

drunk to be hated. Now I saw him as a man who had helped give me life. I called him and told him two things I had never told him before: 'Dad, I've become a Christian and . . . I love you.'"

"But how . . . how can you love a father like me?" Josh's dad asked on another occasion. Josh explained how to place his faith in Christ and his father made that decision, too. About fourteen months later, his alcohol-ravaged body gave out and he died. But the changed life of the town alcoholic influenced scores of people to place their lives in God's hands. "My dad's life was brand new those last 14 months," recalls Josh. "His relationship with me and with God were both reconciled. Jesus Christ is a peacemaker."

Forgiveness, Reconciliation, and You

Secular research supports the value of forgiveness, a concept at the core of Christian faith. You might wonder, "How does all this relate to me personally?" May I offer some suggestions?

As a starting point, *become forgiven yourself*. The late and renowned ethicist Lewis Smedes wrote, "Forgiving comes naturally to the forgiven."^{13} Josh McDowell says once he was forgiven by God, he could forgive his alcoholic father. If you've never known for sure that God is your friend, I encourage you to ask Him to forgive you. You might say something like this to Him right now:

Jesus, I need you. Thanks for dying for my flaws and rising again. I ask you to forgive me and enter my life. Please help me to become good friends with you.

If you asked Jesus to forgive you and enter your life, He did. Tell another believer about your decision. Contact this radio station or the Web site Probe.org and ask how you can grow in your faith.

If you've already come to faith in Christ, *keep short accounts with God*. One early follower of Jesus wrote, "If we confess our sins to [God], he is faithful and just to forgive us and to cleanse us from every wrong."[\[14\]](#) The proverbial country preacher said, "I 'fesses 'em as I does 'em."

Ask God to give you the strength to forgive others and love them as He does. Lewis Smedes mentions three components of forgiving others: "First, we surrender our right to get even. . . . Second, we rediscover the humanity of our wrongdoer . . . that the person who wronged us is a complex, weak, confused, fragile person, not all that different from us. . . . And third, we wish our wrongdoer well."

Contact the person you've wronged—or who has wronged you—and seek to make peace if appropriate and possible. The biblical prescription is that the offender and the offended should run into each other as each is en route to contact the other.[\[15\]](#) Of course, not everyone will want to reconcile, but you can try.

Realize that forgiving may take time. Shortly before his death, Oxford and Cambridge scholar C. S. Lewis wrote, "I think I have *at last* forgiven the cruel schoolmaster who so darkened my youth. I had done it many times before, but this time I think I have really done it."[\[16\]](#)

Forgiveness and reconciliation can be contagious. They can make an important difference in families, neighborhoods, workplaces, and nations. A good relationship takes two good forgivers.

Is there anyone with whom you need to reconcile?

Notes

1. Gary Thomas, "The Forgiveness Factor," *Christianity Today*, January 10, 2000, 38-45.
2. Ibid., 38.

3. Christina M. Puchalski, M.D., "Forgiveness: Spiritual and Medical Implications," *The Yale Journal for Humanities in Medicine*, September 17, 2002; <http://tinyurl.com/yw45eo>; accessed January 27, 2007.
4. Thomas, loc. cit.
5. "Botha implicated in Church bombing," BBC News online, July 21, 1998; <http://news.bbc.co.uk/2/hi/africa/136504.stm>; accessed September 3, 2006.
6. "Feet washed in apartheid apology," BBC News online, 28 August 2006; <http://news.bbc.co.uk/2/hi/africa/5292302.stm>; accessed September 3, 2006.
7. "Minister atones for race sins," BBC News video, 3 September 2006; <http://tinyurl.com/2ruu2l>; accessed October 4, 2006.
8. Joan O'C. Hamilton, "Peace Work," *Stanford Magazine*, May/June 2001, 78; <http://www.stanfordalumni.org/news/magazine/2001/mayjun/features/forgiveness.html>.
9. Corrie ten Boom, "Death Camp Revisited," *Worldwide Challenge*, July/August 1994, 35-36. Quotations from and details of this encounter as related in this section are from this source.
10. Hamilton, loc. cit., 77.
11. Josh McDowell, "Forgiving My Father," *Worldwide Challenge*, July/August 1994, 37-38. Quotations from and details of McDowell's story as related in this section are from this source.
12. To examine some of the evidence for Jesus, visit www.WhoIsJesus-really.com and www.probe.org.
13. Lewis B. Smedes, "Keys to Forgiving," *Christianity Today*, December 3, 2001, 73; <http://www.christianitytoday.com/ct/2001/015/42.73.html>. Quotations and concepts from Smedes cited in this section are from this source.
14. 1 John 1:9 NLT.
15. Matthew 5:23-24; 18:15-17.
16. Smedes, loc. cit.; emphasis in the quotation is without

attribution.

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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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