

# The Commencement Address I'll Never Get to Give

*May 20, 2014*

Graduations mean commencement addresses. Most of which are eminently forgettable, containing feel-good charges to go do great stuff and change the world. But in my experience, they're always given by men, who are some kind of celebrity.

I am neither.

But I have a few thoughts on practical life lessons that newly-minted graduates might use.

"Hey graduates, congratulations. You made it to the cap-and-gown stage. Not without a lot of help and prodding and prayers and frustration from your parents though, right? Thank them. There's not a single thing you are or do or have that they didn't have a part in. Thank them again.

"Speaking of thanking, one of the most important habits you can ever form is gratitude. Especially toward God. He is continually blessing you with everything from the ability to draw your next breath, to your ability to remember your name, to your ability to walk or drive and think and talk and get a job or more education. Thank Him for all those things. Regularly stop and ask yourself, "What would I really miss tomorrow if I didn't give thanks for it today?"—and then thank the Lord for it. A grateful heart is not a complaining heart, or a critical heart, or an entitled heart. Believe me, it will make you a much better person to live with, or work with, or play with, or just be with.

"You've just finished many years of schooling, and you may have been indoctrinated with a bunch of hooey about how wonderful and special you are because of some well-meaning

self-esteem curriculum. You may have thrown away dozens of ribbons or trophies you received just for showing up. Those days are over, because that was never real life. Self-esteem and self-confidence are only gained one way, the hard way: working hard to meet a challenge and not give up until you succeed. You earn self-confidence by doing, not by reciting platitudes in a mirror.

“If you haven’t read Dale Carnegie’s book *How to Win Friends and Influence People*, read it. It’s a classic of how to understand people and how they like to be treated. The reason it’s so true is that the book fleshes out the second great commandment, ‘Love your neighbor as you love yourself.’

“For example, when you see a service person, like a waitstaff or toll booth attendant, call him or her by name. One’s name is the sweetest sound on earth to each person, and service personnel are often treated as if they were invisible. Using someone’s name says, ‘You are *not* invisible to me, and I honor you for your service.’ Prospective employees and spouses have been known to disqualify themselves because of the way they treated people with disrespect or contempt when out in public.

“Everyone has an invisible tattoo on their forehead that says ‘Please encourage me.’ Most people have an invisible speech bubble over their heads that says, ‘Do I matter? Please show me I matter.’ Every single person you will ever meet is infinitely valuable as the handcrafted masterpiece of the Creator God, and they deserve to be honored and respected simply because God made them and He loves them.

“Some final pithy words to the wise.

“Listen to your body. You are fearfully and wonderfully made, and it will tell you what it needs.

“Learn to recognize the nudges of the Holy Spirit, and follow them.

“Pray for your future spouse. He or she is out there somewhere. Your prayers WILL make a difference.

“If you wonder if you should be doing something, you probably shouldn’t. If the thought, ‘Should I be doing this?’ even enters your head, it’s an alarm.

“Don’t believe everything you think.

“When you’re on a road trip, never pass up an opportunity to use the restroom. Consider taking some disinfectant and a roll of paper towels with you, and leave it cleaner than you found it.

“And finally, do one good thing every day that no one will see but God. It will build your character and make deposits in your heavenly bank account that you’ll forget about, but He won’t.

“The Lord bless you and keep you. Your real education is about to begin.”

This blog post originally appeared at [blogs.bible.org/the-commencement-address-ill-never-get-to-give/](https://blogs.bible.org/the-commencement-address-ill-never-get-to-give/)

---

## **“I Battle Terrible Self-Esteem”**

Dear Sue,

I read your testimony, [How to Handle the Things You Hate But Can’t Change](#). I am not physically handicapped, but what about spiritual or mental handicaps? I not saying I am stupid or slow but things happened to me as a child that have haunted me

all my life. I have a very low self-esteem and I don't feel like I am worth anything to any body. I feel more like a hindrance than a help. I am a Christian and I am spiriting, but strongholds from the past keep me in bondage. I have served the Lord most of my life and in many areas my life has changed, but in this area of low self-esteem, I have prayed about it for so long without results, that I have almost decided to learn to live with it. If our God can heal the physical can he not heal the mental? Sometimes I get physically sick over this thing. As they say I am sick and tired of being sick and tired. This thing is so deep that I don't know what to do about it anymore. It is destroying my marriage and hurting my kids. It is a constant battle.

My mother died when I was about two-and-a-half and my father married again when I was five. I then had new brothers and sisters and the home life was not exactly Shangri-la. I ran away when I was fifteen and have never really looked back. I understand why I feel rejected but what I can't understand is why I can't get rid of it. I found the Lord when I was seventeen and it has been the best thing ever. I brought my husband to the Lord when we were dating and both my girls are born-again and serve the Lord. But why after all these years does this one thing still plague me? I have rebuked it until I wore my rebuker out. And still this thing is there. Sometimes it fades into the background but it is always there hovering over me. I am sad to see my family suffer because of my suffering. They do not complain but it makes me sad not able to fix this problem for their sakes. I don't know if you can help, but please pray that God will bring along the right person who can help me.

Dear \_\_\_\_\_,

Thank you for sharing your heart with me. I am so very, very sorry to hear of the heavy burden you have been carrying all this time. You must be exhausted!!

I can understand why rebuking this thing isn't working; it can't be overcome by rebuking anything. From what I understand of your life and your situation, you have been wounded by not just life but also by the lies of the evil one who wants to keep you in bondage to false beliefs. Since you are a believer, you need to know who you are in Christ so you can replace the false beliefs with what is true.

For instance, you've been carrying the baggage of feeling rejected, but you won't be able to let go of it until you embrace the truth that you are "accepted in the Beloved," as Ephesians 1 says. And if God accepts you, you can choose to see yourself as acceptable. . . and you can choose to accept yourself. Listen—it's only been two years since I made a conscious choice to realize that God MADE me to be a self-accepting person, so I can accept myself!

The best resource I know of to help you grow in your identity in Christ is Neil Anderson's book *Victory Over the Darkness*. Another couple of excellent books that would help are both by Kay Arthur: *Lord, Heal My Hurts* and *Lord, Is It Warfare?* I promise you, \_\_\_\_\_, Satan doesn't want you to know and fully grasp the truth that you are a princess, a greatly beloved child of the King and the Bride of Christ. . . infinitely significant and valuable simply because God made you no matter WHAT happened after that! But Neil's and Kay's books are really good for helping people move out of the darkness of the enemy's lies and into the light of the truth.

I hope this helps.

In His grip,

Sue Bohlin

Probe Ministries

---

# **“Why Do Christians Have to Bash Pop Psychology?”**

Dear Mr. Anderson,

I was just browsing the Probe Ministries website and read parts of your article about [Pop Psychology Myths](#).

Honestly, I just don't get it. Well, I should tell you I come from a strong Christian background, involved in Campus Crusade, youth groups, church ministries etc. But sometime during my senior year of college I just about HAD IT with Christian culture and all their myths.

Why is it wrong to have self-esteem? I hid behind the Bible for years to make me feel good about myself, but I was never convinced. My personal calling isn't to humble myself to meekness, never thinking for myself, in order to be “godly.” I feel better, accomplish more, and fulfill the talents God has given me when I act in ways to help my self esteem, like taking good care of myself, being assertive in my writing career and not letting people walk all over me, like I used to do, when I was a walking sin-o-meter... Why is it so important to make rules and laws and lists of myths when the whole essence of Christianity is Grace and Love? Doesn't this fear of the world seem somewhat legalistic?

I really don't know where I am going with this, I am just so frustrated with Christians who spend all their time worrying about the “world's ways” when things just AREN'T so black and white. There is wisdom in pop psychology—some of it is just plain nonsense, but there is some wisdom, just as there is some wisdom in Taoism. For goodness sake, a great deal of it parallels scripture.

**Anyway, something to chew on. I very much respect your degrees and figured you may be open to some discussion on the subject.**

Thanks for writing. I thought the book by Chris Thurman (*Self-Help or Self-Destruction*) that was a basis of my week of radio programs was very well written and discerning. Perhaps I should do another week of programs on the other five myths of pop psychology mentioned in the book so that the analysis would be more complete.

I don't think that my transcript (nor the book) denies that there is any wisdom in pop psychology. But I do think we should be more discerning, and that's what we were trying to convey in the program. Anyway, thanks for your opinion.

Kerby Anderson  
Probe Ministries

---

# **Responding to Poverty – As a Christian**

## **Poverty's Devastating Effects**

I can still remember the feelings of curiosity, confusion and discomfort I felt as I watched the young boys. "What did those kids want?" I wondered.

As a child visiting Cuba with my parents, I was startled when some boys at a city park opened our taxi doors, then held out their hands. Later I asked my mother, "Did they work there? Did they want a tip?" She gently told me they were begging. My young upper-middle-class North American sensibilities were jolted by the harsh reality of poverty I had never seen.

One summer during university, while visiting Tijuana, Mexico, I was stunned to see people living in the city dump. Later that summer, I spent time with a friend in one of Miami's ghettos. One day, as I drove away, I noticed an ambulance headed toward the apartment building near where my friend hung out. The next day, my friend told me a woman had shot the man who was trying to seduce her, then she shot herself. Shocking as that news was for me, almost as much so was my friend's nonchalance. He seemed accustomed to events like this.

Those experiences kindled my personal interest in this theme. What is poverty? Why does it exist? How does it destroy minds and souls as well as bodies? What is a biblical perspective on poverty? And what should we do about it?

Income level and standard of living are often-used but insufficient measures of poverty. Some townships in South Africa and shanty towns in the Philippines make some North American housing projects seem like the Ritz.

Localized "relative deprivation" (i.e., large socioeconomic disparity between the poor and middle class) can multiply feelings of low self-esteem. Many social scientists emphasize psychological manifestations of poverty. Yale psychologist Ira Goldenberg defined poverty as "a psychological process which destroys the young before they can live and the aged before they can die. . . . [It] is a condition of being in which one's past and future meet in the present—and go no further."[\[1\]](#)

The precise economic line may be difficult to draw, but poverty's effects can be devastating. Columbia University economist Jeffrey Sachs says, "More than 8 million people around the world die each year because they are too poor to stay alive. Every morning our newspapers could report, 'More than 20,000 people perished yesterday of extreme poverty.'"[\[2\]](#) They die from disease, lack of medicine, unsafe drinking water.



# Homeless Assistance

The little girl was sleeping so peacefully on a cot in the nursery playroom. As I watched her, I imagined how she might have felt only a few days earlier, maybe trying to sleep in the tropical heat under a noisy highway overpass. Now she was inside a lovely, air conditioned room with nice toys. She and families just like hers could feel safe, clean and protected at Miami's Homeless Assistance Center, a facility organized and run through a coalition of community leaders, government agencies, churches, and faith-based organizations.

By its twelfth year, Miami's Community Partnership for Homeless had helped over twenty-seven thousand men, women and children leave the streets for a better life. Their Homeless Assistance Centers are a community success story in which private and public sectors teamed to create a national model for eliminating homelessness. Would you believe all this started from a church Bible class?

My friend Alvah Chapman served Knight Ridder Publishers as president and chairman for fourteen years. (Knight Ridder owned, for example, the *Miami Herald*, *Philadelphia Inquirer* and *San Jose Mercury News*.) At retirement, he and his wife Betty participated in a thirty-nine-week church Bible study class that required personal application.

Alvah had become distressed observing the plight of Miami's homeless and the lack of community leadership. He recalls, "The county said it was a city problem. The city said it was a county problem. And the Chamber of Commerce was not sure it was their problem."[\[3\]](#) The Chapmans decided to tackle homelessness. "The commitment to 'do something' was very strong" in their hearts, he explains: "We made a commitment to our [Bible] class and to our God that we would together provide leadership to the homeless problem in Miami."[\[4\]](#)

Today the Homeless Assistance Centers[\[5\]](#) they founded provide

meals, showers, clothing, temporary housing, laundry facilities, health care, transportation, and job training—helping residents get back on their feet with dignity. The success rate for departed residents has been as high as sixty percent, considered remarkable in this field. Churches and synagogues have provided evening meals, companionship, and encouragement.

Often the poor feel trapped in poverty with no way out. Vicious circles breed feelings of worthlessness and despair. Drunkenness, violence, teen pregnancy, and sexually transmitted diseases are just some of the physical manifestations of coping with life out of control. Efforts like the Homeless Assistance Centers can help break the cycle of poverty.

## Helping the Total Person

Poverty brings multiple problems: physical, psychological, and spiritual. Which should we emphasize in seeking solutions? Consider three approaches.

1. The *Outside-In Approach* changes circumstances to alleviate stress factors. Education and job training can enhance employment and living standards, thus decreasing psychological problems. Right? Not necessarily. Anthropologist Oscar Lewis argued that an elimination of physical poverty may not by itself eliminate the culture of poverty.[\[6\]](#) Perhaps you know some wealthy but unhappy people.

2. The *Inside-Out Approach* emphasizes counseling to encourage self-help. Attitude change is important, but if the economic system blocks options, what then?

3. The *Total-Person Approach* blends the other two, treating humans as physical, psychological, and spiritual creatures. The often-overlooked spiritual area, properly tapped, can influence both poor and rich.

John Perkins, an African-American, left his poor rural hometown of Mendenhall, Mississippi, vowing never to return. His brother had been shot by a policeman in that racially oppressed town. Later, Perkins placed his faith in Christ and returned to Mendenhall to help.

The organization he founded facilitated an inexpensive health care center, cooperative farms, a cooperative food store, house construction, tutoring, and raising college scholarships. Perkins' emphasis has been on helping local people help themselves. At the same time he's said, "I believe that the only commitment able to bring [interpersonal and community] healing is a commitment to Jesus."[\[7\]](#)

Jesus of Nazareth emphasized the total person. He healed the sick and fed the hungry. He also told people how they could find meaning and fulfillment through faith in Him. Many Christian development programs have a similar focus, operating on the time-honored philosophy that if you give someone a fish you can feed them for a day; if you also teach them how to fish you can feed them for a lifetime.

World Relief, a Christian organization, provides worldwide disaster relief as well as self-help efforts like well-digging and agricultural training. Their microenterprise development programs establish community banking, savings and lending programs to help the poor become self sufficient. For example, a \$75 loan to a Cambodian grandmother allowed her to expand her small home-front stand. She repaid the loan in full, entitling her to another, slightly larger loan. Eventually, she could support her sixteen grandchildren and serve as a role model for women in her village.[\[8\]](#)

World Vision, the Salvation Army, and most major Christian denominations have programs to help the poor.

# Money and Poverty

We've been examining physical, psychological, and spiritual factors related to poverty and its possible remedies. Consider a common question.

Will money given to developing nations solve their poverty problems? Maybe it will help, but the extent depends largely on how the funds are managed. Sadly, Africa, for instance, is replete with examples of crooked officials diverting financial aid and national wealth into their own pockets. For instance, Nigeria's President Obasanjo estimates that corrupt African leaders have stolen at least \$140 billion from their people in the decades since independence.[{9}](#)

Obasanjo is a follower of Jesus who has tried to root out corruption in his own nation. The *New York Times* gives a glimpse into the task he still faces. Nigeria export billions of dollars of oil each year and returns thirteen percent of revenues from its states back to the states. The *Times* notes that "Much of that is siphoned off by corrupt regional officials who often pocket the money or waste it on lavish projects that do little, if anything, for ordinary people. For instance, one state produces a third of Nigeria's oil and has an annual budget of more than half a billion dollars to spend on its three million people. But most of [that money] goes to white elephants like a mansion for the governor and his deputy."[{10}](#)

On one of my speaking tours to Nigeria, a local doctor told me how businesses had adapted to the common custom of using bribes. Seems they started budgeting bribe money for their traveling representatives to use. The budget item was called public relations. But a problem arose when employees began to pocket the public relations money instead of using it for bribes.

Financial aid givers—nations, businesses and individuals—would

be wise to focus on strict accountability measures and perhaps character education programs for government and business leaders and students in such situations.

In fairness, I should note that this corruption caveat has its critics. Columbia economist Jeffrey Sachs, who also heads an ambitious United Nations anti-poverty effort, feels the corruption charge is too often a simplistic explanation for poverty's root problems. While I feel that corruption is indeed a major concern, I agree with Sachs that poverty is complex and situations differ. Disease plays a significant role. If people are sick with malaria or AIDS, its hard for them to help themselves. Sachs also advocates international commitments to economic assistance, scientific advancement, and justice.[{11}](#)

## What Can You Do?

Would you believe that by losing weight, you could help the poor overseas? Consider how some upscale U.S. secondary school students made a difference in Zambia.[{12}](#)

Student leaders at Wheaton Academy in suburban Chicago had a burden to raise \$53,000 from their fellow students for a schoolhouse in Zambia. They found little enthusiasm at first, but then they began to pray regularly. Things took off and they exceeded their goal. Over a three-year stretch, the Christian students raised nearly a quarter of a million dollars for HIV/AIDS relief in Africa. Students encourage each other to forgo movies, Starbucks runs, and even Christmas presents and prom dresses.[{13}](#) The campus chaplain estimates that ninety percent of students have participated financially to build the schoolhouse and a medical clinic and to feed a villages children for a year. Students feel a personal connection with their Zambian peers. Some have visited the village they support.

Even adults joined the effort. Now, what they did is great. I

bet you're going to like this! It was a weight-loss fundraising campaign, the Zambia Meltdown. Fourteen teachers and administrators lost 460 pounds over 100 days. That brought in \$19,000 in pledges for lost weight. And get this: The headmaster and principal each lost 70 pounds.{14}

What can you do to help alleviate poverty? Consider some suggestions:

*First, pray. God's concern for the poor far exceeds our own. Those Wheaton Academy students saw answers to their prayers. (Probably some faculty spouses did, too!)*

*Second, give. An ancient Jewish proverb says, If you help the poor, you are lending to the Lord—and he will repay you!{15} Many fine organizations can use your donations to effectively fight poverty. New York Times columnist Nicholas Kristof says, "Nobody gets more bang for the buck than missionary schools and clinics, and Christian aid groups like [World Vision](#) and [Samaritan's Purse](#) save lives at bargain-basement prices."{16} I would add [World Relief](#), the [Salvation Army](#) and your local church to the list.*

*Third, go. Maybe you can volunteer with [Habitat for Humanity](#) or an international mission group. CNN highlighted Campus Crusade for Christ college students spending Spring Break helping to rebuild New Orleans after Hurricane Katrina. You even may want to devote your life or career to relief and development. It is a worthy cause. I like what Jesus' mother Mary advised: "Whatever He [Jesus] says to you, do it."{17} And another of those ancient Jewish proverbs says, "Blessed are those who help the poor."{18}*

## Notes

1. "A Nation Within a Nation," *TIME*, May 17, 1968, 30.
2. Jeffrey D. Sachs, "The End of Poverty," *TIME*, March 14, 2005; <http://www.time.com/time/covers/1101050314/>.

3. Alvah H. Chapman, Jr., "Community Partnership for Homeless, Inc., A Narrated History," (As recorded in interviews for an oral history project by Dennis P. Kendrick, 2004), 6; <http://preview.tinyurl.com/y7m7ey>.
4. Ibid., 8.
5. Community Partnership for Homeless, [www.cphi.org](http://www.cphi.org).
6. Oscar Lewis, "The Culture of Poverty," *Scientific American* 215:4, October 1966, 25.
7. *Christianity Today*, January 30, 1976.
8. World Relief newsletter, May 2006.
9. Tony Carnes, "Can We Defeat Poverty?" *Christianity Today*, 49:10 October 2005, 38ff; <http://www.christianitytoday.com/ct/2005/010/19.38.html>.
10. Lydia Polgreen, "Blood Flows With Oil in Poor Nigerian Villages," *The New York Times*, January 1, 2006; <http://preview.tinyurl.com/vk22t>.
11. Sachs, loc. cit.
12. Jeremy Weber, "Raising the Compassion Bar," *Christianity Today* 49:8 August 2005, 50-52; <http://www.christianitytoday.com/ct/2005/008/26.50.html>.
13. Ibid.
14. Ibid.
15. Proverbs 19:17 NLT.
16. Nicholas D. Kristof, "Bush, a Friend of Africa," *The New York Times*, July 5, 2005; <http://preview.tinyurl.com/y8wwoj>.
17. John 2:5 NASB.
18. Proverbs 14:21 NLT.

© 2007 Probe Ministries

Adapted from Rusty Wright, "Responding to Poverty," *Plain Truth* 64:3, May/June 1999, 30-33. Copyright © Rusty Wright 1999. Used by permission.

---

# **“Do You Have Any Advice to High School Graduates?”**

Funny you should ask; after polling some wise people I know on “Things I Wish Someone Had Told Me Before I Graduated,” I just shared these thoughts with our graduating senior girls in our church.

- **The importance of choosing purity.** This is the biggest area of regret for many people, but especially young women, who pay a greater cost of giving their bodies away. One lady said, “I wish someone had told me that my body is a precious gift from God to give to ONE man. I wish someone had told me that if someone pays attention to you or says nice things, it doesn’t mean they love you and it SURE doesn’t mean you have to give them your body.”

One element of choosing purity is to choose modesty in dress and behavior. Showing skin (especially midriffs, shoulders and backs) is a great temptation to men and it is a statement about oneself that a girl might not want to be making: “I care more about what’s trendy than about honoring God with my body. I want guys to look at me, even if they have to struggle with their flesh over it.”

- **Don’t get into credit card debt.** The credit card companies will throw undeserved credit at you, and it doesn’t take any time at all to be way over your head. One young lady was so desperate for other people’s approval that she got \$80,000 into debt to buy friends and impress people. The people aren’t around anymore, but her debt certainly is. Proverbs says that you are in bondage to your debtors, and credit card debt is a terrible kind of prison.

- **If you find yourself wondering, “Should I be doing this?” you probably shouldn’t.** Untold heartache and regret can be



avoided by listening to that internal alarm. You won't wonder "should I be doing this?" about things you should do, like, "Should I brush my teeth today?" "Should I be kind to my friends?" "Should I exercise self-control?"

- **Choose your friends wisely.** You will become like the people you hang out with, so choose people with beliefs and behaviors consistent with godliness.

- **Pursue your relationship with Christ.** Less than half of the students in church youth groups will still be walking with God ten years after they graduate. Pre-decide to be one of those people. Go to church every Sunday. *GO TO CHURCH EVERY SUNDAY!* Get plugged into campus Christian groups as soon as you get to college. If you don't go to college, get plugged into some Christian fellowship group where you will be continually encouraged in your walk with God in the context of Christian community. You are like wet cement; you will (probably) determine the shape of your spiritual life for the rest of your adult life by the choices you make and the habits you form during ages 18-24.

- **Pursue wisdom.** Pray for "wisdom beyond your years." God loves to answer that prayer! Pray for your future spouse. Young women tend to be very passionate and full of longings for connection to a husband; turn that emotional energy into something constructive by praying faithfully for your husband. You might consider keeping a journal for him that you can give him when you marry, so he can see how you became the woman you will be. Write down your thoughts and feelings as well as the ways you are praying for him, even before you know him. At the same time, don't go to college for an "MRS degree," looking for a husband. Trust God to take care of that in His time. Getting married is a lousy goal for college.

- **Develop self-confidence.** Forget all the garbage about self-esteem that you were taught in school. It's not bestowed, it's earned. Real self-esteem is self-confidence, and there's only

way to get it: by doing hard things, by rising to a challenge and working until you succeed.

- **PRAY!** Pray for your roommate. Pray for your studies, pray for your work. When you find yourself battling loneliness or homesickness, press hard into Jesus and let those hard feelings drive you to pray in dependence on Him. Trust God to be in control, and rest in Him. He loves you more than you can imagine!

Hope you find this helpful.

Sue Bohlin

---

## How to Handle the Things You Hate But Can't Change

*Sue Bohlin presents her personal testimony of how Christ led her to a biblical worldview understanding of her physical state. She explains how understanding her situation ministered to her and others spiritually and emotionally.*

The most unique and distinctive thing about me is something I absolutely HATED when I was growing up. I'm one of the last polio babies. I got polio when I was eight months old, in October of 1953, just a few months before the vaccine was developed. My left leg was paralyzed from the hip down, but a couple days after I got sick with polio, some limited use started to return to my virtually dead leg.

Polio left me with one leg shorter than the other, one foot smaller than the other, weakened muscles, and a serious limp. I had several orthopedic surgeries and went to physical therapy once a week. Every day until I was 14, I did exercises

with a weighted boot strapped onto my shoe. I would cry, "But I don't *want* to do my exercises!!!" and my mother would insist, "But you *have* to do your exercises!!!" Before I learned to walk, I was fitted with a full-length steel and leather brace. I was so glad when the movie *Forrest Gump* came out, because my kids were able to see what braces looked like, since they never knew that part of my life!

Polio profoundly affected my body, but it only crippled my body a little compared to what it did to my self image. I hated the way I looked. I hated what the polio had done to me, and I despaired every time I looked in the mirror, thinking, "Ugly! You are so UGLY!!"

So I got good at two things. One was repressing the polio altogether. I got in the habit, which I actually have to this day, of avoiding looking in mirrors, or seeing my reflection in store windows, or even acknowledging my shadow. I don't want to see the way I walk, because it hurts to see the way I walk. I consider myself an expert on denial; in fact, one of these days I have to get that T-shirt that says, "Call me Cleopatra—Queen of Denial!"

The other thing I got good at was a very special fantasy. It was so private, so personal, that I never even wrote it down. I loved to fantasize that when I grew up, I would become a princess, and my polio troubles would be behind me because those sorts of things don't bother princesses! Now, the chances of a vacuum cleaner salesman's daughter from Highland Park, Illinois, becoming a princess are mighty slim, but I loved my fantasy.

In high school, the polio got in the way of dating. No one seemed able to just accept *me* as someone worth going out with. I had friends who were boys, but hardly anyone was interested in anything more than friendship. My sixteenth birthday was bittersweet because I was "sweet sixteen and never been kissed." High school boys then, like now, weren't exactly

paragons of sensitivity and acceptance! My self-esteem dropped even lower.

I went to college at the University of Illinois to work on a degree in Elementary Education. One day in my sophomore year, something happened that changed the entire course of my life.

A friend was handing out flyers inviting students to see that evening's performance of an illusionist-magician. I thought, "Great! I love magic!" I love to see women get sawn in two, and the fake levitating, and all that David Copperfield sort of stuff, and I started to get excited about it. But then I noticed the small letters at the bottom of the flyer: this performance was sponsored by a campus religious organization. "Forget it," I thought. "I am NOT interested in Jesus freaks." But as the day wore on, I felt like a huge magnet was pulling me to the performance, and I found myself buying a ticket and planning on going. I'm so glad I did.

The illusionist, Andre Kole with Campus Crusade for Christ, was excellent. But I don't remember his magic nearly as much as I remember his message. For one thing, he stopped halfway through the evening and said, "Ladies and gentlemen, we're going to take a short intermission. After the break I'm going to use my illusion to illustrate some spiritual principles. If this will offend you, I want to give you an opportunity to leave during the intermission." I thought, "What in the world is this guy going to say?" Besides, I had spent one whole dollar on my ticket and I was going to get my money's worth!

When he started again, he said some things I'd never heard before, but which were quite intriguing. He quoted a famous philosopher who said that we each have a God-shaped vacuum within us, and nothing will fit that shape or fill that emptiness except for God Himself. He quoted someone else who had said that our hearts are restless until they find their rest in God. He pointed out that there's a huge difference between Christianity and "Churchianity." Churchianity, he

said, is man trying to earn favor with God, trying to work his way to heaven. But Christianity as the Bible explains it is a relationship. It's God reaching down to man and calling us into an intimate friendship with Himself, not because of anything we deserve or anything we can do to please Him, but because He desires to have a relationship with us.

Andre Kole really got my attention when he asked, "Do you know what a Christian really is?" I thought, "Of course I do! A Christian is someone who isn't Jewish!" But he said that according to the Bible, Christian means "Christ-in-one," and that a true Christian is actually indwelled by Jesus Christ Himself. That blew me away.

Then he said, "I'm going to use my illusion to illustrate some points. Just as there are physical laws that govern the physical universe, so there are spiritual laws that govern the spiritual universe.

## **The Four Spiritual Laws**

"The first law is that God loves you and He offers a wonderful plan for your life. When Jesus was on earth, He said, 'I have come that you might have life and have it abundantly.' Now what do you suppose He meant by 'abundant life'? I think He meant a life filled with purpose and joy and direction and fulfillment. But as you look around the world today, you see that, obviously, most people are not living that kind of life. Something is terribly wrong.

"That brings us to the second spiritual law: Man is sinful and separated from God. We don't like to use the word 'sin' today, but it's a word the Bible uses a lot. It's actually an archery term, and it means missing the mark or the target. It doesn't matter if you miss the target by one inch or one mile, you're still missing it. God commands us to be holy and perfect, just as He is holy and perfect. But we don't even meet our *own* standards, much less God's!

"The Bible also tells us that 'the wages of sin is death.' That means that the penalty for missing the mark of being absolutely perfect and holy is death—not only the physical death of our bodies, but that when we die, we can't ever be with God in heaven. It means the death of our spirits as well. And once we commit one sin, there's nothing we can do to restore ourselves. We're stuck. There's a huge chasm between us and God, and there's nothing we can do to cross it.

"That's where the really good news comes in. The third spiritual law is that God has provided a solution to this dilemma. Since the Bible says that the punishment for sin is death, someone has to die because of our sin. God didn't want us to have to pay that penalty, so He sent His own Son, Jesus, from heaven to earth. He took on human flesh—that's what Christmas is about—and lived a perfect life. Then He died a heinous death on a cross, even though He was innocent, and He died in our place. Three days later, God raised Him from the dead because He was pleased with Jesus' sacrifice."

Now, I had heard a lot of this stuff before when I was growing up in church, but it had never had any impact on me. I knew a lot of religious facts, but they didn't affect my life in any way. I believed that George Washington was the Father of our Country, I believed that Abraham Lincoln was the best president (I was from Illinois, remember. . . "the Land of Lincoln"!), and I believed that Jesus Christ died for the sins of the world. They were all in the same category in my head, and they all had the same affect on me— which is to say, none at all.

But I had never, ever heard what he said next, the fourth spiritual law. "Each of us must accept Christ's gift of eternal life *personally*." He explained that Jesus was offering each of us the gift of eternal life, which means not only going to heaven when we die but, starting that moment, He would live His powerful, holy, beautiful life from INSIDE US. Whoa!! This was a *totally* new concept!! I thought that God

stayed in His corner of the universe, and I limped along in my little corner, and never the twain shall meet. But suddenly I was hearing something completely new and different—that God Himself loved me so much He wanted to come live IN MY HEART!!!! As I sat there, reveling in this new information and this incredible offer, I saw that all along, I had thought I was doing all right with God because I was basically a “good girl.” But now I realized that I was missing the boat entirely, because I had never entered into a personal relationship with God at all; I had been caught up in rules and rituals and traditions, and had rejected them all because they had no meaning to me. And here was God offering me HIMSELF instead of those dead rules and rituals and traditions!

My whole spirit cried out in one big “YES!!!!!!” It felt rather like a flower turning to the sun and bursting forth in full blossom. Andre Krole prayed a short prayer, which I followed along in my heart, but my real prayer consisted of one incredibly joyful “YES!!!”

I went home to my dorm, where I told my roommates, “Guess what? When I left tonight, we were in a triple, but now we’re in a quadruple, because Jesus is now living in my heart!” They just groaned, “OH NO!! You got RELIGION!!” They dismissed what I was saying: “We know what this means, Sue. There’s a guy involved in this somewhere. We know how you work. Every two weeks or so you fall in love with somebody new, and whatever the guy believes, that’s your new philosophy. Last month you were in love with Tony Hunter, and you thought you were Jonathan Livingston Seagull! So this is nothing more than a fad, and it will pass when THIS guy doesn’t work out either.”

So my roommates waited for the fad to pass. That was 1973.

## **Just a fad? No way!**

It wasn’t a fad, and it didn’t pass, because my new

relationship with Jesus Christ was the most real thing that had ever happened to me. My life became a perpetual surprise box. No one warned me that when God came to live inside me, He'd be making all sorts of wonderful changes! They just started happening.

For one thing, my language cleared up. When I was still at home, I was a "good girl." But when I went to college, my crippled self-esteem made me crave the acceptance of my friends. And since they all had mouths like sailors, I started talking like that too. I was never really comfortable with it (because princesses don't swear!). But within about two weeks of the night I trusted Christ, I realized that it was as if God reached down into my vocabulary box with a great big soapy sponge and cleaned out all the garbage that was in there—without asking Him to!

I discovered that, for the first time in my life, I wanted to go to church. The friend who had invited me to the Andre Kole show also invited me to his church, which was a block from my dorm but somehow I had never noticed it. I didn't even own a dress, but I got one, and went to church of my own free will for the first time in my life. I made a startling discovery. The church was filled with college students who were there because they WANTED to be, not because their parents had made them go! From the very first time I went, I was captivated by the lights on in everyone's eyes. These people were honestly joyful and so glad to be there! Not only that, but they sang all the verses of the hymns, with enthusiasm! This was a *whole* new experience for me. Then, the pastor got up and taught us from the Bible, relating it to our 20th-century lives. I loved it!

And the third thing that happened was a new hunger to read the Bible. I didn't own one of those, either. I had tried it a couple of times; when I was in elementary school, a priest had told us one day that if we wanted to read a love letter from God, to go home and look in our family Bible and read the



epistles. So I tried it. Didn't look like any love letter \*I\* wanted to read! It was too hard to understand, and seemed so dull and boring, I shut the dusty book and put it back on the shelf. Another time, another priest told us that if we wanted to see how the end of the world would happen, to read the last book of the Bible. What a disaster *that* was! But now I really wanted to read and understand the Bible, so I went to the college bookstore and found the Living Bible, a modern-day paraphrase that I could easily understand. In the first few pages, I found just what I needed: "If you're new to this book..." It gave a suggested order for reading certain books, and I knew I had the help I needed. I couldn't wait for 4 o'clock every day, when I could go back to my dorm room and read about Jesus, this new, wonderful Friend who was now living in my heart.

But it wasn't the immediate changes that I want to talk about. Far more important are the long-term changes that God has been working in my life, healing my self-image and helping me deal with the polio.

## **Healing a Crippled Self-Image**

The more I read and studied the Bible, the more I learned to see myself as God said I was, and realized that what He said was so much more accurate and trustworthy than how I felt. I'm a woman, and the way I felt about myself completely depended on external things like whether my hair was clean, whether I was wearing make-up, and the time of the month. So I could wake up, force myself to look in the mirror, and whimper in defeat—then, 30 minutes later, not be so depressed once I'd had a chance to do something about myself. But as I learned to embrace the truth about what God said I was, that it was more valid than my fleeting feelings, it profoundly changed the way I felt about myself.

When I studied Genesis, the first book of the Bible that explains the beginnings of everything, I learned that when God

made Adam and Eve in His image, that made them infinitely valuable—not because of themselves, but because of their Creator. And, because I’m descended from Adam and Eve, I learned that I was also made in the image of God, and that makes me infinitely valuable as well. But this was a truth I only learned in my head; I didn’t learn it in my heart until my first son was born.

The whole time I was pregnant with Curt, I prided myself on being a thoroughly modern, non-emotional mother. I knew that newborn human babies weren’t particularly beautiful, as compared to, say, newborn lambs. When I saw my baby, I was going to say, “Yes, that’s a baby all right. Take him and clean him up, and when you bring him back we’ll bond.”

And then Curt was actually born.

When I first laid eyes on this child who was made in my husband’s and my image, this child that God had made by taking Ray’s intangible love for me and my intangible love for him and creating a tangible baby that we could hold and love, I thought, “WHOA! This is THE most BEAUTIFUL baby the world has ever seen!” I instantly fell in love with this little bundle of baby, and he was infinitely valuable to me, NOT because of anything intrinsic with him—I mean, all babies do is eat and sleep and poop and cry—but because he was made in our image.

A few days later, in the hospital, I had him on my lap doing a finger and toe check, and just sort of smelling his awesome newborn-baby smell, when I suddenly realized with a rush of mother- tiger protective love, that IF ANYONE SO MUCH AS LAID A HAND ON THIS CHILD, I WOULD PERSONALLY TEAR THEM LIMB FROM LIMB!!!! I didn’t know I could love anyone that much, but I loved my baby with a ferocious, passionate love that surprised and overwhelmed me. (Okay, okay, I realized this was probably hormones, but it sure felt real enough at the time!) Then, as I lay there in the hospital bed overtaken with these strong emotions, I suddenly realized something else: that if I, being

such a finite and limited human being, could love my child so ferociously and passionately, how much more must my heavenly Father, who is infinitely huge and powerful, love me? God loved me even more ferociously and passionately than I could imagine, and that meant that even if the rest of the world thumbed their noses at me and rejected me, if I knew that God loved me like that, it wouldn't matter.

Another truth that God used to heal my broken self-image came when I read in the gospel of John that "as many as received Christ [and I had], to them He gave the right to become children of God, even to those who believe in His name." I learned that simply being a human being doesn't make us a child of God—that just means we are creatures made in His image. I became a child of God when I trusted Christ to save me from my sins, and according to what Jesus said, I was born again at that point into God's family. Shortly after I learned about being a child of God, I came across one of my favorite names for God in the Bible: "King of Kings and Lord of Lords." Then suddenly I put the two things together: if God is the King of Kings, and I am a child of God, then the female child of a King is a PRINCESS!!



I made it!! When you look at me, I might not look like much on the outside, but I know that I am a princess on the inside because my heavenly Father the King made me one when I became His child!!

# The Hole in My Soul

The other area where God keeps working with me is the whole issue of polio. After I'd been a new Christian for a few months, I heard about a counselor who was sometimes able to pray for people and they received physical healing. So I made an appointment and went to see her.

I said, "Look, I've had polio almost all my life and I don't want it anymore. Would you please pray for me and heal me?"

She replied, "Well, I must tell you that sometimes God chooses to heal people in heaven, but first, tell me about how you feel about your polio."

"I don't like it, and I want you to heal me."

"Not so fast. How do you feel about God for letting this terrible thing happen to you?"

"Everything's fine with God and me. Could we just get on with this?"

"No, wait. Having polio is an awful thing. Aren't you just a little bit angry with God for letting this bad thing happen to you?"

I instantly thought, "Good girls don't get mad at God," and said, "NO, I'M NOT ANGRY WITH GOD!! Please, just pray for me and I'll get out of here."

The counselor smiled gently at me and said, "Sue, I'm afraid that no amount of healing is going to happen in your life until you're honest with God. I can see that you have a great deal of anger and bitterness and resentment toward God for letting you have polio, and you need to deal with that first."

"You're not going to heal me?" I asked plaintively.

She shook her head and said, "I'm not the One who does the

healing. I think you need to go pray about what's going on inside of you first."

I was terribly disappointed. I had had such hope that finally—FINALLY—I would be rid of the awful, horrible effects of this disease! Polio had ripped a huge wound in my soul as well as damaging my body, but this woman wasn't going to do things my way. Sadly, I got in my car and drove home.

Along the highway, I prayed, "God, this woman seems to think I have all this anger and bitterness and resentment stored up against You because of the polio. Is there anything to this?"

It was as if God said, "Finally, My precious daughter, you ask the right question!" I realized that I had been stuffing a lifetime of disappointment and pain into an emotional basement, and God was opening the door that I had kept shut for years. Feelings and memories started coming back to me out of the basement, like the time I was about ten years old.

I knelt next to my bed one night and poured out my heart to God. "God, please PLEASE heal me! I *hate* this polio, You know how much I hate this polio! Please, please give me two normal legs! I hate my body, I hate limping, I hate doing the exercises with the boot, I hate going to physical therapy. I hate the lift on my shoe, and I hate having my left leg shorter than the other, and I hate having to wear such ugly shoes. Oh God, I want to go into a shoe store and buy one pair of beautiful shoes so bad! I hate having to wear different size shoes! And You know I can't wear high heels with my leg and foot being so weak. And God, if I can't wear high heels, how can I get married? Everybody knows that brides wear high heels on their wedding day! Besides, who would want to marry me with polio anyway? I hate this toothpick leg, and I hate *hate* HATE the way people stare at me in public, especially little kids. God, please PLEASE heal me tonight while I'm sleeping!"

Then I proceeded to help God out by giving Him helpful suggestions on how to go about healing me. "You can take the extra muscle from my right leg and transfer it over to my left leg. Then stretch the left leg so it's as long as the right, and pull on my toes so they're not crumpled up anymore. And in the morning I'll run downstairs yelling, "Mom! Mom! God healed me!" and she'll call the *Chicago Sun Times*, and it'll be on the front page: "God Heals Suburban Girl." And I won't be able to go to school because I'll need to go to a shoe store and pick out some beautiful shoes like everybody else's, since my different-sized shoes won't fit. Oh! And God, I'll be able to SKIP down the street! I've never been able to skip!! It'll be great! Now, I'll just go to sleep and while I'm sleeping, You work a miracle. Then, in the morning, I won't even have to throw back the covers to see what You've done. I'll *know*." I fell into bed exhausted, having poured out my hurting heart to God, and so hopefully confident that He had heard me and would do what I asked.

In the morning, I was right: I didn't have to throw back the covers to see what had happened during the night. I knew without checking: absolutely nothing. NOTHING!! God had ignored me! I was *furious*. "God, how could You? I poured out my heart to You and You ignored me! You KNOW how much I hate the polio, You KNOW how much I want to be healed! It's no big deal for You to do this for me! If You could part the Red Sea, I know you could heal me! HOW COULD YOU?????" Then suddenly, I realized that, in my little ten-year-old heart, I was yelling at God, and I was horrified. Good girls don't get mad at God! So I took all the feelings of anger and disappointment and grief and stuffed them all down in my basement, along with all the other feelings I'd stuffed down there over the years.

And now, here I was, 20 years old, and all these feelings and memories were flooding back, and I realized that the counselor was right. I *did* have a huge amount of anger and bitterness and frustration stored up against God. . .and I didn't have a

clue as to what to do about it. I'd never heard anyone speak on "What To Do When You're So Mad At God You Want to Spit in His Face." That sounds blasphemous! But that's how I felt, and I didn't know what to do about it.

So I prayed, "God, I don't know how to handle all these feelings, so I'm asking You to show me what to do. And God, it looks like You're not going to heal me of the polio either, are You? So please help me deal with it. I've always hoped that when I was grown up, it would magically go away, but that isn't going to happen. You're going to have to show me how to deal with the polio, too."

God is faithful, and He answered my prayer. In two ways.

## **God is Always in Control**

First, I learned what has been the single most comforting truth I've ever learned as a Christian: that God has always been in control, and nothing has happened to me that He did not allow to pass through the grid of His love and purpose for my life. It was as if there were a suit of armor around me from the moment I was conceived, and nothing has touched my life that God did not purposely allow to get past the armor. I did not get polio by accident; there was a reason for it. When God saw that polio virus heading for me, He allowed it to do the exact amount of damage to my body that was in His plan for me. But once again, this was a truth I only learned in my head, and the heart-understanding didn't come until the day I took my second son Kevin to an immunization clinic for a shot.

I held him in my arms so that he was facing outward, his little thigh exposed. When the nurse stuck him, he wheeled around, and just before letting out a huge yell, he fixed me with a look of intense betrayal. I knew that if he had been able to put into words what he was feeling, he would have screamed, "You're my MOTHER!! I can't believe you let this woman attack me with that huge STICK!!" I thought, "Oh Kevin,

I know you can't understand why I would allow this woman to attack you with that stick. Honey, I *drove* you here so she could attack you with that stick."

What I wanted to say, but it would have been pointless, was "Baby, I know how hard it is for you to understand what's happening. But my Mommy mind is so much bigger than your Baby mind, there's no way I can explain that I know what I'm doing, and I'm letting you hurt because I love you and I'm acting in your best interests, even though all you can feel right now is the pain. I'm so sorry, but you're just going to have to trust me."

I thought, "I'm going to take you home and give you some Tylenol, and you'll start to feel better, and in a few days all the pain and discomfort will be gone, but the good medicine inside you will make you strong and healthy for many years. Some day you won't even remember that today happened, but the benefits of this shot will last for a long, long time."

Right about then we walked out into the sunlight, and God spoke to me very quietly, on the inside: "My precious Sue, I know how much you hurt because of the polio. I hate it too—in fact, I hate it even more, because it was never part of My perfect Creation in the beginning. When sin entered the world and spoiled everything, polio was unleashed into My beautiful world. I hate for you to suffer like this. But just as My ways are higher than your ways, and My thoughts are higher than your thoughts, I can't explain to you what I'm doing with the polio any more than you can explain what you're doing to Kevin, and that his suffering is good. Sweetheart, you're just going to have to trust Me."

Then I realized that just as Kevin's pain was going to go away in a matter of days, leaving him years and years free from the pain from the diseases he wasn't going to contract, I needed to see the pain of my polio'd body in the scope of eternity.



If my body lives to be 100, which is a very generous estimate, and I have to deal with polio for over 99 years, all that time is still only going to be the length of a pinprick compared to the billions and billions of “years” I’m going to live in heaven—in a *perfect* body. My life on earth does have its difficulties and pain, but it’s still temporary when I remember that the majority of my life will be lived in heaven where all pain will be behind me. And just as Kevin’s vaccination produced health in his body, I realized that God was using polio to produce character and depth and His kind of beauty in me, which will last for all eternity.

## **Giving Thanks for Everything**

The other way God answered my prayer was in discovering a little book (Merlin Carrothers’ *Power in Praise*) that said God wants us to give thanks for *everything* that happens to us. Not just *in* everything, not just the things we think will work out all right, but everything that comes into our lives. The reason we can give thanks is because of the first lesson I learned, which is that God is in control and has unseen, unknown purposes for what touches our lives. The Bible never tells us to FEEL thankful; it just says to give thanks, which is an act of the will and not of emotion. I looked it up, and sure enough, in black and white, there it was Ephesians 5:20. Even in the Greek!

The book is full of story after story of how God changed people’s hearts when they thanked Him for things they hated but couldn’t change, and I knew I had stumbled across some wonderful wisdom. I remember where I was the first time I told God “thank You” for the one thing I never, ever thought I could give thanks for: my polio.

“God,” I started, “I certainly don’t FEEL thankful for polio, but Your word doesn’t say to go by feelings but by faith, and Your word says to give thanks for all things. So I thank You for letting me have polio. Thank You for my limp. Thank You

for the problem that shoes constantly give me, and how hard it is to find them for my mismatched feet. Thank You that I will never be able to wear high heels. Thank You for the way people stare at me. Thank you for all the physical therapy I had to go through, thank You for the boot, thank You for the surgeries, thank You for the brace I had to wear. Thank you that I don't know how well my body will hold up as I get older. I thank You for all these things."

As I disciplined myself to say "thank You" for these things I hated but couldn't change, something interesting started to happen. I realized that saying "thank You" enabled me to relinquish all the pain and anger I had stored up in my emotional basement, and God took it away and replaced it with His peace. Pain had carved huge caverns in my heart, but now instead of being filled with all the negative emotions I had hidden in there, all that space was now filled with peace and a marvelous joy that came from trusting in the One who loves me perfectly. (In fact, since I'm only 5 feet tall, sometimes I think I'm bigger on the inside than I am on the outside!)

Something else that was interesting happened as I made myself give thanks for this horrible thing I hated but couldn't change. In addition to giving thanks by faith but not by feeling, I found that there were a bunch of things that I could easily, and with feelings of gratitude, give thanks for. I thank God for my parents, who loved me enough to make me exercise and endure surgeries so that I could walk as well as I did. I thank God for my husband, who, even though he's a runner, has never made me feel in the least bit inferior for not being able to keep up with him, and who is exceptionally gracious and sensitive in making allowances for my limitations. I thank God that if I had to have polio, it was in my leg and not in my arms. I'm a calligrapher, and it would be awfully hard to do hand lettering with my toes! I thank God that, even though I have to use a wheelchair in places like airports and amusement parks and malls, when I get to where

I'm going, I can get up and walk. And there isn't a day that goes by that I don't thank God for my handicap permit! I get the best parking spaces!

I love happy endings, but this story doesn't have one. At least not as far as my earthly life is concerned. I still have to discipline myself in my reactions and attitudes concerning my body, because I'm now forced to deal with post-polio syndrome. 30 to 35 years after the onset of polio, a whole new set of symptoms crop up: bone-crushing fatigue, increasing muscle weakness, and pain. So far I don't have much trouble with the pain part (thank You LORD!!!!), but I've had to completely restructure my lifestyle to accommodate a body that is losing strength and ability.

One day, as I was reading 2 Corinthians 12, I puzzled over Paul's re-statement of what God told him concerning his thorn in the flesh: that His power was perfected in weakness. I knew there was a nugget of comforting wisdom in that, and asked God to reveal to me what He meant. He answered my prayer one day when I was looking out a large plate glass window. Next to it was an expanse of brick wall. I was able to look out through the window and see not only a beautiful landscape outside, but I noticed that the sunlight was streaming in through the window. The sun was shining on the other side of the brick wall, too, but I couldn't see it. Then I realized that a glass window is fragile, transparent, and easily broken, but it lets the light shine through. A brick wall is strong, opaque, and is difficult to break it down, but nothing gets through it. When we are weak, whether physically or emotionally, we're like the fragile glass window, and God's power can stream through us, bringing power where we are powerless. When we're strong, like the brick wall, it's difficult to trust God because we're content in our own human strength—but no light, no supernatural power comes through. I am at the place where I'd rather be a window than a wall, because I want God's power and light to shine through me more than I want strength within

myself.

At the time of this writing, I've had a chance to share my story with over 10,000 women, and I've never yet found a person who didn't have some sort of private heartache. Everyone has something about herself that she hates but can't change. Mine is on the outside, but for the majority of women, their heartbreak is on the inside. Allow me to encourage you to think about two things as you consider *your* private heartache.

## **What To Do With the Things You Hate but Can't Change**

First, think about how much God loves you. He proved it once and for all by sending His only Son to die a horrible death in your place, so that you could be reconciled to Him. One truth has been of untold comfort to me: His love is stronger than my pain.

Second, the way to truly relinquish the anger about your private heartache is to give thanks for it. It occurred to me one day that every difficulty in our lives is a beautiful gift wrapped in really ugly wrapping paper. That's because God loves paradoxes, and He wraps His best gifts in tremendously daunting "paper." Imagine if someone held out a gift to you wrapped in the newspaper that had spent several days at the bottom of the garbage can, soaked in chicken juice (ew YUCK!) and covered with coffee grounds, with maggots crawling all over it. You'd say, "What in the world kind of gift could possibly be inside such a grotesque wrapping?" and shrink back from it. But God does exactly that. Many of us never get past the paper to open the gift. But that's what giving thanks will do for you—get you past the ugly wrapping paper to the choice gift inside. For me, it was a heart full of peace and joy. For others, who were sexually abused for example, it's the delight of discovering He will restore the chunks of your soul that

other people stole from you. For still others, it's learning that even though you never had the earthly Daddy you should have had, you have a heavenly Daddy who loves you more perfectly and intimately than you can ever know till heaven.

But giving thanks is not a magic formula; it doesn't do any good unless you first have a personal relationship with God by knowing and trusting His Son, Jesus Christ. It is essential that you turn from depending on yourself and your own efforts, and trust Jesus to save you from your sin, placing yourself in God's hands. If you're feeling like there's a rope wrapped around your heart and it's being tugged from the other end, please let me encourage you to identify that as God Himself, pulling you toward Himself and saying, "I love you! I created you to be in fellowship with Me! Please come to Me and give Me yourself so I can give you Myself." If that's what you're feeling, I suggest you tell God something similar to what I'm going to share with you, and what Andre Kole shared with me the night I trusted Jesus:

"Dear God, I realize I'm a sinner and You are a holy, perfect God. Thank You for sending Your Son Jesus to die on the cross in my place. I trust Him now to save me from my sin and to come live inside me. Please make me into the person You want me to be. Amen."

---

## **The Feminization of American Schools**

There is growing recognition that American school-age boys are not doing well. In fact, many of our sons are experiencing significant problems both inside and outside of the classroom. This is ironic since educators have been concerned primarily

about girls since a 1990 report released by the American Association of University Women claimed that girls are the ones being shortchanged in school.

However, recent statistics reveal that from the elementary years and beyond, girls get better grades than boys and generally fare better in school.[{1}](#) Although girls have all but eliminated the much-discussed math and science gap with boys, boys' scores in reading and writing have been on the decline for years. At the end of eighth grade, boys are held back 50 percent more often, and girls are twice as likely to say that they want to pursue a professional career.[{2}](#) Boys are twice as likely to be labeled "learning disabled" and in some schools are ten times more likely to be diagnosed with learning disorders such as ADD. Boys now make up two thirds of our special education classes and account for 71 percent of all school suspensions.[{3}](#) There is also evidence that boys suffer from low self-esteem and lack confidence as learners.[{4}](#)

As high school seniors, girls have higher educational goals than boys, are more likely to enroll in college, and once there, are more likely to complete a bachelor's degree in five years.[{5}](#) The majority of those receiving master's degrees are now women and the percentage of males seeking professional degrees is declining every year.[{6}](#) Boys are not faring much better outside the classroom either. Boys are three times more likely to be a victim of a violent crime and between four to six times more likely to commit suicide.[{7}](#)

While there is little controversy that a problem exists, widely divergent causes and solutions are being offered. Dr. William Pollack, who among other things is a faculty member of the Harvard Medical School and a founding member of the Society for the Psychological Study of Men and Masculinity of the American Psychological Association, has written a book titled *Real Boys: Rescuing Our Sons from the Myths of Boyhood*. He argues that a false masculinity is being forced on our

boys, one that disconnects them from themselves. In a very general sense, our boys need to get back in touch with who they really are. Christina Hoff Sommers, a W. H. Brady Fellow at the American Enterprise Institute, takes an opposing view. She believes that our boys suffer from a school environment that favors feminine traits and that attempts to squeeze boys into an androgynous mold from which they naturally rebel.

Although both of these authors could be wrong, they most certainly cannot both be right. In this article we will consider the arguments and attempt to discover what needs to be done to help our boys.

## **Losing the Inner Boy**

One popular viewpoint among feminists contends that boys are suffering from masculinity myths which, when enforced, work to squeeze them into a gender straightjacket. According to this theory, outmoded notions about masculinity cause parents to push boys away from their mothers too soon, resulting in a life long sense of anxiety and permanent damage to self-esteem. This is the viewpoint of Harvard professor William Pollack in his book *Real Boys: Rescuing Our Sons from the Myths of Boyhood*.

What are these masculine myths that Dr. Pollack feels are so dangerous? The first myth is that nature wins out over nurture, in other words, that boys will be boys. The assumption here is that testosterone is more powerful in shaping behavior than relationships and training are. The second myth is that boys *should* be boys. This dangerous myth supports the idea that boys should learn to be tough and never exhibit feminine traits. Myth number three is that boys are toxic. Where girls have a civilizing effect on the environment, boys are by nature dangerous and potentially damaging to those around them.

When these myths are used as a guide to raising boys, Dr.

Pollack believes that we damage our children. In our desire to make boys into tough, competitive men, they lose touch with who they really are, their “inner boy,” and as a result they become angry, dysfunctional adult males likely to abuse their wives and neglect their children.

Much of what Dr. Pollack says about boys rings true. He wants us to raise boys who are able to be empathetic, compassionate, and to appreciate the full spectrum of human behavior. Unfortunately, he defines gender roles so broadly that he leaves us with few discernable boundaries. It appears that Dr. Pollack would agree with feminist Gloria Steinem who recently advocated that “we need to raise boys like we raise girls.”[\[8\]](#)

According to Dr. Pollack homosexuality is no longer controversial. It is normal. And much of the damage done to young boys is the result of homophobia. Unfortunately, what he considers to be the strongest scientific evidence for the biological roots of homosexuality is a study done in the 1950's.[\[9\]](#) He ignores recent research that greatly reduces the strength of his argument.

The only guideline that seems to matter to professor Pollack is whether or not a specific behavior makes a boy happy. Happiness is all that counts, even if a boy feels that happiness lies in the homosexual lifestyle, or in a promiscuous heterosexual one. Humanistic psychology really doesn't have much else to go on. The biblical concept that a holy God might have created male and female with distinct roles in mind does not enter into the picture.

Therefore, let us consider a response to the popular ideas of Dr. Pollack.

## **The Androgynous Zone**

The 1990's brought to bear a number of powerful ideas on the way schools look at and treat boys. Carol Gilligan, Harvard's



first professor of gender studies, wrote a book in the early '80s that described how young girls lose their self-esteem when they reach adolescence. The American Association of University Women built on her work in the early 90s by releasing a survey that announced that girls were victims of a "male-voiced" culture and, as a result, lose self-esteem when they reach the age of twelve or thirteen. Successful lobbying of Congress resulted in passage of the Gender Equity Act in 1994 that categorized girls as an under-served population, placing them on par with other oppressed minorities.

Since then teachers and administrators have been deluged with gender equity materials and conferences sponsored by the Department of Education. However, what really panicked school administrators was a 1999 Supreme Court decision that applied sexual harassment laws to school children. The decision resulted from a lawsuit by the family of a ten-year-old Monroe, Georgia, girl because of the school's failure to prevent her harassment by a ten-year-old boy. With the threat of expensive lawsuits over their heads, principals could not refuse to inject gender politics into their schools.

An example of the kind of information being disseminated can be gleaned from statements made by the director of the Women's Educational Equity Act Publishing Center, Katherine Hanson. Hanson has argued that four million women are beaten to death every year in America, that violence is the leading cause of death among women, and that the leading cause of injury among women is being beaten by a man at home.[{10}](#) These would be shocking statistics if they were true. Actually, one million women die in this country each year with the leading cause of death being heart disease, followed by cancer.[{11}](#) Homicide is far down the list, after suicide.[{12}](#)

Why do gender equity leaders feel the need to exaggerate the abuse of women in our society? It is because they want to establish a radical retraining of America's boys. Feminists like Dr. Nancy Marshall of the Wellesley College Center for

Research on Women believe that gender is a totally learned concept. She states that “when babies are born, they do not know about gender.”[{13}](#) In other words, little boys have to learn what it means to be a boy. She believes that this happens between the ages of two to seven. In a slide show presented by Ms. Marshall, she explained that “a young mind is like Jell-O: you learn to fill it up with all the good stuff before it sets.”[{14}](#) The good stuff constitutes the feminization of boys. To make her point, she returned several times to the image of a pre-school boy dressed up in high heels and a dress.

## Gender Politics in the Classroom

Gender crusaders believe that if they can influence little boys early enough, they can make them more like little girls. Feminist philosopher Sandra Lee Bartky writes that human beings are born bisexual and through conditioning are “transformed into male and female gender personalities.”[{15}](#) William Pollack, a Harvard psychologist, argues that by doing away with traditional male stereotypes the next generation of boys “will be able to safely stay in the doll corner as long as they wish, without being taunted.”[{16}](#) Age appropriate doll playing by boys is not a problem. Yet it becomes one when it is the center of an attempt to redefine what it means to be male.

The Department of Education supported the writing of a model curriculum for day care providers called *Creating Sex-Fair Family Day Care*.[{17}](#) It seems that the main goal of the curriculum is, again, to get boys to play with dolls. Of its ten photographs, two are of boys with dolls. Instructors are warned to “avoid highly feminine dolls such as Barbie or highly masculine dolls such as G.I. Joe.”[{18}](#) They also urge instructors to monitor the children’s fantasy play. If gender stereotypes are acted out, adults should be ready to intervene. According to the authors, without gender neutral

child rearing, “we cannot fulfill our dreams of equality for all people.”[{19}](#)

A teacher in San Francisco is going one step further. She has transformed her classroom into a woman-centered community of learners. All the images in the classroom are of women, and as one feminist noted “perhaps for the first time, boys are the ones looking through the window.”[{20}](#) While each student is required to perform a dramatic dialogue in the author’s voice, the boys are forced to do works by women. One little boy attempts to lip-synch a song by blues singer Etta James, and when the other boys giggle they are chastised for their insensitivity.[{21}](#) During a history class the girls are encouraged to discuss how boys are sexual predators. The teacher is excited to see how angry the girls are getting. Although one boy tries to defend his gender, another admits to an interviewer, “I couldn’t really defend myself, because it’s true. Men are pigs, you know?”[{22}](#)

Schools are denying the very behavior that makes little boys boys. In Southern California, a mother was stunned to find out that her son was disciplined for running and jumping over a bench at recess.[{23}](#) Studies in England have shown that boys benefit from competition in school. However, in deference to the female tendency to learn more in cooperative groups, competition of all types is being purged from the schoolhouse. Sixty percent of American high schools no longer use class rankings or announce valedictorians.[{24}](#) Referring to the hostility towards honor rolls, one principal has stated, “It flies in the face of the philosophy of not making it so competitive for those little kids...We even frown on spelling bees.”[{25}](#)

## **Biblical Masculinity**

Feminists argue that we only have two models of masculinity to pick from. On the one hand, we have the self-centered, win-at-all-costs, barbaric, macho mentality portrayed by the

stereotypical high school football coach. They contend that this model produces boys who beat, rape, and generally oppress women. It is also blamed for the bloodshed on high school campuses in Colorado, Arkansas, and elsewhere. The other model, the one offered by feminists, calls for a “profound revolution,” one that will change the way society constructs young males.{26} It hopes to eliminate stereotypical boyish behavior such as roughhousing and aggressive competition. In fact, they hope the future will look more like the Philadelphia school which has “replaced the traditional recess with ‘socialized recesses,’ in which children are assigned structured activities and carefully monitored” so that gender stereotypes are extinguished.{27}

I would like to endorse a third model of masculinity. This biblical model defines mature masculinity as “a sense of benevolent responsibility to lead, provide for and protect women in ways appropriate to a man’s differing relationships” with the opposite sex.{28} This biblical model assumes a number of things to be true about gender. First of all, God created men and women to complement each other. Both are equally valuable to God and His kingdom, but each have different God-given roles. Second, it looks to the servant leadership model depicted by Christ’s role as head of the church, for which He suffered and died.

Boys who embrace this ideal of mature masculinity would not stand by and allow women to be abused physically or sexually, as has recently occurred in a Central Park celebration. Nor would they personally take advantage of a woman without violating their own definition of what it means to be a man.

This picture of masculinity allows men to be nurturing and sensitive. It doesn’t prohibit them from being chefs or nurses. It does define, in an ultimate sense, how a man is to perceive a woman. He is to treat all women, starting with his mother, as worthy of being honored and protected. When men’s competitive, physically active natures are focused on this

purpose, women will find our society a much safer place in which to dwell.

It will be an uphill battle to restore this kind of thinking in our schools, especially when the trend is going in the opposite direction. However, as parents we have considerable influence on our boys and young men. A biblical ethic should be communicated clearly and often as our boys grow older, and specifically when they begin to have significant relationships with girls. To allow the feminist model to dominate will result in frustrated boys who are stymied in their God-given role to lead, provide for, and protect the women in their lives.

Re-engineering boys in the name of egalitarianism will not only fail, but do damage to countless normal children in our schools.

## Notes

1. William Pollack, *Real Boys: Rescuing Our Sons from the Myths of Boyhood*, (New York: Henry Holt and Company, 1998), 15.
2. Ibid.
3. Ibid.
4. Ibid., xxiii
5. "Education Week" (Vol. XIX, #34, May 3, 2000), 1.
6. Pollack, 15.
7. Ibid.
8. Christina Hoff Sommers, *The War Against Boys*, (New York: Simon & Schuster, 1999), 44.
9. Pollack, 214.
10. Ibid., 48.
11. Ibid., 49.
12. Ibid.
13. bid., 74.
14. Ibid.
15. Ibid., 86.

16. Ibid.
17. Ibid., 76.
18. Ibid., 77.
19. Ibid.
20. Ibid., 81.
21. Ibid., 82.
22. Ibid., 83.
23. Ibid., 94.
24. Ibid., 169.
25. Ibid.
26. Ibid., 85.
27. Ibid., 95.
28. John Piper and Wayne Grudem, *Recovering Biblical Manhood & Womanhood*, (Wheaton, IL: Crossway Books, 1991), 36.

© 2000 Probe Ministries International

---

## Pop Psychology Myths vs. A Biblical Point of View

*Kerby Anderson compares some current myths with a Christian perspective informed by the timeless teaching of the Bible. These “pop psychology” ideas seem to make sense until one compares them with biblical insights from the creator of us all.*



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

Go into any bookstore and you will see shelves of self-help books, many of which promote a form of “pop psychology.” Although these are bestsellers, they are filled with half-truths and myths. In this essay we are going to look at some of these pop psychology myths as exposed by Dr. Chris Thurman

in his book *Self-Help or Self-Destruction*. If you would like more information or documentation for the issues we cover in these pages, I would recommend you obtain a copy of his book.

## **Myth 1: Human beings are basically good.**

The first myth I would like to look at is the belief that people are basically good. Melody Beattie, author of the best-seller *Codependent No More*, says that we “suffer from that vague but penetrating affliction, low self-worth.” She suggests we stop torturing ourselves and try to raise our view of ourselves. How do we do that? She says: “Right now, we can give ourselves a big emotional and mental hug. We are okay. It’s wonderful to be who we are. Our thoughts are okay. Our feelings are appropriate. We’re right where we’re supposed to be today, this moment. There is nothing wrong with us. There is nothing fundamentally wrong with us.”

In other words, Beattie is saying that we are basically good. There is nothing wrong with us. At least there is nothing fundamentally wrong with us. There isn’t any flaw that needs to be corrected.

Peter McWilliams, in his best-seller *Life 101*, actually addresses this issue head on. This is what he says in the brief section entitled, “Are human beings fundamentally good or fundamentally evil?”

My answer: good. My proof? I could quote philosophers, psychologists, and poets, but then those who believe humans are fundamentally evil can quote just as many philosophers, psychologists, and poets. My proof, such as it is, is a simple one. It returns to the source of human life: an infant. When you look into the eyes of an infant, what do you see? I’ve looked into a few, and I have yet to see fundamental evil radiating from a baby’s eyes. There seems to be purity, joy, brightness, splendor, sparkle, marvel, happiness—you know: good.

Before we see what the Bible says about the human condition, let me make one comment about Peter McWilliams's proof. While an infant may seem innocent to our eyes, any parent would admit that a baby is an example of the ultimate in selfishness. A baby comes into the world totally centered on his own needs and oblivious to any others.

When we look to the Bible, we get a picture radically different from that espoused by pop psychologists. Adam and Eve committed the first sin, and the human race has been born morally corrupt ever since. According to the Bible, even a seemingly innocent infant is born with a sin nature. David says in Psalm 51:5 "Behold, I was brought forth in iniquity, and in sin my mother conceived me." The newborn baby already has a sin nature and begins to demonstrate that sin nature early in life. Romans 3:23 tells us that "All have sinned and fall short of the glory of God." We are not good as the pop psychologists teach, and we are not gods as the new age theologians teach. We are sinful and cut off from God.

## **Myth 2: We need more self-esteem and self-worth.**

The next myth to examine is the one that claims what we really need is more self-esteem and self-worth. In the book entitled *Self-Esteem*, Matthew McKay and Patrick Fanning state, "Self-esteem is essential for psychological survival." They believe that we need to quit judging ourselves and learn to accept ourselves as we are.

They provide a series of affirmations we need to tell ourselves in order to enhance our self-esteem. First, "I am worthwhile because I breathe and feel and am aware." Well, shouldn't that also apply to animals? And do I lose my self-esteem if I stop breathing? In a sense, this affirmation is a take off on Rene Descartes's statement, "I think, therefore I am." They seem to be saying "I am, therefore I am worthwhile."



Second they say, "I am basically all right as I am." But is that true? Is it true for Charles Manson? Don't some of us, in fact all of us, need some changing? A third affirmation is "It's all right to meet my needs as I see fit." Really? What if I meet my needs in a way that harms you? Couldn't I justify all sorts of evil in order to meet my needs?

Well, you can see the problem with pop psychology's discussion of self-esteem. Rarely is it defined, and when it is defined, it can easily lead to evil and all kinds of sin.

It should probably be as no surprise that the Bible doesn't teach anything about self-esteem. In fact, it doesn't even define the word. What about the term *self-worth*? Is it synonymous with self-esteem. No, there is an important distinction between the terms *self-esteem* and *self-worth*.

William James, often considered the father of American psychology, defined *self-esteem* as "the sum of your successes and pretensions." In other words, your self-esteem is a reflection of how you are actually performing compared to how you think you should be performing. So your self-esteem could actually fluctuate from day to day.

Self-worth, however, is different. Our worth as human beings has to do with the fact that we are created in God's image. Our worth never fluctuates because it is anchored in the fact that the Creator made us. We are spiritual as well as physical beings who have a conscience, emotions, and a will. Psalm 8 says: "You have made him [mankind] a little lower than the angels, and you have crowned him with glory and honor. You have made him to have dominion over the works of Your hands, you have put all things under his feet."

So the good news is that we bear God's image, but the bad news is that all of these characteristics have been tainted by sin. Our worth should not be tied up in what we do, but in who God made us to be and what He has done for us.

## Myth 3: You can't love others until you love yourself.

Now I would like to look at the myth that you can't love others until you love yourself. Remember the Whitney Houston song "The Greatest Love of All?" It says, "Learning to love yourself is the greatest love of all."

Peter McWilliams, author of *Life 101*, promotes this idea in his book *Love 101* which carries the subtitle "To Love Oneself Is the Beginning of a Lifelong Romance." He asks, "Who else is more qualified to love you than you? Who else knows what you want, precisely when you want it, and is always around to supply it?" He believes that the answer to those questions is you.

He continues by saying, "If, on the other hand, you have been gradually coming to the seemingly forbidden conclusion that before we can truly love another, or allow another to properly love us, we must first learn to love ourselves—then this book is for you." Notice that he not only is saying that you cannot love others until you love yourself, but that you can't love you *until you learn* to love yourself.

Melody Beattie, author of *CoDependent No More*, believes the same thing. One of the chapters in her book is entitled, "Have a Love Affair With Yourself." Jackie Schwartz, in her book *Letting Go of Stress*, even suggests that you write a love letter and "tell yourself all the attributes you cherish about yourself, the things that really please, comfort, and excite you."

Does the Bible teach self-love? No, it does not. If anything, the Bible warns us against such a love affair with self. Consider Paul's admonition to Timothy: "But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving,

unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!" (2 Tim. 3:1-5).

The Bible discourages love of self and actually begins with the assumption we already love ourselves too much and must learn to show sacrificial love (agape love) to others. It also teaches that love is an act of the will. We can choose to love someone whether the feelings are there or not.

We read in 1 John 4, "Beloved, let us love one another, for love is of God, and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him." The biblical pattern is this: God loves us, and we receive God's love and are able to love others.

## **Myth 4: You shouldn't judge anyone.**

Let's discuss the myth that you shouldn't judge anyone. No doubt you have heard people say, "You're just being judgmental" or "Who are you to judge me?" You may have even said something like this.

Many pop psychologists certainly believe that you shouldn't judge anyone. In their book entitled *Self-Esteem*, Matthew McKay and Patrick Fanning argue that moral judgments about people are unacceptable. They write: "Hard as it sounds, you must give up moral opinions about the actions of others. Cultivate instead the attitude that they have made the best choice available, given their awareness and needs at the time. Be clear that while their behavior may not feel or be good for you, it is not bad."

So moral judgments are not allowed. You cannot judge another person's actions, even if you feel that it is wrong. McKay and Fanning go on to say why: "What does it mean that people choose the highest good? It means that you are doing the best you can at any given time. It means that people always act according to their prevailing awareness, needs, and values. Even the terrorist planting bombs to hurt the innocent is making a decision based on his or her highest good. It means you cannot blame people for what they do. Nor can you blame yourself. No matter how distorted or mistaken a person's awareness is, he or she is innocent and blameless."

As with many of these pop psychology myths, there is a kernel of truth. True we should be very careful to avoid a judgmental spirit or quickly criticize an individual's actions when we do not possess all the facts. But the Bible does allow and even encourages us to make judgments and be discerning. In fact, the Bible should be our ultimate standard of right and wrong. If the Bible says murder is wrong, it is wrong. God's objective standards as revealed in the Scriptures are our standard of behavior.

How do we apply these standards? Very humbly. We are warned in the gospels "Judge not, that you be not judged." Jesus was warning us of a self-righteous attitude that could develop from pride and a hypocritical spirit. Jesus also admonished us to "take the plank out of [our] own eye" so that we would be able to "remove the speck from [our] brother's eye" (Matt. 7:1-5).

Finally, we should acknowledge that Jesus judged people's actions all the time, yet He never sinned. He offered moral opinions wherever He went. He said, "I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me" (John 5:30). Judging is not wrong, but we should be careful to do it humbly and from a biblical perspective.

## Myth 5: All guilt is bad.

Finally, I would like to look at the myth that all guilt is bad. In his best-seller, *Your Erroneous Zones*, Wayne Dyer tackles what he believes are two useless emotions: guilt and worry. Now it is true that worry is probably a useless emotion, but it is another story with guilt. Let's begin by understanding why he calls guilt "the most useless of all erroneous zone behaviors."

Wayne Dyer believes that guilt originates from two sources: childhood memories and current misbehavior. He says, "Thus you can look at all of your guilt either as reactions to leftover imposed standards in which you are still trying to please an absent authority figure, or as the result of trying to live up to self-imposed standards which you really don't buy, but for some reason pay lip service to. In either case, it is stupid, and more important, useless behavior."

He goes on to say that "guilt is not natural behavior" and that our "guilt zones" must be "exterminated, spray-cleaned and sterilized forever." So how do you exterminate your "guilt zones"? He proposed that you "do something you know is bound to result in feelings of guilt" and then fight those feelings off.

Dyer believes that guilt is "a convenient tool for manipulation" and a "futile waste of time." And while that is often true, he paints with too large of a brush. Some guilt can be helpful and productive. Some kinds of guilt can be a significant agent of change.

The Bible makes a distinction between two kinds of guilt: true guilt and false guilt. Notice in 2 Corinthians 7:10 that the Apostle Paul says, "Godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death."

Worldly sorrow (often called false guilt) causes us to focus on ourselves, while godly sorrow (true guilt) leads us to focus on the person or persons we have offended. Worldly sorrow (or false guilt) causes us to focus on what we have done in the past, whereas godly sorrow (or true guilt) causes us to focus on what we can do in the present to correct what we've done. Corrective actions that come out of worldly sorrow are motivated by the desire to stop feeling bad. Actions that come out of godly sorrow are motivated by the desire to help the offended person or to please God or to promote personal growth. Finally, the results of worldly and godly sorrow differ. Worldly sorrow results in temporary change. Godly sorrow results in true change and growth.

Pop psychology books are half right. False guilt (or worldly sorrow) is not a productive emotion, but true guilt (or godly sorrow) is an emotion God can use to bring about positive change in our lives as we recognize our guilt, ask for forgiveness, and begin to change.

©1996 Probe Ministries.

---

# **Self-Esteem Curricula**

## **Controversy Over Self-Esteem Curricula**

In the last several years a controversy has been building over the use of self-esteem curricula in our schools. Educators claim that these programs encourage creativity, increase concentration, decrease drug use, and delay sexual activity. These so-called life skills programs are being used in gifted, sex-ed, drug-ed, and regular classrooms, in public and private schools.

Opponents of the programs argue that the current focus on self-esteem is a direct result of a change in the way we view human nature. This change has been towards a relativistic view of morality, which discourages belief in transcendent moral values. Students are prompted to seek truth within and to see moral values, or ethics, as emanating from that process. Truth is seen as tied to a particular person; it becomes biographical. What is true for you may not be true for me.

Hundreds of self-esteem-oriented programs are now used in schools. "Quest," one of the most popular programs, is used in 20,000 schools throughout the world. "DUSO" and "Pumsy" have caused controversy in hundreds of elementary schools across the country.

Although the philosophical foundation for these programs goes back a number of decades, a turning point occurred in 1986 when California sponsored a study on self-esteem called the "California Task Force to Promote Self-Esteem and Personal and Social Responsibility. The driving force behind the legislation was California State Assembly member John Vasconcellos. His personal search for self-esteem sheds light on the nature of this movement. Vasconcellos was raised in a strict Catholic home. He writes, "I had been conditioned to know myself basically as a sinner, guilt-ridden and ashamed, constantly beating my breast and professing my unworthiness."[\(1\)](#) But in the 1960s he went through a period of Rogerian person-centered therapy with a priest-psychologist and claims that he became more fully integrated and more whole. Thus he turned his life work toward this issue of self-esteem.

Vasconcellos sees two possible models for defining human nature. The first he labels a constrained vision, supported by the writings of Adam Smith, Thomas Hobbes, and Frederick Hayek. The second is an unconstrained vision, associated with Jean-Jacques Rousseau and John Locke. The constrained vision sees man as basically evil, needing to be governed and

controlled. The unconstrained vision sees man as “basically good, even perfectible.” Vasconcellos chose the second view after hearing Carl Rogers speak on the subject. Vasconcellos argues that the self-esteem movement is built upon the “faith that people are basically good and that a relationship exists between self-esteem and healthy human behavior. He adds that self-esteem is a “deeply felt appreciation of ‘oneself and one’s natural being,’ a trust of one’s instincts and abilities.” [\(2\)](#) This information about Vasconcellos is important for understanding why this controversy is so heated and significant. It is not just about what curricula will be used to teach our children, but about how we view human nature itself. Our view of human nature will determine the kind of education we design for our children and the goals towards which that education will aspire.

## Visualization and Self-Esteem

Vasconcellos believes that self-esteem results from developing a deeply felt appreciation of oneself and one’s natural being. But what is our natural being? Some who hold an Eastern view of human nature have argued that our natural being is spiritual and ultimately one with the rest of the universe.

A subtle example of this is a curriculum called “Flights of Fantasy” by Lorraine Plum. The manual says that

*Flights of Fantasy is designed to enhance and refine children’s natural inclination to image and fantasize—to use this special ability as a powerful vehicle for developing language, creativity, relaxation and a positive self-concept.*

It adds that

*...only when we consciously and consistently provide experiences that acknowledge the body, the feelings, and the spirit, and honor both hemispheric functions of the brain, can we say with any sense of integrity that we are striving*



*to develop the whole person. [\(3\)](#)*

Just what is meant by providing experiences that acknowledge a person's spirit?

The author argues that two types of seeing are available to us. The first is "external seeing," a combination of optical sensory abilities and the interpreting ability of the brain. The other type is "internal seeing," which utilizes the brain's ability to visualize or fantasize. Plum believes that both are real experiences in the sense that our bodies respond equally to both. Finally, here's the pitch for an Eastern view of human nature: Plum asserts that, with its visualization and fantasy experiences, "Flights of Fantasy" will help students feel connected to nature and the entire universe, be more open to risk-taking, develop a sense of wonder, and become aware of personal power. All of these notions fit well into an Eastern, New Age perspective.

A monistic, Eastern worldview believes that all is one. Distinctions in the physical realm are mere illusions. When we get in touch with this oneness, we will have inner powers similar to Christ and other so-called risen masters. In a sense, humans are gods, limited gods who suffer from amnesia. A consciousness-raising experience is necessary to reconnect with this oneness. Various meditative states, visualization techniques and Yoga are used to experience oneness with the universe.

Not every instructor using these materials buys into this religious view. Many use them innocently, hoping to bring experiences into their classroom that might somehow benefit troubled students. But authors such as Jack Canfield, a friend of John Vasconcellos, have a definite purpose in mind. In his article "Education in the New Age," Canfield promotes activities that put children in contact with wisdom that he believes lies deep within each of us. He sees himself as a

bridge between Eastern and Western thought, particularly in our schools. [\(4\)](#)

At minimum, “Flights of Fantasy” gives the impression that people can change their psychological state by sheer self-will. The manual states that if our mental images are

*...portraits of self-doubt and failure, we have the power to replace them with self-confident, successful images. If we are unable to get into the image mentally, we will not get into the behavior physically.*

This view of human nature leaves out any notion of sin or an obligation to a transcendent moral order. In its view we are perfectible, self-correcting, autonomous beings.

The curriculum may also be laying the ground-work for an Eastern view of human nature, one that conflicts dramatically with the biblical view that we are the creation of a personal, all-powerful, loving God.

## **Pumsy**

A very popular theme of modern culture is the concept of “wisdom within”: the heroes in George Lucas’s Star Wars trilogy used the power of “The Force,” and Shirley MacClaine’s New Age gospel teaches that we must turn inward to find truth. Pumsy, a self-esteem curriculum used in primary schools across the country, focuses on this “wisdom within” theme. Although Pumsy teaches behavior that Christians can wholeheartedly endorse and attempts to help children be independent from peer influence, it also teaches in a subtle way that children have an autonomous source of wisdom within themselves.

Advocates of self-esteem curricula argue that these programs are needed to help those children who are overwhelmed by the negative aspects of culture or home environment, but they also

claim that all children can benefit from class time spent focusing within themselves and being told how naturally good they are. Again we find the idea that by getting in touch with our natural goodness we will automatically behave in a manner that is personally rewarding. An example of this belief in our natural goodness is found in the Pumsy student storybook:

*Your clear mind is the best friend you'll ever have. It will always be there when you need it. It is always close to you and it will never leave you. You may think you have lost your clear mind, but it will never lose you.*

Attributes of this clear mind are worth noting. According to the workbook, "It always finds a way to get you to the other side of the wall, if you just listen to it . . . trust and let it do good things for you." According to the manual, clear minds are also a source of peacefulness and strength.

When Pumsy, an imaginary dragon, is in her clear mind, she feels good about herself; when she is in her mud mind, nothing goes right—she doesn't like herself or anything else. Students are told that they can leave behind their mud minds and put on a clear mind whenever they choose to. In other words, bad feelings can be overcome merely by choosing to ignore them, by positing a clear mind.

Songs sung by the children focus on the same theme. Lyrics to one say, "I am special. So are you. I am enough. You are, too." Another says, "When I am responsible for my day, many, many things seem to go my way. Good consequences. Good consequences. That's the life for me!" The message of this curriculum is not very subtle: Humans have the power to perfect themselves emotionally and psychologically, they only need to choose to do so. The only sin that exists is not choosing a clear mind.

This curricula prompts some important questions. Are all negative feelings bad? Is it necessarily a good thing to be

able to shut off mourning for a lost loved one? Can a person really alter his or her situation merely by thinking positively? We all recognize the importance of self-confidence, but how closely does the self-esteem taught by this program match reality? Does it really benefit our students? When we read that American students perform poorly on international math tests, yet feel good about their ability to do math, something is wrong. Could we be causing students to develop a false security based on feelings that may not match reality? From a Christian viewpoint, our children need to know that they bear God's image, which bestows great dignity and purpose to life. They must be aware that they are fallen creatures in need of redemption and transformation and a renewal of their minds in order to be more like Christ.

## Quest

Quest is one of the most used drug-education programs in America. It includes high-school, junior-high, and some grade-school components. What makes discussion of this curriculum difficult is that its founder, Rick Little, is a Christian who used input from other Christians in its development. In its original form, the program used values clarification and other non-directive techniques, visualization exercises, and moral decision-making models. These methods have not proven successful in reducing drug use and have been accused of promoting a value-relative worldview. Howard Kirschenbaum, who is closely associated with the values- clarification movement of the 1970s, was hired to write the original curriculum and directed the program towards this approach. Quest makes some of the same assumptions about human nature as Pumsy. If students get in touch with their true selves, which are by nature good, they will not do drugs or be sexually active at an early age. If they see their true value, they will choose only healthy options. The key, according to Quest authors, is not to preach or be highly directive to the kids. Teachers are to be facilitators of discussion, not builders of character.

The students naturally determine what is right for them via the decision-making model presented in class. Once they arrive at the right values, Quest assumes they will live consistently with them. The presumptions are that humans desire to do what is right once the right is determined and that they can do so using their own moral convictions.

To be fair, some of the more blatant values-clarification and visualization techniques have been removed, and Kirschenbaum is no longer part of the program. But many still find the overall emphasis to be non-directive and morally relativistic. Ken Greene, an executive director who left the company in 1982, has said,

*We thought we were doing God's will and had invested tremendous amounts of energy and time. . . . It still leaves me a little confused. I sometimes say "Lord, did we forsake the cross?"*[\(5\)](#)

Dr. James Dobson, a contributor to the original Quest textbook, has recently voiced his concerns about parts of the program. Although he notes that the curriculum has positive aspects, he adds that the authors have incorporated the work of secular humanists into the curriculum and have prescribed group exercises and techniques closely resembling those employed in psychotherapy. This, he argues, is a "risky practice in the absence of professionally trained leadership."[\(6\)](#) According to William Kilpatrick,

*Despite its attempts to distance itself from its past . . . Quest remains a feelings-based program. It still operates on the dubious assumption that morality is a by-product of feeling good about yourself, and it still advertises itself as a child-centered approach.*[\(7\)](#)

In spite of the fact that non-directive, values-clarification-based curricula have been used for decades, there is little

evidence that they actually reduce the use of drugs or other harmful behaviors. In 1976, researcher Richard Blum found that an “affective drug program” called “Decide” had little positive effect on drug use. Those who sat in the class actually used more drugs than a control group. He found similar results in a repeat of the study in 1978. Research was done on other affective programs in the 1980s. “Smart,” “Here’s Looking at You,” and Quest all were found to increase drug use rather than reduce it.[\(8\)](#) Some states have removed Quest from their approved drug education list because it fails to comply with federal mandates that these programs clearly state that drugs are harmful and against the law.

## Criticism and an Alternative

Although an early advocate of non-directive, self-esteem-oriented therapy, humanistic psychologist Abraham Maslow began to question the use of this approach for children later in his life. He argued that

*...self actualization does not occur in young people . . . they have not learned how to be patient; nor have they learned enough about evil in themselves and others . . . nor have they generally become knowledgeable and educated enough to open the possibility of becoming wise. They have not acquired enough courage to be unpopular, to be unashamed about being openly virtuous.”[\(9\)](#)*

Nondirective therapeutic approaches used by Carl Rogers, Abraham Maslow, and William Coulson produced a pattern of failure in schools even in the hands of these founding experts. Coulson now says, “We owe the American public an apology. Can we expect relatively untrained teachers to achieve better results?”

One specific objection to these programs is their use of hypnotic trance induction and suggestion techniques.

Psychologists feel that the constant use of trance-induced altered states of consciousness may cause difficulty for some students in differentiating reality and fantasy. An altered mental state is the mind's defense mechanism, particularly in children, for enduring extremely stressful situations. If these self-protective mechanisms are taught when a child is not under life-threatening stress, the ability to distinguish reality from fantasy in the future may be impaired.

Some feel that affective educational programs undermine authority as well. Along with an emphasis on moral tolerance, these programs often state that there are no right or wrong answers to moral questions. This leaves students open to the considerable power of peer pressure and group conformity and reduces the validity of parental or church influence. Although this approach may leave students with an uncritically good feeling about themselves, there is little evidence that this feeling correlates to academic success or healthy, moral decisions.

Many wonder whether schools can deal with values in a manner that isn't offensive to Christians and still be constitutional. Dr. William Kilpatrick, an education professor at the University of Boston, thinks they can. He advocates "character education, an approach that fell out of favor in the 1960s.

Character education is not a method. It is a comprehensive initiation into life rather than a debate on the difficult intricacies of moral dilemmas. It assumes that most of the time we know the right thing to do; the hard part is summoning the moral will to do it. Thus its emphasis is on moral training; the process of developing good habits. Honesty, helpfulness, and self-control need to become second nature, or instinctive responses, to life's daily temptations and difficulties.

In reality, one cannot choose to do the right thing unless he

or she has the capacity to do so. Selfless behavior is only possible for those who have been trained, via modeling and correction, not to be self-centered. Until we recognize that the virtuous path is the more difficult one, we rob our children even of the possibility of moral discipline. Values-clarification methods, on the other hand, are easy to teach and are fun for the kids. They require little commitment or moral persuasion.

The apostle Paul wrote to the church at Philippi,

*Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.*

This maxim transfers well into the secular realm. Children who are exposed to noble, virtuous behavior, who are given heroes that exhibit selfless sacrifice, are much more likely to do the same when confronted with moral choices.

## Notes

1. Andrew M. Mecca, ed., *The Social Importance of Self- Esteem* (Los Angeles: University of California Press, 1989), xv.
2. Ibid., xii
3. Lorraine Plum, *Flights of Fantasy*, (Carthage, Ill.: Good Apple, 1980) 2. Emphasis added.
4. William Kilpatrick, *Why Johnny Can't Tell Right from Wrong* (New York: Simon and Schuster, 1992), 216.
5. Michael Ebert, *Quest's Founder Listens to Kids Citizen* (20 July 1992), 15.
6. Ibid., 2.
7. Kilpatrick, *Why Johnny Can't Tell Right from Wrong*, 47.
8. Ibid., 32.
9. Kilpatrick, *Why Johnny Can't Tell Right from Wrong*, , 33.



# Humanistic Psychology and Education

*Based on an interview with Dr. W.R. Coulson, Don Closson discusses the damaging effects of humanistic psychology and the non-directive approach to drug and sex ed programs that it encourages.*

## Interview with Dr. Coulson

I recently had the opportunity to interview Dr. W. R. Coulson concerning the role that humanistic psychology is playing in education. Dr. Coulson was a long-time associate of Carl Rogers, who is considered to be the father of non-directive therapy, a therapy which has now been incorporated into self-esteem, sex-ed, and drug-ed curricula.

Dr. Coulson saw that this form of therapy had some success with mentally distressed people who knew they needed help, but following failures with locked-ward schizophrenics, normal adults, and a parochial school system in California, Dr. Coulson broke with Carl Rogers and is now trying to undo the damage of what might be called humanistic education.

The results of non-directive therapy in education have been disappointing to anyone willing to look at the facts. We asked Dr. Coulson about these negative results. He said:

*Every major study of [non-directive therapy in education] over the last 15 years . . . has shown that it produces an opposite effect to what anybody wants. There are packaged*

curricula all over the country with names like “Quest,” “Skills For Living,” “Skills for Adolescents,” “Here’s Looking at You 2000,” “Omnibudsmen,” “Meology,” and “Growing Healthy.” Every one of them gets the same effect, and that is that they introduce good kids to misconduct, and they do it in the name of non-judgmentalism. They say, “We’re not going to call anything wrong, we’re not going to call drug use wrong, because we’ll make some of the kids in this classroom feel bad because they are already using drugs. Let’s see if we can help people without identifying for them what they’re doing wrong.” What happens is that the kids who are always looking for the objective standard so that they can meet it . . . are left without [one].

We’ve trained [our children] to respect legitimate authority, and now the school is exercising its authority to say, “You’ve got to forget about what your church taught you or what your parents taught you; forget about that business about absolutes and right and wrong. Let’s put those words in quotation marks– “right” and “wrong”–and let’s help you find what you really deeply inside of you want.”

We’ve got youngsters here now who . . . are under the authority of the school [and] are being persuaded that there is a better way. And that way is to make their own decisions. They’re being induced to make decisions about activities that the citizenry of the state have decided are wrong–drug use and teenage sex.

## **Abraham Maslow**

My interview with Dr. W. R. Coulson next focused on the work of Abraham Maslow. Dr. Maslow constructed a theory of self-actualization that described how adults reach peak levels of performance. Much of modern educational practice assumes that Maslow’s theories apply to children.

I asked Dr. Coulson, who worked with Maslow, about this connection between the theory of self-actualization and education in our public schools. He responded:

*Abe Maslow, who invented this thing, said it never applied to the population at large, and most definitely not to children. Anybody who wants to check up on my claim that Abe Maslow did a complete turnabout need only look at the second edition of his classic text called Motivation and Personality. He wrote a very lengthy preface . . . [in] an attempt to say that his followers had completely misused what he had written and that it was going to be applied to exploiting children.*

*Writing in the late 60s, in his personal journals which were published after his death, Maslow said that this is the first generation of young people who have had their own purchasing power, and he feared that his theories of self-actualization and need fulfillment (that famous pyramid, Maslow's hierarchy of needs) would be used to steal little kids' money and virtue. . . . In the new preface he writes, "It does not apply to children; they are not mature enough; they have not had enough experience to understand tragedy, for example, nor do they have enough courage to be openly virtuous."*

Our children tend to be somewhat intimidated by their virtue because every other example they are getting, from the secular media, etc., is something very different from virtue.

*As a good kid himself, growing up in a Jewish household, Abe Maslow knew that he tended to hang back in assertiveness. The good kids, I'm afraid, sometimes do that, and he saw everything thrown out of balance when the class was opened up to the kids to teach one another. His fear was in anticipation of the research results, which is that when you teach the teacher not to teach anymore but to become a facilitator, and you turn the chairs into a circle, and you say to the kids, in effect, "What would you like to talk*

*about?"—the troubled kids begin to teach the good kids. The experienced kids, the kids who are doing drugs and having sex, teach the good kids that they are insufficiently actualized.*

Education has adopted its view of moral and intellectual development from Dr. Maslow, an atheist who argued his views shouldn't be applied to children. The results are exactly what he predicted: our children are being exploited both economically, by tobacco and beer companies, and sexually by the Playboy mentality.

## **Self-Esteem**

Parents are awakening to the disturbing fact that many educators see their children as mentally or emotionally in need of therapy. What is their illness? Low self-esteem. Low self-esteem is now named as the cause for everything from low grades to drug abuse. The solution being offered is to teach children how to acquire a healthy self-esteem.

Programs have been implemented for developing self-esteem at every grade level. DUSO (Developing Understanding of Self and Others) and Pumsy are two of the most popular elementary-school curricula. Most senior high drug-ed and sex-ed programs focus on self-esteem as well.

I asked Dr. Coulson about the use of these programs, and how parents should react to their children's placement in them. He said:

*I would raise a red flag . . . every time the word values is used. That's been a difficult word, because for a long time Christians were asking for value-oriented education. The problem is that values has become a relativistic word—it's subjective.*

*In California we taught people going through our encounter groups to say, "Well, you have your values, but who's to say your values should be my values?" We taught mothers and fathers to fear that they were selfish if they imposed their values on their children. There are children now who have become sufficiently sophisticated in this mock psychological wave that they can say to their parents, "We appreciate your value of church-going, it just doesn't happen to be mine. My experience is other than your experience. After all, Mom and Dad, you did grow up in a different era."*

*We've taught our children to be clumsy developmental psychologists who are capable of accusing their parents of wanting to oppress them by teaching them the truth. So what we have to do is turn the questions back to those who offer these curricula, like the people who wrote the DUSO curriculum or the Pumsy curriculum, and say, "Is this curriculum just your value? And if so, why should it be our value? Or is your curriculum somehow true? Do you claim to have knowledge in some way of the way things should be everywhere? Do you think you have a grip on a universal [truth], and, if you can grant that you do, can you not grant that we might, and that there might be some kind of competition between our understanding of what our universal obligations are in this world and your own understanding; that there is some kind of universal or absolute that we are seeking?"*

*Because, in fact, they don't think that their values are relativistic. They think that everybody ought to be doing this. And that's precisely their error. I'm a non-directive psychotherapist, and if I were doing therapy, I would still be doing it like Carl Rogers, my teacher, taught me to do it. But I would not be doing it in classrooms, and I would not be doing it with people who could not profit from it. DUSO is an example of a method that's been taken out of the counseling*

*room and into the classroom, and they're giving everybody medicine that's appropriate for a few.*

## **Cooperative Education**

Another important topic is the growing popularity of cooperative education programs, programs which place students into groups and allow them to use their own skills of critical thinking to arrive at conclusions about various issues.

Dr. Coulson observed:

*Cooperative learning just strikes me as another one of those ways to prevent mothers and fathers and their agents, the public schools and private schools, from teaching effectively what is right and wrong to their children. In a cooperative class the questions are put to the kids, and once again we're going to find that the impaired children are going to wind up being the teachers of the unimpaired, because the unimpaired tend to have in them somewhat the fear of the Lord. They do not want to give offense, and the other kids don't care. . . . They'll go ahead and say whatever is on their minds.*

*Research, for example, from the American Cancer Society shows that teenage girls who smoke are far more effective in these classroom discussions than teenage girls who don't smoke, because the teenage girls who smoke have outgoing personalities, party- types. Just let them take over the class and they really will; they'll run with the ball. And so again, the outcome of this kind of education is always the reverse of what anybody wants.*

Central to virtually all of these programs is teaching children a method of decision-making. We asked Dr. Coulson to comment on these decision-making skills.

*They teach what the moral philosophers call*

*“consequentialism” as though the only morality is, “How’s it going to work out?” They teach the children a method that they call “decision-making.” Typically, there are Five Steps. Quest is a good example: In the First Step you identify the problem with killing someone for somebody for financial gain. The Second Step is to consider the alternatives. Immediately the Christian, the Jewish, the Muslim, or the God-fearing kid is at a disadvantage because he doesn’t think there is an alternative. The only answer is “No!” It’s an absolute “never”—“Thou shalt not kill.” But the school says, “No, you can’t be a decision-maker, a self-actualizing person, without looking at the alternatives.”*

*The Third Step is to predict the consequences of each alternative. We know that teenagers particularly feel invulnerable. They think . . . those things adults warn them are going to happen if they misbehave won’t happen, and adults are going to try to fool them and keep them under control for their own convenience. The Fourth Step is to make the decision and act upon it. The Fifth Step is . . . to make an evaluation of the outcome, and, if you don’t like the outcome, then try again. And I say there are kids who have never gotten to Step Five because Step Four killed them. There are kids who have literally died from making a wrong decision in Step Four or gone into unconsciousness, and there is no possibility of evaluation.*

## **The Religious Nature of Humanistic Education**

Why would educators implement a curriculum so damaging to what we as Christian parents want for our children? We must consider the religious assumptions held by those who created the theoretical foundations for these programs.

Schools have argued that self-esteem programs are fulfilling

parental demands for values education without violating the so-called strict separation of church and state. In other words, they claim that programs such as Pumsy and DUSO are religiously neutral.

As we will hear from Dr. Coulson, the men who originated the theories behind these programs felt it their mission to influence others to see things through their particular worldview.

I asked Dr. Coulson to address the religious nature of humanistic education. He responded:

*There are four major streams of influence on what I grew up calling humanistic education. . . . Today these influences remain. They are (1) Abe Maslow's work with self-actualization and hierarchy of needs; (2) Carl Rogers's work with non-directive classrooms based on his model of psychotherapy; (3) the work of Lewis Rath and his students—Sidney Simon, Howard Kirshenbaum, Merrill Harmon—called values clarification; (4) the work of Lawrence Kohlberg.*

*All of these men independently attribute their fundamental insight to John Dewey. In 1934 John Dewey wrote a book called *The Common Faith*. John Dewey wanted a religion which could be held in common by everybody in America, and, in order for that to happen, it had to be a religion which excluded God. He called it religious humanism—that was Dewey's term for it, not my term.*

*Carl Rogers and Abe Maslow admitted to being religious humanists. Carl was from a fundamentalist, Protestant home; Abe was reared in a Jewish home, a somewhat observant home. Both of them got the religion of Dewey. Rogers was a student at Columbia when Dewey was in his Senate seat in the twenties, and Maslow was a doctoral fellow in the next*



*decade. Maslow said in his journals, of the churchgoers, "They're not religious enough for me." And Rogers said to Richard Evans, "I'm too religious to be religious." What these men meant was, "I'm more religious than you are if you affirm a creed and if you go to church. I'm so religious I don't go to church."*

Dr. Coulson went on to state that there is a fundamental incompatibility between Christianity and these programs. The two belief systems begin with different views of man and God.

As parents, we need to know what kind of therapy is being used on our children. If your child is receiving self-esteem training or non-directive therapy, he or she is losing time needed to become academically competent. That alone constitutes educational malpractice. But even more frightening is the possibility that your child's faith in the God of Scripture is being replaced with John Dewey's religious humanism.

©1991 Probe Ministries