

# Body and Soul in the Old Testament

*Dr. Michael Gleghorn addresses how the Old Testament treats body and soul. What does it have to say about the nature and destiny of humanity?*

## The Breath of Life

The worldview of Naturalism tells us that the natural world is all that exists. There is nothing “above” or “beyond” this. Space, time, matter, and energy, the sort of things studied in physics, are the only material entities. You are your body, and nothing more. You do not have an immaterial mind or soul that is (in some sense) distinct from your body. You *are* your body. And when your body dies, you will cease to exist.

But is this true? In this article we address body and soul in the Old Testament. What does the Old Testament have to say about the nature and destiny of humanity?



Let's begin with the creation of Adam. Consider the way in which the Bible describes this event: “Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature” (Genesis 2:7). Note that Adam is created from two distinct elements: the dust of the ground and the breath of life. His body is composed of “dust from the ground.” But he doesn't become “a living creature” until God takes the second step of breathing “the breath of life” into his nostrils. Although this description may well be metaphorical in certain respects, it seems evident that God must add “the breath of life” for Adam to become a living human being.

Here's another observation. Notice that Adam doesn't suddenly

spring to life once the dust of the earth has been ordered in a particular way. Apparently, human personality does not spontaneously emerge once God has formed the dust of the ground into a human body.<sup>{1}</sup> Merely ordering the physical elements into a human body is not enough (at least, at this initial stage of human development) to get a human person. That second step, in which God breathes the breath of life into the already formed body, is also necessary.

So what are we to make of this? Does Genesis give us a picture of a human being as a body-soul composite? At this point, such a conclusion would be premature. We have not yet considered what a soul is, nor whether “the breath of life” in some way corresponds to, or produces, it. One thing seems clear, however. The Bible seems to suggest that human beings are more than just physical bodies. There appears to be an additional component to our nature, and we need to spend some time gaining a better understanding of what that is.

## Surviving the Death of the Body

The book of Genesis briefly describes the death of Jacob’s wife, Rachel, as she gave birth to their son, Benjamin.<sup>{2}</sup> We read that “as her soul was departing (for she died),” she named her son (Genesis 35:18).

How are we to understand the phrase, “as her soul was departing”? In Hebrew, the word here translated “soul” is the term *nephesh*. Part of the difficulty in understanding the phrase is that *nephesh* can be used in a variety of ways. According to the Christian philosopher J. P. Moreland, “The term *nephesh* . . . is used primarily of human beings, though it is also used of animals (Genesis 1:20; 9:10; 24:30) and of God Himself (Judges 10:16; Isaiah 1:14).”<sup>{3}</sup>

Depending on the context, the term might refer to a part of the body, like the neck (Psalm 105:18) or throat (Isaiah

5:14). It can also be used of the principle of life, as in Leviticus 17:11: “the life [that is, *nephesh*] of the flesh is in the blood.” Strangely, however, it can also refer to a dead human body (Numbers 5:2; 6:11). Moreover, it can be used of various psychological aspects of human experience, like emotions or desires (Proverbs 21:10; Isaiah 26:9; Micah 7:1). Finally, there are also indications that the term can refer to what might be called the “soul”—the immaterial component of a human being in which one’s personal identity is located.[{4}](#)

So when we read that Rachel’s “soul was departing,” does this simply mean that she was dying, that the “principle of life” (which had sustained her to this point) was departing? Or could it mean that her “soul,” an immaterial component of her being encompassing her personal identity, was departing? In other words, is this verse merely telling us that Rachel’s body was dying, or is it also telling us that, as her body was dying, her soul was leaving her body (possibly to continue its existence elsewhere)?

If we examine other passages of Scripture, we see evidence that the human soul continues to exist after the death of the body. Consider Psalm 49:15: “But God will ransom my soul from the power of Sheol, for he will receive me.” In Hebrew thought, Sheol was the place of the dead, somewhat like the Greek conception of Hades.[{5}](#) In this passage, the Psalmist expresses confidence that God will ransom his “soul” from the place of the dead and receive the Psalmist to himself. This view of the soul becomes even clearer when we examine what the Old Testament has to say about the afterlife.

## The Place of the Dead

In the Old Testament the place of the dead is called Sheol. Of course, in some places the term simply refers to the grave. Nevertheless, according to John Cooper, “There is virtual

consensus that the Israelites did believe in some sort of ethereal existence after death in a place called Sheol.”[\[6\]](#)  
What sort of place was this?

Job describes it as a place of “ease,” where “the wicked cease from troubling” and “the weary are at rest” (3:13, 17-18). That sounds pretty good! However, it’s also described as a place of “darkness” and “the land of forgetfulness” (Psalm 88:12), a place where not much is happening. As the author of Ecclesiastes puts it: “There is no work or thought or knowledge or wisdom in Sheol, to which you are going” (9:10). Hence, J. P. Moreland observes, “Life in Sheol is often depicted as lethargic and inactive.”[\[7\]](#)

But there are exceptions. Consider the case of Saul and the medium of Endor (1 Samuel 28). The prophet Samuel had died, and Saul is preparing to go to war against the Philistines (vv. 1-4). After seeing the Philistine army, however, Saul is afraid (v. 5). He inquires of the Lord, but the Lord does not answer him (v. 6). In desperation, Saul seeks out a medium at Endor, and asks her to call up Samuel from the dead (vv. 7-11). Incredibly, the plan works, and Samuel actually makes an appearance (vv. 12-14).

Saul inquires of Samuel, but Samuel essentially rebukes Saul (vv. 15-16), reminding Saul of his prior disobedience. He tells Saul that Israel will be defeated by the Philistines and informs him that “Tomorrow you and your sons shall be with me” (vv. 18-19). It’s a fascinating story, but we must not lose sight of what (for us) is the main point.

Notice that Samuel, who had previously died, and whose body had been buried (v. 3), retains his personal identity in the shadowy underworld of Sheol. He still knows who he is, remembers Saul, and can function as the Lord’s prophet. Although Samuel is pictured in the story as “an old man . . . wrapped in a robe” (v. 14), Moreland reminds us that the Bible often uses such imagery “in a nonliteral way to describe

immaterial, invisible realities.”[{8}](#) Regardless, the Old Testament teaches that human beings continue to exist after the death of the body. Moreover, the righteous express a hope that God will rescue their souls even from Sheol.

## Redemption from Sheol

The Old Testament pictures all those who die as going initially to Sheol, the place of the dead. However, it also intimates a hope for the righteous even “beyond the grave.” As John Cooper notes, “Several Psalms read most naturally as confessing a steadfast if unspecified trust in God beyond death.”[{9}](#)

Consider Psalm 49. The psalmist observes that all people die. Sooner or later each person’s life ends in death (vv. 5-12).

But for the psalmist that is not the end of the story. Though he knows that this life

will end with the death of his body, he nonetheless confidently proclaims: “But God will ransom my soul from the power of Sheol, for he will receive me” (v. 15).

Or consider Psalm 73. The psalmist begins by confessing that he was “envious of the arrogant” and “wicked” (v. 3). However, as he contemplated that their end is “destruction,” his hope in God was renewed (vv. 17-24).

Although the psalmist recognized that he, too, would die, he declares his hope in God: “My flesh and my heart may fail, but God is the strength of my heart and my portion forever” (v. 26). After surveying such

material, one Old Testament scholar notes that before God “there is not only the alternative between this life and the shadow existence in the world of the dead; there is a third possibility—a permanent, living fellowship with him.”[{10}](#) This third possibility was the confident hope of the psalmists.

Of course, if we're going to be fair, we must also agree with C. S. Lewis, who observes that throughout much of the Old Testament, belief in the afterlife held virtually no "religious importance" whatever.[{11}](#) What mattered to the ancient Israelite was life on this earth. It is here that we can enjoy fellowship with family, friends—and God.

So why did God reveal so little to the ancient Israelites about the nature of the afterlife? Lewis suggests that God may have wanted His people to come to love Him primarily as an end in itself—and not for any rewards he might bestow in the afterlife. If one becomes friends with God in this life, then one will naturally fear to lose this relationship in death. And at this point, God can step in with the "good news" that friendship with Him can continue beyond death.[{12}](#) Indeed, God even promised to raise the bodies of his people from the dead, to continue their friendship with him on a new earth!

## **The Resurrection of the Body**

The resurrection of the body is a doctrine that many believers rarely think about. Yet this doctrine is not only taught throughout the New Testament, it's even found in the Old Testament.

Consider Daniel 12:2: "And many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt." This verse is not denying a disembodied afterlife between death and resurrection. Rather, it is affirming that the souls of the dead, whose bodies appear to be asleep in in the "dust of the earth," shall be "awakened" and raised from the dead.

Notice that some are raised "to everlasting life," but others to "everlasting contempt." Cooper writes, "This verse . . . connects resurrection, judgment, and two eternal

destinies.”<sup>{13}</sup> The Old Testament suggests that the souls of the dead will one day be reunited with their bodies for all eternity. As Moreland observes, “Old Testament teaching implies that the soul or spirit is added to flesh and bones to form a living human person (Genesis 2:7; Ezekiel 37) and that the resurrection of the dead involves the re-embodiment of the same soul or spirit (Isaiah 26:14, 19).”<sup>{14}</sup>

How might we sum up Old Testament teaching about the nature and destiny of human beings? First, human beings appear to be composed of both body and soul. When God created Adam, he first formed his body from the dust of the earth, and then “breathed into his nostrils the breath of life” (Genesis 2:7). This at least hints at the possibility that human beings are a body-soul composite. The evidence for this is strengthened, however, when we consider Old Testament teaching about life after death.

Throughout the Old Testament we see evidence for continued personal existence, after the death of the body, in a place called Sheol. An interesting example of this can be seen when Saul, with the help of a medium, calls up the prophet Samuel from the dead. We saw that Samuel continues to exist and retain his personal identity even after the death of his body (1 Samuel 28).

But this was not the end of the story. For the Old Testament also teaches that the souls of the dead will one day be reunited with resurrected bodies, either to enjoy eternal life on a new earth, or to suffer eternal shame and contempt. This, in a nutshell, is what the Old Testament has to say about the nature and destiny of human beings.

## Notes

1. John W. Cooper, *Body, Soul & Life Everlasting: Biblical Anthropology and the Monism-Dualism Debate* (Grand Rapids, MI:

Eerdmans, 2000), Loc. 727-39, Kindle.

2. See the story in Genesis 35:16-20.

3. J. P. Moreland, *The Soul: How We Know It's Real and Why It Matters* (Chicago: Moody, 2014), 45, Kindle.

4. The material in this paragraph is indebted to Moreland, *The Soul*, 45-46.

5. Cooper, *Body, Soul & Life Everlasting*, Loc. 810.

6. Cooper, *Body, Soul & Life Everlasting*, Loc. 783.

7. Moreland, *The Soul*, 51.

8. Moreland, *The Soul*, 52.

9. Cooper, *Body, Soul & Life Everlasting*, Loc. 906. The preceding words, concerning hope “beyond the grave” are also taken from Cooper, Loc. 902.

10. Hans Walter Wolff, *Anthropology of the Old Testament*, 109; cited in Cooper, *Body, Soul & Life Everlasting*, Loc. 912.

11. C.S. Lewis, *Reflections on the Psalms* (New York: Harcourt Brace & Company, 1986), 36.

12. Lewis, *Reflections on the Psalms*, 36-43.

13. Cooper, *Body, Soul & Life Everlasting*, Loc. 916.

14. Moreland, *The Soul*, 53.

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## Atheist Myths and Scientism

*Steve Cable exposes some atheist myths and the false ideology of scientism, all designed to destroy people's faith.*

### A Two-Pronged Attack Against Christianity





Atheist attacks against American Christianity are gaining more traction in our society. Their success can be readily seen in the growth of the number of American young adults who do not profess to be Christians. Tracking recent trends, around 50% of American Millennials fall in this category, with most of those identifying as atheist, agnostic or nothing in particular. More identify as nothing in particular than as atheist, but the atheist attacks certainly have a role to play in their ambivalent feelings about Christianity.

What have atheists done to create a cultural milieu that is drawing more and more young Americans away from Christianity? In this article, we will focus on two prominent prongs of the attack against Christianity. Those prongs are:

1. Fabricating myths around the premise that Christianity and modern science are enemies of one another and have been so since the advent of modern science, and
2. Promoting the philosophy of scientism as the only way to view science.

First, the myths are an attempt to cause people to believe that the Christian church and a Christian worldview were and are anti-science. They want us to believe that the findings of science are counter to the make-believe teachings of Christianity and the Bible. They want us to look back at history and believe that the church was actively opposing and trying to suppress scientific knowledge. As Michael Keas tells us in his 2019 book *Unbelievable*, "These stories are nothing but myths. And yet some leading scientists . . . offer these stories as unassailable truth. These myths make their way into science textbooks . . . (and) enter into popular culture,

whereby the myths pass as accepted wisdom.”{1}

However, many historians and philosophers have correctly pointed out that the Christian worldview of an orderly universe created by an involved God produced the mindset that gave birth to the scientific revolution. In his book *How the West Won*, sociologist Rodney Stark states, “Christianity was essential to the rise of science, which is why science was a purely Western phenomenon . . . science only arose in Christian Europe because only medieval Europeans believed that science was possible and desirable. And the basis of their belief was their image of God and his creation.”{2} In this article, we consider the key figures who propagated this myth and some of the falsified stories they have foisted upon us.

Second, they want us to accept scientism as the only valid way to view the role of science in our understanding of the universe. What is scientism? In his 2018 book *Scientism and Secularism*, professor of philosophy J. P Moreland defines it this way: “Scientism is the view that the hard sciences provide the only genuine knowledge of reality. . . . What is crucial to scientism is . . . the thought that the scientific is much more valuable than the non-scientific. . . . When you have competing knowledge claims from different sources, the scientific will always trump the non-scientific.”{3}

But scientism “is not a doctrine of science; rather it is a doctrine of philosophy . . . (In fact,) scientism distorts science.”{4} This philosophical doctrine came into favor among the public not because of scientific results, but rather as the result of proponents presenting it in popular ways as if it were the undisputable truth. As Moreland points out, “It is not even a friend of science but rather its enemy.”{5}

## Myths about Christianity and Science

Atheists want to create stories to demonstrate that Christians

are and have been the enemies of scientific exploration and discovery. Why this drive to recreate the past? They want to encourage people to turn away from Christianity as an enemy of science and weaken the faith of believers.

As Michael Keas makes evident in *Unbelievable*, this thinking is not based on reality. Instead, historical myths have been created to bolster their position either as a result of ignorance of the actual history or intentional deceit. After creating these myths, they use the educational system and mass media to ingrain these myths into the thinking of the masses.

Keas specifically looks at seven myths used for this purpose which we find embedded in our textbooks and proclaimed by popular television programs. To understand the nature of these myths, let's consider two of the ones discussed by Keas.

Many of you learned of the Dark Ages, a period of time between A.D. 500 and 1500 where textbooks have claimed that science and the arts were stifled by the control of the church which opposed scientific understanding. In truth, this view is not supported by historical evaluations of that time. As reported in Stark's revealing book, *How the West Won*, "Perhaps the most remarkable aspect of the Dark Ages myth is that it was imposed on what was actually "one of the great innovative eras of mankind." During this period technology was developed and put into use on a scale no civilization had previously known.[\[6\]](#) Keas found that this myth first appeared in textbooks in the 1800s but did not surface with an anti-Christian slant until the 1960s. Carl Sagan, and later Neal deGrasse Tyson, would help promulgate this myth on television through their *Cosmos* series.

Another myth exploded by Keas is that "Copernicus demoted humans from the privileged 'center of the universe' and thereby challenged religious doctrines about human importance."[\[7\]](#) In fact, Copernicus as a Christian did not consider his discovery that the earth orbited the sun a

demotion for earth or humans. What Copernicus saw as unveiling the mysteries of God's creation over time began to be pictured as a great humiliation for Christians. In the 1950s some scientific writers began using the term "the Copernican principle" to refer to the idea "that the Earth is not in a central, specially favored position"[{8}](#) in the cosmos. As one Harvard professor has noted, "This is the principle of mediocrity, and Copernicus would have been shocked to find his name associated with it."[{9}](#)

Keas also documents how this atheist strategy also pretends that many early scientists were not Christians. Johannes Kepler, known for his discovery of the three laws of planetary motion, is cited by Sagan in *Cosmos* as someone who "despaired of ever attaining salvation,"[{10}](#) implying that Kepler always felt this way. Sagan leads one to believe that in his astronomical discoveries Kepler was somehow freed from this concern. Yet from Kepler's own writing it is very clear that he was a Christian, telling people shortly before his death that he was saved "solely by the merit of our savior Jesus Christ." And speaking of his scientific endeavors he wrote, "God wanted us to recognize them [i.e. mathematical natural laws] by creating us after his own image so that we could share in his own thoughts."[{11}](#)

Much of the reported relationship between science and Christianity is a myth made up to strengthen the atheist position that science repudiates Christianity and makes it superfluous and dangerous in today's enlightened world. Nothing could be further from the truth, as a Christian worldview was foundational for the development and application of the scientific method.

## **Methodological Naturalism: A Farce**

What about the prevalence of scientism, a belief system claiming that the hard sciences provide the only genuine

knowledge of reality?

When considered carefully, the whole concept of scientism is a farce. Why? Because as philosopher J. P. Moreland points out, "Strong scientism is a philosophical assertion that claims that philosophical assertions are neither true nor can be known; only scientific assertions can be true and known." [\[12\]](#) So the premise is self-refuting. They are saying that only scientific facts can be objectively true. Thus, the statement that only scientific facts can be true must be false because it is a philosophical assertion, not a scientific fact.

Another example of the faulty philosophy behind scientism comes in their insistence on adopting methodological naturalism as a criterion for science. Methodological naturalism is "the idea that, while doing science, one must seek only natural causes or explanations for scientific data." [\[13\]](#) This idea immediately demotes science from being the search for the truth about observable items in this universe to being the search for the most plausible natural cause no matter how implausible it may be.

Although they appear to be unsure as to whether to apply the concept uniformly to all forms of science, its proponents are sure that it definitely should be applied to the field of evolutionary science. They make the *a priori* assumption that life as we know it originated and developed by strictly impersonal, unintelligent forces. No intelligence can be allowed to enter the process in any way. This approach to trying to understand the current state of life on earth is certainly an interesting exercise leading to a multitude of theories and untestable speculations. It is a challenging mental exercise and is valuable as such. However, scientism does not stop there. They declare that their unsupported (and I would say unsupportable) theories **must be the truth** about our origins, at least until replaced by another strictly naturalistic theory.

This approach seems to be an odd (and unfruitful) way to go after the truth due to at least three reasons. First, many other areas of science which include intelligent agents in their hypotheses are respected and their results generally accepted, common examples being archaeology and forensic science. Second, the current state of evolutionary science primarily appears to be tearing holes in prior theories, e.g. Darwinian evolution, rather than closing in on a plausible explanation. And, third, scientists are continuing to find evidence supporting a hypothesis that intelligent actions were involved in the formulation of life on earth.

If the sum of the available evidence is more directly explained by the involvement of some intelligent agent, then it would be reasonable to accept that potential explanation as the leading contender for the truth until some other answer is developed that is more closely supported by the available evidence. This is the attitude embraced by the intelligent design community. They embrace it because so much of the evidence supports it, including

1. the inability of other hypothesis to account for the first appearance of life,
2. the complexity of the simplest life forms with no chain of less complex forms leading up to them,
3. the relatively sudden appearance of all types of life forms in the fossil record,
4. the fine tuning of the parameters of the universe to support life on earth, and
5. the emergence of consciousness within humans.

In contrast, those supporting theistic evolution appear to do so in order to conform to the methodological naturalism of their peers. They claim to believe that God does intervene in nature through acts such as the miracles of Jesus and His resurrection. But they claim that God did not intervene in the processes leading up to the appearance of mankind on this planet. In my opinion, they take this stance not because the

evidence demands it, but because methodological naturalism does not allow it. As Moreland opines, “Methodological naturalism is *one bad way* to put science and Christianity together.”[\[14\]](#)

## Things Science Cannot Explain / God of the Gaps

As we have seen, scientism is a philosophy that says the only real knowledge to be found is through application of the hard sciences and that no intelligence can be involved in any of our hypotheses. So, they believe hard science must be capable of explaining everything (even if it currently doesn't).

In this section we will consider some very important things that science cannot now nor ever be able to explain. In his book, *Scientism and Secularism*, J. P. Moreland lists five such things for us.

**First, the origin of the universe** cannot be explained by science. Why? Science has been able to identify that the universe most likely had a beginning point. But as Moreland points out, “Science can provide evidence that the universe had a beginning; it cannot, even in principle, explain that beginning; that is, it cannot say what caused it. . . No real thing can pop into existence from nothing.”[\[15\]](#) He points out three specific logical reasons science cannot address this issue:

1. A scientific explanation cannot be used to explain the universe because scientific explanations presuppose the universe.
2. Science cannot explain the origin of time and without time no explanation can be considered.
3. Coming-into-existence is not a process which can be reviewed and explained because it is an instantaneous event.

Something either does or does not exist.

**Second, the origin of the fundamental laws of nature.** All scientific explanations presuppose these laws. We can conceive of a universe where these laws might be different resulting in a different reality, but we cannot explain how our universe came into being with the laws we see active around us.

**Third, the fine-tuning of the universe** to support life. As far as science is concerned the parameters of the forces within this universe can be observed but we cannot know what caused them to assume the values they do. However, in recent years it has been discovered that our universe “is a razor’s edge of precisely balanced life permitting conditions.”[\[16\]](#) Over one hundred parameters of this universe, such as the force of gravity, the charge of an electron, the rate of expansion of the universe, etc., must be precisely balanced or there could be no life in the universe. Science cannot answer the question of why our universe can support life.

**Fourth, the origin of consciousness.** In this context consciousness is the ability to be aware of oneself and entertain thoughts about things which are outside of oneself and possibly outside of one’s experience. From a naturalist point of view, “the appearance of mind is utterly unpredictable and inexplicable.”[\[17\]](#) However, God may choose to create conscious beings; beings that are capable of asking about and discovering the works of their creator.

**Fifth, the existence of moral laws.** As the late atheist philosopher Mackie admitted, the emergence of moral properties would constitute a refutation of naturalism and evidence for theism: “Moral properties constitute so odd a cluster of properties and relations that they are most unlikely to have arisen in the ordinary course of events without an all-powerful god to create them.”[\[18\]](#)

These five important questions can never be answered if



scientism's flawed premise were true. However, Christian theism answers each of these questions and those answers are true if God is the real creator of the universe.

## **Integrating Christianity and Science**

Scientism claims that you cannot integrate Christianity and science. Instead, they claim all theology is nonsense and only science exists to give us the truth. As Moreland points out, "One of the effects of scientism, then, is making the ridicule of Christianity's truth claims more common and acceptable (which is one of scientism's goals)."[\[19\]](#)

If this view is clearly wrong, how should we as Christians view science and its relationship with Christianity and the Bible? First, we need to understand that the topics addressed by science are in most cases peripheral to the topics covered in the Bible. The Bible is primarily concerned with God's efforts to restore people from their state as enemies of God back into eternal fellowship with Him.

One area of significant interaction is the question of how this universe came to exist in its current state. How one views that interaction (i.e. as adversarial or as complementary) depends on whether they are clinging to the unsupported myth of unguided evolution or to the new science of intelligent design. As Moreland states, "Science has done more to confirm the Christian God's existence than to undermine it, and science has provided little or no evidence against belief of theism. Science has, however, raised challenges to various biblical texts, and Christians need to take those challenges seriously."[\[20\]](#)

Moreland suggests there are five ways to relate issues in science and Christian philosophy. Let's consider two of those methods. One is the complementarity model. In this model, two disciplines are addressing the same object or feature but from

different, essentially non-overlapping perspectives. “Neither one purports to tell the whole story, but both make true claims about reality.”[\[21\]](#) This is the model used by advocates of theistic evolution who take as gospel the latest claims of evolutionary science while saying of course God kicked off the whole process including us in His plan for the universe.

Another way to interact is called the direct interaction model. In this model, theories from theology and from science may directly interact with one another on some topic, either positively or negatively. One area might raise rational difficulties for the other. This approach has the most potential for bringing information from different fields together into a fuller picture of truth. Intelligent design is an area where this model is applied as it questions the validity of eliminating intelligence from the options considered in understanding the development of life on earth.

Since scientism swears that science is the only source of truth, even when scientists cannot agree as to what that scientific truth is, they want to discount inputs from any other source no matter how helpful. So the direct interaction model is a difficult road to take. What are the rational criteria for going against the experts? Moreland suggests there are four criteria for Christian theologians to decide to take this road.

1. Make sure there is not a reasonable interpretation of the Bible that resolves the tension.
2. There is a band of academically qualified scholars who are unified in rejecting the view held by a majority of the relevant experts. In this way, we know that there are people who are familiar with the details of the majority view, who do not believe that it is true.
3. There are good non-rational explanations for why the expert majority holds the problematic view. For historical,

sociological, or theological reasons, the majority is not ready to abandon their position rather than because their evidence is overwhelming. “For example, the shift from creationism to Darwinism was primarily, though not exclusively, a shift in philosophy of science.”{22}

Given the large amount of evidential support for a Christian worldview, any view that is counter to central components of a Christian worldview should be rejected precisely for that reason. Any view meeting the first three criteria that also attempts to undermine key parts of a Christian worldview will be overwhelmed by the significant rational support for a Christian worldview.

As followers of the God of real truth, Christians need to realize that the so-called truths being taught to justify science over theology are in fact myths and/or self-refuting statements. Every Christian needs to be able to address these fallacies in today’s popular science culture. Equip your young adults with this understanding and more by attending our summer event called Mind Games Camp. More information can be found at [probe.org/mindgames](http://probe.org/mindgames).

## Notes

1. Michael Keas, *Unbelievable: 7 Myths About the History and Future of Science and Religion*, ISI Books, 2019, 2.
2. Rodney Stark, *How the West Won: The Neglected Story of the Triumph of Modernity*, ISI Books, 2014 p. 304, 315.
3. J. P. Moreland, *Scientism and Secularism: Learning to Respond to a Dangerous Ideology*, Crossway, 2018, 26 and 29.
4. Ibid., p. 23.
5. Ibid., p. 55.
6. Stark, p. 76.
7. Keas, p. 4 and Chapter 6.
8. Herman Bondi, *Cosmology*, Cambridge University Press, 1952.
9. Owen Gingerich, *God’s Universe*, Belknap Press, 2006.
10. Sagan, 1980 *Cosmos* TV series, episode 3.

11. Kepler, letter to Herwart von Hohenburg, April 9/10, 1599.
12. Moreland, p. 52.
13. Ibid., p. 131.
14. Ibid., p. 159.
15. Ibid., p. 138.
16. Ibid., p. 146.
17. Ibid., p. 151.
18. J. L. Mackie, *The Miracle of Theism*, Oxford, 1982, p. 115.
19. Moreland, p. 31.
20. Ibid., p.174.
21. Ibid., p. 184.
22. Ibid., p. 192.

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# Addressing Anxiety in Tumultuous Times

*Byron Barlowe connects the dots between the universal problem of anxiety, what brain science is teaching us about our minds, and how Scripture and spiritual disciplines can help. In a world consumed by violent riots and trauma surrounding the Covid virus, this is a timely topic that God and science speak to well.*

Millions of people worldwide are battling anxiety in a tumultuous time. The Coronavirus pandemic response has created a new abnormal: heightened fear of sickness and death, economic damage, and social isolation. Loneliness is the number one health crisis in America according to many epidemiologists, psychiatrists, and social scientists.[\[1\]](#) While we're all still reeling from this, racial strife has erupted into looting, killings, and anarchy in American

streets.

Mental health is an increasing concern too. One study found that during the spring 2020 mass quarantine, prescriptions for anti-anxiety meds spiked.[{2}](#) A San Francisco area hospital has seen more deaths by suicide than by Covid-19, prompting a call for an end to mass shutdowns.[{3}](#) *It's been a perfect storm of stress.*



Are there real solutions *right now*? Yes, brain science is confirming the truths and promises proclaimed in Scripture in exciting ways! We have wonderfully adaptive minds—especially when they are focused on God. These built-in mind-morphing capabilities show the genius of our design as Image-bearers of God. Audiologist, cognitive researcher and outspoken Christian Dr. Caroline Leaf writes, “As an individual, you are capable of making mental and emotional change in your life. Through your thinking, you can actively recreate thoughts and, therefore, knowledge in your mind.”[{4}](#)

And this has profound implications for true hope. Leaf continues: “Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking [it's happening right now as you read]. *When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.*”[{5}](#) The biblical book of Hebrews defines faith as “the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1). The thankful, attentive, willfully hopeful mind creates positive emotions, thoughts, and acts of the will. In other words, we *significantly control whether we have a healthy soul.*

Dallas Willard writes, “The transformation of the self away from a life of fear and insufficiency takes place as we fix our mind upon God as he truly is.” As Scripture teaches, “Be transformed by the renewing of your mind.” In this article

we'll explore this transformation.

## **Morphing Your Mind—It's Mostly Up to You!**

Everyday stress is hard enough—but what about work-related anxiety? Money? Riots, memories of abuse, bullying, and abandonment? We have little control over family, culture or epidemics. But we can make amazing internal changes through our responses. Science and Scripture *agree* on this.

The transforming mind-renewal encouraged by Scripture is possible for us all, especially for people who have invited God to lead their lives. We can intentionally train our minds to reshape our brains—we are *not* perpetual victims of our past or circumstances. Nor are humans mere products of matter in motion. Dr. Caroline Leaf, author of *Switch on Your Brain*, claims that “Choice is real, and free will exists. You are able to stand outside yourself, observe your own thinking, consult with God, and [work with him to] change the negative, toxic thought or grow a healthy, positive thought. When you do this, your brain responds with a positive neurochemical rush and structural changes that improve your intellect, health, and peace.”[\[6\]](#)

Even traumatic memories can be starved, defanged, broken down, and replaced. Brought into conscious awareness, they can become plastic enough to be recreated. Leaf explains that “Neurons that don’t get enough signal (that is, rehearsing of the negative event) will start firing apart, wiring apart, pulling out, and destroying the emotion attached to the trauma.” Also, desirable brain chemicals that bond and remold chemical connections, increase focus and attention, and increase feelings of peace and happiness begin to weaken traumatic memories even more. So bad memories, hatred, hurt, and other negative thoughts and emotions that form toxic beliefs: “If they stop firing together, they will no longer wire together. This leads to . . . rebuilding new ones.”[\[7\]](#)

Ideas have consequences and our beliefs guide our behavior. In the words of King Solomon, “As a man thinks in his heart, so he is.”[{8}](#) That is, we construct frameworks of beliefs and *then* speak and act from them.

Science seems to confirm this biblical view of self-control. Measuring magnetic fields, electrical impulses, chemical effects, photons, vibrations, and quantum energy paints a picture of intricately [networking] neurotransmitters, proteins, and energy—that is, signals—that change the brain’s landscape.[{9}](#) This “neuroplasticity [seems to be] God’s design for renewing the mind.”[{10}](#)

And there’s nothing magic about it: overcoming anxiety can be helped a lot through habits of the mind, heart, and soul.

## **Mindfulness & Meditation—Self-Control and Seeking God in Silent Solitude**

It’s no wonder that the concept of “mindfulness” has become a “thing” these days. Meditation and concentration are new-old survival skills. How do they work?

Dr. J.P. Moreland, noted philosopher and author of *Finding Quiet: My Story of Overcoming Anxiety and The Practices That Brought Peace*, candidly shares his struggles with anxiety and the need he had for medications. He also discovered the power of seeking God in self-directed solitude. He emphasizes sustained habits of the praising, thankful, and self-controlled soul.

Mindful meditation is not like taking a drug, is not a quick fix, or denying the senses to rid oneself of desire.[{11}](#) “By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm.”[{12}](#) New habits are formed over time. When it comes to our minds, “practice doesn’t make perfect; it makes permanent.”[{13}](#)

Remaining at rest via the practice of spiritual disciplines takes advantage of our mind's ability to "move into a highly intelligent, self-reflective, directed state." And the more often we go there, the more "we get in touch with the deep, spiritual part of who we are." This exercise switches brain modes in a way that can create wisdom and potential connection with God.[{14}](#) As Jesus taught his disciples, "Keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation."[{15}](#) We can mentor our own minds, settle our souls, habituate our hearts, and free our spirits to respond to God. Brain science is catching up on this reality.

So, what's going on physically when we stop to meditate in focused solitude and silence? A post at *Mindful.org* claims, "The impact that mindfulness exerts on our brain is borne from routine: a slow, steady, and consistent reckoning of our realities, and the ability to take a step back, become more aware, more accepting, less judgmental, and less reactive. . . . Mindfulness over time can make the brain, and thus [ourselves], more efficient regulators, with a penchant for pausing to respond to our world instead of mindlessly reacting."[{16}](#) How different would social media conversations be—especially on politics and race—if more people practiced patient contemplation!

Various regions of our brains change while meditating. The "fight or flight" area actually shrinks in size.[{17}](#) It's a real chill pill!

God keeps "him in perfect peace whose mind is stayed on You, because he trusts in You."[{18}](#)

## **Thankfulness and Happiness—Healthy Habits of the Mind & Heart**

In trying times, we all want to return to happiness. It's a God-given right to pursue it, according to America's founders.



The biblical worldview recognizes the inherent brokenness of both creation and human beings, so it is no surprise that confusion, discord, and tragedy—along with evil spiritual powers—“steal, kill, and destroy”[{19}](#) our joy. What can be done?

Christian philosopher J.P. Moreland writes, “You have it in your power to begin a regimen of choices, assuming you would choose the right things, and form a habit of this that can *substantially improve your happiness and decrease or get rid of anxiety*. There really is hope.”[{20}](#) Our non-conscious mind turns thoughts over and over. Through spiritual disciplines, we bring these into our conscious awareness, which manipulates actual proteins, creating overhauled memories. Intentionally bringing God to mind—His attributes, the wonder of creation and His blessings, promises, answered prayers—such a focus leads to a cycle of good thinking, feeling, and *knowing* that turns into believing real truth. Faith is a gift so we’re not alone in doing this. But it is up to us to put to use the gifts described here to “work out [our] salvation with [reverence and proper humility].”[{21}](#)

Remember, we have a strong influence in reshaping our own brains—especially with God’s help. Secular scientists are discovering the wonderful power of thankfulness. Scientific studies prove seven benefits according to *PsychologyToday.com*. Gratitude improves relationships, physical and mental health, sleep, self-esteem, and mental resilience. It even reduces aggression, the urge for revenge. Scripture aligns with physical reality again when it tells us: “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”[{22}](#)

Moreland jokes, “If we’re not careful, we may even come to think we were designed to flourish best when we are thankful

and grateful! Yet as exciting as these psychological studies are, we didn't need them to know the importance and value of expressing gratitude and thanksgiving to God. The Bible insists on this . . . [it's] filled to overflowing with exhortations to be grateful to God and express thanksgiving to him."[{23}](#) As King David famously prayed in Psalm 23, "Surely goodness and mercy shall follow me all the days of my life"—he trusted a good God to lead, protect, and bless him. That's joy far beyond happiness!

## Takeaways & Practical Applications

Brain networks form an inner life of the mind. We can switch between various networks constantly. Like a mom monitoring kids running around inside several contained rooms, this enables us to control the controllable—our reactions to events and circumstances. Brain scans confirm how we capture and police rogue thoughts in ways prescribed in Scripture: "We . . . take every thought captive to obey Christ."[{24}](#)

UCLA researchers address how our habitual non-conscious thoughts can drive anxiety—negative self-talk like:

- "I'll be in real trouble if..."
- "What if so and so happens next week?"
- "I'll probably fail that exam!"

"It's what we say to ourselves in response to any particular situation that mainly determines our mood and feelings."[{25}](#)

"Forming a new habit requires doing things you may not want to do in the early stages of formation," as any coach or teacher will tell you.

For retraining our brains, experts have devised methods like **The Four Step Solution:**

It goes as follows:[{26}](#)

**Step 1: Relabeling:** call out thoughts as having no necessary connection with reality: tell yourself “That is a destructive lie.” Call on Proverbs 4:23, “Guard your heart above all else, for it is the source of life.”[{27}](#)

**Step 2: Reframing:** take the power out of the bad thoughts. Reset your perception of the deceptive message by being mindful that it exists, its content, and how you are now feeling by correctly categorizing the distorted message. Bad self-talk includes:

- all or nothing thinking (for example: “it was a *total* failure”)
- overgeneralizing
- singling out one thing to focus on
- catastrophizing (or making too big a deal out of things) and
- discounting the positive

Reframing them creates stable memories formed by repeated updating.

**Step 3: Refocusing:** Set your mind on anything else—distract yourself from the negative thoughts. Stop obsessing! Get into “the flow” of something. Focus elsewhere. And don’t ruminate about the message—analyzing it will deepen the grooves in your brain.

**Step 4: Revaluing:** After a while, reflect on how you did Steps 1-3. Recommit to repeat these steps throughout the day.

Over 21 days, a “newly formed neural network” will decay in less than a month: thoughts are like muscles that atrophy and die or get stronger with use.[{28}](#) Starve the bad, feed the good.

As Paul instructed the Philippian church, dwell on what is good and pure, true and worthy of praise.{29}

## Notes

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22. Philippians 4: 6-7, New Living Translation.
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25. Psychologists Edmund Bourne and Lorna Garano, cited by Moreland.
26. Entire section, *Finding Quiet*, p. ?
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# Why We Shouldn't Hate Philosophy: A Biblical Perspective

*Michael Gleghorn examines the role of philosophy in a Christian worldview. Does philosophy help us flesh out our biblical perspective or does it just confuse our understanding?*

# A Walk on the Slippery Rocks

For many people in our culture today, Edie Brickell and the New Bohemians got it right: “Philosophy is a walk on the slippery rocks.” But for some in the Christian community, they didn’t go far enough. Philosophy, they say, is far more dangerous than a walk on slippery rocks. It’s an enemy of orthodoxy and a friend of heresy. It’s typically a product of wild, rash, and uncontrolled human speculation. Its doctrines are empty and deceptive. Worse still, they may even come from demons!

Such attitudes are hardly new. The early church father Tertullian famously wrote:

*What has Jerusalem to do with Athens, the Church with the Academy, the Christian with the heretic? . . . I have no use for a Stoic or a Platonic . . . Christianity. After Jesus Christ we have no need of speculation, after the Gospel no need of research.*[{1}](#)

Should Christians, then, hate and reject all philosophy? Should we shun it, despise it, and trample it underfoot? Doesn’t the Bible warn us about the dangers of philosophy and urge us to avoid it? In thinking through such questions, it’s important that we be careful. Before we possibly injure ourselves with any violent, knee-jerk reactions, we may first want to settle down a bit and ask ourselves a few questions. First, what exactly is philosophy anyway? What, if anything, does the Bible have to say about it? Might it have any value for the Christian faith? Could it possibly help strengthen or support the ministry of the church? Are there any potential benefits that Christians might gain from studying philosophy? And if so, what are they? These are just a few of the questions that we want to consider.

But let’s begin with that first question: Just what is

philosophy anyway? Defining this term can be difficult. It gets tossed around by different people in a variety of ways. But we can get a rough idea of its meaning by observing that it comes from two Greek words: *philein*, which means “to love,” and *sophia*, which means “wisdom.” So at one level, *philosophy* is just the love of wisdom. There’s nothing wrong with that!

But let’s go further. Socrates claimed that the unexamined life was not worth living. And throughout its history, philosophy has gained a reputation for the careful, rational, and critical examination of life’s biggest questions. “Accordingly,” write Christian philosophers J.P. Moreland and William Lane Craig, “philosophy may be defined as the attempt to think rationally and critically about life’s most important questions in order to obtain knowledge and wisdom about them.”<sup>{2}</sup> So while philosophy may *sometimes* be a walk on slippery rocks, it may also be a potentially powerful resource for thinking through some of life’s most important issues.

## Beware of Hollow and Deceptive Philosophy

In their recent philosophy textbook, Moreland and Craig make the following statement:

*For many years we have each been involved, not just in scholarly work, but in speaking evangelistically on university campuses with groups like . . . Campus Crusade for Christ . . . Again and again, we have seen the practical value of philosophical studies in reaching students for Christ. . . The fact is that there is tremendous interest among unbelieving students in hearing a rational presentation and defense of the gospel, and some will be ready to respond with trust in Christ. To speak frankly, we do not know how one could minister effectively in a public way on our university campuses without training in philosophy.*<sup>{3}</sup>

This is a strong endorsement of the value of philosophy in

doing university evangelism on today's campuses. But some might be thinking, "What a minute! Doesn't the Bible warn us about the dangers of philosophy? And aren't we urged to avoid such dangers?"

In Colossians 2:8 (NIV), the apostle Paul wrote, "See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ." What does this verse mean? Is Paul saying that Christians shouldn't study philosophy? Let's take a closer look.

First, "the Greek grammar indicates that 'hollow and deceptive' go together with 'philosophy.'" [\[4\]](#) So Paul is not condemning *all* philosophy here. Instead, he's warning the Colossians about being taken captive by a particular "hollow and deceptive" philosophy that was making inroads into their church. Many scholars believe that the philosophy Paul had in mind was a Gnostic-like philosophy that promoted legalism, mysticism, and asceticism. [\[5\]](#)

Second, Paul doesn't forbid the *study* of philosophy in this verse. Rather, he warns the Colossian believers not to be *taken captive* by empty and deceptive human speculation. This distinction is important. One can *study* philosophy, even "empty and deceptive" philosophy, without being *taken captive* by it.

What does it mean to be "taken captive"? When men are taken captive in war, they are forced to go where their captors lead them. They may only be permitted to see and hear certain things, or to eat and sleep at certain times. In short, captives are under the *control* of their captors. This is what Paul is warning the Colossians about. He's urging them to not let their beliefs and attitudes be *controlled* by an alien, non-Christian philosophy. He's not saying that philosophy in general is bad or that it's wrong to study philosophy as an academic discipline.



But doesn't Paul also say that God has made foolish the wisdom of the world? And doesn't *this* count against the study of philosophy?

## Is Worldly Wisdom Worthless?

In 1 Corinthians 1:20 (NIV) the apostle Paul wrote, "Where is the wise man? Where is the scholar? Where is the philosopher of this age? Has not God made foolish the wisdom of the world?" Some Christians think this passage teaches that the study of philosophy and human wisdom is both foolish and a waste of time. But is this correct? Is that really what Paul was saying in this passage? I personally don't think so.

We must remember that Paul himself had at least some knowledge of both pagan philosophy and literature – and he made much use of reasoning in personal evangelism. In Acts 17 we learn that while Paul was in Athens "he *reasoned* in the synagogue with the Jews and the God-fearing Greeks, as well as in the marketplace day by day with those who happened to be there" (v. 17; NIV). On one occasion he spent time conversing and disputing with some of the Stoic and Epicurean philosophers (v. 18). Further, when it suited his purposes, Paul could quote freely (and accurately) from the writings of pagan poets. In Acts 17:28 he cites with approval both the Cretan poet Epimenides and the Cilician poet Aratus, using them to make a *valid theological point about the nature of God and man* to the educated members of the Athenian Areopagus. Thus, we should at least be cautious before asserting that Paul was opposed to *all* philosophy and human wisdom. He obviously wasn't.

But if this is so, then in what sense has God made foolish the wisdom of the world? What did Paul mean when he wrote this? The answer, I think, can be found (at least in part) in the very next verse: "For since in the wisdom of God the world through its wisdom did not *come to know* God, God was well-

pleased through the foolishness of the message preached to save those who believe" (1 Cor. 1:21; NASB). In other words, as Craig and Moreland observe, "the gospel of salvation could never have been discovered by philosophy, but had to be revealed by the biblical God who acts in history."[\[6\]](#) This clearly indicates the *limitations* of philosophy and human wisdom. But the fact that these disciplines have very real *limitations* in no way implies that they are utterly *worthless*. We need to appreciate something for what it is, recognizing its limitations, but appreciating its value all the same. Philosophy by itself could never have discovered the gospel. But this doesn't mean that it's not still a valuable ally in the search for truth and a valuable resource for carefully thinking through some of life's greatest mysteries.

In the remainder of this article, we'll explore some of the ways in which philosophy *is* valuable, both for the individual Christian and for the ministry of the church.

## The Value of Philosophy (Part 1)

Moreland and Craig observe that "throughout the history of Christianity, philosophy has played an important role in the life of the church and the spread and defense of the gospel of Christ."[\[7\]](#)

John Wesley, the famous revivalist and theologian, seemed well-aware of this fact. In 1756 he delivered "An Address to the Clergy". Among the various qualifications that Wesley thought a good minister should have, one was a basic knowledge of philosophy. He challenged his fellow clergymen with these questions: "Am I a tolerable master of the sciences? Have I gone through the very gate of them, logic? . . . Do I understand metaphysics; if not the . . . subtleties of . . . Aquinas, yet the first rudiments, the general principles, of that useful science?"[\[8\]](#) It's interesting to note that Wesley's passion for preaching and evangelism didn't cause him

to denigrate the importance of basic philosophical knowledge. Indeed, he rather insists on its importance for anyone involved in the teaching and preaching ministries of the church.

But *why* is philosophy valuable? What practical benefits does it offer those involved in regular Christian service? And how has it contributed to the health and well-being of the church throughout history? Drs. Moreland and Craig list many reasons why philosophy is (and has been) such an important part of a thriving Christian community.[{9}](#)

In the first place, philosophy is of tremendous value in the tasks of Christian apologetics and polemics. Whereas the goal of apologetics is to provide a reasoned defense of the truth of Christianity, “polemics is the task of criticizing and refuting alternative views of the world.”[{10}](#) Both tasks are important, and both are biblical. The apostle Peter tells us to always be ready “to make a defense” for the hope that we have in Christ (1 Pet. 3:15; NASB). Jude exhorts us to “contend earnestly for the faith which was once for all delivered to the saints” (v. 3; NASB). And Paul says that elders in the church should “be able both to exhort in sound doctrine and to refute those who contradict” (Tit. 1:9; NASB). The proper use of philosophy can be a great help in fulfilling each of these biblical injunctions.

Additionally, philosophy serves as the handmaid of theology by bringing clarity and precision to the formulation of Christian doctrine. “For example, philosophers help to clarify the different attributes of God; they can show that the doctrines of the Trinity and the Incarnation are not contradictory; they can shed light on the nature of human freedom, and so on.”[{11}](#) In other words, the task of the theologian is made easier with the help of his friends in the philosophy department!

## The Value of Philosophy (Part 2)

Let's consider a few more ways in which philosophy can help strengthen and support both the individual believer and the universal church.

First, careful philosophical reflection is one of the ways in which human beings uniquely express that they are made in the image and likeness of God. As Drs. Craig and Moreland observe, "God . . . is a rational being, and humans are made like him in this respect."[{12}](#) One of the ways in which we can honor God's commandment to love him with our minds (Matt. 22:37) is to give serious philosophical consideration to what God has revealed about himself in creation, conscience, history, and the Bible. As we reverently reflect on the attributes of God, or His work in creation and redemption, we aren't merely engaged in a useless academic exercise. On the contrary, we are loving God with our minds—and our hearts are often led to worship and adore the One "who alone is immortal and . . . lives in unapproachable light" (1 Tim. 6:16; NIV).

But philosophy isn't only of value for the individual believer; it's also of value for the universal church. Commenting on John Gager's book, *Kingdom and Community: The Social World of Early Christianity*, Drs. Moreland and Craig write:

*The early church faced intellectual and cultural ridicule from Romans and Greeks. This ridicule threatened internal cohesion within the church and its evangelistic boldness toward unbelievers. Gager argues that it was primarily the presence of philosophers and apologists within the church that enhanced the self-image of the Christian community because these early scholars showed that the Christian community was just as rich intellectually and culturally as was the pagan culture surrounding it.*[{13}](#)

Christian philosophers and apologists in our own day continue to serve a similar function. By carefully explaining and defending the Christian faith, they help enhance the self-image of the church, increase the confidence and boldness of believers in evangelism, and help keep Christianity a viable option among sincere seekers in the intellectual marketplace of ideas.

Of course, not all philosophy is friendly to Christianity. Indeed, some of it is downright hostile. But this shouldn't cause Christians to abandon the task and (for some) even calling of philosophy. The church has always needed, and still needs today, talented men and women who can use philosophy to rationally declare and defend the Christian faith to everyone who asks for a reason for the hope that we have in Christ (1 Pet. 3:15). As C.S. Lewis once said, "Good philosophy must exist, if for no other reason, because bad philosophy needs to be answered."[\[14\]](#) These are just a few of the reasons why we shouldn't hate philosophy.

## Notes

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4. Ibid., 18.
5. Norman Geisler and Thomas Howe, *When Critics Ask: A Popular Handbook on Bible Difficulties* (Grand Rapids, Michigan: Baker Books, 2000), 487.
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7. Ibid., 12.
8. John Wesley, "An Address to the Clergy," delivered February

6, 1756. Reprinted in *The Works of John Wesley*, 3d ed., 7 vols. (Grand Rapids, Mich.: Baker, 1996), 6:217-31; cited in Craig and Moreland, 4.

9. See Craig and Moreland, 14-17. I have relied heavily on their observations in this, and the following, section of this article.

10. Ibid., 15.

11. Ibid.

12. Ibid.

13. Ibid., 16.

14. C.S. Lewis, *The Weight of Glory* (Grand Rapids, Mich.: Eerdmans, 1949), 50; cited in Craig and Moreland, 17.

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## The Empty Self

*Christian philosopher J.P. Moreland claims that Christians are not experiencing spiritual maturity because they are victims of something he calls the Empty-Self Syndrome. This article examines his analysis and offers ways for Christians to avoid its influence.*



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

Christian philosopher Dr. J. P. Moreland is a man with a mission. He claims that Christians are not experiencing spiritual maturity because they are victims of something he calls the “Empty-Self Syndrome.”<sup>[\[1\]](#)</sup> This lack of maturity leaves believers without the necessary tools to impact their culture for God’s kingdom or to experience what the Bible calls the “mind of Christ.” According to Moreland, the purpose of life for believers is to bring honor to God. This involves

finding one's vocation and pursuing it for the good of both believers and non-believers, while in the process, being changed into a more Christ-like person. Doing this well involves developing intellectual and moral virtues over long periods of time and delaying the constant desire for immediate gratification.

Unfortunately, our culture teaches an entirely different set of virtues. It emphasizes a self-centered, consumption-oriented lifestyle, which works directly against possessing a mature Christian mind. It also places an unhealthy emphasis on living within the moment, rather than committing to long-term projects of personal discipline and learning.

To better understand his argument it helps to explain the concept of necessary and sufficient causes. A necessary cause for Christian maturity is salvation. For without the new birth, a person is still spiritually dead and devoid of the benefits of the indwelling Holy Spirit. However, although forgiveness of sin is necessary for Christian maturity, it is not sufficient. We cooperate with the Spirit to reach maturity by disciplining our will and intellect in the virtues outlined in the New Testament.

Writing to Titus, the apostle Paul said that a leader in the church should be "self-controlled, upright, holy and disciplined. He must hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it."[\[2\]](#) This admonition assumes a number of complex skills and a life of dedication to learning and teaching. Our leaders must be knowledgeable of the Scriptures, but they must also be able to defend the Christian worldview in the marketplace of ideas common to our culture. The ability to give a response to those opposed to Christianity, and to do so with gentleness and respect, as Peter teaches (1 Peter 3:15), requires a confidence that comes with a life of devotion and study. Herbert Schlossberg writes:

*In their uncompromising determination to proclaim truth, Christians must avoid the intellectual flabbiness of the larger society. They must rally against the prevailing distrust of reason and the exaltation of the irrational. Emotional self-indulgence and irrationalities have always been the enemies of the gospel, and the apostles warned their followers against them.*[\*{3}\*](#)

In this article we will consider Moreland's description of the empty-self syndrome and offer ways for Christians to avoid its influence.

## **Seven Traits of the Empty-Self**

We are discussing a set of hindrances to Christian maturity called the "Empty-Self Syndrome." J.P Moreland, in his book *Love Your God With All Your Mind*, lists seven traits common to people who suffer from this self-inflicted malady. To some, it might appear that Moreland is describing a typical teenager and, in a sense, the analogy fits. The *empty-self* is best summarized by a lack of growth, both intellectually and spiritually, resulting in perpetual Christian adolescence.

### **Inordinate Individualism**

The first trait of the empty-self is *inordinate individualism*. Those afflicted rarely define themselves as part of a community, or see their lives in the context of a larger group. This sense of rugged individualism is part of the American tradition and has been magnified with the increased mobility of the last century. People rarely feel a strong attachment or commitment even to family members. The empty-self derives life goals and values from within their own set of personal needs and perceptions, allowing self-centeredness to reign supreme. Rarely does the empty-self seek the good of a broader community, such as the church, when deciding on a course of action.



## Infantilism

Many observers of American culture note that adolescent personality traits are staying with young people well into what used to be considered adulthood. Stretching out a four-year college degree to five or six years and delaying marriage into the thirties are signs that commitment and hard work are not highly valued. Some go even further, seeing an *infantile demand for pleasure* pervading all of our culture. The result is that boredom becomes the greatest evil. We are literally entertaining ourselves to death with too much food, too little exercise, and little to live for beyond personal pleasure.

## Narcissism

The empty-self is also *highly narcissistic*. Narcissism is a keenly developed sense of self-infatuation; as a result, personal fulfillment becomes the ultimate goal of life. It also can result in the manipulation of relationships in order to feed this sense. In its most dangerous form, one's relationship with God can be shaped by this need. God is dethroned in order to fit the individual's quest for self-actualization. This condition leaves people with the inability to make long-standing commitments and leads to superficiality and aloofness. Education and church participation are evaluated on the basis of personal fulfillment. They are not viewed as opportunities to use one's gifts for the good of others.

All of us are guilty of these attitudes occasionally. Christian growth is the process of peeling away layers of self-centered desires. The situation becomes serious when both the culture and the church affirm a self-centered orientation, rather than a God-centered one.

According to Moreland, the couch potato is the poster child for the empty-self. Rather than equipping oneself with the tools necessary to impact the culture for Christ and His

kingdom, many people choose to live vicariously through the lives and actions of others. Moreland writes, " . . . the pastor studies the Bible for us, the news media does our political thinking for us, and we let our favorite sports team exercise, struggle, and win for us." [\[4\]](#)

## **Passivity**

The words we use to describe our free time support this notion of *passivity*. What was once referred to as a holiday or originally a holy day has become a vacation; what used to be a special time of proactive celebration has become a time for vacating. The goal seems to remain in a passive state while someone else is paid to amuse you.

One of the most powerful factors contributing to this passivity is the television. Watching TV encourages a passive stance towards life. Its very popularity is built upon the vicarious experiences it offers, from sports teams to soap operas. It is hard to imagine how a person who watches an average amount of TV, which is twenty five hours a week for elementary students, could have enough time left over to invest in the reading and study required to become a mature believer and defender of the faith. Our celebrity-centered culture encourages us to focus on the lives of a popular few rather than live our own lives to the fullest for God.

## **Sensate Culture**

It follows naturally that the empty-self syndrome encourages the belief that the physical, sense-perceptible world is all that there is. Although Christians, by definition, should be immune from this attitude, they often act as if it were true. The resulting *sensate* culture loses interest in arguments for transcendent truth or in ideas like the soul, and the consequence is a closing of the mind, as described by Allen Bloom in his best-selling book on university life in the late 1980s. [\[5\]](#) Students and the general public lose hope in the

possibility that truth can be found in books, so they stop reading; or at least stop reading serious books about worldview issues. Harvard sociologist Pitirim Sarokin wrote that once a sensate culture takes over, a society has already begun to disintegrate due to the lack of intellectual resources necessary to maintain a viable community.{6}

Paul reminds us of the danger of the empty-self state of mind when he writes, "Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things. But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ. . . ."{7}

## **No Interior Life**

Moreland claims that in the last few decades people have become far more concerned about external factors such as the possession of consumer goods, celebrity status, image, and power rather than the development of what he calls an *interior life*. It wasn't long ago that people were measured by the internal traits of virtue and morality, and it was the person who exhibited character and acted honorably who was held in high esteem. This kind of life was built upon contemplation of what might be called the "good life." After long deliberation, an individual then disciplined himself in those virtues most valued. Peter describes such a process for believers when he tells us to "add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love." {8} He adds that "if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ." {9} The Christian life begins with faith, but grows by feeding the interior life in a disciplined manner.

## **Busy-ness**

Almost everyone experiences the last trait of the empty-self to some degree: the hurried, *overly busy life*. Although most of us wouldn't think of it this way, busy-ness can actually be a form of idolatry. Anything that stands between a person and their relationship with God becomes an idol. As Richard Keyes puts it:

Idolatry may not involve explicit denials of God's existence or character. It may well come in the form of an over-attachment to something that is, in itself, perfectly good. The crucial warning is this: As soon as our loyalty to anything leads us to disobey God, we are in danger of making it an idol.{10}

Many pack their lives with endless activities in order to block out the emotional emptiness and spiritual hunger that fills their souls. Nothing but God Himself can meet that need. David cried out to God saying, "Do not cast me from your presence, or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."{11} The empty-self attempts to replace God with things God has created, a life that's too busy for God is missing out on life itself.

The empty-self is highly individualistic, infantile, narcissistic, passive, sensate, without an interior life, and too busy.

## **Curing the Empty-Self Syndrome**

Is there a vaccine for the Empty-Self Syndrome? In his book *Love Your God With All Your Mind*, J. P. Moreland lists six steps for avoiding the empty-self. Like all maladies, we must first admit that there is a problem. Christians need to realize that faith and reason are not diametrically opposed to one another and that intellectual cultivation honors God. We need to begin talking about the role of the intellect and the value of a disciplined Christian mind. The results of not

doing this will be a church with shallow theological understanding, little evangelistic confidence, and the inability to challenge the ideas that are dominant in the culture at-large. Christians will continue to be obsessed with self-help books that merely soothe, comfort, and entertain the reader.

Second, we need to choose to be different. We must be different from the typical church attendee who rarely reads or considers the questions and challenges of unbelievers, and different from the self-centered general culture that seeks knowledge only for power or financial gain.

Third, we might also need to change our routines. Believers would benefit by turning off the TV and instead participating in both physical exercise and quiet reflection. We need to get out of our passive ruts and be more proactive about growing spiritually and intellectually.

Fourth, we need to develop patience and endurance. The intellectual life takes time and diligence. It is a long-term, actually life-long, project and for some of us just sitting down for fifteen minutes might be difficult at first. Our newly developed patience is also needed for the fifth goal, that of developing a good vocabulary. As is true of any area of study, both theology and philosophy have their own languages and it takes time and effort to become conversant in them.

Finally, the last step is to establish intellectual goals. This is often best accomplished with the aid of a study partner or group. Setting out on a course of study and sharing what you find with someone else can be exhilarating. Although your study might begin in theology, it should eventually touch on a broad spectrum of ideas. Even reading recognized critics of Christianity is of value if you take the time to develop a response to their criticisms.

We should also teach our children that their studies are an important way to honor God. We are not advocating the development of the mind merely to collect information or to advance one's career. Our goal is to accomplish what Paul demands in 2 Corinthians 10:5. It is to be able to demolish any obstacle, or any pretension to the emancipating knowledge of God. The picture Paul is painting is that of a military operation in enemy territory.<sup>{12}</sup> It's time to start training!

## Notes

1. J. P. Moreland, *Love Your God With All Your Mind* (Colorado Springs, CO: NavPress, 1997), see chapter four for this discussion.
2. Titus 1:8-9
3. Herbert Schlossberg, *Idols For Destruction* (Washington D.C.: Regnery Gateway, 1990), 322.
4. J. P. Moreland, *Love Your God With All Your Mind* (Colorado Springs, CO: NavPress, 1997), 90.
5. Allan Bloom, *The Closing of the American Mind*, (New York: Simon and Schuster, 1987), see part one on the student.
6. Ibid., 91.
7. Philippians 3:19-20
8. 2 Peter 1:3-7
9. 2 Peter 1:8
10. Os Guinness & John Seel, *No God But God* (Chicago, IL: Moody Press, 1992), 33.
11. Psalm 51:11-12
12. Murry J. Harris, *The Expositors Bible Commentary* (Grand

Rapids, MI: Zondervan Publishing House, 1976), 380.

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