

# Loving God Through Xmas Music?

From Thanksgiving to Christmas Day, the sounds of Christmas music are everywhere: stores, TV specials, many radio stations. Every year, the biggest oldies station in Dallas becomes “The Christmas Station,” this year starting in mid-November.

There are two ways to respond to Christmas music, I think. One way is to let it stream unfiltered into our hearts and minds as the background noise of our December lives. The other is to be intentional about categorizing what we hear, letting it all remind us of “the reason for the season.”

I suggest that Christmas music falls into four categories, and we can mentally tag each song with the appropriate category as we listen:

## **Songs About Weather**

What do sleigh rides have to do with Jesus’ birthday? Nothing. But a number of songs we only hear in December are focused on northern-hemisphere weather. Key words are snow, cold, frosty, winter, and jingle bells (because they belong on sleighs, apparently).

## **Songs About Fantasy**

All songs about Santa Claus, the Grinch, elves, and Frosty the Snowman belong in this category. Make-believe characters have nothing to do with the birth of the Savior, but we only hear them at Christmas.

## **Songs About “Xmas Feelings”**

There are lots of songs invoking warm and fuzzy feelings about Christmas, and being together, and good cheer. It’s “the happiest season of all,” right? Other songs highlight what the singer wants for Christmas, ranging from a kid’s two front

teeth to the not-T00-greedy “Santa Baby” song: a fur coat, a car, a yacht and a ring. Be sure to hang some mistletoe so you can score a kiss from somebody. (Except that given the current movement to expose sexual harassment and crimes, that might not be the best move right now.) I call these “Xmas Feelings” because although the songs are played at Christmastime, none of them have anything to do with the reason we celebrate Christmas in the first place. It’s a totally secular feel-good holiday, so we can just X out the Christ of Christmas.

### **Songs About the Birth of Christ**

Aaaah . . . *now* we’re talking! Most songs about Jesus’ birth are either Christmas carols, long venerated for the very good reason that they proclaim truth. We call them carols, but they’re really hymns that celebrate the Incarnation, God leaving heaven to become man. Most carols show deep insight into the glorious mystery of the Incarnation. “Hark the Herald Angels Sing” proclaims, “Veiled in flesh the Godhead see, Hail the incarnate Deity.” My favorite Christmas carol, “Joy to the World,” exhorts us—and the whole world—to embrace the Savior: “Let earth receive her King, Let every heart prepare Him room, And heaven and nature sing. . .”

In addition to Christmas carols, some more modern songs teach biblical doctrine. “Mary Did You Know,” written by Mark Lowry and Buddy Greene in 1991, elevates Jesus in a most worshipful way. “Mary did you know . . . when you kiss your little Baby you kiss the face of God? . . . This sleeping Child you’re holding is the Great I AM?” Still gives me goosebumps. Every time I hear it.

The continual presence of Christmas music is a good opportunity to practice discernment with every song by asking, “Which category does this song go in?” Using biblical wisdom to think intentionally is one way we can love God with our minds, as Jesus said is part of the greatest commandment (Luke 10:27). But then we can go on to a second step, which is to connect the dots between the songs and the Lord behind “the

reason for the season.”

When we hear a song about weather: “Lord, I praise You for being the creator of winter—and spring, summer and fall.”

When we hear a song about fantasy characters: “Lord, I praise You for being real and true, and not make-believe like Santa or Frosty.”

When we hear a song about Xmas feelings: “Lord, the longings of the heart for love and for home and for belonging are all met in You. Thank You for drawing me into relationship with You as the giver of these good things.”

When we hear a song about Jesus’ birth: “Lord, Happy Birthday! Thank You for leaving heaven and coming to earth to reconcile us with the Father. Thank You for this wonderful song that reminds us that You are Lord.”

Bonus points for identifying “category error” songs that mix fantasy and truth. Examples: “Here Comes Santa Claus” mixes the made-up Santa and the True God:

“Peace on earth will come to all, if we just follow the light  
So let’s give thanks to the Lord above ’cause Santa Claus comes tonight.”

Then there’s “Up on the Rooftop”:

Up on the rooftop  
Click, click, click  
Down through the chimney with  
Good Saint Nick

Santa is not Saint Nicholas, a 4th-century Christ-follower in modern-day Turkey. St. Nicholas didn’t come down chimneys with toys for good little girls and boys! Santa is fantasy; “St. Nick” is real.

Happy singing . . . and thinking!

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## Evidence for God's Existence

*Romans chapter 1 says that God has planted evidence of Himself throughout His creation so we are without excuse. Sue Bohlin looks at different types of evidence indicating that God really does exist.*

### A “Just Right” Universe

There's so much about the universe, and our world in particular, that we take for granted because it works so well. But Christian astronomer Dr. Hugh Ross has cited twenty-six different characteristics about the universe that enable it to sustain life. And there are thirty-three characteristics about our galaxy, our solar system, and the planet Earth that are finely-tuned to allow life to exist.<sup>{1}</sup> I do well to make the meat, potatoes, vegetables, and bread all come out at the same time for dinner; we're talking about fifty-nine different aspects all being kept in perfect balance so the universe hangs together and we can live in it!

Our Earth, for instance, is perfectly designed for life. It's the “just right” size for the atmosphere we need. Its size and corresponding gravity hold a thin, but not too thin, layer of gases to protect us and allow us to breathe. When astronaut John Glenn returned to space, one of the things that struck him was how thin and fragile our atmosphere is (only 50 miles above the Earth). If our planet were smaller it couldn't support an atmosphere, like on Mercury. If it were larger,

like Jupiter, the atmosphere would contain free hydrogen, which is poison for us.[{2}](#) Earth is the only planet we know of that contains an atmosphere that can support human, animal, and plant life.

The Earth is also placed at a “just right” distance from the sun and the other planets in our solar system. If we were closer to the sun, we’d burn up. If we were farther away, we’d freeze. Because Earth’s orbit is nearly circular, this slightly elliptical shape means that we enjoy a quite narrow range of temperatures, which is important to life. The speed of Earth’s rotation on its axis, completing one turn every 24 hours, means that the sun warms the planet evenly. Compare our world to the moon, where there are incredible temperature variations because it lacks sufficient atmosphere or water to retain or deflect the sun’s energy.

Speaking of the moon, it’s important that there is only one moon, not two or three or none, and it’s the “just right” size and distance from us. The moon’s gravity impacts the movement of ocean currents, keeping the water from becoming stagnant.[{3}](#)

Water itself is an important part of a “just right” world. Plants, animals and human beings are mostly made of water, and we need it to live. One of the things that makes Earth unique is the abundance of water in a liquid state.

Water has surface tension. This means that water can move upward, against gravity, to bring liquid nutrients to the tops of the tallest plants.

Everything else in the world freezes from the bottom up, but water freezes from the top down. Everything else contracts when it freezes, but water expands. This means that in winter, ponds and rivers and lakes can freeze at the surface, but allow fish and other marine creatures to live down below.

The fact that we live on a “just right” planet in a “just

right” universe is evidence that it all was created by a loving God.

## **The Nagging Itch of “Ought”**

As a mother, I was convinced of the existence of a moral God when my children, without being taught, would complain that something wasn’t “fair.” Fair? Who taught them about fair? Why is it that no one ever has to teach children about fairness, but all parents hear the universal wail of “That’s not fa-a-a-a-a-air!” The concept of fairness is about an internal awareness that there’s a certain way that things ought to be. It’s not limited to three-year-olds who are unhappy that their older siblings get to stay up later. We see the same thing on “Save the Whales” bumper stickers. Why should we save the whales? Because we ought to take care of the world. Why should we take care of the world? Because we just should, that’s why. It’s the right thing to do. There’s that sense of “ought” again.

Certain values can be found in all human cultures, a belief that we act certain ways because they’re the right thing to do. Murdering one’s own people is wrong, for example. Lying and cheating is wrong. So is stealing. Where did this universal sense of right and wrong come from? If we just evolved from the apes, and there is nothing except space, time, and matter, then from where did this moral sense of right and wrong arise?

A moral sense of right and wrong isn’t connected to our muscles or bones or blood. Some scientists argue that it comes from our genes – that belief in morality selects us for survival and reproduction. But if pressed, those same scientists would assure you that ultimate right and wrong don’t exist in a measurable way, and it’s only the illusion of morality that helps us survive. But if one researcher stole another’s data and published results under his own name, all the theories about morality as illusion would go right out the

window. I don't know of any scientist who wouldn't cry, "That's not fair!" Living in the real world is a true antidote for sophisticated arguments against right and wrong.

Apologist Greg Koukl points out that guilt is another indicator of ultimate right and wrong. "It's tied into our understanding of things that are right and things that are wrong. We feel guilty when we think we've violated a moral rule, an "ought." And that feeling hurts. It doesn't hurt our body; it hurts our souls. An ethical violation is not a physical thing, like a punch in the nose, producing physical pain. It's a soulish injury producing a soulish pain. That's why I call it ethical pain. That's what guilt is – ethical pain."[\[4\]](#)

The reason all human beings start out with an awareness of right and wrong, the reason we all yearn for justice and fairness, is that we are made in the image of God, who is just and right. The reason we feel violated when someone does us wrong is that a moral law has been broken – and you can't have a moral law without a moral law giver. Every time we feel that old feeling of, "It's not fa-a-a-a-a-air!" rising up within us, it's a signpost pointing us to the existence of God. He has left signposts pointing to Himself all over creation. That's why we are without excuse.

## Evidence of Design Implies a Designer



If you've ever visited or seen pictures of Mount Rushmore (South Dakota USA), you cannot help but look at the gigantic sculpture of four presidents' faces and wonder at the skill of the sculptor. You know, without having to be told, that the natural forces of wind and rain did not erode the rock into those shapes. It took the skilled hands of an artist.

William Paley made a compelling argument years ago that the intricacies of a watch are so clearly engineered that it cannot be the product of nature: a watch demands a watchmaker. In the same way, the more we discover about our world and ourselves, the more we see that like an expertly-fashioned watch, our world and we ourselves have been finely crafted with intentional design. And design implies a designer.

Since we live in our bodies and take so much of our abilities for granted, it's understandable that we might miss the evidence of design within ourselves – much like a fish might be oblivious to what it means to be wet. Dr. Phillip Bishop at the University of Alabama, challenges us to consider what would happen if we commissioned a team of mechanical engineers to develop a robot that could lift 500 pounds. And let's say we also commissioned them to design a robot that could play Chopin. They could probably do that. But what if we asked them to come up with a robot that could do both, and limit the robot's weight to 250 pounds, and require that it be able to do a variety of similar tasks? They'd laugh in our faces, no matter how much time or money we gave them to do it. But you know, all we'd be asking them to do is to come up with a very crude replication of former football player Mike Reid.[\[5\]](#)

Probably the greatest evidence of design in creation is DNA, the material of which our genes are made, as well as the genetic material for every living thing on the planet. One of the startling discoveries about DNA is that it is a highly complex informational code, so complex that scientists struggle hard to decipher even the tiniest portions of the various genes in every organism. DNA conveys intelligent information; in fact, molecular biologists use language terms – code, translation, transcription – to describe what it does and how it acts. Communication engineers and information scientists tell us that you can't have a code without a code-maker, so it would seem that DNA is probably the strongest indicator in our world that there is an intelligent Designer



behind its existence.

Dr. Richard Dawkins, a professor of biology who writes books and articles praising evolution, said in his book *The Blind Watchmaker*, "Biology is the study of complicated things that give the appearance of having been designed for a purpose."[\[6\]](#) Even those who desperately fear the implications of design keep running into it.

Those who deny the evidence of a designer are a lot like the foolish fisherman. If he fails to catch a fish, he says, "Aha! This proves there are no fish!" He doesn't want to consider the possibility that it might be he is an inept fisherman. Since science cannot measure the intangible or the supernatural, there are many people who say, "Aha! There is no Creator."[\[7\]](#) Foolish fishermen deny the evidence that God exists and has left His fingerprints all over creation.

## **The Reliability of the Bible**

Every religion has its own holy book, but the Bible is different from all the others. It claims to be the very Word of God, not dropped out of the sky but God-breathed, infused with God's power as He communicated His thoughts and intent through human writers.

The Bible was written over a period of 1500 years, by about forty different writers, on three different continents. They addressed a wide variety of subjects, and yet the individual books of the Bible show a remarkable consistency within themselves. There is a great deal of diversity within the Bible, at the same time displaying an amazing unity. It presents an internally consistent message with one great theme: God's love for man and the great lengths to which He went to demonstrate that love.

If you pick up any city newspaper, you won't find the kind of agreement and harmony in it that is the hallmark of the

biblical books. A collection of documents that spans so much time and distance could not be marked by this unity unless it was superintended by one Author who was behind it all. The unity of the Bible is evidence of God's existence.

One other aspect of the Bible is probably the greatest evidence that God exists and that He has spoken to us in His holy book: fulfilled prophecy. The Bible contains hundreds of details of history which were written in advance before any of them came to pass. Only a sovereign God, who knows the future and can make it happen, can write prophecy that is accurately and always – eventually – fulfilled.

For example, God spoke through the prophet Ezekiel against the bustling seaport and trade center of Tyre. In Ezekiel 26:3-6, He said He would bring nations against her: "They shall destroy the walls of Tyre and break down her towers; and I will scrape her soil from her, and make her a bare rock." Ezekiel 26-28 has many details of this prophecy against Tyre, which would be like Billy Graham announcing that God was going to wipe New York off the map.

Tyre consisted of two parts, a mainland city and an island a half- mile offshore. The first attack came from the Babylonian king Nebuchadnezzar, who laid siege to Tyre for thirteen years. Finally, his battering rams broke through the walls, and he tore down the city's towers. But the island part of the city wasn't yet destroyed, because this prophecy was fulfilled in stages. For 250 years it flourished, until Alexander the Great set his sights on Tyre. Even without a navy, he was able to conquer this island city in what some consider his greatest military exploit. He turned the ruined walls and towers of Old Tyre into rubble, which he used to build a causeway from the mainland to the island. When he ran out of material, he scraped the soil from the land to finish the land- bridge, leaving only barren rocks where the old city used to be. He fulfilled the prophecy, "They will break down your walls and destroy your pleasant houses; your stones and timber and soil

they will cast into the midst of the waters”(Ez. 26:12).

Fulfilled prophecy is just one example of how God shows He is there and He is not silent. How else do we explain the existence of history written in advance?

## **Jesus: The Ultimate Evidence**

The most astounding thing God has ever done to show His existence to us is when He passed through the veil between heaven and earth and came to live among us as a man.

Jesus Christ was far more than just a great moral teacher. He said things that would be outrageous if they weren't true, but He backed them up with even more outrageous signs to prove they were. Jesus claimed not to speak for God as a prophet, but to be God in human flesh. He said, “If you've seen Me, you've seen the Father” (John 14:9), and, “The Father and I are one” (John 10:30). When asked if He was the Messiah, the promised Savior, He said yes.[\[8\]](#) He told his contemporaries, “Before Abraham was, I am”(John 8:58). The fact that His unbelieving listeners decided then to kill Him shows that they realized He was claiming to be Yahweh, God Almighty.

When Jesus told His followers that He was the Good Shepherd (John 10:11-18), they would immediately be reminded of a passage in the book of Ezekiel where Yahweh God pronounced Himself shepherd over Israel (Ez. 34:1-16). Jesus equated Himself with God.

But words are cheap, so Jesus backed up His words with miracles and signs to validate His truth-claims. He healed all sorts of diseases in people: the blind, the deaf, the crippled, lepers, epileptics, and even a woman with a twelve-year hemorrhage. He took authority over the demons that terrorized and possessed people. He even raised the dead.

Jesus showed His authority over nature, as well. He calmed a terrible storm with just a word. He created food out of thin

air, with bread and fish left over! He turned water into wine. He walked on water.

He showed us what God the Father is like; Jesus was God with skin on. He was loving and sensitive, at the same time strong and determined. Children and troubled people were drawn to Him like a magnet, but the arrogant and self-sufficient were threatened by Him. He drenched people with grace and mercy while never compromising His holiness and righteousness.

And after living a perfect life, He showed His love to us by dying in our place on a Roman cross, promising to come back to life. Who else but God Himself could make a promise like that and then fulfill it? The literal, bodily resurrection of Jesus Christ is the final, greatest proof that there is a God, that Jesus is God Himself, and that God has entered our world and showed us the way to heaven so we can be with Him forever. He said, "I am the way, the truth, and the life; no one comes to the Father except by Me" (John 14:6).

God exists, and He has spoken. He made a "just right" universe that is stamped with clues of its Maker. He placed eternity in our hearts, as Ecclesiastes tells us, and all people have a strong moral streak because we are made in the image of a moral God. The evidence of design in our bodies, our world and the universe is a signpost pointing to a loving, intelligent Designer behind it all. The unity of the Bible and the hundreds of fulfilled prophecies in it show the mind of God behind its creation. And we've looked at the way Jesus punched through the space-time continuum to show us what God looks like, and opened the doorway to heaven. Jesus is the clearest evidence of all that God does exist.

## Notes

1. Hugh Ross, *Creator and the Cosmos*. (Colorado Springs, CO.: Navpress, 1995), 111-145.
2. R.E.D. Clark, *Creation* (London: Tyndale Press, 1946), 20.

3. The Wonders of God's Creation, Moody Institute of Science (Chicago, IL).
4. Gregory Koukl, "Guilt and God," Stand to Reason Commentary. <http://www.str.org/free/commentaries/theology/guiltngod.htm>.
5. Phillip Bishop, "Evidence of God in Human Physiology." <http://www.leaderu.com/science/bishop.html>
6. Richard Dawkins, *The Blind Watchmaker* (New York: W.W. Norton & Co., 1986), 1.
7. Bishop.
8. Mark 14:61-62; Matthew 26: 63-65; Luke 22:67-70

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## If God is So Good, Why Does He Let Me Hurt?

This is probably the biggest question, and the biggest obstacle to trusting God, in Christianity. It's a legitimate question, and it deserves a thoughtful answer that honors the amount of pain attached to it. Disclosure: I am writing this while beset by the most physical pain I've experienced since post-polio syndrome started attacking my body with the "unholy trinity" of pain, weakness and fatigue. It hurts to stand, it hurts to walk. Every single step.

Why does God allow it? And my pain is *nothing* compared to the horrific suffering of millions around the world. Doesn't He care? Why doesn't He stop it—surely He can. He could stop it all with a single word. So why does He let innocent

people—especially children, for heaven's sake—suffer?

We need to put evil and suffering into perspective, and that means the Really Big Picture. Starting before the beginning of time. When all there was, was God: Father, Son and Spirit, engaged in a three-Personed “holy hug” that had no beginning and has no end. A continual celebration of love, adoration, respect, and delight in each other. At some point Father God decided to create mankind and draw us into His circle of love, adopting us as sons (Eph. 1:4-5) and creating a Bride for His eternal Son (Rev. 19:7), a fit companion who would reign with the Lamb (Rev. 22:5).

But God knew that all of human history would unfold between the bookends of the creation of mankind and the Marriage Feast of the Lamb. The God of light and life, of love and truth, knew that all those things are found only in Him; He knew that to reject Him meant choosing darkness and death, isolation and deception. He knew that Adam would rebel, that His perfect creation would crash and burn in the Fall, and that everything would be infected and corrupted by sin. He knew that every human being would be born with a compulsion to reject Him, to live disconnected from Him, independent from Him—something like spiritual HIV+, insuring a death sentence. And sure enough, the mortality rate is still 100%.

God knew all this, and He created us anyway. Because He knew the end result was worth it.

Because God is love, He created people to love, and He created people to love Him back. In order for us to choose to return His love, we needed to be free to choose NOT to love Him. God made us with the very real option to say no to Him, so that our yes would mean something. The alternative would be the equivalent to making a phone say, “Good morning, I love you.” The words might be there but there is no heart and no choice behind them—they are nothing more than the result of a programming code. God wanted real and actual love, and that

meant that some people He made and dearly loved, could and would say no.

When people say no to God, they not only cut themselves off from relationship with Him, they open the door to all kinds of evil. Some of it comes from sinful human hearts; some of it comes from the demonic realm, angels who also said no to God and became devils. Evil was unleashed by Adam when he disobeyed God in the Garden of Eden (Gen. 3) and it has been causing havoc, pain and suffering ever since. Sometimes we need to remind ourselves that this world plagued by pain and disease, deliberate meanness and selfishness, is not God's original perfect creation. If it were, God would indeed be a horrible monster. He knew Adam would open the door to all kinds of evil and suffering, and He allowed Adam to do it anyway. Because He knew the end result was worth it.

Why does God let people suffer?

God uses suffering to cleanse us, to mature us, to burn up shallowness. (Please see my article [The Value of Suffering](#).) [He uses pain](#) as His instrument to shape us into the image of His Son (Rom. 8:28-29). God has no magic wand that instantly transforms us from something broken and dirty (and we are far more broken and dirty than we have any idea) into something whole and beautiful. There is no divine "Bibbity-Bobbity-Boo."

Instead, the Son left heaven, wrapped Himself in human flesh, and came to earth where He lived a perfect, sinless life. Every day of His earthly life, He suffered as a human, limiting Himself to a body that would get tired, hungry, thirsty and dirty. What the first Adam messed up, Jesus the Second Adam corrected. Where Adam disobeyed the Father, Jesus learned obedience through suffering (Heb. 5:8). Jesus suffered throughout His incarnation simply because of His limitations as a human, then suffered an unimaginably horrible death through crucifixion, made even worse because He absorbed all the sin of every human being who had ever lived, was living on

the earth at that time, and would ever exist in the future. He took our sin into Himself, actually becoming our sin (2 Cor. 5:21), so that when He died, our sin died with Him. But the Father raised Him from the dead, and He is alive at His Father's right hand right now in heaven.

This means that God knows what it means to suffer. There is no pain, no suffering we can endure, that God Himself did not experience even more during Jesus' time on earth. This same suffering God promised, "Behold, I am making all things new" (Rev. 21:5). The Father knew He would send the Son to suffer, and the Son knew that's what He would leave heaven for.

He did it anyway. Because He knew the end result was worth it.

God allows pain and suffering and evil because He has a plan, and He's working His plan. The end result is that He is redeeming and restoring all the evil, pain and suffering of this sin-sick world. He will set all things right in the end. The last chapter of the Bible makes it clear that there is a happy ending to what is NOT a fairy tale. What started out as a Three-Personed holy hug of the Father, Son and Spirit loving each other while still remaining one God, will be a hugely enlarged circle of love that includes millions, possibly billions of people God made in His image, marked "Mine," and drew into the divine circle to love and be loved forever.

At that point I believe we will agree, as we look back on evil, pain and suffering on earth, that it was so, so worth it.

This blog post originally appeared at [If God Is So Good, Why Does He Let Me Hurt?](#) on July 15, 2014

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# Pods, Aliens, and the Incarnation

There is a moment in the 1985 sci-fi movie *Cocoon* that has haunted me for 25 years now. Senior citizens discover that the water in the pool they've been swimming in has a marvelously rejuvenating effect on them. Aliens have stashed the cocoon pods of their cohorts in the bottom of the pool of a rented house, awaiting their return to the mother ship.

These aliens are light-filled, radiant creatures who cover themselves in human skin to pass as one of us.

The moment in the film that has stayed with me all this time is when the lead alien, played by Brian Dennehy, checks his human disguise in the mirror. He pulls down his lower eyelid, revealing the light within that shoots out in a beam. I gasped internally: what a picture of the Incarnation of the Lord Jesus Christ!



*Now the Word became flesh and took up residence among us. We saw his glory – the glory of the one and only, full of grace and truth, who came from the Father. (John 1:14)*

When the Lord Jesus wrapped Himself in human flesh and entered our world, He did not leave His glory behind—He covered it up. “Glory” can mean splendor and brilliance and magnificence, but it also connotes the essential nature of a person or thing. Jesus brought His essential nature of the eternally existent Father’s Son into His human body, into our world. John 1 tells us that Jesus brought with Him—because He is—life, light, truth, fullness. He embodies the things our broken souls long for.

I love the Incarnation. I love the fact that Jesus entered

into our “garbage pail” of human darkness and brokenness to redeem it all. I love that He brought His light and His glory into our blindness and lifelessness. But (in the famous words of the TV infomercials) . . . “That’s not all!”

I am still amazed that not only did the Lord of glory “tabernacle among us” (John 1:14), not only did He pitch His tent in our midst, He gladly sets up house inside us! When we accept the Father, Son and Spirit’s invitation to join Their circle of divine love and joy and fellowship and community, He brings His glory *inside of us!* Literally!

Suddenly, the image of the light inside the Brian Dennehy/alien character is not just about Jesus being light on the inside and human flesh on the outside, it’s a picture of “Christ in [us], the hope of glory” (Colossians 1:27). He brings HIS light inside of us.

Amazing. Staggering. And yet it’s real, it’s true, and if we lived it out, if we lived an incarnational life of allowing Jesus to express the love and glory of God through what we think and say and do, the people in our lives would think, “Where do I get me some of that??”

*Oh Lord Jesus! Deepen my understanding of this truth so that I continually choose to let You live Your glory through me, drawing others to Yourself!*

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# “Body Building”: Edifying Thoughts about Our Bodies

## Why Should I Care About This?

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



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

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

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

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

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

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

## **The Goodness of the Human Body**

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

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

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

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

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

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

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

# The Importance of the Incarnation

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

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

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

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

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

## Human Sexuality

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

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

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

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

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

## **Bodily Death and Resurrection**

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

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

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



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

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

## Notes

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

Rapids: Eerdmans, 1996), 9.

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

4. Ehrman, *Lost Christianities*, 29.

5. Ibid., 21.

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

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

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

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

10. Ehrman, *Lost Christianities*, 21.

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