

# When You Can't Forgive Yourself

"I know that God forgives me, but I can't forgive myself."

Lots of people find themselves trapped in self-recriminations, overwhelmed by regret and sorrow for things they have done (or not done). They beat themselves up, often secretly hoping this will make up for their sin. But they can't get past it.

You can read the Bible from cover to cover and not find a single instruction on forgiving oneself. That's because it's not there.

We don't have the power to forgive ourselves. It's like trying to separate ourselves from our shadow.

As I understand it, this idea comes from humanistic psychology. For millennia, people have recognized the freedom and beauty that comes from being forgiven and released from bad things we have done. But what do you do when you leave God, the ultimate Forgiver, out of the picture? Either because of not believing in Him, or because of ignoring Him, but you still need forgiveness?

Forgive yourself?

What does that look like? Looking in the mirror and declaring, "OK, I forgive you"? That usually doesn't work—those are empty words.

We need, instead, to look to the Lord and receive His gift of forgiveness. For every wrong (or even dumb) thing we have ever done, Jesus says, "I died for that. I paid for that with My life."

The thing about forgiveness is that since we are the image of a just God, our souls cry out for justice, which pretty much

means that in order for things to be made right, "Somebody's got to PAY!" And Jesus did pay, with His life, on the cross. His last words were, "It is finished—it is paid in full."

So instead of focusing on forgiving ourselves, we need to focus on Jesus and thank Him for His incredible gift of taking our sin off us and onto Himself. Thank Him over and over, until the truth soaks down deep into our hearts and we own it as true.

For a lot of people, there is a stain of shame that weighs heavy on their heart. They may even embrace the truth that God has forgiven them, but they still *feel* guilty. And that's why they say, "I guess I just can't forgive myself."

First John 1:9 offers us two magnificent promises: If we confess our sins (that means to agree with God that what we did was wrong), He is faithful and just to **forgive** us our sins and **cleanse** us from all unrighteousness. When God forgives us of a sin, He sends it away (that's what biblical forgiveness means) forever. He takes it off our account and puts it on Jesus' account. But that's not all. He also cleanses us with the purifying power of Jesus' blood, which removes the stain of sin and shame.

But our culture elevates feelings to the level of an idol, and it's easy for us to say, "Well, that may be what the Bible says, but I'm not feeling it. So it must not be real. Or it's true for other people but not me."

If God says it, it's true. So the way to overcome the faulty thinking and feeling is to repeat (daily is a good plan), "Lord, Your word says that if I confess my sins, and You know I have, You are faithful and just to forgive me and cleanse me from all unrighteousness. I thank You for cleansing me even if my feelings haven't caught up to reality. I choose to receive Your forgiveness and Your cleansing, especially since it cost You Your life, Lord Jesus."

Repetition is often the key to allowing truth to soak down into our hearts and minds.

But some will still say, "Well, God may forgive me, and maybe Jesus paid for my sin on the cross, but I still just can't forgive myself."

Let me reframe what that may mean.

"Well, God may forgive me, but He's God so He has to. I am clinging to the guilt and shame, and I'm going to keep beating myself up because that's all I know. I have to pay for it somehow."

Taking that position is saying, "Jesus, my sin may have cost You Your life, but it wasn't enough. I have to add to it with self-condemnation. My standard is higher than Yours because I'm that kind of holy."

Whoa.

In that case, wise people have suggested that instead of focusing on the sin one can't forgive themselves for, the right next step is to repent of what is actually pride and arrogance before the Lord. As author Randy Alcorn says, refusing to humbly receive God's forgiveness as enough is "making ourselves and our sins bigger than God and His grace."

Romans 8:1 is one of the most glorious promises in scripture: "There is therefore now no condemnation for those who are in Christ Jesus." If God doesn't condemn us, we have no right to disagree with Him and condemn ourselves.

The bottom line for those who are stuck in not forgiving themselves? Stop trying to do what you can't. Receive the amazing gift of God's forgiveness, which cost Him everything, and start thanking Him over and over for setting you free and cleaning you up from the inside out.

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# The Scandal of Blood Atonement: “Why All the Blood and Cross-Talk, Christian?”

*The story of Jesus’ death and resurrection raises accusations that Christianity is obsessed with blood. Many believers struggle with this too. Byron Barlowe explores the biblical reasons for the focus on Christ’s blood and why its shedding was necessary.*

## The Bloody Cross: A Tough Thing to Handle

*Easter season is all about the death and resurrection of Christ—which centers on the blood sacrifice He endured. Christianity is called a bloody religion, focusing on the execution of Jesus Christ on a cross. Why is this true and what does it mean when we say His blood atones for our sin?*



Millions of Americans—and billions of Christians around the world—celebrated the death and Resurrection of Christ during Passion Week and Easter Sunday. The topic was everywhere from sermons to a CNN docudrama titled *Finding Jesus: Faith, Fact, Forgery*.

You may have questions about all the talk of “the blood of Christ” and songs saying things like “Jesus’s blood washed away my sins.” This bloody theme does raise understandable concerns that are shared by believers, seekers and skeptics

alike.

In fact, more and more skeptics are posting on the Internet things like this book promotion:

“Christians are obsessed with blood! They sing about it, declare they are washed in it and even drink it! In this book you will discover the crazy background to this Christian obsession and the truth about the bloodthirsty God they claim to know and serve.”[{1}](#)

In this article, we’ll discuss whether these charges are true and fair and explain the doctrine of blood atonement.

Again, even many Christians—including me—have wondered deeply about all the biblical imagery of shed blood, what some call the Crimson Thread of Scripture. I mean the grotesqueness of Old Testament animal sacrifice and the belief in Jesus’s torturous slaying as the core of salvation. Radical stuff for modern ears.

So what is blood atonement and why does it matter? In historic orthodox Christian thought, God’s Son is at the very center of history doing these things:

- reconciling man to God,
- ransoming humans from slavery to sin and well-deserved death and
- justly recompensing God for the horrific offense of rebellion and disobedience to Him.

Thankfully, the gospel (or good news) is simple. The Bible claims, “Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit.”[{2}](#)

The bottom line for all people is this: out of Christ’s death came the hope of eternal life—and His resurrection proved

this. Our sin caused God's Son to suffer and die. By grace, through faith, we can benefit. Otherwise, we suffer eternally for staying with the cosmic rebellion that started in a perfect Garden long ago.

Yet, this blood-centered good news is a scandal to both those who believe and those who deny it. In fact, the Greek root word *skandalon* is used for Christ Himself.<sup>{3}</sup> You see, Jews denied Christ as the Promised One and Gentiles thought it was all nonsense. Nothing has changed for mankind: the choices are either do-it-yourself religion, being too smart for all that, or believing in this radical hope.

## The Reason Someone Had to Die

*Why did anybody have to die? God's justice and holiness demands a death penalty for the sinner.*

We are all in a serious spiritual and moral pickle. Biblical Christianity declares that each person ever born is stuck under an irreversible "*sin*drome" for which there is no human answer. History sadly records the habitual and continual effects of sin: oppression, addictions, self-promoting power plays, deceit, war, on and on.

Now for a reality check: no moral order, either in a family, a company, military unit or society survives ambiguity or failure to enforce laws. Just ask the victims of unpunished criminals set loose to perpetrate again. If the Creator were to simply wink at sin or let people off scot-free, where would justice be? What kind of God would He be?

God is holy and He called Himself the Truth. There is no way God would be true to Himself and the moral order He created and yet fail to punish sin. Such impunity would mock justice. As one theologian puts it, "Pardon without atonement nullifies justice . . . A law without penalty is morally unserious, even dangerous."

Ok, but penalties have levels of harshness. Why is death necessary? Scripture spells out clearly the decree that sinners must die. In God's original command He stated, "When you eat of [the tree of the knowledge of good and evil] you will surely die" (Genesis 2:17). In Ezekiel the same formula appears slightly reworded: "The soul who sins is the one who will die" (Ezekiel 18:4, 20). Paul boiled it down this way: "For the wages of sin is death" (Romans 6:23).

God's justice and holiness demand death for sin. Blood must be shed. Detractors of the cross tend to underestimate sin and know nothing of its offense to a holy God. Everyone wants justice—for others.

Ok, so what does a just and holy God do with impure, treasonous creatures He made to bear His image? God was in a quandary, if you will.

Yet, even in the Garden, He was already hinting at a plan to reconcile this dilemma. "God so loved the world" that he sent down His own Son as a man to pay the death penalty.[{4}](#)

Thomas Oden writes, "God's holiness made a penalty for sin necessary . . . Love was the divine motive; holiness [was] the divine requirement. [Romans 5:8 reads] 'God demonstrates His own love for us in this: While we were still sinners, Christ died for us'. [And as Romans 8 teaches,] This love was so great that God 'did not spare His own Son, but gave Him up for us all' (Romans 8:32)."[{5}](#)

## **Christ's Death and Resurrection Was Unlike Other Religious Stories: It Was All for Love**

*God's morally just demand for a death-payment is not the same as pagan gods, who maliciously demanded sacrifices. True for one big reason:*

Isn't this crucifixion thing simply about a grouchy god acting all bloodthirsty, as some atheists like popular author Richard Dawkins say? Should good people find this repugnant? One unbelieving critic wrote,

“Unfortunately, much of Christian art consists of depicting the sufferings and agony of Jesus on the Cross. This reflects the obsession of Christianity with the Crucifixion . . . “Crosstianity” [in the contemptuous words of one skeptic]. The obsession with ‘our sins’ having been ‘washed away by the Blood of the Lamb’ would be regarded as evidence of a serious mental illness . . . but when this is an obsession of millions of people it becomes ‘religious faith’.”{6}

Wow! Did you know that you, if you are a believer, are part of an insane global crowd? This vividly illustrates the scandal of the cross: “which is to them that are perishing foolishness” as the Apostle Paul described it.{7}

No, biblical sacrifice is not a bloodfest, but the way to deal with a sad reality. Put it this way: If God said, “Nah, don't worry about rebelling against your Creator,” would that be a just and righteous God? Would a deity who fails to punish wrongdoing be worth following? Would His laws mean anything? Yet, we are unable to keep laws, so He steps in to pay that penalty. With His lifeblood. This storyline is utterly unique in the long human history of religions. And the resurrection Christians celebrate shows its truth in actual time and on this dirty earth.

Pagan myths of savior gods who rise from the dead have only a surface resemblance to the biblical resurrection. Such deities are more like impetuous and tyrannical people than the one and only Yahweh. The biblical God's love fostered the unthinkable: set up a sacrificial system for a one-of-a-kind people—the Israelites—that served as a foretelling of His *coup de grace*: dying in man's place as the spotless sacrificial Lamb. What a

novel religious idea that only the true God could dream up! Theologian Thomas Oden says it this way: "It was God who was both offering reconciliation and receiving the reconciled." {8}

God's merging of perfect holiness, just retributive punishment and allowance of His Son's execution was actually a beautiful thing. Francis of Assisi wrote that "love and faithfulness meet together [at the cross]; righteousness and peace kiss each other. Faithfulness springs forth from the earth, and righteousness looks down from heaven." {9}

## **But Why a Violent, Bloody Death?**

*I get that death was demanded of someone to pay for sin. So why a bloody suffering and execution? Why the constant shedding of blood?*

Mel Gibson's *The Passion of the Christ* hit movie theaters in 2004 to mixed reviews. It earned its R-rating for gory bloodshed and, ironically, became a cultural scandal itself. Seems that the bloody realism was too much for both soft-core Christians and high-minded unbelievers. But this vividly poignant portrayal of Christ's blood-stained Passion did raise a good question.

When it came to saving mankind, why the shedding of blood? Could God not have found another way? Church Father Athanasius believed that, if there were a better way to preserve human free will and still reconcile rebellious man to a holy God, He would have used it. Apparently, Christ's suffering and death was the only solution.

The Apostle Paul summarized Christ's entire earthly ministry this way: He "humbled Himself and became obedient unto death" (Philippians 2:8). At the cross, "human hate did all the damage it could do to the only Son of God." {10} God used the realities available to Him, including the masterfully grim method of crucifixion, honed to a fine art by Roman pagans who

viewed human life as dispensable.

*Again, why is death demanded of God to atone for sin?* The grounding for such a claim appears early in the Bible, after the murder of Abel by his brother Cain. In Genesis 9 Yahweh declares, "I will require a reckoning . . . for the life of man. Whoever sheds the blood of man, by man shall his blood be shed, for God made man in His own image."[{11}](#) Apparently, God has put the price of a man's life as that of another's life.

The highlight of Christ's death was its substitutionary sense. The Apostle Peter wrote, "For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit."[{12}](#) Justice, fairness, reality itself demanded a bloodguilt payment for sin. Christ paid it.

Substitutionary sacrifice was nothing new for the Jews who unwittingly had the Messiah crucified. From the beginning of God's dealings with His people, agreements were blood covenants. What else could carry the weight of such momentous things? And, as the book of Hebrews teaches, "**Indeed, under the law almost everything is purified with blood, and *without the shedding of blood there is no forgiveness of sins.***"[{13}](#)

One theologian plainly said, "Through this sacrificial system, the people of Israel were being prepared for the incomparable act of sacrifice that was to come in Jesus Christ."[{14}](#)

His suffering, death and resurrection conquered sin and neutered the fear of death. Only blood could clean sin; only God's Son's blood could do it perfectly and forever.

Here's the scandal we spoke of: only a perfect sacrifice would do for washing mankind's sins away and reconciling us back to God.

## Beautiful Obsession: God Was Glad to Allow This Brutality for Us!

*God said it was His pleasure to pay the death penalty with His own self, in the Person of His son. Christianity's so-called blood-obsession is a beautiful picture of perfect divine love.*

Theologian Thomas Oden summarized well our discussion of Christ's blood atonement. He wrote, "Love was the divine motive; holiness the divine requirement. 'God demonstrates His own love for us in this: While we were still sinners, Christ died for us' (Romans 5:8)."

Such claims trump the understandable disgust of doubters. But the red blood leads to clean white.

Chick-fil-A restaurant employees are trained to say, "My pleasure" when serving customers. Imagine God saying that to believers regarding the cross of Christ! Paul explains in his letter to the Colossian church that "it was the Father's good pleasure for all the fullness of deity to dwell in Him . . . having made peace *through the blood* of His cross . . . He has now reconciled you in His fleshly body through death . . ."[\[15\]](#)

God was glad to stand in as the essential scapegoat to restore us to right relations with Himself, to buy us back from slavery to sin, fear and death, and to abolish sin and its effects. This doesn't sound like a bloodthirsty tyrannical deity demanding a whipping boy or abusing his own child, as some acidly accuse. "My pleasure" brings in new dimensions of lovingkindness and servant-heartedness.

But wait, there's more! Scripture lists lots of wonderful effects created by the blood of Christ. These include forgiveness, propitiation or satisfaction of God's righteous wrath, justification or being made right, reconciliation with God, cleansing, sanctification, freedom from sin, and the

conquest of Satan.

Yes, you could say that Christianity is blood-obsessed. As accused, even its hymns often focus on the benefits bought at the highest of prices: the life of the God-Man Himself. One famous hymn goes:

For my pardon, this I see,  
Nothing but the blood of Jesus;  
For my cleansing this my plea,  
Nothing but the blood of Jesus.

This beautiful blood obsession finds its highest hope in Revelation. The following is a prophecy about persecuted believers:

“These are the ones coming out of the great tribulation. They have *washed their robes and made them white in the blood of the Lamb* . . . For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes.”[\[16\]](#)

Maybe the revelations here are as crazy as skeptics say. The foolishness of God. We believe they are the most glorious story ever told.

## Notes

1. Promotion at Amazon.com for *Obsessed with Blood: The Crazy Things Christians Believe*, Book 1, by Ex-Predcher.
2. 1 Peter 3:18, NASB.
3. Romans 9:33, 1 Corinthians 1:23, 1 Peter 2:8.
4. John 3:16.
5. Oden, Thomas, *Classic Christianity: A Systematic Theology* (New York: Harper Collins, 1987), 405.
6. Meyer, Peter, “Why I Am Not a Christian”. Serendipity blog. Accessed 2-27-17, [www.serendipity.li/eden/why\\_i\\_am\\_not\\_a\\_christian.htm](http://www.serendipity.li/eden/why_i_am_not_a_christian.htm).

7. 1 Corinthians 1:18.
8. Ibid., 414.
9. Ibid., 405.
10. Ibid., 389.
11. Genesis 9:4-6.
12. 1 Peter 3:18.
13. Hebrews 9:22-23, emphasis mine.
14. Oden, *Classic Christianity*, 413-414.
15. Colossians 1:19.
16. Revelation 7:14b-17, emphasis mine.

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# Christ and the Human Condition

*Dr. Michael Gleghorn looks at how God has acted in Christ to address those things which ail us most: sin, suffering, death, and our broken relationship with God.*



Early in the book of Job, Eliphaz the Temanite declares that “man is born for trouble, as sparks fly upward” (5:7). Whether it’s the trouble that befalls us as we’re simply minding our own business or the trouble we bring upon others (or even ourselves), difficulties, sin, and suffering seem to plague us wherever we turn. Just think for a moment about some of the natural evils which afflict the human race. This class of evils includes both natural disasters like hurricanes, tsunamis, tornadoes, and earthquakes, and diseases

like cancer, leukemia, Alzheimer's and ALS. While natural evils are bad enough, they are only part of the problem. In addition to these, we must also consider all the moral evils which human beings commit against God, one another, and themselves. This second class of evils includes things like hatred, blasphemy, murder, rape, child abuse, terrorism, and suicide. Taken together, the scope and magnitude of human sin and suffering in the world are truly mind-boggling. What does God have to say about issues such as these? Even better, what (if anything) has He done about them?

The Christian philosopher Alvin Plantinga has written

As the Christian sees things, God does not stand idly by, coolly observing the suffering of His creatures. He enters into and shares our suffering. He endures the anguish of seeing his son, the second person of the Trinity, consigned to the bitterly cruel and shameful death of the cross. Some theologians claim that God cannot suffer. I believe they are wrong. God's capacity for suffering, I believe, is proportional to his greatness; it exceeds our capacity for suffering in the same measure as his capacity for knowledge exceeds ours. Christ was prepared to endure the agonies of hell itself; and God, the Lord of the universe, was prepared to endure the suffering consequent upon his son's humiliation and death. He was prepared to accept this suffering in order to overcome sin, and death, and the evils that afflict our world, and to confer on us a life more glorious than we can imagine.[\[1\]](#)

According to Plantinga, then, God *has acted*, and acted decisively through His Son, to address those things which ail us most—sin, suffering, death, and our broken relationship with God. In what follows, we will briefly examine each of these ailments. More importantly, however, we will also see how God has acted in Christ to heal our bleak condition, thereby giving us encouragement, strength and hope, both now and forevermore.

# Moral Evil

When Adam and Eve first sinned in the garden (Gen. 3:6), they could hardly have imagined all the tragic consequences that would follow this single act of disobedience. Through this act, sin and death entered the world and the human condition was radically altered (Rom. 5:12-19). Human nature had become defiled with sin and this sinful nature was bequeathed to all mankind. The human race was now morally corrupt, alienated from God and one another, subject to physical death, and under the wrath of God. The entire creation, originally pronounced "very good" by God (Gen. 1:31), was negatively affected by this first act of rebellion. Like the ripples that radiate outward when a stone is thrown into a calm body of water, the consequences of that first sin have rippled through history, bringing evil, pain, and suffering in their wake. As the Christian philosopher William Lane Craig has noted, "The terrible human evils in the world are testimony to man's depravity in his state of spiritual alienation from God." [\[2\]](#) Indeed, we are so hopelessly entangled in this web of sin and disobedience that we cannot possibly extricate ourselves. This, according to the Bible, is the sorry plight in which all men naturally find themselves.

Fortunately for us, however, God has acted to free us from our enslavement to sin, to disentangle us from the web that holds us captive, and to reconcile us to Himself. He did this by sending His Son to so thoroughly identify with us in our painful predicament that He actually *became* one of us. By identifying Himself with sinners who were under the wrath of God, He was able to take our sins upon Himself and endure God's wrath in our place, so that we might be reconciled to God by placing our trust in Him. The apostle Paul put it this way: God made Christ "who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him" (2 Cor. 5:21).

In the Old Testament book of Deuteronomy, we're told that anyone hanged on a tree because of their sins is "accursed of God" (21:23). In the New Testament, Paul picks up on this idea and says that through His substitutionary death on the cross, Christ became "a curse for us" (Gal. 3:13). We should not lose sight of the significance of these words. By identifying Himself with the guilty human race, and becoming a curse for us, He has opened the way for us to be freed from our sins and reconciled to God as we are identified with *Him* through faith. This is just one of the ways in which Christ has met the desperate needs of the human condition.

## Natural Evil

Another reason why we suffer arises from what philosophers and theologians call *natural evil*. Natural evil refers to all the causes of human pain and suffering which are not brought about by morally-responsible agents. This would include the pain and suffering arising from natural disasters like earthquakes, famines, and storms, as well as diseases like cancer and ALS.

Now the question I want to pose is this: Is there a sense in which Christ is also a solution to the problem of natural evil? And if so, then how should we understand this? When we examine the life and ministry of Jesus as it's recorded in the Gospels, we can hardly help but be struck by the number of miracles He performs. He walks on water, calms raging storms, feeds thousands of people with a few loaves and fish, cleanses lepers, heals the sick, restores sight to the blind, and even raises the dead! Although some might demur at all these accounts of miracles, Craig has noted that "the miracle stories are so widely represented in all strata of the Gospel traditions that it would be fatuous to regard them as not rooted in the life of Jesus." [\[3\]](#)

So what is the significance of Jesus' miracles? According to New Testament scholar Ben Witherington, Jesus' miracles show

him to be God's special agent of blessing, healing, liberation, and salvation, as well as the "one who brings about the conditions associated with the final . . . dominion of God." {4} Since the kingdom of God is portrayed in Scripture as a reign of peace, prosperity, health, well-being and blessing, Jesus' miracles of healing, as well as his demonstrations of power over nature, indicate that He is indeed capable of ushering in such a wonderful kingdom. {5} And if Jesus has the power to bring in an era of health and well-being, both for our physical bodies and for the physical universe, and if he in fact will do so, then he clearly provides a solution to the problem of natural evil. Ultimately, in the new heaven and new earth, which God will give to those who love Him, we are promised that there "will be no more death or mourning or crying or pain, for the old order of things has passed away" (Rev. 21:4).

## Physical Death

The apostle Paul, in his first letter to the Corinthians, described death as an "enemy" (1 Cor. 15:26). People fear death for any number of reasons. Some fear that the process of dying will be painful. Others dread the thought of leaving behind the ones they love. Some may fear that death is simply the end, that whatever joys and pleasures this life holds, death takes them away forever. But others may fear that there is an afterlife and worry that things may not go well for them there. For many people, however, death is feared as the great unknown. {6} Friends and relatives die and we never see or hear from them again. For these people, death is like the ultimate black-hole, from which nothing and no one can ever escape.

But according to the Bible, Christ *did* escape the snares of death, and in doing so He dealt our mortal enemy a mortal blow of his own. I said that Paul describes death as an "enemy," but this is simply to inform us of the fact that our enemy has been conquered by Christ. "The last enemy that will be

abolished,” he writes, “is death” (1 Cor. 15:26). But how has Christ conquered this enemy? And how does *His* victory help *us*?

Christ conquered death through his resurrection from the dead and all who put their trust in Him can share in his victory. Pastor Erwin Lutzer has written:

Thus the resurrection of Jesus is the cornerstone of the Christian faith. Standing at the empty tomb, we are assured of the triumph of Jesus on the Cross; we are also assured that He has conquered our most fearsome enemy. Yes, death can still terrify us, but the more we know about Jesus, the more its power fades.[{7}](#)

Consider the life and death of the great Reformation theologian Martin Luther. As a young Augustinian monk, Luther struggled with a very sensitive conscience and a terrible fear of death. But once he understood the gospel and placed his trust in Christ, his fear gradually began to fade. By the time he died, his fear was gone. It’s reported that on his deathbed, he recited some promises from the Bible, commended his spirit to God, and quietly breathed his last.[{8}](#) Believing that Christ had conquered death and given him eternal life, he was able to die at peace and without any fear. And this is the hope of *all* who trust in Christ!

## **The Weight of Glory**

Christian theologians sometimes describe the knowledge of God as “an incommensurable good.”[{9}](#) By this they mean that knowing God in an intimate, personal way is quite literally the *greatest good* that any created being can experience. It is an “incommensurable” or “immeasurable” good—a good so great that it surpasses our ability even to comprehend. The apostle Paul once prayed that the Ephesians might “know the love of Christ which surpasses knowledge” (Eph. 3:19). He understood that “intimate relationship with God . . . is incommensurately

good-for created persons.”{10}

Of course, this doesn't mean that one who is intimately related to God will never experience any of the trials and difficulties of life. In fact, it's possible that such a person will actually experience *more* trials and difficulties than would have been the case had they *not* been intimately related to God! Knowing the love of Christ doesn't make one immune to suffering. It does, however, provide indescribable comfort while going through it (see 2 Cor. 1:3-5).

The apostle Paul understood this quite well. In his second letter to the Corinthians, he described himself as a servant of God who had suffered afflictions, hardships, beatings, imprisonments, labors, sleeplessness, and hunger (2 Cor. 6:4-5). In spite of this, however, he did not lose heart. He famously wrote that “momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison” (2 Cor. 4:17).

But how could Paul describe his sufferings as just a “momentary, light affliction”? Because, says Craig, he had an *eternal* perspective. “He understood that the length of this life, being finite, is literally infinitesimal in comparison with the eternal life we shall spend with God.”{11}

The greatest hunger of the human heart is to know and experience the love and acceptance of God and to enjoy Him forever. In his magnificent sermon “The Weight of Glory,” C.S. Lewis wrote, “In the end that Face which is the delight or . . . terror of the universe must be turned upon each of us either with one expression or . . . the other, either conferring glory inexpressible or inflicting shame that can never be . . . disguised.”{12} Incredibly, just as Christ has dealt with the problems of sin, suffering, and death, He has also acted decisively to reconcile us to God. Through faith in him, anyone who wants can eventually experience “an eternal weight of glory far beyond all comparison” (2 Cor. 4:17).

## Notes

2. Craig, *Hard Questions, Real Answers*, 96-97.
3. William Lane Craig, *Reasonable Faith: Christian Truth and Apologetics*, 3rd ed. (Wheaton: Crossway Books, 2008), 324.
4. Ben Witherington, *The Christology of Jesus* (Minneapolis: Fortress Press, 1990), 43-44.
5. Some biblical passages that pertain to Christ's coming kingdom are Isaiah 11:1-9, Matthew 19:28, and Acts 3:19-21.
6. I was reminded of many of these examples while watching the round table discussion on suffering and death in Catherine Tatge, "The Question of God: Sigmund Freud and C.S. Lewis" (U.S.A.: PBS Home Video, 2004).
7. Erwin W. Lutzer, *The Vanishing Power of Death* (Chicago: Moody Publishers, 2004), 13.
8. Mike Fearon, *Martin Luther* (Minneapolis: Bethany House Publishers, 1986), 157-58.
9. See, for example, Craig, *Hard Questions, Real Answers*, 100.
10. Marilyn McCord Adams, *Christ and Horrors: The Coherence of Christology* (New York: Cambridge University Press, 2006), 47.
11. Craig, *Hard Questions, Real Answers*, 99.
12. C.S. Lewis, "The Weight of Glory," in *The Weight of Glory and Other Addresses*, ed. Walter Hooper (New York: Macmillan Publishing Co., 1980), 13.

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**“Should I Divorce My Wife  
Since I’m Not Attracted to**

# Her Anymore?"

Hi my name is \_\_\_\_\_ from Burundi. My question is about divorce. My wife told me about her past but I am still bothered by it whereby she slept with old men and foreigners, and aborted many times, so since I heard that I have lost even the appetite of being sexually attracted to her, so should I go for divorce?

**I was born with a heart for preaching to people about the heaven and the hell, and I am still jealous to find out that Satan has many people I am determined to bring them to God and create a church similar to what apostles were doing whereby they were sharing everything together.**

Churches of today especially in Africa, they get an Aid and share it among elders instead of helping some church members who are facing troubles, lucky enough I am rich blessed by God. But all the work of I am afraid that it would be compromised by the divorce I am thinking to go through.

**Please your advices. God bless you.**

I am so glad you wrote. Your desire to serve God is admirable, and you are correct in thinking your ministry would be compromised by divorce.

God's best is always, ALWAYS forgiveness and reconciliation. That is how He is most glorified in our relationships, especially marriage. Please read the book of Hosea for an excellent example of God's heart of forgiveness and reconciliation as He had his prophet Hosea marry and then continue to extend forgiveness to his wife Gomer as an illustration of God's relationship with His unfaithful earthly wife, Israel.

This does not mean that your heart is not broken by your wife's sin before your marriage. Her sin required the death of

the Son of God—it's serious! But brother, YOUR sin also required the death of the Son of God, and you had to go to God with humility and repentance, asking for His forgiveness, in order to become a believer in Jesus Christ and enter His family. He is asking you to extend to your wife the forgiveness that He so graciously gave you. Please read Matthew 18, the whole chapter, at least three times so that you can grasp God's heart for the lost, and the importance of forgiving those who hurt us. Divorcing your wife out of a hard-hearted bitterness and unforgiveness will not only block the flow of God's grace in your life, but it will keep you open to the "tormentors" (Matthew 18:34). Here is a link to a very good, biblically sound message and explanation of Jesus' teaching on forgiveness: [www.youtube.com/watch?v=0ff7whIExhk](http://www.youtube.com/watch?v=0ff7whIExhk)

I strongly believe that if you forgive your wife and seek to love and serve her as Christ loves and serves the church (Ephesians 5:25-30), your desire to be with her sexually will return as you allow God to soften your heart.

Please, brother, take seriously Jesus' command that "What God has joined together, let no man separate" (Mark 10:9). His plan for marriage is lifelong commitment between husband and wife, with ongoing forgiveness between us.

Blessing you,  
Sue Bohlin

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# Free Indeed!

Recently I had the privilege of speaking in a women's prison. I shared my story which I call, "[How to Handle the Things You Hate But Can't Change](#)." (How's that for a topic of interest for incarcerated people?)



But then I was able to speak briefly about what we have in common, a situational loss of freedom. I have lost the ability—the freedom—to walk, and they have temporarily lost the ability—the freedom—to walk out of lockup. Still, even while imprisoned by our situations, Jesus offers *true freedom*

that has nothing to do with our circumstances. He promised to His disciples, “You will know the truth, and the truth will set you free.” He even said, “If the Son sets you free, you will be free indeed.” (John 8:32, 36)

So what does THAT mean?

What was so crazy great about this opportunity to speak to and hug and love on the precious ladies in the women's prison, was that the previous weekend I had given four messages on freedom at a women's retreat at sea. (You can listen to the recordings [here](#), if you like.) So many facets of freedom were already rolling around in my head as I thought about Jesus' offer of freedom to women in prison.

- As we look at our past, Jesus can set us free from guilt

when we confess our sins and receive His forgiveness and cleansing (1 John 1:9). He can set us free from shame, that feeling of not just *making* a mistake, but *being* a mistake, when we receive His gift of honor as He showers pleasure and acceptance on us.

- As we look at our present, Jesus can set us free from the “tapes” of lies and misbeliefs that control our lives, as we replace the lies with His truths. For example, a number of the ladies at the retreat had lived in bondage to the lie that

<u>Lies/Misbeliefs</u>	<u>Truth</u>
“If I mess up, that would be the end of the world. I have to be perfect.”	<ul style="list-style-type: none"><li>❖ Only God is perfect</li><li>❖ He has promised to hold my hand when I stumble.<ul style="list-style-type: none"><li>◆ Psalm 18:35</li><li>◆ Psalm 73:23</li></ul></li><li>❖ I am longing for Eden</li></ul>

they had to be perfect in order to be acceptable. The weight of needing to be perfect is soul-killing because it's impossible for imperfect people to be perfect! But we can be set free by embracing the truth that only God is perfect, so we can let go of the unrealistic expectation that we can ever live perfectly this side of heaven. God knows we will stumble, and He has promised to hold our hand when we do. And beyond that, He understands our longing for perfection is actually a longing for the perfect home of Eden, which we will get to experience on the New Earth we read about in the book of Revelation.

- We can walk in the breathtaking freedom from the soul-crushing imprisonment of unforgiveness by forgiving those who have hurt or offended us. The weight of others' sins against us is bad enough, but Jesus said that if we refuse to forgive, we will be subject to tormentors—demonic torturers (Matthew 18:34-35). When we release our offenders over to Jesus for Him to deal with, we are set free—free indeed!

- As we think about the future, there is glorious freedom when we trust God instead of being controlled by fear. So often, we are in bondage to fear because we want to be in control. We forget that we are not God, wanting to manage not only our own lives but the lives of others. There is freedom in trusting God instead of trying to control others.

- Proverbs 29:25 assures us that fear of man is a snare. This isn't talking about being afraid of people like some are afraid of heights, or the dark, or spiders. Fear of man is about working for other people's approval and fearing their disapproval. When we look to Jesus, though, we see how He modelled living for "an audience of One," caring only about pleasing His Father (John 8:29). When we follow Christ's example, living to please the Father instead of fickle people, there is freedom! I can personally attest to this. Because of my stubborn attachment to a biblical sexual ethic, I have been slimed online by people who despise God's standards. The slime slides off, though, when I keep my focus on the Lord and, like Jesus in Hebrews 12:2, I can "despise the shame" by refusing to accept it. That's what freedom feels like!

- There is true freedom in accepting God's choices for our lives: personality and temperament, introversion or extroversion, health limitations, even capacity. (Some people naturally have a "gallon" energy tank, while others naturally have a cup.) Resenting and fighting God's choices—even gender!—leads to expending mental and emotional energy that is restricting and costly. But embracing God's right to make these decisions for our design and our lives, laying down our non-existent "right" to define ourselves the way WE want, brings us freedom.

<i>Lies/Misbeliefs</i>	<i>Truth</i>
"My parents' problems were my fault."	❖ I don't have that kind of power.
"I am responsible for my parents (or my children's) happiness."	❖ Each one bears his own load – Gal 6:5
	❖ Each one is responsible for his own choices – Ezek. 18

- One of my dear friends discovered, in the process of working through the challenges of parenting a prodigal adult child, that there is freedom in owning 100% of our own part and 0% of other people's choices and behaviors. There's no point in taking on

guilt or responsibility for someone else's choices; they are completely responsible for their part.

- And finally (though definitely not exhaustively), we are free to choose our attitudes. We can decide to either live in bondage to an attitude of entitlement or a continual expectation of the negative, or live in freedom by developing an attitude of gratitude. I love Dr. Charles Swindoll's poem on Attitude:

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past,  
than education, than money,

than circumstances, than failure, than successes,  
than what other people think or say or do.

It is more important than appearance, giftedness, or skill.  
It will make or break a company . . . a church . . . a home.

The remarkable thing is we have a choice  
everyday regarding the attitude  
we will embrace for that day.

We cannot change our past . . .  
we cannot change the fact that people  
will act in a certain way.

We cannot change the inevitable.

The only thing we can do is play on the one string we have,  
and that is our attitude.

I am convinced that life is 10% what happens to me  
and 90% of how I react to it.

And so it is with you . . . we are in charge of our Attitudes.

It's possible to be "free indeed." Regardless of your  
circumstances. Choose the freedom Jesus offers!

This blog post originally appeared at  
[blogs.bible.org/engage/sue\\_bohlin/free\\_indeed](https://blogs.bible.org/engage/sue_bohlin/free_indeed) on July 25,  
2017.

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## **3 Life Hacks That Will Revolutionize Your Relationships**

Ever hear of "life hacks"? Little tips and tricks to make your life easier, like running a sticky note between your keyboard keys to collect crumbs and computer lint. Here are three life hacks that will act like relational lubricant.

**"When you said/did X, I felt Y. Did you mean to communicate that?"**

Instead of assuming we know someone's motives and thinking, we need to clarify that we understand what they intend. Sometimes things just come out wrong, not at all what is meant, and it's

easily misinterpreted.

“When you gave me permission to take comp time after I worked all weekend, I sensed you were giving it begrudgingly and you weren’t happy about it at all, like I had broken an unwritten rule or expectation. Did I read you right?”

“When I asked you about \_\_\_\_\_, it seemed that you got really quiet and shut down. It felt like you were shutting me out. Is that accurate, or am I missing something?”

“When I asked you to unload the dishwasher, you rolled your eyes and sighed. It’s the only thing I’ve asked in two days, but it sounded to me like you were upset. As if it were an unfair burden to place on you. Is that what you meant to communicate?”

The other person might respond with, “Yeah, I was upset and felt put-upon, but really I have no right to be. I’m sorry for reacting so badly.” Or they might say, “I did? I don’t remember tha—oh wait, you know what? I had just heard such-and-so on TV and it disgusted me. My body language was in response to what was going on in the other room. Sorry, I didn’t hear you at all.”

It’s always a good idea to clarify what’s going on. And not assume you can read the other person’s mind. Only God can do that.

## **Own the Plank in Your Eye**

Whenever there is a conflict, it’s the result of clashing perspectives or motives or interpretations. According to Jesus’ teaching in Matthew 7:3, the first step to resolving conflict is to take responsibility for our part in it. It’s

amazing how hostilities can de-escalate when someone steps up to the plate and takes responsibility for their contribution to a problem.

Even if our part is only 5%, we're 100% responsible for that 5%. And even if we're sure we haven't done anything wrong, we can acknowledge the possibility that we may have said or did something that was misinterpreted, and we can own that.

It's natural to expect the other person to then take responsibility for their part in the conflict, but alas, very often that doesn't happen. They will just let you take the blame/credit all by yourself even though you know perfectly well the other person was at fault as well. That's okay. When you live for an Audience of One, it's always right to do the right thing, trusting God to work out the justice part. Guilty parties never get away with it forever.

It's not just a life hack, it's supernatural, divine direction from the One who designed people and intended us to be in relationship. Own your part in a conflict—and watch the tension deflate like letting air out of a balloon.

## How to Apologize

The specifics on this life hack came from [one of the best blog posts](#) in the history of the internet. There are four parts:

**1) I'm sorry for \_\_\_\_\_. . .:** Be specific. Show the person you're apologizing to that you really understand what they are upset about.

Wrong: *I'm sorry for being mean.*

Right: *I'm sorry for being unkind when I said you were fat and ugly.*

**2) This is wrong because \_\_\_\_\_:** This might take some more thinking, but this is one of the most important parts. Until you understand why it was wrong or how it hurt someone's feelings, it's unlikely you will change. This is also important to show the person you hurt that you really understand how they feel. I can't tell you how much of a difference this makes! Sometimes, people want to feel understood more than they want an apology. Sometimes just showing understanding- even without an apology- is enough to make them feel better!

Wrong: *This is wrong because you are hyper-sensitive.*

Right: *This is wrong because I hurt your feelings and made you feel bad about yourself.*

**3) In the future, I will \_\_\_\_\_:** Use positive language, and tell me what you WILL do, not what you won't do.

Wrong: *In the future, I will not say that.*

Right: *In the future, I will keep unkind words in my head.*

**4) Will you forgive me?** This is important to try to restore your friendship. Now, there is no rule that the other person has to forgive you. Sometimes, they won't. That's their decision. Hopefully, you will all try to be the kind of friends who will forgive easily, but that's not something you automatically get just because you apologized. But you should at least ask for it.

I love these four steps, and I would add eye contact to the mix.

These four steps to apologizing are powerful because they are biblical.

**1. "I'm sorry for"** means you are confessing, or agreeing with the other person, that you did something wrong. Biblical prayers of confession are very specific in naming the sins committed, such as idolatry, adultery, and murder. Apologizing to another person needs to be just as specific.

**2. "This is wrong because"** reveals that you understand of why it's a problem. David prayed for that kind of self-awareness in Ps. 139:23-24, "Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way."

**3. "In the future, I will"** is a commitment to repent and choose a better, more righteous behavior than the one being renounced and forsaken. Zaccheus gave an example of this in Luke 19:8-"Zaccheus stopped and said to the Lord, 'Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much.'"

**4. "Will you forgive me?"** is a humbling, difficult question to ask. Putting ourselves in the "one-down position" of asking for forgiveness risks exposure and shame-after all, the other person may say no-but forgiveness was extraordinarily important to Jesus. "For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions." (Matt. 6:14-15)

Apologizing the right way is probably the most powerful way to restore a strained or broken relationship.

God created us for relationships and for community. These three life hacks can go a long way toward make them run more smoothly.

This blog post originally appeared at [blogs.bible.org/engage/sue\\_bohlin/3\\_life\\_hacks\\_that\\_will\\_revolutionize\\_your\\_relationships\\_](https://blogs.bible.org/engage/sue_bohlin/3_life_hacks_that_will_revolutionize_your_relationships_) on April 5, 2016

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## I've Got a War Room—Now What Do I Do?



Millions of people have seen the summer blockbuster movie *War Room*, many of them challenged to be more intentional about prayer. Some have even cleaned out a closet or a corner to make their own War Room.

But the movie, for all its motivation to experience the power of prayer, did not provide instructions on what and how to pray. Other than eating potato chips in secret!

Prayer is not about sacred words or flowery religious language. Biblical prayer is about talking to God, heart to heart. Here are some suggestions for what to do in the War Room.

Many people have found it helpful to follow the structure of the acronym ACTS: Adoration, Confession, Thanksgiving, Supplication.

Directing our prayers and thoughts in this particular order

aligns the heart with God's heart.

**Adoration:** This is simply telling God how great He is, focusing on His character and praising Him with words. The book of Psalms is one of the best place to find truths about God and tell Him about it. Several years ago, I went on a treasure hunt as I read through the Bible, drawing a box around every title and name of God I encountered, and writing them down on the blank pages at the back of my Bible. Simply reading some of the titles of God back to Him constitutes adoration. ("You are the King of Kings and Lord of Lords! You are the Bright and Morning Star! You are the Ancient of Days! You are the Creator of the Heavens and the Earth!")

**Confession:** Quietly consider what unconfessed sin you need to bring out in to the light. Confession means to agree with God. You may not even feel remorseful about it (yet), but it is still important to agree with God that sin is sin and you were wrong. ("Lord, I confess being short-tempered with my family yesterday. I confess yelling at that driver who cut me off in traffic. I confess going all day without once thinking of You. I was wrong. Please forgive me.")

**Thanksgiving:** Consider the things God has given you, the things He has done for you, just in the past 24 hours, and tell Him "thank You." The discipline of keeping a gratitude journal provides lots of things to give thanks for. The great thing about being mindful of what God is doing so we can give thanks for them, is that it makes us more sensitive to the many ways in which He shows His love and concern for us throughout each day, which kicks up our gratitude meter, which overflows in more and more thanksgiving, which leads to a joyful heart.

**Supplication:** NOW we get to the part of asking for the things we need or want, or which we would like to see God do in our lives and in the lives of others. It really helps to keep a list of our requests, just like we see in the movie, so we

have a record of how and when God answers them.

This is one of the most misunderstood parts of prayer because often, people mistake having faith in the answers they want, with having faith in the God who answers prayer in His time and in His way. It's fine to ask (not demand, and not presume) for what we want, but it's important not to have unrealistic expectations of getting everything we ask for like a spoiled little kid. (This is one of the reasons people lose heart and can lose their faith—they aren't trusting the God who sees the big picture and knows what is good for us and what isn't, they are looking for the answers to their prayers on a timeline usually faster than the one God is on.)

What should we pray for?

Our daily needs (see also: the Lord's prayer, "give us this day our daily bread," Matthew 6:11), financial provision ("your Father knows what you need before you ask Him," Matthew 6:8), relationships ("it is not good for man to be alone," Genesis 2:18), peace in our relationships ("Peace I leave with you; My peace I give to you," John 14:27) . . . whatever comes to mind.

But we get a head start when we pray God's word. This is great War Room material! Consider praying for one's spouse (even a future spouse!) or children or friends the great prayers recorded by the apostle Paul.

"Lord I ask that \_\_\_\_\_ may be filled with the knowledge of Your will in all spiritual wisdom and understanding, so that he will walk in a manner worthy of You, to please You in all respects, bearing fruit in every good work and increasing in the knowledge of You; strengthened with all power, according to Your glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to You, Father, who have qualified us to share in the inheritance of the saints in light." (Colossians 1:9-12)

“I pray that You would grant \_\_\_\_\_, according to the riches of Your glory, to be strengthened with power through Your Spirit in the inner man, so that Christ may dwell in his heart through faith; and that he, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that he may be filled up to all the fullness of You.” (Ephesians 3:16-19)

Consider praying a Psalm, such as Psalm 1:1-3–

“I pray that \_\_\_\_\_ would be blessed, that she would not walk in the counsel of the wicked,  
Nor stand in the path of sinners, nor sit in the seat of scoffers!

I pray her delight would be in the law of the Lord,  
And in Your law she would meditate day and night.

I pray she would be like a tree firmly planted by streams of water,

Which yields its fruit in its season and its leaf does not wither;

And in whatever he does, she would prosper.”

Spiritual warfare was one of the elements of the War Room movie, and prayer is how it is battled and won. For the simplest form of it, we can look to how Jesus prayed for His disciples in John 17. He asked His Father:

- To keep His disciples safe from the evil one (v. 15)
- To set them apart in the truth (v. 17)
- For oneness (v. 21). The context was oneness within the Body of Christ, the church, but this is a powerful request to pray for our marriages as well.

I am also intrigued by His prayer in v. 23, “You have loved them just as You have loved Me.” Most people have no idea of just how much and how great the Father’s love is for us—He

loves us the exact same way and the exact same amount as He loves His Son! I love to pray that God will allow my loved one to grasp this truth, which corresponds to the Ephesians 3 prayer above.

Jesus also prayed for Peter before his spectacular, epic failure when he denied his Lord, that his faith would not [completely and utterly] fail, and that after he turned back, that he would strengthen his brothers. Praying for our loved ones' faith not to fail, and for God to redeem and use any lapses and stumbles, is a powerful way to pray for them.

An important part of War Room prayer strategy, just as in physical war, is to remove obstacles to effectiveness. In Mark 11:25, Jesus said, ""Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions." An important thing to do in anyone's War Room is to examine our hearts for any unforgiveness and deal with it.

Well, I think that's a good start on your War Room! Would you like to add any suggestions? Comment below!

This blog post originally appeared at  
[blogs.bible.org/engage/sue\\_bohlin/ive\\_got\\_a\\_war\\_room-now\\_what\\_  
do\\_i\\_do](https://blogs.bible.org/engage/sue_bohlin/ive_got_a_war_room-now_what_do_i_do)

on Sept. 22, 2015

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## **Bad Blood Reconciled: A Review of Taylor Swift's "Bad**

# Blood”

*Probe intern Sarah Withers contrasts Taylor Swift’s Bad Blood song to the deep spiritual truths of the gospel of Christ.*

Naomi, a young Taylor Swift fan fighting leukemia, adopted Swift’s song “[Bad Blood](#)” as her theme song during her battle with cancer. In response to her [video](#) Naomi uploaded on YouTube, Taylor Swift contributed [\\$50,000 to Naomi’s medical bills](#). Naomi through her heartwarming story was able to transform the song to make it inspiring and hopeful. However, as most know, the song is not about fighting terrible cancer but instead about a broken relationship. Although Swift did not disclose the antagonist, she no longer sees reconciliation as an option. By contrasting Swift’s “Bad Blood” with Christ’s reconciling blood, Christians are reminded of the transformative power of the gospel to bring healing and hope to broken relationships.

## **Destructive Power of Bad Blood**

“Bad Blood,” through the lyrics and video, paints a picture of the pain that is felt after someone is wronged in a relationship. The antagonist attacking her and “rubbing it in so deep” left Swift with a “a really deep cut.” Many, if not all of us, have felt the pangs of being cut deeply with words and actions in a relationship gone wrong. A quick read through the Psalms reveals victims of broken relationships crying out in pain. The Psalmist laments, “Even my closest friend in whom I trusted, who ate my bread, has lifted his heel before me.”[\[1\]](#)

Not only do broken relationships hurt initially and deeply, but often the pain lingers. Swift captures this experience through the lyrics, “Still got scars in my back from your knives, so don’t think it’s in the past, these kinds of wounds they last and they last.” Again the Psalmist writes, “I am restless in my complaint and I moan, because the noise of the

enemy, because of the oppression of the wicked.”<sup>{2}</sup> One thing both the Psalms and Swift can agree on is that broken relationships and betrayal are deeply painful.

For Swift, not only is the relationship broken and painful, it is irreconcilable. She notes the hopelessness of the relationship, “I don’t think we can solve them (problems)” and “in time can heal but this won’t.” This is the most upsetting part of the song.

We all have had broken relationships, yet the ones that hurt the most are the ones that turn from feelings of hurt to feelings of hate. We should hate sin and the pain it brings with it, but we are called to love even our enemies. Ephesians 6 says that our battle is not against flesh and blood but against the “spiritual forces of evil.”<sup>{3}</sup> As difficult as it may be, we should guard our heart from future pain without hating the individual who hurt us. Thus, reconciliation should always be the ideal goal and in cases where reconciliation cannot or does not occur, forgiveness should still reign in our heart.

## **Healing Power of Christ’s Blood**

It seems like an impossible request to forgive someone and even move towards reconciliation with someone who betrayed and hurt us. This would be an unimaginable task if it were not for someone who did this for us first. The gospel is the perfect example of reconciliation.

When we sin, whether or not it affects anyone, we sin against God. Our most fundamental problem with sin is not that it hurts other people, but that it separates us from the love of God. Those who do not accept Christ as their savior are outside of the effect of Christ’s atoning blood and therefore are not able to experience God’s love. However, Paul in Ephesians says “But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ.”<sup>{4}</sup>

Before we can offer true love and reconciliation to others, we must first receive love and be reconciled to God. The only way to turn our bad blood against God into unity with God is through the power of Christ's redeeming blood on the cross. Colossians states, "For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross."[{5}](#) His blood cleanses us so that we are filled with the selfless love towards others that the Scriptures ask of us.[{6}](#)

## **Our Fight against Bad Blood**

Even for Christians who have been shown love and forgiveness, we still do not always experience an overflowing of love and forgiveness for those who wrong us. We still struggle with having bad blood towards our enemies. We still feel the pain of the broken relationships even though we are in Christ. As Christians, we look forward to a day when we will not feel pain, but while we still live in a fallen world, pain and hurt are very much part of our everyday lives.

However, the wrong that causes our pain has been or will be paid for. As Christians, if we are wronged by a believer in Christ, remember that Jesus died for those sins as well as for ours.[{7}](#) Yes, we should still lament that even believers sin and cause pain, yet justice was important enough to Christ that He died for those sins.[{8}](#) For those who sin against us and remain outside of Christ, their wrongs will be righted at the cost of their own life in eternal wrath. The hope of sharing the gospel is to offer others the redemptive power of Christ which indeed makes the gospel good news!

Looking back to the Psalms, there is a life-giving trend even within the darkness and pain. Even in Psalm 88, which is considered to be one of the darkest Psalms, the psalmist still cries out to God. In our broken relationships with others, true reconciliation must start and end with the grace and

justice of God.

God knew we had bad blood and provided a Savior to change our hearts. He still continues to hear our cries of pain and sent the Holy Spirit to continue to protect our hearts from holding on to the bad blood in our relationships.

## Notes

1. Psalm 41:9 All verses are from the English Standard Version.
2. Psalm 55:2-3, see also Psalm 69.
3. Ephesians 6:12
4. Ephesians 2:13
5. Colossians 1:19-20
6. Hebrews 9:14
7. Ephesians 1:7
8. This is why I think St. Anselm was on the right track in *Cur Deus Homo*, when he argued that Jesus Christ had to become incarnate and die for our sins so that God's justice and grace could be made manifest. If God just ignored our sins, justice would not prevail—thank God He is both just and gracious through Jesus Christ!

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# Are You a Safe Person?

*Dec. 19, 2012*

We all want people in our lives that we can be real with, people we can trust with our hearts and our struggles, people we can risk opening up to. But it is foolishness to share the treasure of our hearts with unsafe people who will judge us, shame us, or condemn us.

So what does a safe person look like? How do we recognize them? And more importantly, how do we become one?

Being a safe person starts with owning your own brokenness and need for Jesus. It means admitting you're not perfect. Beyond that, it means dropping the unrealistic hope of perfection in this lifetime and the pretense that you've got it all together. It means being open about your hurts, your temptations, your failings, your humanity. A safe person gets that "there but for the grace of God, go I."

A safe person is humble, which means being right-sized. Not pretending to be bigger than they really are, and not thinking they are less than they really are. Right-sized! Humble people don't look down on others from their "superior" position, but they don't put others on a pedestal either. They understand that the ground is level at the foot of the cross.

A safe person understands grace and gives it to others. I love Pastor John Ortberg's delightful definition: "Grace is the offer of God's ceaseless presence and irrational love that cannot be stopped. It's the flow of God's power and presence and favor in your life from one moment to the next that enables you to do whatever it is God has for you to do."

Grace is acceptance. It looks at others and communicates, "I accept you just as you are." Acceptance doesn't mean agreeing about everything, or condoning others' foolish or sinful choices; it means not denying reality, and respecting other people's right to make their own choices. God accepts us just as we are but He doesn't agree with our sin. When a friend's daughter confessed she was pregnant and unmarried, it was a painful struggle for the mom. One day she protested in her prayer time, "Lord, I suppose You want me to help put together a *shower* for her?!" She was taken aback by the gentle response she received: "Every child deserves to be welcomed and celebrated." Chastened, she helped organize a shower for a little girl who has been nothing but a blessing and an

unimaginable joy from the day she was born. My friend learned to live out the grace of acceptance without compromising on the sin that created the situation in the first place.

Safe people encourage others, by their example of transparency and authenticity, to be the same person on the outside that they are on the inside.

Safe people remember there are two sides to every story, and they wait to make a judgment till they hear the other side.

Safe people seek to maintain a non-judgmental attitude toward others. They don't shame others. They don't criticize others.

Safe people are honest people. They speak the truth in love (Eph. 4:15) as a way of life. Safe people teach themselves to be good listeners. When the other person is talking, they're not thinking about what they are going to say when the other's done; they simply receive their words with respectful attentiveness.

Safe people love with God's love. By abiding in the vine (John 15), they stay yielded to God, and His love flows through a pipeline from the Father's heart to others' hearts.

Safe people are forgiving people. They extend to others the forgiveness they have received from God and from others.

Safe people seek forgiveness when they blow it. They confess their specific faults, acknowledge the effects of their actions on others, and ask for forgiveness.

It's especially wonderful when safe people become leaders, because they understand that brokenness and struggles are a normal part of growing and of the sanctification process. They know there will be stumbles and falls. They expect it. They're not shocked when it happens. So when it does, they recall their own desperate need for Jesus and His grace, and they extend it with sorrow rather than judgment, and compassion

rather than criticism.

How safe a person are *you*?

This blog post originally appeared at  
[blogs.bible.org/tapestry/sue\\_bohlin/are\\_you\\_a\\_safe\\_person](https://blogs.bible.org/tapestry/sue_bohlin/are_you_a_safe_person)

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## Flush It, Don't Eat it

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I used to have a family member who never had a cheerful or affirming thing to say. She was grumpy and judgmental, and nothing was ever good enough. But I learned an exceedingly valuable life lesson from her.

One day I realized that the way she treated me was like the solid waste that goes into toilets, if you know what I mean. I had a choice with how to handle it. I could internalize it, which would be like pulling out a spoon and eating it . . . or I could refuse to take it personally, and send it away by flushing it. There was a delightful sense of power the first time I told myself, "This is about her, not me," as I mentally reached for the handle and said to myself, "Flushhhhhh!" I couldn't help but smile at the freedom I felt.

I couldn't keep her brokenness, her own "heart garbage" from dumping on me, but I found a way to refuse to accept it and make it *my* heart garbage. Result: greater emotional health for me.

When I taught the high school girls' Bible study at my church, they would complain about the way the high school boys treated them. (Not abuse, just relational cluelessness.) I assured

them that high school boys are not fully formed human beings yet, and they needed to finish growing up. But I also empowered the girls with this wisdom, instructing them how to mentally reach over, hit the handle and say to themselves, “Flushhhhhh!” Swearing them to secrecy within the Bible study, I suggested that if some boy said something dumb, the girls could look at each another and say, “FI!” for “flush it.”

It drove the boys nuts. “Feminine Intuition?” “Nope! You’ll never guess what it means, it’s a secret!” The girls told me it really helped them to not take the boys’ immature comments personally; I told them that I was glad they were learning the lesson then, and they just might find it helpful for dealing with a parent, a future mother-in-law, or some other person whose hurtfulness they couldn’t escape.

Jesus showed us this pattern; He knew how to keep Himself mentally and emotionally balanced even though He was surrounded by people who kept giving Him reason to “flush.” He never put His emotional eggs in their baskets—He never took their misunderstanding and their judgments personally (until the cross, when He absorbed every bit of our sin and judgments into Himself). Even during His torture and crucifixion, He kept releasing the hurts of people into the Father’s hands, saying repeatedly, “Father, forgive them, for they know not what they do” (Luke 23:34).

Whether it’s someone cutting us off in traffic, or dissing us in a group setting or a Facebook thread, or any other place where people’s sinfulness and brokenness spews out on us, it’s helpful to tell ourselves, “Flush it, don’t eat it.”

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