The Value of Christian Doctrine and Apologetics

Dr. Michael Gleghorn makes a case for why Christian doctrine and apologetics are important for spiritual growth and maturity.

Just prior to beginning college, I committed my life to Christ. Naturally, as a new believer wanting to grow in my faith, I embarked upon a program of daily Bible reading. When I came to Paul's letter to Titus in the New Testament, I was both struck and inspired by a particular command, which I found nestled among others, there in the first chapter.

Paul reminded Titus, whom he had left on the island of Crete, that he wanted him to "straighten out what was left unfinished and appoint elders" in the local churches which had been established (Titus 1:5). After listing various spiritual and moral qualifications that an elder was to have, Paul went on to insist that he must also "hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it" (Titus 1:9). When I first read those words, it was as if a light went on inside my head and I thought, "That's exactly what I would like to do! I want to be able to 'encourage others by sound doctrine and refute those who oppose it'" (Titus 1:9). Paul's words thus encouraged me to take up, in a serious way, the study of Christian doctrine and apologetics.

But what exactly do I mean by "Christian doctrine" and "apologetics"? At its most basic level, Christian doctrine is essentially the same thing as Christian teaching. Such teaching aims at providing a logically consistent and "coherent explication of what the Christian believes."{1} Apologetics is a bit more complicated. It comes from the Greek

term, *apologia*, and means "defense." It was often used in law courts in the ancient world.{2} Indeed, the book of Acts records several instances in which the Apostle Paul was called upon to "make a defense" of himself before various governing authorities, like Felix, Festus, and Agrippa (e.g., Acts 24:10; 25:8; 26:1-2).

Of course, when we're talking about *Christian* apologetics, we're concerned with "making a defense" of the truth-claims of Christianity. The Apostle Peter tells us, "Always be prepared to make a defense to any one who calls you to account for the hope that is in you, yet do it with gentleness and reverence" (1 Peter 3:15). Christian doctrine and apologetics play an important role in the life and health of the church. So please keep reading as we delve more deeply into these issues.

The Value of Christian Doctrine

Why is Christian doctrine important for the life and health of the church? The Apostle Paul told Titus that he wanted him to appoint elders in the local church who would be able to "encourage others by sound doctrine and refute those who oppose it" (Titus 1:9). The teaching of sound Christian doctrine is important for several reasons, but for now let me simply mention two. First, sound Christian doctrine helps us to learn what is true about both God and ourselves. Second, it reminds us of the right way to live in light of such truths. And both of these are essential for the life and health of the church.

First, it's important to know what is true about God and ourselves. Indeed, our eternal destiny depends on it! Not only must we know that God is holy and righteous and will punish all sin, we must also realize that we are sinners (Numbers 14:18; Romans 3:23). But this, in itself, would lead to despair. Hence, we must also understand that God loves us and sent his Son to be the Savior of the world (John 3:16; 1 John

4:14). We need to grasp that
forgiveness and reconciliation with God are freely available
to those who turn to Christ in repentance and faith (Acts
3:19; 16:31). Sound Christian doctrine is thus essential for
salvation (John 14:6; Acts 4:12; 1 John 5:9-13; 2 John 1:9).
Without it, true spiritual life and health is impossible.

But this does not exhaust the importance of Christian
doctrine. For once we are saved through faith in Christ, God
then calls us to grow up and become like his Son—and this
would be exceedingly difficult apart from instruction in sound
Christian doctrine. As Christian philosopher Bill Craig
observes, "If we want to live correctly for Christ . . . we
need to first think correctly about Christ. If your thinking
is skewed and off-base, it is going to affect your life and
your Christian discipleship."{3} Indeed, the Apostle Paul
contrasts Christian *maturity*, characterized by genuine
"knowledge of the Son of God," with spiritual *immaturity*,
characterized by a lack of such knowledge and a proneness to
being deceived (Ephesians 4:13-14).

God calls us to Christian maturity—and instruction in
Christian doctrine plays an important role in our spiritual
growth. But there is also a role for Christian apologetics—and
we must now turn to consider that.

A Defense of Christian Apologetics

Many people question the value of Christian apologetics for
the life and health of the church.{4} They contend that it's
impossible to "argue" anyone into becoming a Christian.
Instead of making a defense for the truth of Christianity, we
ought rather to invest our limited resources in preaching the
gospel of Christ, trusting that God will open people's hearts
and draw them to himself.

Now while I certainly agree that we should be preaching the

gospel, and trusting that God will use it to draw men and women to himself, this negative view of apologetics is frankly unbiblical, untrue, and shortsighted.

In the first place, such a view is unbiblical. Both Jesus and the Apostle Paul used arguments and evidence to convince their listeners of particular theological truths (Matthew 22:15-46; Acts 17:16-34). Moreover, the Apostle Peter tells us to always be ready to "make a defense" (or offer an apologetic) to those who ask about our hope in Christ (1 Peter 3:15). A negative view of Christian apologetics thus runs counter to the teaching of Scripture.

Second, it's simply untrue that no one ever comes to Christ through apologetic arguments and evidence.{5} Indeed, sometimes the Holy Spirit actually uses arguments and evidence to draw people to Christ!{6} And while such people may admittedly be in the minority, they can be extremely influential in commending the faith to others, for they are often prepared to offer good reasons for believing that Christianity is really true!

Finally, a negative view of Christian apologetics is shortsighted. The great theologian J. Gresham Machen argued that we should aim to create "favorable conditions for the reception of the gospel." Along these lines, he noted the difficulty of attempting to do evangelism once we've given up offering an intellectually credible case for the truth of Christianity. "We may preach with all the fervor of a reformer," he said, "and yet succeed only in winning a straggler here and there, if we permit the whole collective thought of the nation . . . to be controlled by ideas which . . . prevent Christianity from being regarded as anything more than a harmless delusion."{7} Machen understood that neglecting apologetics is shortsighted. For unless we offer arguments and evidence, we make it that much easier for people to simply shrug their shoulders and continue ignoring

Christianity's truth-claims.

Having now dismantled the arguments *against* apologetics, we'll next consider its *benefits* for the life and health of the church.

The Value of Christian Apologetics

Christian apologetics is concerned to offer a robust defense for the truth of Christianity. Hence, training in Christian apologetics can be of great value for the life and health of the church. This is because such training helps to instill within believers a deep confidence that Christianity is really true. And when one becomes convinced that Christianity is really true, one is typically more likely to share one's faith with others—and less likely to abandon the faith when confronted with various social, cultural, and intellectual pressures.

Let's consider that first point, that when one becomes convinced of Christianity's truth, one is more likely to share this truth with others. Many Christians admit to being hesitant about sharing their faith because they're afraid someone will ask them a question that they are ill-prepared to answer.{8} Training in apologetics can help counteract this fear. Granted, one may still be asked a question that is difficult to answer. But apologetics training can help alleviate the fear associated with such situations by helping believers understand that good answers are available—even if they can't remember what those answers are! To give an illustration, if I learn that there is excellent evidence that a particular drug can cure some disease, then I will be far more confident about sharing this fact with others—even if I can't answer all their questions about *how* the medicine works. I may not remember exactly *how* it works, but I do know that there is very good evidence *that* it works. And knowing this, I will naturally be more confident telling others about it, even

if I can't answer all their questions about how or why.

Moreover, training in apologetics can help insulate believers from abandoning the faith, for they now know that there are good reasons to believe that Christianity is really true. Of course, most people who abandon the faith do so for *non*-intellectual reasons. Still, as Paul Chamberlain observes, "A number of vocal critics who have moved from Christianity to atheism cite intellectual difficulties with Christianity" as a prime reason for quitting the faith.{9} While apologetics training can't completely prevent such outcomes, it can make them less likely. After all, it's far more difficult to abandon a view once you've become sincerely convinced of its truth.

Our Witness to the World

Over a hundred years ago, the theologian J. Gresham Machen forcefully argued that, for the faithful Christian, all of life—including the arts and sciences and every sphere of intellectual endeavor—must be humbly consecrated to the service of God.{10} Indeed, this should be true not only for every individual Christian in particular, but for the entire church in general. Our witness to the world depends on it.

Machen wrote:

> Christianity must pervade not merely all nations, but . . . all of human thought. The Christian, therefore, cannot be indifferent to any branch of earnest human endeavor. It must all be brought into some relation to the gospel. It must be studied either in order to be demonstrated as false, or else in order to be made useful in advancing the Kingdom of God. . . . The Church must seek to conquer not merely every man for Christ, but also the whole of man.{11}

In this article, we've been considering the importance of Christian doctrine and apologetics for the life and health of

the church. And clearly, Machen's proposal cannot be effectively implemented apart from a healthy understanding of these issues on the part of the church. After all, how can "all of human thought" be brought "into some relation to the gospel" unless we first understand what the gospel is? How can views "be demonstrated as false" unless we first have some idea of what's true—and how to reason correctly about it? How can views "be made useful in advancing the Kingdom of God" unless we first understand such views, along with how and why they can be useful in advancing God's kingdom? If we are ever to have a hope of carrying out a project like this, in a manner that is both practically effective and faithful to our God, then sound Christian doctrine and apologetics must occupy a central role in our endeavors.

Christian doctrine and apologetics are not antithetical to the life and health of the church. They are rather of fundamental importance. Only by knowing what we believe, and why it's really true, can we fulfill Peter's injunction to always be ready "to make a defense" to anyone who asks about our hope in Christ (1 Peter 3:15). And only thus can we progress to true spiritual maturity, avoiding the "craftiness of men in their deceitful scheming" (Ephesians 4:13-14). So if we care about the life and health of the church—along with its witness to the world—we must encourage a healthy dose of respect for sound Christian doctrine and apologetics.

Notes

1. Molly Marshall-Green, "Doctrine," in *Holman Bible Dictionary*, gen. ed. Trent C. Butler (Nashville: Holman Bible Publishers, 1991), 374.
2. Steven B. Cowan, "Introduction," in *Five Views on Apologetics*, ed. Steven B. Cowan (Grand Rapids, MI: Zondervan, 2000), 8, Kindle.
3. William Lane Craig, "Foundations of Christian Doctrine (Part 1)," *Reasonable Faith*, October 22, 2014, accessed August 22, 2018,

www.reasonablefaith.org/podcasts/defenders-podcast-series-3/s3-foundations-of-christian-doctrine/foundations-of-christian-doctrine-part-1/.

4. Many of the points made in this section are indebted to the discussion in William Lane Craig, "Foundations of Christian Doctrine (Part 2)," Reasonable Faith, October 29, 2014, accessed August 29, 2018, www.reasonablefaith.org/podcasts/defenders-podcast-series-3/s3-foundations-of-christian-doctrine/foundations-of-christian-doctrine-part-2/.

5. See, for example, the "Testimonials" section of the Reasonable Faith website, accessed August 29, 2018, www.reasonablefaith.org/testimonials.

6. William Lane Craig, *Reasonable Faith: Christian Truth and Apologetics*, 3rd ed. (Wheaton, IL: Crossway Books, 2008), 192.

7. J. Gresham Machen, "Christianity and Culture," *Princeton Theological Review* 11 (1913): 7.

8. Indeed, entire books have been written to help believers feel better prepared for such conversations. See, for example, Mark Mittelberg, *The Questions Christians Hope No One Will Ask: (With Answers)* (Tyndale, 2010).

9. Paul Chamberlain, "Why People Stop Believing," *Christian Research Journal* 41, no. 4:11.

10. Machen, "Christianity and Culture," 5.

11. Ibid., 6.

The Empty Self

Christian philosopher J.P. Moreland claims that Christians are not experiencing spiritual maturity because they are victims of something he calls the Empty-Self Syndrome. This article

examines his analysis and offers ways for Christians to avoid its influence.

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

Christian philosopher Dr. J. P. Moreland is a man with a mission. He claims that Christians are not experiencing spiritual maturity because they are victims of something he calls the "Empty-Self Syndrome."[{1}](#) This lack of maturity leaves believers without the necessary tools to impact their culture for God's kingdom or to experience what the Bible calls the "mind of Christ." According to Moreland, the purpose of life for believers is to bring honor to God. This involves finding one's vocation and pursuing it for the good of both believers and non-believers, while in the process, being changed into a more Christ-like person. Doing this well involves developing intellectual and moral virtues over long periods of time and delaying the constant desire for immediate gratification.

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

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

Writing to Titus, the apostle Paul said that a leader in the

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

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

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

Seven Traits of the Empty-Self

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

Inordinate Individualism

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

Infantilism

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

Narcissism

The empty-self is also *highly narcissistic*. Narcissism is a keenly developed sense of self-infatuation; as a result, personal fulfillment becomes the ultimate goal of life. It also can result in the manipulation of relationships in order to feed this sense. In its most dangerous form, one's relationship with God can be shaped by this need. God is dethroned in order to fit the individual's quest for self-actualization. This condition leaves people with the inability to make long-standing commitments and leads to superficiality and aloofness. Education and church participation are

evaluated on the basis of personal fulfillment. They are not viewed as opportunities to use one's gifts for the good of others.

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

According to Moreland, the couch potato is the poster child for the empty-self. Rather than equipping oneself with the tools necessary to impact the culture for Christ and His kingdom, many people choose to live vicariously through the lives and actions of others. Moreland writes, " . . . the pastor studies the Bible for us, the news media does our political thinking for us, and we let our favorite sports team exercise, struggle, and win for us."[{4}]

Passivity

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

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

rather than live our own lives to the fullest for God.

Sensate Culture

It follows naturally that the empty-self syndrome encourages the belief that the physical, sense-perceptible world is all that there is. Although Christians, by definition, should be immune from this attitude, they often act as if it were true. The resulting *sensate* culture loses interest in arguments for transcendent truth or in ideas like the soul, and the consequence is a closing of the mind, as described by Allen Bloom in his best-selling book on university life in the late 1980s.{5} Students and the general public lose hope in the possibility that truth can be found in books, so they stop reading; or at least stop reading serious books about worldview issues. Harvard sociologist Pitirim Sarokin wrote that once a sensate culture takes over, a society has already begun to disintegrate due to the lack of intellectual resources necessary to maintain a viable community.{6}

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

No Interior Life

Moreland claims that in the last few decades people have become far more concerned about external factors such as the possession of consumer goods, celebrity status, image, and power rather than the development of what he calls an *interior life*. It wasn't long ago that people were measured by the internal traits of virtue and morality, and it was the person who exhibited character and acted honorably who was held in high esteem. This kind of life was built upon contemplation of what might be called the "good life." After long deliberation,

an individual then disciplined himself in those virtues most valued. Peter describes such a process for believers when he tells us to "add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love."{8} He adds that "if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ."{9} The Christian life begins with faith, but grows by feeding the interior life in a disciplined manner.

Busy-ness

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

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

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

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

Curing the Empty-Self Syndrome

Is there a vaccine for the Empty-Self Syndrome? In his book *Love Your God With All Your Mind,* J. P. Moreland lists six steps for avoiding the empty-self. Like all maladies, we must first admit that there is a problem. Christians need to realize that faith and reason are not diametrically opposed to one another and that intellectual cultivation honors God. We need to begin talking about the role of the intellect and the value of a disciplined Christian mind. The results of not doing this will be a church with shallow theological understanding, little evangelistic confidence, and the inability to challenge the ideas that are dominant in the culture at-large. Christians will continue to be obsessed with self-help books that merely soothe, comfort, and entertain the reader.

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

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

Fourth, we need to develop patience and endurance. The intellectual life takes time and diligence. It is a long-term, actually life-long, project and for some of us just sitting down for fifteen minutes might be difficult at first. Our newly developed patience is also needed for the fifth goal,

that of developing a good vocabulary. As is true of any area of study, both theology and philosophy have their own languages and it takes time and effort to become conversant in them.

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

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

Notes

1. J. P. Moreland, *Love Your God With All Your Mind* (Colorado Springs, CO: NavPress, 1997), see chapter four for this discussion.

2. Titus 1:8-9

3. Herbert Schlossberg, *Idols For Destruction* (Washington D.C.: Regnery Gateway, 1990), 322.

4. J. P. Moreland, *Love Your God With All Your Mind* (Colorado Springs, CO: NavPress, 1997), 90.

5. Allan Bloom, *The Closing of the American Mind*, (New York: Simon and Schuster, 1987), see part one on the student.

6. Ibid., 91.

7. Philippians 3:19-20

8. 2 Peter 1:3-7

9. 2 Peter 1:8

10. Os Guinness & John Seel, *No God But God* (Chicago, IL: Moody Press, 1992), 33.

11. Psalm 51:11-12

12. Murry J. Harris, *The Expositors Bible Commentary* (Grand Rapids, MI: Zondervan Publishing House, 1976), 380.