

# George Washington and Religion

*Kerby Anderson presents a compelling argument for the view that George Washington was a devoted Christian rather than a deist. He points to Washington's insistence on the importance of services for his soldiers, his personal church attendance, his prayer life and his commitment to the spiritual upbringing of his godchildren.*

## Background

What was George Washington's view of religion and in particular of Christianity? The historical perspective used to be that Washington was a Christian and orthodox in most of his beliefs. But the modern view has been that he was either a lukewarm Anglican or more likely a Deist.



I want to look at some new research that argues for the traditional view and against the modern view of George Washington's religion. One book is *Washington's God: Religion, Liberty, and the Father of our Country*.[\[1\]](#) It is written by Michael Novak (American Enterprise Institute and winner of the Templeton Award) and Jana Novak. Another book, written by Peter Lillback with Jerry Newcombe, is *George Washington's Sacred Fire*.[\[2\]](#)

George Washington was born into a Virginia family of moderate wealth and was exposed to various religious activities: lessons in religion, regular prayer, Sunday school attendance, and reverence for God. His mother had a daily ritual of retiring with a book of religious readings.

By the time he was a teenager, Washington had already assumed serious responsibilities as a professional surveyor and then

as a major in the Virginia militia. His adventures in the wild lands gave him invaluable lessons about the military, Indians, and the British. Years later in a speech to the Delaware chiefs, Washington said, "You do well to wish to learn our arts and ways of life, and above all, the religion of Jesus Christ. These will make you a greater and happier people than you are."[\[3\]](#)

He studied the Bible as well as the writings of ancient heroes. The busts and portraits at Mount Vernon demonstrate this. There are busts of Alexander the Great, Julius Caesar, Charles XII of Sweden, and Frederick II of Prussia. In the dining room are portraits of the Virgin Mary and St. John.

Washington's own stepgranddaughter "Nelly" Custis saw him as a religious man. She wrote this to one of Washington's early biographers:

It was his custom to retire to his library at nine or ten o'clock, where he remained an hour before he went to his chamber. He always rose before the sun, and remained in his library until called to breakfast. I never witnessed his private devotions. I never inquired about them. I should have thought it the greatest heresy to doubt his firm belief in Christianity. His life, his writings, prove that he was a Christian. He was not one of those who act or pray, "that they may be seen of men." He communed with his God in secret.[\[4\]](#)

In what follows we will look at the evidence for George Washington's faith as it surfaced in his letters and actions as general and president.

## **Deism vs. Christianity**

Pick up a book about George Washington written during the nineteenth century, and you will probably see that he is described as being a Christian. However, if you pick up a book

written in the last seventy years, it will describe him as a Deist. Why the change?

The turning point seems to be a study by historian Paul F. Boller, Jr. entitled *George Washington and Religion*. His conclusion can be summarized in a single sentence: To the “unbiased observer” George Washington appears as a Deist, not a devout Christian.<sup>{5}</sup> Most historians since Boller accepted this idea and were less likely to assert that Washington was a Christian.

What do we mean by “Deism”? Deism is the belief that God is merely a watchmaker God who started the universe but is not involved in the affairs of humans and human history. One definition of Deism is that “There is no special providence; no miracles or other divine interventions intrude upon the lawful natural order.”<sup>{6}</sup>

Was George Washington a Deist? He was not. It is worth noting that even historian Paul Boller admitted that religion was important to Washington as a leader. Boller writes, “he saw to it that divine services were performed by the chaplains as regularly as possible on the Sabbath for the soldiers under his command.”<sup>{7}</sup> We might reasonably ask, Why would chaplains be important to a Deist?

Boller even admits there are testimonials of Washington’s church attendance. This is important since many historians even go further than Boller and assert that Washington did not even attend church as a mature adult.

Michael Novak admits that some of the names Washington often used for God *sound* Deist, but that does not mean that he was a Deist. In fact, his prayers for God’s action were just the opposite of what you might hear from a Deist. Washington believed God favored the cause of liberty and should be beseeched to “interpose” his action on behalf of the Americans. He called for public thanksgiving for the many ways

in which Americans experienced God's hand in key events in our history.

Washington used more than eighty terms to refer to God, among them: Almighty God, Creator, Divine Goodness, Father of all mercies, and Lord of Hosts. The most common term he used in his writings and speeches was "Providence." When he did so, he used the masculine personal pronoun "he." Washington never refers directly to God as an "it," as he does occasionally with Providence. God is personal.[\[8\]](#)

If we look at the history of the eighteenth century, there were many with orthodox religious beliefs who sometimes used the philosophical language of the enlightenment. Washington was a Christian, even though he often used terms for God associated with Deists.

## **A Religious Nation Goes to War**

There has been some dispute about how religious America was during the Revolutionary War. There was a shortage of churches and clergy (especially along the paths of westward migration). But we should also remember that this War of Independence followed the First Great Awakening.

At the first meeting of the Continental Congress in Philadelphia (September 1774), the first motion from the floor was for prayer to seek guidance from God. But there was resistance, not because of the prayer, but because of the theological disagreements among the members (Anabaptist, Quakers, Congregationalists, Episcopalians, Presbyterians). Sam Adams settled the dispute by saying he was no bigot and could pray along with any minister as long as he was a patriot.[\[9\]](#) I have in my office a picture of a painting showing George Washington praying with men like Patrick Henry, John Jay, and Richard Henry Lee.

At the second meeting, they proposed that Washington be

appointed commander in chief of the Continental Army. He did not think he was equal to the command but accepted it. He wrote his wife, "I shall rely, therefore, confidently on that Providence, which has heretofore preserved and been bountiful to me, not doubting but that I shall return safe to you in the fall."[{10}](#) At the time, Washington was the only man on the continent in uniform since no Continental Army yet existed. To the British, he was the supreme traitor, in open rebellion to the King. His neck was at risk, and the American independence depended on him.

One event that George Washington believed showed God's providence was the Battle of Long Island in 1776. Washington and his men were trapped on Brooklyn Heights, Long Island. The British were poised to crush the American army the next day and that would have been the end of the rebellion. Washington planned a bold move and began evacuating his troops under the cover of darkness using everything from fishing vessels to rowboats. But there was not enough time to accomplish the task. When morning came, the fog of night remained and only lifted in time for the British to see the last American boat crossing the East River beyond the reach of their guns. You can read more about this miraculous event in Michael Novak's book, *On Two Wings: Humble Faith and Common Sense at the American Founding*.[{11}](#)

Washington also required chaplains for the Continental Army, and personally took time for prayer. He forbade his troops under pain of death from uttering blasphemies, even profanity. He called upon them to conduct themselves as Christian soldiers because the people demanded it.[{12}](#)

Washington's actions during the Revolutionary War demonstrate his Christian character.

# First in War and First in Peace

In his eulogy for George Washington, Henry Lee said he was “First in war, first in peace, and first in the hearts of his countrymen.” We could also say the Washington demonstrated Christian character both in war and in peace.

While fulfilling his duties as general, he came to be known as a “nursing father.” This is a biblical phrase (Num. 11:12, Is. 49:23 KJV) that appears in many of the tributes to Washington after his death. He brought together very diverse groups to fight the Revolutionary War by bridging ethnic and social divisions. This ranged from the regiment from Marblehead, Massachusetts (that included men of mixed race, blacks, and Indians), to the Virginian and southern aristocrats to the yeomen in hunting shirts from western Virginia.

One of his orders stated that “All chaplains are to perform divine service tomorrow, and on every succeeding Sunday. . . . The commander in chief expects an exact compliance with this order, and that it be observed in future as an invariable rule of practice—and every neglect will be consider not only a breach of orders, but a disregard to decency, virtue and religion.”[\[13\]](#)

Washington grew even more explicit as the war dragged on: “While we are zealously performing the duties of good citizens and soldiers we certainly ought not to be inattentive to the higher duties of religion. To the distinguished character of patriot, it should be our highest glory to add the more distinguished character of a Christian.”[\[14\]](#)

Washington lost a great deal of money during the war by paying for things out of his own pocket and by refusing a salary. He happily returned to Mount Vernon and spent happy years with his wife. But the constitutional convention in 1787 brought him to elective office. He was elected as president by unanimous vote in 1789.

In his inaugural address, Washington said, "No people can be bound to acknowledge and adore the invisible hand, which conducts the affairs of men more than the people of the United States. Every step, by which they have advanced to the character of an independent nation, seems to have been distinguished by some token of providential agency."

He issued a thanksgiving proclamation in 1789 in which he asserted "the duty of all nations" in regard to God. His thanksgiving proclamation of 1795 proclaims there are signs of "Divine beneficence" in the world. And in his farewell address, he reminded Americans that "Of all the dispositions and habits which lead to political prosperity, Religion and Morality are indispensable supports."

Washington demonstrated Christian character in war and in peace.

## **Washington as Christian: Pro and Con**

Let's summarize the arguments historians make about Washington's religious faith. Those who believe that George Washington was a Deist and not a Christian usually make the following observations.

First, Washington never took communion at Sunday services. Second, he refused to declare his specific beliefs in public. Third, he rarely used the name of Jesus Christ in private correspondence and in public utterances. Finally, while he believed in God and had an awareness of Providence in his life, it all seems more like a Greek or Roman view of fate.

Michael Novak's response to these observations is helpful. "All these objections have a grain of truth in them. Still, they are consistent with Washington's being a serious Christian who believed that he had a public vocation that required some tact regarding his private confessional life."[\[15\]](#) Novak adds:

It is not at all unusual for public men in pluralistic American life to maintain a notable reserve about their private convictions. They do not burden the public with declarations of their deepest beliefs, whose general force they trust their actions will sufficiently reveal. In the public forum, they happily give to Caesar what is Caesar's and in the private forum, to God what is God's.{16}

What are some of the reasons to believe Washington was a Christian? First, he religiously observed the Sabbath as a day of rest and frequently attended church services on that day. Second, many report that Washington reserved time for private prayer. Third, Washington saved many of the dozens of sermons sent to him by clergymen, and read some of them aloud to his wife.

Fourth, Washington hung paintings of the Virgin Mary and St. John in places of honor in his dining room in Mount Vernon. Fifth, the chaplains who served under him during the long years of the Revolutionary War believed Washington was a Christian. Sixth, Washington (unlike Thomas Jefferson) was never accused by the press or his opponents of not being a Christian.

It is also worth noting that, unlike Jefferson, Washington agreed to be a godparent for at least eight children. This was far from a casual commitment since it required the godparents to agree to help insure that a child was raised in the Christian faith. Washington not only agreed to be a godparent, but presented his godsons and goddaughters with Bibles and prayer books.

George Washington was not a Deist who believed in a "watchmaker God." He was a Christian and demonstrated that Christian character throughout his life.

## Notes

1. Michael Novak and Jana Novak, *Washington's God: Religion,*



- Liberty, and the Father of our Country* (NY: Basic Books, 2006).
2. Peter Lillback, with Jerry Newcombe, *George Washington's Sacred Fire* (Bryn Mawr, PA: Providence Forum Press, 2006).
  3. Novak, *Washington's God*, 93.
  4. Ibid., 136.
  5. Lillback, *Sacred Fire*, 28.
  6. Novak, *Washington's God*, 110.
  7. Lillback, *Sacred Fire*, 28.
  8. Ibid., 577.
  9. Novak, *Washington's God*, 123.
  10. Ibid, 64.
  11. Michael Novak, *On Two Wings: Humble Faith and Common Sense at the American Founding* (San Francisco: Encounter, 2002).
  12. Novak, *Washington's God*, 30-31.
  13. Ibid., 90.
  14. Ibid.
  15. Ibid., 219.
  16. Ibid., 219-220.

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## Trusting God in the Bizarre

I have tongue cancer. Bizarre, right? I'm not male, nor do I engage in the particularly bad combination of both smoking and drinking, which are the big markers for this nasty invasion. In two weeks I am scheduled for surgery to remove the cancer by cutting out a big chunk of my tongue—which is a particular challenge and sadness for a professional speaker.

One of the things I have discovered is that, even without any drugs, the weight of this diagnosis and the upcoming difficult surgery and recovery has consumed a lot of my mental and

emotional energy. Everything in my life has taken a back seat to this crisis.

Let me share some observations from my "Cancer Journey" journal, in no thought-through order because . . . see the above paragraph.

The oral surgeon who biopsied my tongue is a dear believer from church. When he delivered the bad news to me with amazing tenderness and gentleness, he was "Jesus with skin on" to me. I truly sensed the Lord was telling me through my doctor-now-friend that He was allowing this challenge that was going to be hard, and a lot of work, but He is with me. I was so blessed to be able to freely respond by asking, "Would you please pray for me?" And he did. The first of many, many prayers I have received.

Years ago, when an older friend got breast cancer, I asked her if she struggled with anger at God for letting this bad thing happen to her. She said, "Oh no! God has been so faithful and so good to me all these years of walking with Him, I know that He is allowing this for a reason. I trust Him." And that's why she didn't ask the "Why me?" question, either: living in a fallen world, why NOT her? At that time, I prayed, "Lord, I will continue to ask that You spare me from cancer, but if You don't, I am pre-deciding to respond the way Delores did." So I didn't have to work out my response when the diagnosis came.

My primary care doctor told me a long time ago to stop diagnosing myself; I'm never right. (And not to consult with Dr. Google either.) But that's what I had done concerning the soreness on the side of my tongue that has lingered for months. Two dentists advised me to see an oral surgeon and possibly get it biopsied, but I was so *sure* it couldn't be cancer that I dragged my feet following through. I am fully repenting of "leaning on my own understanding" (Proverbs 3:5) and diagnosing myself. And I now have a fuller understanding of why [self-sufficiency](#) is a sin . . . and I'm repenting of

that too.

Early in this cancer journey, Jesus spoke to my heart through Revelation 2:10—"Do not fear what you are about to suffer." I know He was addressing the church in Smyrna with that verse, but He pretty much burned it into MY heart when I read it one morning. He knew that, being a pain weenie, I was going to struggle with fear. I have to keep reminding myself of what to do with my fear: Psalm 53:6 says, "When I am afraid, I will trust in You." And in these days of Advent, I get to be reminded frequently through Christmas music that Jesus is Immanuel, "God with us." I need to trust Him; I need to trust IN Him; I need to recall Isaiah 43:1-5, where He says, "Don't be afraid, for I am with you." Just like I used to soothe my frightened children when they were small with, "It's OK, it's OK, Mommy's with you."

One night as I prepared for bed and took my evening medication and supplements, I realized that taking oral pain meds post-surgery is going to be a challenge with a crippled tongue. Then I realized that I am going to be losing a body part, and I need to grieve that. The next morning, on the phone with our church's women's pastor who was checking on me, I shared about this realization. As she prayed for me, choked up with compassion, my tears started to fall. The moment I hung up, great heaving sobs overtook me. And I grieved.

(As hard as it was on me, losing a body part because of disease, I also cried out of anger that the enemy has deceived so many people, especially young people, into thinking that they would be happy if they would just have perfectly healthy body parts amputated. I cried out of compassion for their inevitable double grief of not only losing a *healthy* body part, but the eventual realization that they were lied to about what would fix everything in their thoughts and feelings. And that evil spirits laugh at their pain.)

Instead of a women's Christmas Coffee at church, we were

blessed to have 25 hostesses open their homes in multiple cities and multiple zip codes for 25 teachers to share the same basic message that each of us made our own. In my final point, about abiding in Christ, I was able to hold up an IV bag and tubing to illustrate what abiding is like: Jesus said He is the vine, we are the branches. Our job as branches is to stay connected so His “supernatural sap” can flow into us. Just like when we’re hooked up to an IV, our job is to stay connected. I asked my hostess’s husband to record that part of my message as well as my application about abiding in Christ as I wrestle with this cancer. I was able to edit it down to 6 minutes and post it on Facebook with a request for prayer.

<https://www.facebook.com/559034244/videos/703017111419005/>

Now on my own Facebook feed, I see a very limited number of people’s posts. But somehow (cue God to show up) my post made it to hundreds of people’s feeds, and 400+ comments and over 3600 views of the video later, I am being prayed for—a LOT! Thank You Lord!

And I need the prayers. I think the cancer is spiritual warfare that God is allowing for His glory and my good. And for other people’s good as well, though I may never see it on this side of eternity. One of my friends said, “You are outspoken and the enemy wants to silence you. What better way than to go after your tongue?” On top of the attack on my body, I’ve also wrestled at times with fear about the pain. I think it’s a spirit of fear. (I’ve been here before: see my blog post “[I’m Scared, Lord.](#)”)

But God . . . because He loves me . . . just gave me a connection on Facebook with a young lady who is not only recovering from the same tongue cancer surgery, it was done by the same surgeon as mine! She has encouraged and reassured me about the pain management. We look forward to meeting face to face soon. That is a Christmas gift from the Lord, and it’s part of His answer to the prayers of many people.

I have been in this place of experiencing peace from the prayers of God's people before. My last trip to Belarus, before I lost the ability to walk, I posted a request for people to pray daily for me for "stair grace." There are few elevators in Belarus, and the building where we were staying and teaching had two flights of stairs I had to climb several times a day. I asked for 10 people to pray, and 70 promised they would support me through prayer. And boy did they ever. It was amazing how easy it was to go up and down stairs for almost two weeks.

Until the last day, on my last stair climb, when I sensed the Lord telling me, "I have been answering your friends' prayers for stair grace all this trip. Now I'm going to remove the grace so you can experience what it would have been like without the enabling grace." And. It. Was. HARD!!! I was sore, I was out of breath, my polio leg yelled at me. So I know the huge difference prayer makes, and I am so grateful for the prayer support I've already received. I am desperate for the prayers of God's people!

The story continues . . . in God's loving hands. . . as I continue to trust Him in the bizarre.

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## Spiritual Disciplines and the

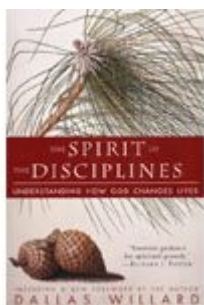
# Modern World

*The spiritual disciplines help us cooperate with God in our transformation into the likeness of Christ. Don Closson discusses disciplines of abstinence and of engagement.*



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

## Spirituality and the Body



As a seminary student I was given the assignment to read a book on Christian spirituality called the *Spirit of the Disciplines* by Dallas Willard.<sup>[1]</sup> I obediently read the book and either wrote a paper on it or took a test that covered the material (I can't recall which), but the book didn't have a major impact on my life at that time. Recently, over a decade later, I have gone back to the book and found it to be a jewel that I should have spent more time with. In the book, Willard speaks to one of the most important issues facing individual Christians and churches in our time: "How does one live the Spirit-filled life promised in the New Testament?" How does the believer experience the promise that Jesus made in Matthew 11:29-30: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light"?



Willard argues that modernity has given us a culture that offers a flood of self-fulfillment programs in the form of political, scientific, and even psychological revolutions. All promise to

promote personal peace and affluence, and yet we suffer from an “epidemic of depression, suicide, personal emptiness, and escapism through drugs and alcohol, cultic obsession, consumerism, and sex and violence . . . .”{2} Most Christians would agree that the Christian faith offers a model for human transformation that far exceeds the promises of modern scientific programs, but when it comes to delineating the methods of such a transformation there is often confusion or silence.

Christians frequently seek spiritual maturity in all the wrong places. Some submit themselves to abusive churches that equate busyness and unquestioning subservience with Christ-likeness. Others look for spirituality through syncretism, borrowing the spiritualism of Eastern religions or Gnosticism and covering it with a Christian veneer.

According to Willard, Christians often hope to find Christ’s power for living in ways that seem appropriate but miss the mark; for example, through a “sense of forgiveness and love for God” or through the acquisition of propositional truth. Some “seek it through special experiences or the infusion of the Spirit,” or by way of “the presence of Christ in the inner life.” Others argue that it is only through the “power of ritual and liturgy or the preaching of the Word,” or “through the communion of the saints.” All of these have value in the Christian life but do not “reliably produce large numbers of people who really are like Christ.”{3}

We evangelicals have a natural tendency to avoid anything that hints of meritorious works, works that might somehow justify us before a holy God. As a result, we reduce faith to an entirely mental affair, cutting off the body from the process of living the Christian life.

In this article we will consider a New Testament theology of human transformation in order to better understand what it means to become a living sacrifice to God.

# A Model for Transformation

Faith in Jesus Christ brings instant forgiveness along with the promise of eventual glorification and spending eternity with God. However, in between the believer experiences something called sanctification, the process of being set apart for good works. Something that is sanctified is holy, so it makes sense that the process of sanctification is to make us more like Christ.

Even though the Bible talks much of spiritual power and becoming like Christ, many believers find this process of sanctification to be a mystery. Since the Enlightenment, there has been a slow removal from our language of acceptable ways to talk about the spiritual realm. Being rooted in this age of science and materialism, the language of spiritual growth sounds alien and a bit threatening to our ears, but if we want to experience the life that Jesus promised, a life of spiritual strength, we need to understand how to appropriate God's Spirit into our lives.

According to Willard, "A 'spiritual life' consists in that range of activities in which people cooperatively interact with God—and with the spiritual order deriving from God's personality and action. And what is the result? A new overall quality of human existence with corresponding new powers."[\[4\]](#) To be spiritual is to be dominated by the Spirit of God. Willard adds that spirituality is another reality, not just a "commitment" or "life-style." It may result in personal and social change, but the ultimate goal is to become like Christ and to further His Kingdom, not just to be a better person or to make America a better place to live.

The Bible teaches that to become a spiritual person one must employ the *disciplines* of spirituality. "The disciplines are activities of mind and body purposefully undertaken to bring our personality and total being into effective cooperation with the divine order."[\[5\]](#) Paul wrote in Romans 6:13 that the



goal of being spiritual is to offer our body to God as instruments of righteousness in order to be of use for His Kingdom. Moving towards this state of usefulness to God and His Kingdom depends on the actions of individual believers.

Many of us have been taught that this action consists primarily in attending church or giving towards its programs. As important as these are, they fail to address the need for a radical inner change that must take place in our hearts to be of significant use to God. The teaching of Scripture and specifically the life of Christ tells us that the deep changes that must occur in our lives will only be accomplished via the disciplines of abstinence such as fasting, solitude, silence, and chastity, and the disciplines of engagement such as study, worship, service, prayer, and confession. These disciplines, along with others, will result in being conformed to the person of Christ, the desire of everyone born of His Spirit.

## **Salvation and Life**

When I first read in the Bible that Jesus offered a more abundant life to those who followed Him, I thought that He was primarily describing a life filled with more happiness and purpose. It does include these things, but I now believe that it includes much more. Salvation in Christ promises to radically change the nature of life itself. It is not just a promise that sometime in the far distant future we will experience a resurrected body and see a new heaven and new earth. Salvation in Christ promises a life characterized by the highest ideals of thought and actions as epitomized by the life of Christ Himself.

Although there is no program or classroom course that can guarantee to give us this new life in Christ, it can be argued that in order to live a life like Jesus we need to do the things that Jesus did. If Jesus had to “learn obedience through the things which he suffered” (Hebrew 5:8 KJV), are we

to expect to act Christ-like without the benefit of engaging in the disciplines that Jesus did?

In *The Spirit of the Disciplines*, Willard argues that there is a direct connection between practicing the spiritual disciplines and experiencing the salvation that is promised in Christ. Jesus prayed, fasted, and practiced solitude “not because He was sinful and in need of redemption, as we are, but because he had a body just as we do.”<sup>{6}</sup> The center of every human being’s existence is his or her body. We are neither to be neo-Platonic nor Gnostic in our approach to the spiritual life. Both of these traditions play down the importance of the physical universe, arguing that it is either evil or simply inferior to the spiritual domain. But as Willard argues, “to withhold our bodies from religion is to exclude religion from our lives.”

Although our spiritual dimension may be invisible, it is not separate from our bodily existence. *Spirituality*, according to Willard, is “a relationship of our embodied selves to God that has the natural and irrepressible effect of making us alive to the Kingdom of God—here and now in the material world.”<sup>{7}</sup> By separating our Christian life from our bodies we create an unnecessary sacred/secular gulf for Christians that often alienates us from the world and people around us.

The Christian faith offers more than just the forgiveness of sins; it promises to transform individuals to live in such a way that responding to events as Jesus did becomes second nature. What are these spiritual disciplines, and how do they transform the very quality of life we experience as followers of Jesus Christ?

## **The Disciplines of Abstinence**

Although many of us have heard horror stories of how spiritual disciplines have been abused and misused in the past, Willard

believes that “A discipline for the spiritual life is, when the dust of history is blown away, nothing but an activity undertaken to bring us into more effective cooperation with Christ and his Kingdom.”{8} He reminds us that we discipline ourselves throughout life in order to accomplish a wide variety of tasks or functions. We utilize discipline when we study an academic or professional field; athletes must be disciplined in order to run a marathon or bench press 300 lbs. Why, then, are we surprised to learn that we must discipline ourselves to be useful to God?

Willard divides the disciplines into two categories: disciplines of abstinence, and disciplines of engagement. Depending on our lifestyle and past personal experiences, we will each find different disciplines helpful in accomplishing the goal of living as a new creature in Christ. Solitude, silence, fasting, frugality, chastity, secrecy, and sacrifice are disciplines of abstinence. Given our highly materialistic culture, these might be the most difficult and most beneficial to many of us. We are more familiar with the disciplines of engagement, including study, worship, celebration, service, prayer, and fellowship. However, two others mentioned by Willard might be less familiar: confession and submission.

Abstinence requires that we give up something that is perfectly normal—something that is not wrong in and of itself, such as food or sex—because it has gotten in the way of our walking with God, or because by leaving these things aside we might be able to focus more closely on God for a period of time. As one writer tells us, “Solitude is a terrible trial, for it serves to crack open and burst apart the shell of our superficial securities. It opens out to us the unknown abyss that we all carry within us . . .”{9} Busyness and superficial activities hide us from the fact that we have little or no inward experience with God. Solitude frees us from social conformity, from being conformed to the patterns of this world that Paul warns us about in Romans 12.

Solitude goes hand in hand with silence. The power of the tongue and the damage it can do is taken very seriously in the Bible. There is a quiet inner strength and confidence that exudes from people who are great listeners, who are able to be silent and to be slow to speak.

## **The Disciplines of Engagement**

Thus, the disciplines of abstinence help us diminish improper entanglements with the world. What about the disciplines of engagement?

Although study is not often thought of as a spiritual discipline, it is the key to a balanced Christian walk. Calvin Miller writes, “Mystics without study are only spiritual romantics who want relationship without effort.”[\[10\]](#) Study involves reading, memorizing, and meditation on God’s Word. It takes effort and time, and there are no shortcuts. It includes learning from great Christian minds that have gone before us and those who, by their walk and example, can teach much about the power available to believers who seek to experience the light burden that abiding in Jesus offers.

Few Christians deny the need for worship in their weekly routines, even though what constitutes worship has caused considerable controversy. Worship ascribes great worth to God. It is seeing God as He truly is. Willard argues that we should focus our worship through Jesus Christ to the Father. He writes, “When we worship, we fill our minds and hearts with wonder at him—the detailed actions and words of his earthly life, his trial and death on the cross, his resurrection reality, and his work as ascended intercessor.”[\[11\]](#)

The discipline of celebration is unfamiliar to most of us, yet Willard argues that it is one of the most important forms of engagement with God. He writes that “We engage in celebration when we enjoy ourselves, our life, our world, in conjunction

with our faith and confidence in God's greatness, beauty, and goodness. We concentrate on our life and world as God's work and as God's gift to us."[\[12\]](#) Although much of the scriptural argument for holy celebration is found in the festivals of the Old Testament and the book of Ecclesiastes, Jesus was accused of being a glutton and a drunkard because he chose to dine and celebrate with sinners.

Christian fellowship and confession go hand in hand. It is within the context of fellowship that Christians build up and encourage one-another with the gifts that God has given to us. It is also in this context that we practice confession with trusted believers who know both our strengths and weaknesses. This level of transparency and openness is essential for the church to become the healing place of deep intimacy that people are so hungry for.

Walking with Jesus doesn't mean just knowing things about Him; it means living as He lived. This includes practicing the spiritual disciplines that Jesus practiced. As we do, we will be changed through the Spirit to be more like Him and experience the rest that He has offered to us.

## Notes

1. Dallas Willard, *The Spirit of the Disciplines*, (New York: HarperCollins, 1991).
2. Ibid., viii.
3. Ibid., x.
4. Ibid., 67.
5. Ibid., 68.
6. Ibid., 29.
7. Ibid., 31.
8. Ibid., 156.
9. Ibid., 161.
10. Ibid., 176.
11. Ibid., 178.
12. Ibid., 179.

# Probe 2020 Survey Report #3: Religious Practices and Purpose for Living

*Steve Cable explores Probe's 2020 survey, examining the participants' religious practices, sense of purpose for living, and views on tolerance vs. acceptance.*

In our [first two reports](#), we looked primarily at religious affiliations and core religious beliefs. In this report, we examine the level of religious activity of different religious groups and how they relate to people with different religious beliefs.

Some of the key results for Americans ages 18 through 39 on religious practices are as follows:

- Only about a fourth of Born Again Christians prayed multiple times per day and a similar number said they read their Bible daily.
- Only about one in five Born Again Christians give 10% or more of their income to their church and other charities.
- Only about one in twenty Born Again Christians reported a consistent religious life where they attended church at least **twice** a month, considered their faith as **strongly** important in their daily life, prayed **multiple times** per day, and read their Bible **daily**.
- Less than one in five Born Again Christians reported a

nominal religious involvement where they attend church at least once a month, considered their faith as important in their daily life, prayed at least once a day, and read their Bible at least weekly, and gave at least 5% to their church and other charities.

- From 2010 to 2020, the percent of Born Again Christians who reported attending church at least twice a month, considered their faith as strongly important and read their Bible daily dropped by one half from 40% down to 20%.
- When asked about their ultimate purpose for living, slightly more than half of Born Again Christians selected a purpose which included serving God which was a significant drop from the two thirds who selected a similar purpose in 2010.

Some of the key results for Americans ages 18 through 39 on tolerance of other religions are:

- Only about one quarter (27%) of them disagree with the statement “. . . it is important to let people know that I affirm as true (at least for them) their religious beliefs and practices.”
- At the same time, almost two thirds (65%) agree that tolerance is best defined as “Treating with respect people with ideas or actions that you believe to be wrong or misguided.”
- This is another topic where we see somewhat conflicting results. Apparently, many Born Again Christian young adults think that you cannot believe someone is “wrong or misguided” when it comes to religion. Or they believe that “Treating with respect” means “affirming as true (at least for them)”.

# Level of Religious Activities

We will begin by looking at two different levels of religious activity: a Nominal Level and a Committed Level as shown in Table 1 below.

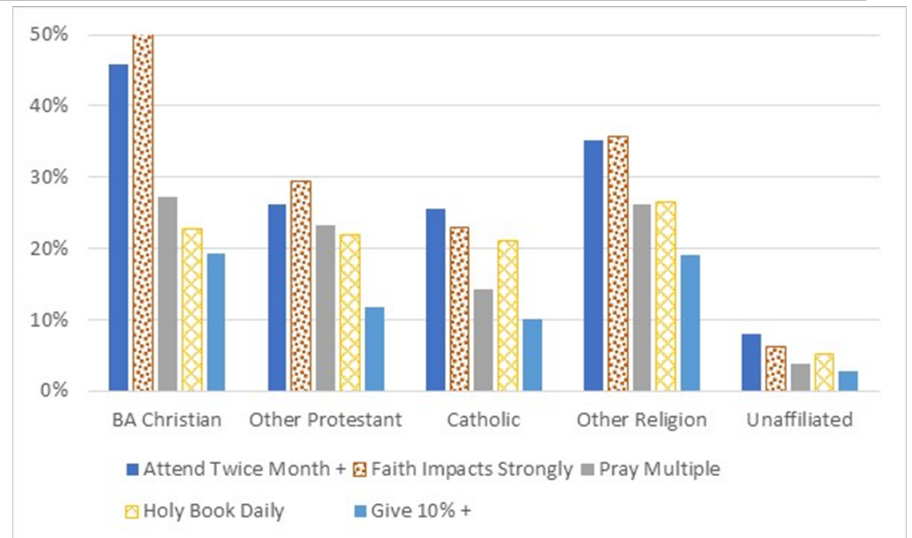
Table 1 Defining Levels of Religious Activity

Religious Activity	Nominal Level	Committed Level
How often do you attend religious services, not including special events such as a wedding or funeral?	Monthly	Twice a month or more
My religious faith has a significant impact on my daily life	Agree	Agree strongly
How often do you pray outside of a formal religious service?	Daily	Multiple per day
How often do you read or study your Holy Book in a small group setting or by yourself	Weekly	Daily or more
How much do you give to religious organizations and charities each year?	5% to 10% of income	At least 10% of income

I think most would agree that someone doing the activities listed at the level required for the Committed Level is serious about their faith. They consider it important enough to make it a priority in their thoughts, time and finances. One can find specific instructions or examples in scripture for the importance of the first four activities listed above in the Committed Level column. Giving at least 10% of your income is not a clear direction in the New Testament, but it is a good metric for assessing someone's commitment. The nominal level probably represents someone who considers their faith as important but not important enough to involve a significant amount of time and money.



*Figure 1 Committed Level of Religious Activity by Faith Group  
Ages 18 through 39*

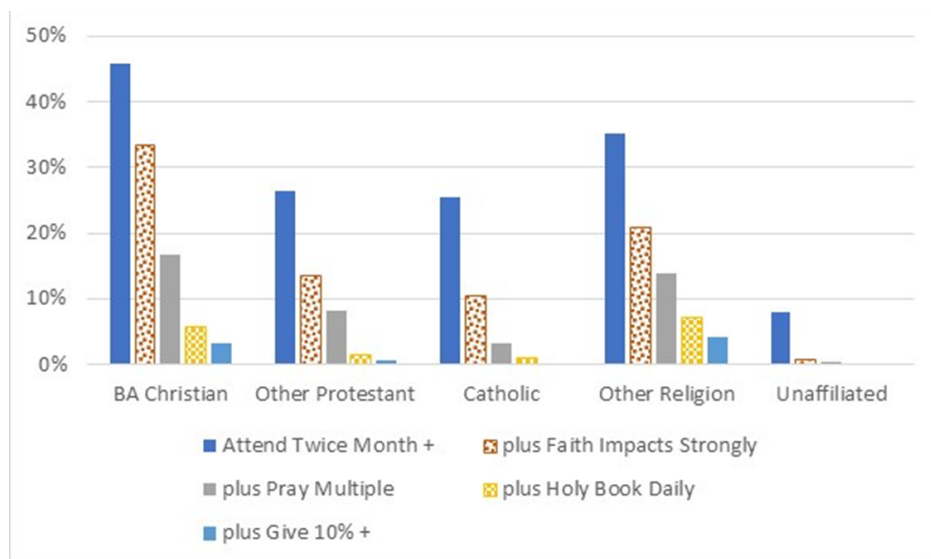


## Committed Level of Religious Activity

Those ages 18 through 39 who practice their religion at a committed level are shown in Figure 1 at right. We have roughly ordered these items from highest probability of adherence to lowest.

As shown in the figure, Born Again Christians lead the way in frequent church attendance and for strongly considering their faith significant. For the next two, prayer and reading your holy book, all four of the religious groups were similar. Finally, for the giving metric, Born Again Christians show about 20% at that level of giving while Other Protestants and Catholics are about half of that level, or 10%.

*Figure 2 Committed Level of Religious Activity – Cumulative  
Ages 18 - 39*



It is distressing that three of the five metrics show only about one in four of Born Again Christians who practice them. Even the most commonly practiced religious behaviors show

fewer than half of Born Again Christians active at those levels.

And when we combine all of these metrics together (as shown in Figure 2) to identify people who show a strong commitment to their religious faith, we find around 3% (1 out of 33) Born Again Christians saying they perform all five activities. In fact, people of Other Religions have about 4% performing all five metrics. However, for all practical purposes, there is not difference between 3% and 4%. Both numbers represent a tiny portion of the faith group.

Note that if we exclude the question on giving, the percentage of Born Again Christians increases from 3% to 5%. Clearly, money is not the primary issue driving down the number of consistently active believers.

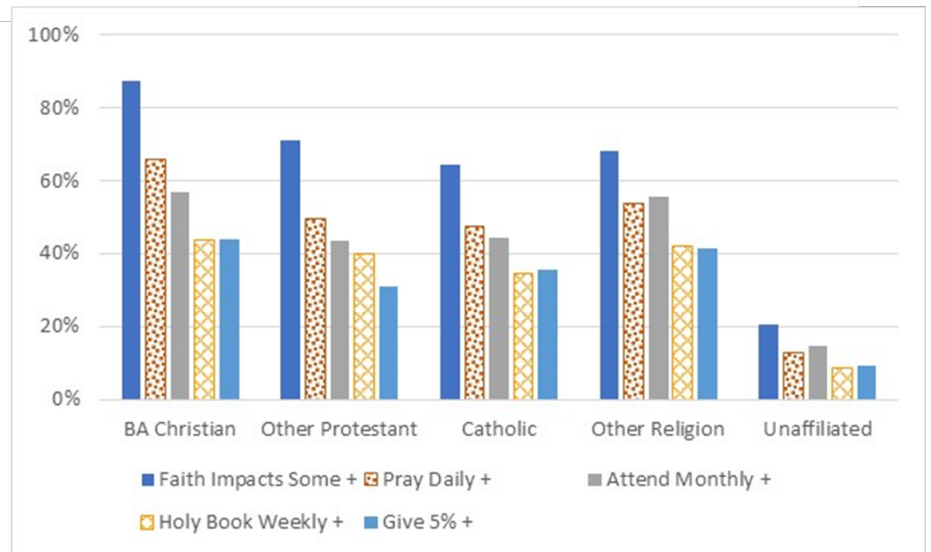
Also note that the entire Unaffiliated group reports less than 8% on each of these practices and less than 1% who claim to do even two of these practices.

These survey results clearly show that a scant few Americans of any religious persuasion take the time to be actively involved in practices

to help them grow in their faith.

## Nominal or Committed Levels of Religious Activity

Figure 3 At Least a Nominal Level of Religious Activity by Faith Group  
Ages 18 through 39



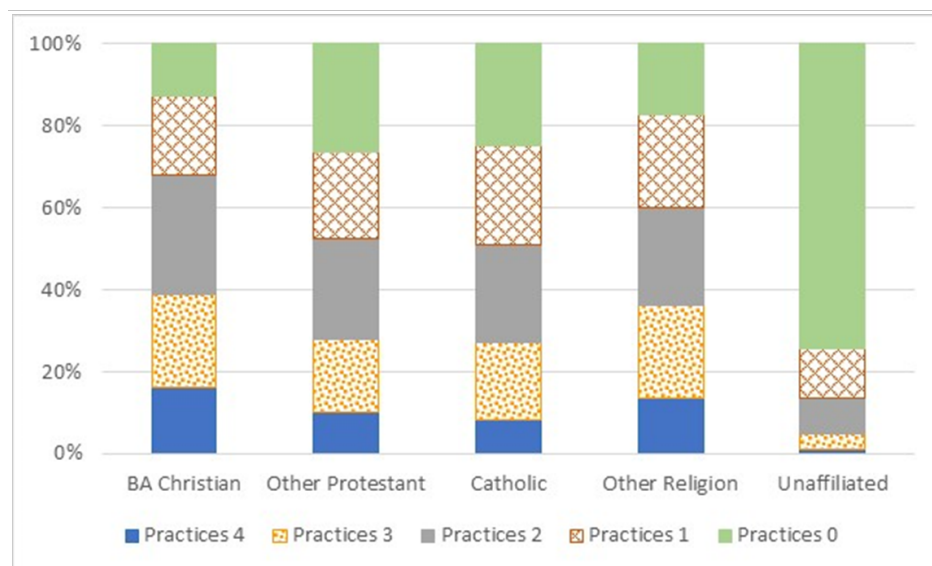
Now let's look at those with at least a Nominal level of religious practice (i.e., those who select the nominal level or the committed level). As shown in the figure, this is a much lower bar with all religious faiths hovering over 60% on those who agree/strongly agree that their faith has a significant impact on their daily lives and around half on those who pray at least daily. The other three activities range between 30% and 50%.

We should not forget that the pastors of these religious groups should be (and probably are) ashamed of these numbers. Particularly so when we consider the percentage of each group that practices all five of these relatively easy levels of commitment. The numbers (not shown on the graph) for those who practice all five are 16% of Born Again Christians, 13% of Other Religions, 9% of Other Protestants and 7% of Catholics. I must believe that pastors of those who answered the two Born Again questions would expect those congregants to be greater than 80% rather than hovering around 15%.

It is interesting that when we combine five different metrics, each of which is greater than 40% for Born Again Christians,

that it drops down to 16%. Note both the metrics for reading the Bible at least weekly and giving at least 5% of your income to charities come in at Almost half (44%). When we combine the two metrics to see how many Born Again Christians affirm that they engage in both of these activities, the number drops to about one in four (26%).

*Figure 4 Number of Nominal Religious Activities  
Ages 18 through 39*



So let's look and see how many said they did all the activities, three of the activities, two of the activities, etc. Almost 40% of Born Again Christians did at least three of

the activities. Only 5% of the Unaffiliated could say the same. In fact, over 75% of the Unaffiliated did none of these activities.

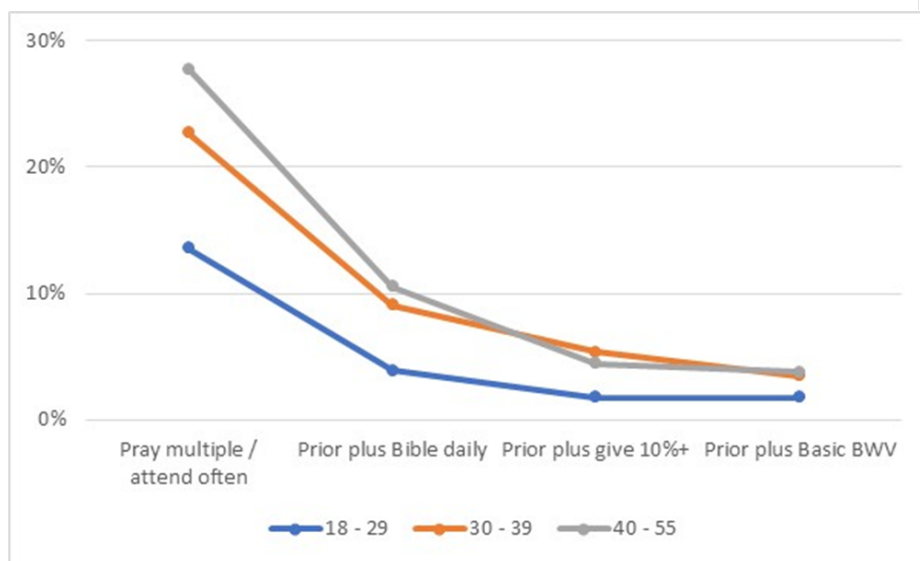
It is worth noting that Other Protestants and Catholics do not lag far behind Born Again Christians in the percentage doing at least three of the activities. This difference is a significant contrast to the Basic Biblical Worldview questions and the "who is Jesus" questions where these other religious groups lagged far behind Born Again Christians.

If I were to say to a Born Again believer, "to consistently grow in your faith and represent the good news of Christ to the world, I recommend that you pray to God daily, attend church at least one a month, read your Bible at least one a week, and give at least 5% of your income to religious charities including your church." I would not expect to get

much blowback. After all, it takes less than one hour a week and no real financial hardship. Of course, what I really say is we should all try to live at a Committed level. Not because it is necessary for salvation, rather this level of activity will help us live a life honoring God and making a difference beyond the temporal into eternity.

### Variations by Age among Born Again Christians

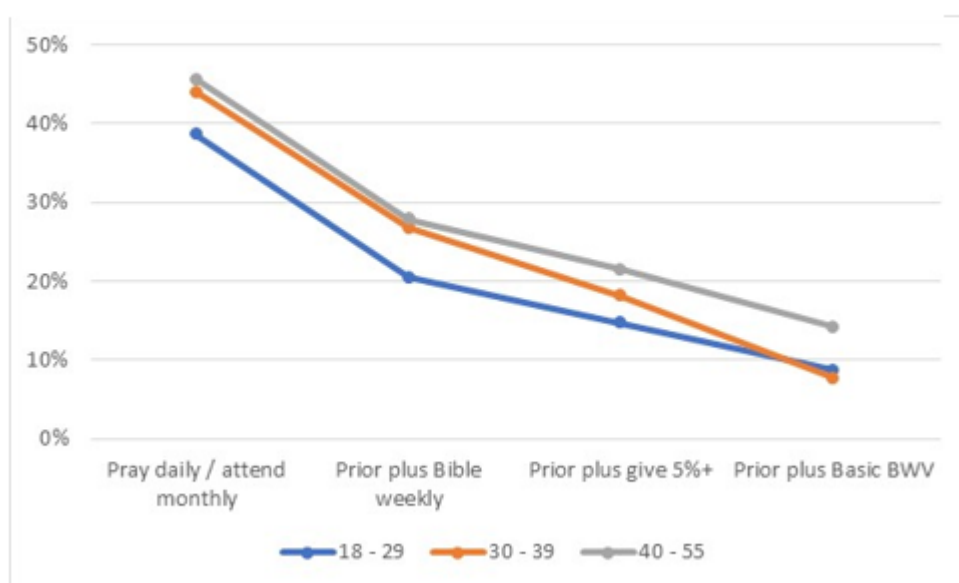
*Figure 5 Committed Level of Religious Activity for Born Again Christians by Age Range*



How do these religious activities vary by age among Born Again Christians? The results are plotted in the graph on the right for a

Committed Level of Activity. As shown, the percentage of the youngest adults is significantly less than for the two older groups. However, as the graph moves to the right adding more aspects to the cumulative total, the difference becomes small. In general, the youngest adults are less likely to practice key components of an active faith, but regardless of age the numbers are small.

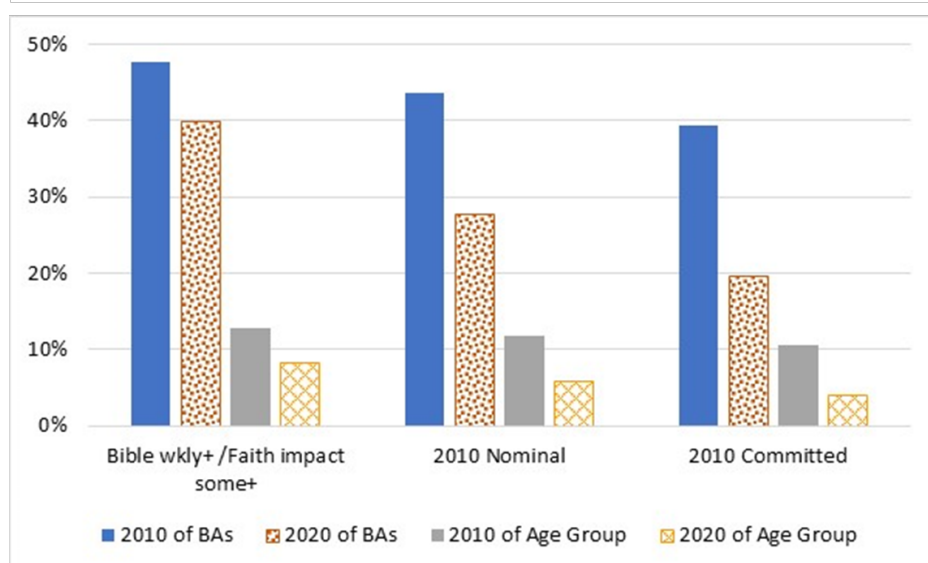
*Figure 6 At Least a Nominal Level of Religious Activity for Born Again Christians by Age Range*



The results are shown on the left for a Nominal or Committed Level of Activity. We have more Born Again Christians who participate across these levels. The

lines still trail down sharply as we move to the right, adding more practices to the cumulative total. The fact that only one out of five Born Again Christians ages 18 through 29 pray daily, attend church at least monthly, and read the Bible at least weekly presents a major challenge to our young adult ministries. I would suggest that these activities are essential to a consistently grow sanctification in our lives.

*Figure 7 Comparison of Religious Practices in 2010 and 2020 Born Again Christians Ages 18 through 39*



## Religious Practice from 2010 to 2020

How has the commitment to religious practices fared over the last 10 years or so? Our survey from 2010 asked the same questions regarding attendance, Bible reading, and the importance of faith. The questions on prayer and giving were different. However, we can get some good comparison data looking at the three common questions.

In the figure at right we use two terms, 2010 Nominal and 2010 Committed, which are defined below. The 2010 Nominal attend monthly plus, read the Bible weekly plus, and agree that their faith is significant in their daily lives. The 2010 Committed attend **more than** monthly, read the Bible weekly plus, and **strongly agree** that their faith is significant in their daily lives.

The first category shown does not include church attendance. One unknown with the attendance question taken during the Covid-19 pandemic is that some respondents may have replied taking the pandemic into consideration and while other respondents considered normal times. We see a slightly greater drop-off between the first category and the 2010 Nominal category which could be associated with this issue. However, the difference is not large enough to impact the overall conclusions.

What we see is that the drop-off in the 2010 Nominal category is from 44% to 28% and the drop-off in the 2010 Committed category is down one half from 40% to 20%. These numbers reflect an astounding drop in the importance that Born Again Christians place on these simple religious activities.

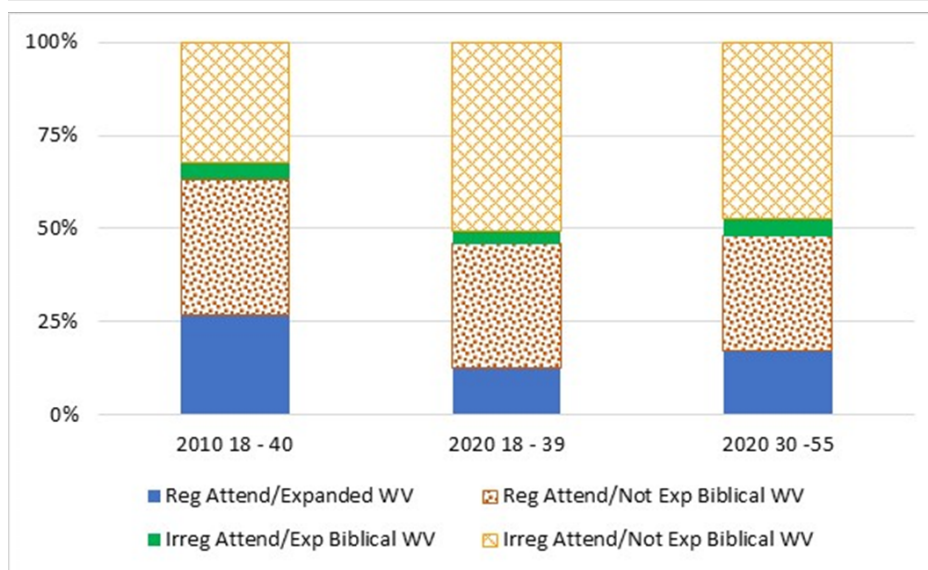
**Combining Worldview and Church Attendance** (a key metric from our earlier book[\[1\]](#))

In our prior study of Born-Again Christians, one of the key divisions we used in looking at religious practices, religious beliefs and cultural practices was a combination of Biblical



Worldview and Church Attendance. We found that those Born-Again Christians with a Biblical Worldview and regular church attendance (twice a month or more), were much more likely to demonstrate biblical religious practices, beliefs, and cultural practices. So, we wanted to compare those results with the findings from our new survey.

*Figure 8 Church Attendance and Expanded Biblical Worldview*



The figure on the left compares the findings from 2010 with those from 2020 using the more stringent Expanded Biblical Worldview. The values shown are the percent of Born-Again Christians (so

all columns add up to 100% even though the percentage of Born Again Christians is less in 2020). Two age ranges are used in 2020; the first one is basically the same age range used in 2010 (18 – 39) and the second age range (30 – 55) is very close to the age range of the 2010 survey aged by the ten years that have gone by.

Looking at those with regular attendance and an Expanded Biblical Worldview we see a significant reduction among 18- to 29-year-olds in 2020 (27% down to 13%) with a lesser reduction among 30- to 55-year-olds down to 17%. The percentage of regular attenders without an Expanded Biblical Worldview has remained relatively constant. But of course, that does not mean that the people who stopped attending were those with an Expanded Biblical Worldview. It could be that many without it stopped attending while some decided that they did not believe all of the positions in the worldview but kept attending on a

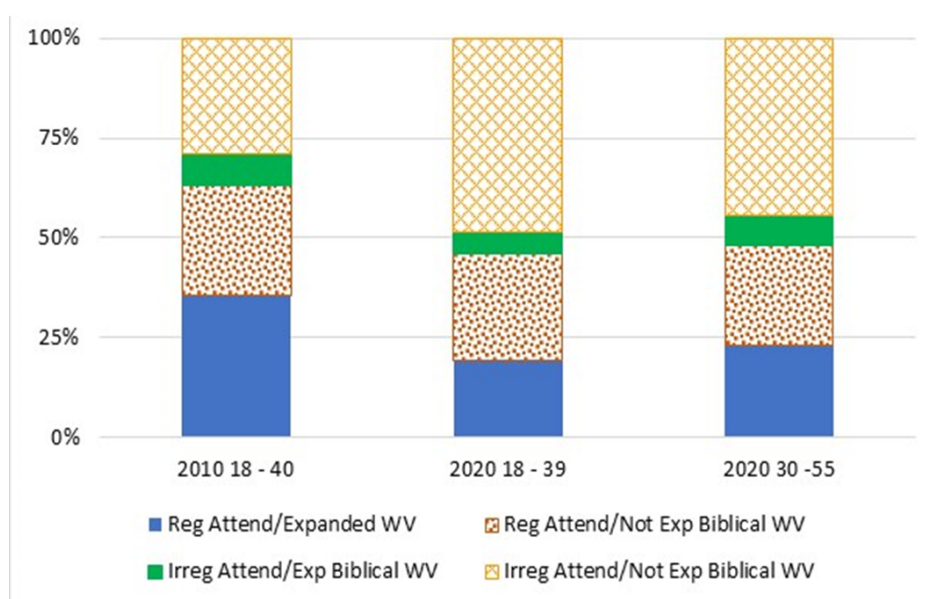


regular basis.

The area showing a startling high level of growth are those attending monthly or less who do not hold to an Expanded Biblical Worldview. This is the square that ten years ago we wanted to drive down to a smaller number. Instead, it has grown by about 18% (from 32% to 50%).

Now let's examine the same chart using a Basic Biblical Worldview. We see nearly the same features as discussed above. A significant drop is shown in those with regular attendance and a Basic Biblical Worldview coupled with a significant increase in those with irregular attendance and no Basic Biblical Worldview.

*Figure 9 Church Attendance and Basic Biblical Worldview among Born Again Christians in 2010 and 2020*



## Ultimate Purpose for Living

We wanted to explore what American young adults thought they were living their lives for. So we asked, "Which statement comes closest to describing your ultimate primary purpose for living?" The choices to select from were:

1. To be a good person and make others happy.
2. To serve God by living a life which proclaims Christ's grace.
3. To make it through each day with integrity.

4. To live at peace with all.

5. To enjoy the best life has to offer, e.g. success, money, travel.

6. To love my family and raise loving, productive children.

Most of these answers sound like good purposes for life. But only one of them extends into eternity and recognizes our Creator and his “desire for all people to be saved and to come to the knowledge of the truth.”[\[2\]](#) The answers to this question help identify those who are living their life as eternal beings rather than as temporal beings.

The results are charted in the graph to the left. As shown, just over half of Born Again Christians profess an eternal perspective. This means almost half do not, with most of those

selecting a purpose that focuses on good behaviors in their personal life.

Every other religious group has very few that selected an eternal perspective as their ultimate purpose for living. Around forty to fifty percent of the other groups selects a purpose reflecting good behaviors.

It is interesting that only a small percentage of each group selected the family focused purpose for living. I would like to know if that would have been a larger number say fifty years ago.

*Figure 24 My Ultimate Purpose for Living  
Americans 18 through 39*

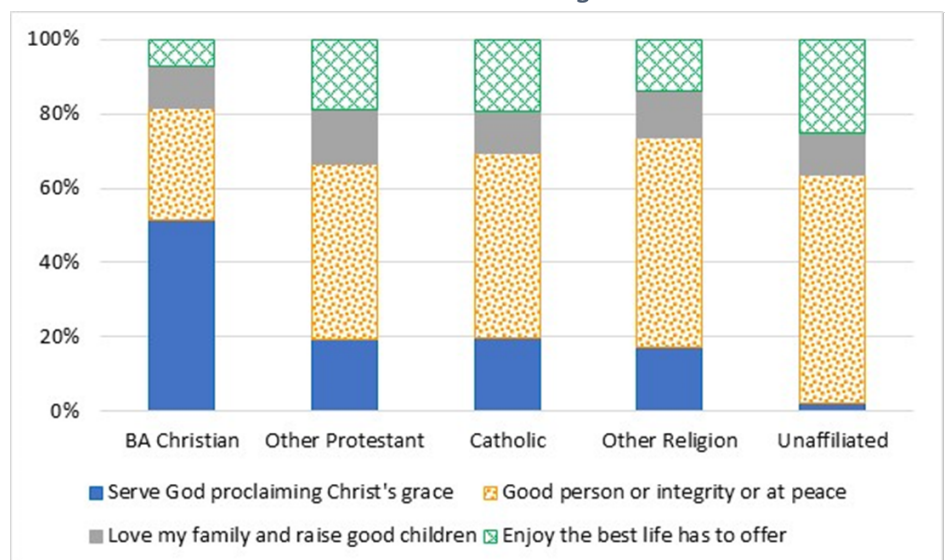
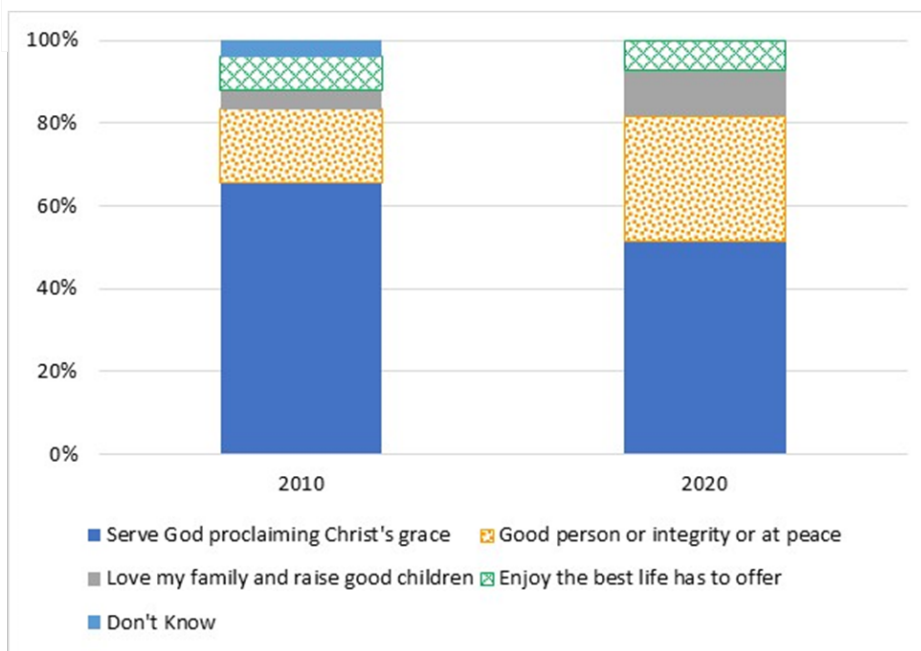


Figure 25 My Ultimate Purpose for Living: 2010 and 2020  
Born Again Christians 18 through 39



Finally, note this is another question that highlights the stark difference between the Unaffiliated and Born Again Protestants. We see that 57% of Born Again Protestants selected the eternal answer

while only 2% of the Unaffiliated did the same. This result is a clear indicator that the Unaffiliated do not include a lot of Christians who do not want to affiliate with a particular Christian group.

For Born Again Christians, we can compare data from our 2010 survey with the 2020 survey as shown in the figure. The 2010 survey had the same question as the 2020 survey, but it had more answers to choose from. For example, there were three answers that had an eternal perspective: *to serve God and live out His will for my life, to lead others to salvation in Jesus Christ, to praise and glorify God*. These three answers were grouped together to align with the 2020 answer: *To serve God by living a life which proclaims Christ's grace*.

As you can see the percentage of Born Again Christians who included God in their ultimate purpose for living dropped from 66% in 2010 to 51% in 2020, a significant drop. It appears that in 2020 people who did not name God in their answer opted to pick an admirable answer focused on themselves.

## Relationship to a Basic Biblical Worldview

Consider the question of how many Born Again Christians accept a Basic Biblical Worldview and an eternal perspective on their ultimate purpose. We find that 88% of those with a Basic Biblical Worldview selected an ultimate purpose proclaiming God's grace. Conversely, 43% of those selecting an ultimate purpose proclaiming God's grace affirmed a Basic Biblical Worldview for their life (as compared with 25% for Born Again Christians as a whole). Thus, we find a fairly strong correlation between a biblical worldview and an eternal ultimate purpose for life.

## Acceptance or Tolerance

Some of the key findings on this topic summarized at the beginning of this report are repeated below prior to going into the details.

Looking at Born Again Christians ages 18 through 39, we find:

- Only about one quarter (27%) of them disagree with the statement “. . . it is important to let people know that I affirm as true (at least for them) their religious beliefs and practices.”
- At the same time, almost two thirds (65%) agree that tolerance is best defined as “Treating with respect people with ideas or actions that you believe to be wrong or misguided.”
- This is another topic where we see somewhat conflicting results. Apparently, many Born Again Christian young adults think that you cannot believe someone is “wrong or misguided” when it comes to religion. Or they believe that “Treating with respect” means “affirming as true (at least for them)”.

According to the Collins Dictionary, “Tolerance is the quality

of allowing other people to say and do what they like, even if you do not agree with or approve of it.”[\[3\]](#) In today’s culture, we find two conflicting understandings of the meaning of tolerance. One, following the idea of the dictionary meaning is, “treating with respect people with ideas or actions that you believe to be wrong or misguided.” The second one influenced by postmodern philosophy and popularized by the secular media, is “valuing human beings equally and affirming their ideas as right for them.” The second definition basically assumes that there are no absolute truths in our existence and therefore we have no basis to disagree with what someone else believes.

Which of these definitions holds sway among our population today?

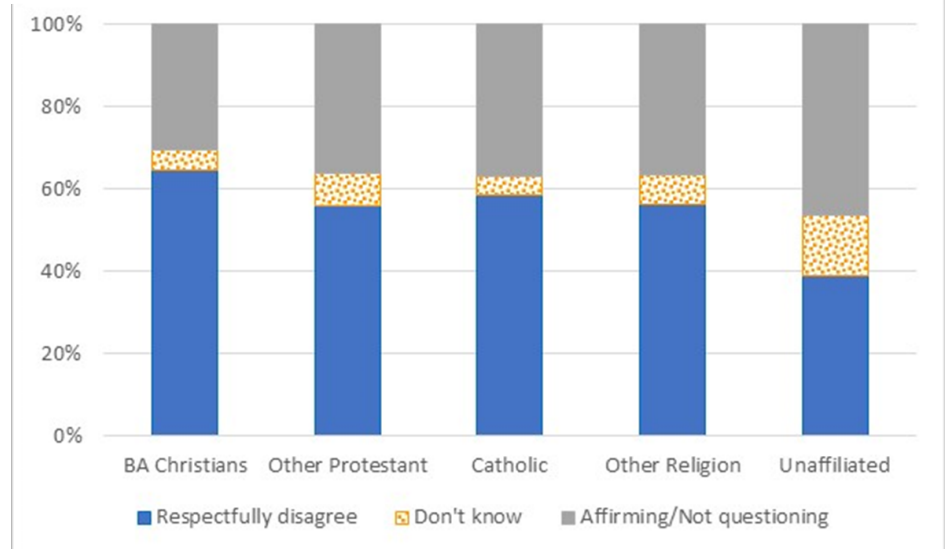
To explore this question, we asked two different questions dealing with how to treat those who have a different religious viewpoint. The first question we asked on this topic is “What does Tolerance mean to you?” The respondents chose from four possible answers:

1. Treating with respect people with ideas or actions that you believe to be wrong or misguided.
2. Not questioning another person’s moral decisions.
3. Valuing human beings equally and affirming their ideas as right for them.
4. Don’t know.

This question gives us information on how people interpret the word, not whether they apply tolerance in their dealings with others.

Figure 1 How 18 - 39 Year Old Americans Define Tolerance

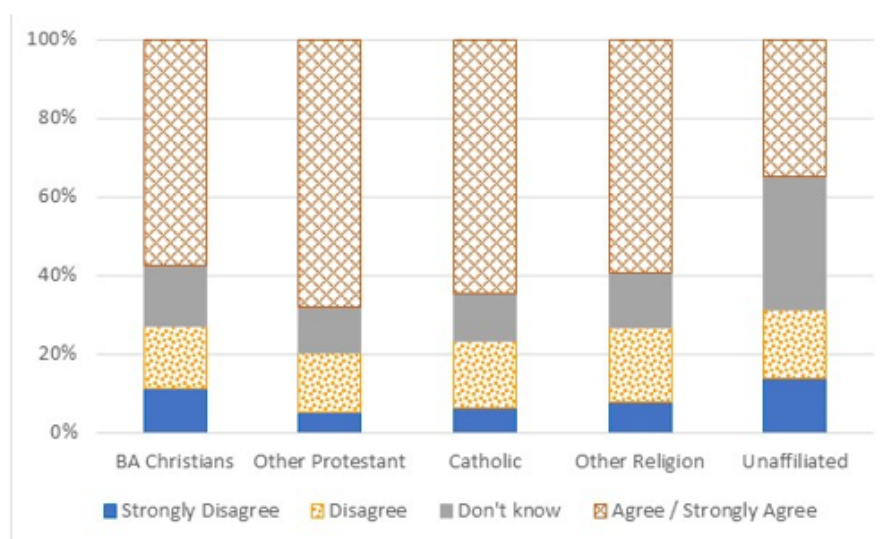
In figure 1, we see how the definitions are distributed. Almost two thirds (65%) of young adult, Born Again Christians selected a classic definition of tolerance.



As shown, over 50% of the other religious groups also selected a classic definition. But as one can see from the graph, a significant number of young adult Americans were selecting a different definition with the portions ranging from one third to almost one half of each religious group. So, it appears that a majority of the population is hanging onto the classic definition, but definitions which question the reality of absolute truths have a strong following.

Now let's look at how people apply tolerance in the area of religious beliefs. Are they quick to say, "I will respect you and your beliefs even though I believe them to be wrong"? Or are they going to follow the trend saying, "They may well be true for you."

*Figure 2 Should I tell others I affirm as true their religious beliefs  
18 – 39 Americans*



To find out, we asked another question: “When discussing religious matters, I feel that it is important to let people know that I affirm as true (at least for them) their religious beliefs

and practices,” with the answer ranging from Agree Strongly to Disagree Strongly. As an evangelical Christian, I would answer that I Disagree Strongly with that statement. I want them to know that I respect them as a person, but I believe I have been shown the absolutely true answer as to how man can be reconciled to our creator God. But somehow, when asked in this manner, Born Again Christians just don’t seem to get the importance of disagreeing as shown in Figure 1.

As shown in the figure, only about one in four (27%) Born Again Christians disagree with the statement. This level tracks closely with the rest of the population. If one is agreeing with the statement, one is either saying in religion what’s not true for me can be true for you, or there are multiple religions that are the truth, or we should lie to others about the absolute truth of Christianity when discussing religion with them. All three of those options are clearly countered by the Bible which tells us that Jesus Christ is the source of absolute truth, that there is only one way to heaven, and that lying about the truth is against the nature of God.

The disconnect between the definition of tolerance and



applying tolerance in our interactions with other religions is striking. As noted in the initial summary, apparently many Born Again Christian young adults think that you cannot believe someone is “wrong or misguided” when it comes to religion. Or they believe that “Treating with respect” means “affirming as true (at least for them).” We don’t have data to distinguish between these two options, but I suspect that both of them contribute to the current reluctance to lift up Jesus as God’s one true answer to the fundamental problem of mankind.

## Notes

1. Stephen Cable, Cultural Captives: The Beliefs and Behaviors of American Young Adults, 2012
2. 1 Timothy 2:4
3. Collins English Dictionary, [Tolerance definition and meaning | Collins English Dictionary \(collinsdictionary.com\)](https://www.collinsdictionary.com/en/english-uk/definition-and-meaning-of/tolerance)

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# How Can I Make God Answer My Prayers My Way?

How can I get God to give me what I want? That's often at the root of our interest in prayer. If we're honest, that's the question we want answered when we read books on prayer, listen to a message or podcast on prayer, or talk to people known as prayer warriors.



# What Difference Does the Resurrection Make?

*Sue Bohlin suggests four ways the resurrection of Jesus can make a difference in the lives of believers today.*

What difference does the resurrection make—in our lives? It's the most important event in all of human history. Where's the "so what" for today?

I meditated on this question for weeks, eventually creating a list too long for this blog post. So let me share my favorites.

***All pain and suffering will be redeemed and resolved.***

I've [lived in a body with a disability](#) since I got polio at eight months old and was paralyzed from the waist down. I got some use of my left leg and hip back, but I had to wear a steel and leather brace for the first several years of my life. Every step I've taken, I have limped. I had several orthopedic surgeries and 14 years of physical therapy.

We used to sing a song in church that made me cry Every. Single. Time.

**You Hold Me Now {1}**

For eternity

All my heart will give

All the glory to Your Name

No weeping, no hurt or pain

No suffering

You hold me now

You hold me now

No darkness, no sick or lame

No hiding, You hold me now

You hold me now

The first time I walk without a limp will be in my resurrected body, in heaven where there will be no polio, no weakness, no limping. There will be no scooters in heaven. No wheelchairs. No walkers.

No insulin pumps.

No percussion vests for cystic fibrosis.

No cochlear implants for the deaf.

No braille books or signs for the blind.

No dentures or dental implants.

No prosthetics.

All the technology and tools we have developed to help people deal with life in a fallen, broken world will be obsolete and never needed again. The fallen, broken world will be resurrected too! Full of glory and beauty and strength and perfection.

What difference does the resurrection make? It affects [how I live through times of pain and suffering](#). I know I can bear it if there is a purpose and God is going to make everything right.

The resurrection means all pain and suffering is temporary, and there is meaning to it.

The resurrection means God sustains me through the difficult times because He is doing a beautiful thing in me that I will only be able to see and appreciate in my resurrection body.

A second difference the resurrection makes is that **heaven is real, so we don't have to fear death.**

The resurrection means that if we are believers, if we have trusted in Christ, when we cross over from life on earth to life in heaven, we will be with Jesus and with all the people, starting with Adam and Eve, who put their trust in Him.

It means we can look forward to being reunited with our loved ones who have died.

I'm looking forward to seeing my daughter Becky again. She's been with Jesus 42 years. I'm looking forward to being there when our sons Curt and Kevin meet their sister, who was born and died before they came along. I'm looking forward to seeing my mom and dad, my grandparents and other family members, including my wonderful cousin George who just moved to heaven last week.

We can look forward to meeting super distant family members and even people we heard about but never met, like the apostles and Saint Augustine and Corrie Ten Boom and Billy Graham.

And since heaven is real, it means we don't have to fear death.

When we put our trust in Jesus' death, burial and resurrection, death is merely a doorway into the next life. We leave our bodies and step across the threshold of heaven to be with Jesus.

There are so many stories of what a difference the resurrection makes in the life of a believer as they face death!

Recently I posted a question on Facebook asking friends to share dying stories of heaven-bound believers. I got so many delightful responses!

"My friend Charla was a hospice nurse for many years. She tells of one man, O.J., on his deathbed. His best friend, Floyd, had gone to heaven several years earlier. O.J. had been comatose for a day or so. Charla said he was peaceful and close to death as she sat with him, holding his hand and speaking soothing words to him. All of a sudden, with his eyes still closed, O.J. broke into a brilliant smile, lifted his

other hand up into the air and said expectantly, 'Floyd!' and he went right to heaven! Charla said she'd held his hand on Earth as Floyd grasped his hand in heaven."

"In the last moments of my father's life, he was beaming with joy as he saw his friends on the other side waiting for him. He held up his hands, greeting them by name, 'Brother Harold! Brother Bob!'"

3 weeks before my believing aunt passed, she saw her husband who had died several years before, in white robes reaching out his arms to her. Then while in the hospital, Aunt Rose walked by a statue of Jesus and paused as if talking to him. My cousin asked, "Mom, are you talking to Jesus?"

She said, "Yes, and He said, 'Hang in there Rosie, you'll be with Me shortly.'" A few days later, she told my cousins what she was seeing as the curtain between heaven and earth grew more and more transparent.

She exclaimed that heaven was so beautiful, so filled with warmth and kindness. Her daughter asked her if it was like Hawaii and she laughed and said, "No, it's like a warm summer afternoon in Wisconsin." The week she died, she started seeing Jesus in a white robe, and then the day before she died the robe turned gold. That night she told my cousin, "Go to bed. You're keeping me from meeting Jesus." She died several hours later.

What difference does the resurrection make? It means when loved ones die, it's just a "see you later" rather than a forever goodbye.

It means that as you get rolled from pre-op to the operating room and get ready to undergo anesthesia, you can relax in peace knowing that if anything were to go wrong during surgery, you'd wake up in heaven.

It means being legitimately concerned about the dying process

hurting, but not concerned about what happens one minute after death.

The resurrection means death has been robbed of its power and its sting.

Another difference the resurrection makes is that ***we become more aware of the unseen, eternal world.***

Since Jesus said He had come from heaven, and that He would rise from the dead in 3 days—*and then He did!*—that validates everything He taught about the unseen and eternal dimension of life.

We can become more aware of the fact that we live in two worlds at the same time, the seen and physical world and the unseen spiritual world (2 Corinthians 4:18).



I love to snorkel in the Caribbean. I love being able to look at the beautiful fish and corals of the underwater world while effortlessly breathing the air of the above-water world. I love functioning in two worlds at the same time.

What difference does the resurrection make? It means we can operate in two worlds simultaneously.

It means we can learn to focus on the unseen, eternal realm as more real than the temporal realm.

It means we can intentionally become so much more effective in our prayers because we start to see we truly do release God's power into other people's lives and situations when we pray.

Operating in two realms at the same time means we can sit in our living rooms and release the light of God's truth and power into legal and political situations in our nation's capital.

We can be walking or driving in our cars wherever we are and pour the grace of God's power into the hearts of persecuted Christians on the other side of the world.

We can read or hear the news on the internet or the newspaper and lift up events and needs and problems to the throne of God no matter where they are.

The resurrection means we can wear "invisible snorkel gear" and operate in the earthly realm and the spirit realm at the same time.

A final difference the resurrection makes is that ***we will be married to Christ.***

The church, the body of Christ, will be married to our heavenly bridegroom Jesus.

The greatest earthly marriages are still only a foretaste of the ultimate, perfect marriage between the Bride of Christ and the Lamb.

The best, healthiest earthly marriages are still between two broken, fallen sinners who hurt and irritate and annoy each other and are in constant need of forgiveness.

The very best marriages are not ultimately fulfilling and completing because only Jesus can fill and complete us. There are still times of loneliness and not being understood and wondering, "Is this as good as it gets?" Yes, because earthly marriages are not the ultimate purpose of your life.

If you are single, even if by God's grace you are content in your singleness, there is still a longing for connection that eludes you on earth because you were made for a deep and

perfect union and connection with Jesus.

What difference does the resurrection make? It means we will be bound up with the rest of the body of Christ to become His bride.

And these three differences that the resurrection make, I believe, are only the tip of the iceberg.

1. Hillsong Music, words and music by Joel Houston & Aodhan King

This blog post originally appeared at  
[blogs.bible.org/engage/sue\\_bohlin/what\\_difference\\_does\\_the\\_resurrection\\_make](https://blogs.bible.org/engage/sue_bohlin/what_difference_does_the_resurrection_make)  
on April 16, 2019.

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## Spiritual Warfare – Applying A Biblical Worldview Perspective

*Kerby Anderson provides a concise, biblical worldview perspective on the important topic of spiritual warfare. Every Christian needs to understand that our battle is against spiritual forces not against other humans, who need Christ.*

*He gives us practical advice on understanding our spiritual weapons and applying them to take on the forces of Satan in this world.*



# Spiritual Warfare

Lots of books have been written about spiritual warfare. Most of them share anecdotes and experiences of the authors or the people they ministered to. In this article I merely want to answer the question, what is a biblical point of view on spiritual warfare? (For more information on this topic, see Kerby Anderson, [\*A Biblical Point of View on Spiritual Warfare\*](#) (Eugene, OR: Harvest House, 2009).

☒ Spiritual warfare affects everyone. In fact, the day someone becomes a Christian, they are already involved in spiritual warfare. There is no place you can escape from this warfare. There are no “safe zones” or “secure bunkers” where you can hide.

Sadly, many Christians do not even know there is a spiritual war taking place around them. They may even become a spiritual casualty and never understand what has happened to them.

So many Christians have become mortally wounded in the spiritual conflict that takes place around them. They may be so emotionally spent or spiritually dead that they are essentially no longer of any use to God.

Others may have less serious wounds from this spiritual conflict, but are still affected by the battle. They still go about the Christian life but are not as effective as they could be because of the “battle scars” they carry with them.

Jesus never promised that the Christian life would be easy. In fact, He actually warned us of the opposite. He says in John 16:33 that “in this world you will have trouble.”

Anyone who takes even a brief look at the history of Christianity knows that is true. Jesus was beaten and crucified. Most of the disciples died martyr's deaths. Millions of Christians were persecuted throughout history.



Christians today suffer persecution in many lands, and all of us wake up to a spiritual battle every day. That is why we need to be prepared for battle.

So where does this battle take place? Actually the Bible teaches that spiritual warfare takes place in various places in heaven and on earth.

First, we should remember that God dwells above in the heavens. Psalm 8:1 says that God has displayed His splendor above the heavens. Psalm 108:4-5 says God's lovingkindness is great above the heavens and that He is exalted above the heavens.

The Bible also talks about the battle in the heavens. When a passage in Scripture talks about heaven, it may be referring to one of three places: (1) The first heaven is what we would call the atmosphere, (2) The second heaven is where the angels fly and do battle (Revelation 12:4-12; 14:6-7), and (3) the third heaven is also called "Paradise" and is what Paul describes in 2 Corinthians 12: 2-4:

I know a man in Christ who fourteen years ago—whether in the body I do not know, or out of the body I do not know, God knows—such a man was caught up to the third heaven. And I know how such a man—whether in the body or apart from the body I do not know, God knows—was caught up into Paradise and heard inexpressible words, which a man is not permitted to speak.

Spiritual warfare also takes place below the heavens and on earth. This occurs on the face of the earth (Genesis 6:1; Acts 17:26) where Satan prowls like a roaring lion (1 Peter 5:8). And it will also take place in hell and the bottomless pit (Revelation 9:1-2; 20:1-3) and at the Lake of Fire (Revelation 19:20; 20:10-15) where final judgment will take place.

# Spiritual Battles

Spiritual warfare is the spiritual battle that takes place in the unseen, supernatural dimension. Although it is unseen by humans, we can certainly feel its effects. And we are to battle against spiritual forces in a number of ways.

First, we need to realize that the weapons of this warfare are not human weapons fought in the flesh. Instead, they are spiritual weapons such as truth and righteousness that can tear down strongholds and philosophies that are in opposition to God.

For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ (2 Corinthians 10:3-5).

Second, the nature of this battle is different from an earthly battle. In Ephesians 6:12, Paul talks about the nature of this spiritual battle: "For our struggle is not against flesh and blood, but against rulers, against the powers, against the world forces of this darkness of this world, against spiritual forces of wickedness in heavenly places."

We can also have confidence because God "rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins" (Colossians 1:13).

Many Christians do not like the warfare imagery in the Bible, but that is how the spiritual life is described. We need to prepare for this spiritual battle even if we would like to ignore the battle for truth and error as well as the battle for life and death that is taking place around us.

Third, the Bible tells us that to prepare for battle. We must wear the right armor and have the right weapons, which include truth, righteousness, the gospel, faith, salvation, and prayer:

Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith, with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God. With all prayer and petition pray at all times in the Spirit (Ephesians 6:14-18a).

The Bible also calls upon us to be strong in the Lord. We should be steadfast in our resistance to the Devil. We do this by putting on the whole armor of God and resisting Satan. Ephesians 6:10-11 says, "Finally, be strong in the Lord, and in the strength of His might. Put on the full armor of God, so that you will be able to stand against the schemes of the devil."

## **The Three Ws**

One way to understand the nature of spiritual warfare is to consider the three Ws: our walk, our weapons, and our warfare.

First let's consider our walk. Paul says, "For though we walk in the flesh, we do not war according to the flesh" (2 Corinthians 10:3). Our war is not an earthly one but a spiritual one. So even though we do walk in the flesh, our warfare is not fleshly.

We should understand that we didn't start this war but it has been going on long before we came on the scene. For a war to exist, there must be threat from those intend to harm others.

For the battle to be successful, those who are threatened must be willing to stand up and fight. Many wars have been lost because good people refused to fight. And many Christians believe that the reason Satan has been so successful in the world is because either (1) Christians have been unwilling to fight, or (2) Christians have not even been aware that there is a spiritual battle.

The second W is our weapons. Paul also teaches, “for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses” (2 Corinthians 10:4). One of the most important weapons of our warfare is the Word of God. Paul calls it the “Sword of the Spirit” (Ephesians 6:17).

We are also instructed to wear armor before we go into battle (Ephesians 6). We are to gird our loins with truth (vs. 14a). That means we need to define the truth, defend the truth, and spread the truth. We are also to wear the breastplate of righteousness (vs. 14b). That means we are to rely on the righteousness of Jesus and live holy and righteous lives. We are also to take up the shield of faith (vs. 16). When we have bold faith, we are able to extinguish all the flaming arrows of Satan. And we are to take the helmet of salvation (vs. 17). We need to be assured of our salvation and stand firm in that assurance.

The third W is our warfare. What is the goal of spiritual warfare? Paul says, “We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ” (2 Corinthians 10:5). We cannot fight this war with physical weapons because our targets are not physical. They are intellectual and spiritual. So we cannot fight them with guns or planes or bombs.

The word “speculations” (which is sometimes translated “imagination”) refers to the mind. It includes our thoughts

and our reflections. So we should challenge the false ideas that Satan has encouraged in the world by countering unbiblical speculations and proclaiming God's truth.

## **The World, the Flesh, and the Devil**

How does spiritual warfare affect us?

When the New Testament uses the term "world," most of the time it is a translation from the word *kosmos*. Sometimes it can mean simply the planet earth (John 1:10; Acts 17:24). But when we talk about the influence of the world on our spiritual life and on our souls, we are talking about the worldly system in which we live. This world system involves culture and philosophy that is ultimately in opposition to God. That doesn't mean that everyone is evil or that the world's system is filled with nothing but error. But it does mean that the world can have a negative influence on our souls.

Paul warns not to be conformed to this world (Romans 12:1). He also warns us not to let our hearts and minds be taken captive to these false ideas: "See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ" (Colossians 2:8).

The Bible teaches that many temptations come from the world's system. We read in 1 John 2:15-16, "Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world."

The second influence is the flesh. Like our previous term, the word flesh can have different meanings. Sometimes it merely refers to our body: our flesh and bones (Luke 24:39; Acts 2:26). In this context, however, flesh is a second area of temptation and thus an important instrument of sin. We see

this in the fact that we are born with a sin nature (Romans 7:14-24; 8:5-9). It is part of our bodies (Romans 7:25; 1 John 1:8-10) even after we have accepted Jesus Christ. But the good news is that its power over us has been broken (Romans 6:1-14) so that we can have victory over sin (Romans 8:1-4).

A third influence is the Devil. The ruler and mastermind behind the world's system is Satan. He can use the various distractions of the world's system to draw us into sin, temptation, and worldliness. We read in 1 John 2:15 that "If any one loves the world, the love of the Father is not in him." So the Devil can use the world to turn our affections from God to the world.

Satan can also attack us through our flesh. He can entice our flesh with various temptations. We read in 1 John 2:16 that "For all that is in the world, the lust of the flesh, the lust of the eyes, and the boastful pride of life, is not from the Father, but is from the world." He can draw our attention away from God by manipulating the desires of the flesh.

## **Spiritual Weapons**

The weapons of our warfare are spiritual because the battle we are fighting is spiritual. Paul clearly states this in Ephesians 6:12: "For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places." This is a spiritual battle that takes place in the heavenly places.

We should also realize that we are not warring against flesh and blood but against a spiritual enemy. So even though we might be tempted to think that people are our real enemy, our real enemy is Satan and his demons. People are merely pawns in the heavenly chess game being played out in our lives and in our world.

Paul tells us that “though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses” (2 Corinthians 10:3-4). So what are those weapons? It is interesting that Paul does not give a list to those who he is writing to in the church in Corinth. Therefore, we must assume that they were already aware of what those weapons are based on other letters Paul wrote to the various churches.

One obvious weapon is the weapon of truth. Believers are given insight into both the earthly realm and the heavenly realm because of what has been revealed in Scripture. We know what is behind the forces we wrestle with (Ephesians 6:12).

Another weapon is love. In fact, the Bible links truth with love (“speaking the truth in love” –Ephesians 4:15). Love is also a very powerful weapon in this spiritual warfare that we encounter. We should not approach people with anger or judgmentalism. But we must understand how important love is in dealing with others (1 Corinthians 13).

A third weapon is faith. Faith is defined as “the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1). Notice that faith is a conviction of things that are not seen. This is an important attribute since spiritual warfare is an invisible war. Faith is the recognition of this invisible world and the confidence that God is still in control.

And a very important weapon is prayer. We are told in 1 Thessalonians 5:17 to pray continually (some translations say to pray without ceasing). We are exhorted to pray about the circumstances we encounter and to use prayer as a weapon in our spiritual battle. When Paul talks about Christians putting on the armor to fight spiritual battles, he says that “with all prayer and petition” we are to “pray at all times in the Spirit” (Ephesians 6:18).

# Western Europe: Religious Practice

In my [last post](#), we looked at how many people in the countries of Germany, Sweden, Netherlands, Spain, and Cyprus profess a God-focused worldview. Now let's consider some religious practices typically associated with an active faith. This worldwide survey did not ask many questions about religious practice, but the three questions asked highlight some interesting differences.

The three questions asked were:

1. Apart from weddings and funerals, about how often do you pray?
2. Do you have an active membership in a church or religious organization?
3. Apart from weddings and funerals, about how often do you attend religious services these days?

Let's look at the responses based on the country of the respondent, their religious preference, and their age (less than 30 or over 60). The "Pray" columns are those who pray daily or more often. The "Active" columns refer to those who say they have an active membership. The "Attend" columns are those who attend religious services once a month or more often.

**Table 1 Those Actively Participating in Religious Practices**

Country	Age	All (%)			Protestant {%}			Catholic (%)		
		Pray	Active	Attend	Pray	Active	Attend	Pray	Active	Attend



Germany	All	NA	14	20	NA	14	17	NA	27	35
	Under 30	NA	9	10	NA	13	7	NA	13	19
	Over 60	NA	18	25	NA	16	21	NA	31	48
Netherlands	All	19	11	17	65	46	64	31	18	30
	Under 30	9	6	11	42	42	77	20	5	21
	Over 60	26	16	24	70	48	67	38	22	39
Sweden	All	10	6	9	11	8	11	–	–	–
	Under 30	9	2	6	6	2	2	–	–	–
	Over 60	13	7	12	17	10	15	–	–	–
Spain	All	NA	7	20	–	–	–	NA	8	24
	Under 30	NA	3	6	–	–	–	NA	4	8
	Over 60	NA	14	41	–	–	–	NA	15	47
Cyprus	All	32	10	35	–	–	–	42	12	44
	Under 30	22	6	20	–	–	–	34	7	26
	Over 60	52	12	65	–	–	–	55	13	68

We see some widely varying results between countries and age groups, but none are very encouraging. How many say they pray daily or more often? In the Netherlands, almost 2 out of 3 Protestants and 1 out of 3 Catholics. The large number of Nones in the Netherlands drop the percentage for the country as a whole down to less than 1 out of 5. Sweden, on the other hand, has only about 1 out of 10 saying they pray regularly whether they are Protestant or otherwise. We will see how dismal this level is when we compare it to the United States later in this post.

Also, you can see that those under 30 are less likely to pray daily than older adults. However, the small number of adults

of all ages praying daily is the dominant factor.

Being an active member of a church is a definite minority in all categories shown. Roughly one out of ten adults claim to be an active church member across all countries and age groups. Once again, the relatively smaller number of young adults who claim to be active is overwhelmed by the small number across the board.

Those who attend church at least once a month reflect percentages almost equal with those who pray daily or more.

What does it look like when we consider those who combine all three of these characteristics as shown below?

**Table 2 Those Who Pray at Least Daily, Are Members, and Attend Monthly or More**

Country	Age	All (%)	Protestant (%)	Catholic (%)
Germany	All	9	7	19
	Under 30	3	1	7
	Over 60	13	10	25
Netherlands	All	8	39	10
	Under 30	4	35	5
	Over 60	12	43	12
Sweden	All	3	4	—
	Under 30	1	1	—
	Over 60	4	6	—
Spain	All	5	—	6
	Under 30	1	—	2
	Over 60	12	—	14
Cyprus	All	4	—	5
	Under 30	2	—	3
	Over 60	9	—	10

Note: For Germany and Spain this does not include “Pray at

least daily”

Clearly none of these countries have a significant number of people who report a minimal amount of regular religious involvement. Only among Protestants in the Netherlands do we see more than 1 in 10. The percent of Protestants in the Netherlands is small enough that only 8% of all people in that country report a minimal religious involvement.

Just looking at these three very simple practices, we see that the vast majority of people in all these countries do not actively practice their faith. And, those under the age of 30 are much less likely than their seniors to practice these characteristics.

Now let’s compare the results for Germany, Sweden and the Netherlands with those from the United States as shown in table 3.

**Table 3 United States Results Compared to Germany, Sweden and Netherlands (GSN)**

Activity	Age	All (%)		Protestant (%)		Catholic (%)	
		U.S.	GSN	U.S.	GSN	U.S.	GSN
Pray daily	All	45	10	64	16	51	11
	Under 30	34	5	55	6	30	4
	Over 60	55	14	65	25	64	18
Active church member	All	35	11	54	17	40	23
	Under 30	26	6	40	10	34	11
	Over 60	42	15	58	22	48	27
Attend monthly or more	All	44	16	65	22	10	33
	Under 30	36	1	58	10	53	20
	Over 60	50	22	67	30	58	43

All three	All	26	4	45	9	27	4
	Under 30	15	1	32	3	14	1
	Over 60	35	6	48	13	41	6

As shown, the religious activities of Western Europeans lag significantly behind the level of activity practiced in the United States. When it comes to daily prayer, over 4 times as many Americans practice this activity across the general population, the Protestant population and the Catholic population. Looking at only those under thirty, we find that over 7 times as many Americans practice daily prayer as do Western Europeans. This increase is not due to an increase in prayer among under 30's in the United States, but rather due to a significant drop in daily prayer among young adult, Western Europeans.

The table shows similar levels of differences between people in the United States and those in Germany, Sweden and the Netherlands. Consider the young adults who practice all three of these religious activities. The Americans practice these activities from 10 to 15 times as often as their Western European counterparts. Once again, these huge differences are not due to high levels of faithfulness among Americans. Americans claim only 15% of those under 30 practice all three activities. But rather by the lack of faithfulness among Western Europeans; where only 1% claim to practice all three.

This look at the data on three questions, which describe a very nominal degree of commitment to one's religious life, clearly shows that Western Europe has a very small remnant of active Christ followers. Without looking at this data, you probably would have agreed with the statement above. But now, you know how significant the problem really is. If they represent the rest of Western Europe, we see that the places where Protestantism was born and initially flourished have become places where Christian religious practice is relegated to a few and ignored by the many.

# United States and Mexico: Religious Practice

In my [prior post](#), we looked at how many people in Mexico and the United States profess a God-focused worldview. Now let's consider some religious practices typically associated with an active faith. This worldwide survey did not ask many questions about religious practice, but the three that it did ask unveil some interesting differences.

The three questions asked were:

1. Apart from weddings and funerals, about how often do you pray?
2. Do you have an active membership in a church or religious organization?
3. Apart from weddings and funerals, about how often do you attend religious services these days?

Let's look at the responses based on the country of the respondent, their religious preference, and their age (less than 30 or over 60). The "Pray" columns are those who pray daily or more often. The "Active" columns refer to those who say they have an active membership. The "Attend" columns are those who attend religious services once a month or more often.

**Table 1: Those Actively Participating in Religious Practices**

Country	Age	All (%)			Protestant (%)			Catholic (%)		
		Pray	Active	Attend	Pray	Active	Attend	Pray	Active	Attend

<b>Mexico</b>	All	60	38	62	72	60	81	64	40	69
	Under 30	48	33	55	66	61	74	53	35	63
	Over 60	78	46	79	88	56	88	81	49	84
<b>United States</b>	All	46	35	44	64	54	65	52	40	54
	Under 30	34	25	36	55	40	58	30	34	53
	Over 60	55	42	50	65	58	67	64	48	58

How many say they pray daily or more often? Overall 60% of Mexicans and only about 45% of people from the United States said they prayed that often. But of those under the age of 30, the numbers were only 48% for Mexico and 34% for the United States. In both locations, those over 60 were over 50% more likely to have an active prayer life than those under 30. In both countries, Protestants were more likely to say they prayed at least once a day than Catholics. Almost nine out of ten Protestants from Mexico over the age of 60 pray at least once a day. At the other end of the spectrum, only three out of ten Catholics from the United States pray at least once a day.

Active memberships are fairly close in number between Mexico and the United States. But like prayer, those from Mexico are more likely to profess an active membership. Typically, those over 60 are at least 50% more likely to be active members. Interestingly, Mexican Protestants are essentially the same percentage (60%) regardless of age.

As with prayer, regular church attendance is much more common in Mexico among both Protestants and Catholics. Looking at all respondents, we see 62% of Mexicans versus only 44% of those from the United States attend church at least monthly. Although not as pronounced as for prayer frequency, we see that those under 30 are less likely to attend regularly than those over 60.

What does it look like when we consider those who combine all three of these characteristics as shown below?

**Table 2: Those Who Pray At Least Daily, Are Members, and Attend Monthly or More**

<b>Country</b>	<b>Age</b>	<b>All (%)</b>	<b>Protestant (%)</b>	<b>Catholic (%)</b>
<b>Mexico</b>	All	23	44	24
	Under 30	17	39	18
	Over 60	37	50	30
<b>United States</b>	All	26	45	27
	Under 30	15	32	14
	Over 60	35	48	41

Very interestingly, when we combine these three, the significant difference between Mexico and the United States on the individual questions disappears for both Protestants and Catholics. Apparently, about one quarter of people are serious enough about their religion to pray and to attend regularly regardless of whether they reside in Mexico or the United States.

However, the difference between those under the age of 30 and older ages remains for the combination. For Catholics, those over 60 are at least twice as likely to do all three as those under 30. For Protestants, they are about 50% more likely if they are over 60 than those who are under 30. So in both countries, emerging adults are less likely (i.e., only about 15% of the group) to pray, belong and attend.

Just looking at these three very simple practices, we see that the vast majority of people in both countries do not actively practice their faith. And, those under the age of 30 are much less likely than their seniors to practice these characteristics.

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



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

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

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

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

Directing our prayers and thoughts in this particular order aligns the heart with God's heart.

**Adoration:** This is simply telling God how great He is, focusing on His character and praising Him with words. The book of Psalms is one of the best place to find truths about God and tell Him about it. Several years ago, I went on a treasure hunt as I read through the Bible, drawing a box around every title and name of God I encountered, and writing



them down on the blank pages at the back of my Bible. Simply reading some of the titles of God back to Him constitutes adoration. ("You are the King of Kings and Lord of Lords! You are the Bright and Morning Star! You are the Ancient of Days! You are the Creator of the Heavens and the Earth!")

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

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

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

This is one of the most misunderstood parts of prayer because often, people mistake having faith in the answers they want, with having faith in the God who answers prayer in His time and in His way. It's fine to ask (not demand, and not presume) for what we want, but it's important not to have unrealistic expectations of getting everything we ask for like a spoiled

little kid. (This is one of the reasons people lose heart and can lose their faith—they aren't trusting the God who sees the big picture and knows what is good for us and what isn't, they are looking for the answers to their prayers on a timeline usually faster than the one God is on.)

What should we pray for?

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

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

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

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

to all the fullness of You.” (Ephesians 3:16-19)

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

“I pray that \_\_\_\_\_ would be blessed, that she would not walk in the counsel of the wicked,

Nor stand in the path of sinners, nor sit in the seat of scoffers!

I pray her delight would be in the law of the Lord,

And in Your law she would meditate day and night.

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

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

And in whatever he does, she would prosper.”

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

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

I am also intrigued by His prayer in v. 23, “You have loved them just as You have loved Me.” Most people have no idea of just how much and how great the Father’s love is for us—He loves us the exact same way and the exact same amount as He loves His Son! I love to pray that God will allow my loved one to grasp this truth, which corresponds to the Ephesians 3 prayer above.

Jesus also prayed for Peter before his spectacular, epic failure when he denied his Lord, that his faith would not

[completely and utterly] fail, and that after he turned back, that he would strengthen his brothers. Praying for our loved ones' faith not to fail, and for God to redeem and use any lapses and stumbles, is a powerful way to pray for them.

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

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

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

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