

The Value of Suffering: A Christian Perspective

Sue Bohlin looks at suffering from a Christian perspective. Applying a biblical worldview to this difficult subject results in a distinctly different approach to suffering than our natural inclination of blame and self pity.

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



There is no such thing as pointless pain in the life of the child of God. How this has encouraged and strengthened me in the valleys of suffering and pain! In this essay I'll be discussing the value of suffering, an unhappy non-negotiable of life in a fallen world.

Suffering Prepares Us to Be the Bride of Christ

Among the many reasons God allows us to suffer, this is my personal favorite: it prepares us to be the radiant bride of Christ. The Lord Jesus has a big job to do, changing His ragamuffin church into a glorious bride worthy of the Lamb. Ephesians 5:26-27 tells us He is making us holy by washing us with the Word—presenting us to Himself as a radiant church, without stain or wrinkle or any other blemish. Suffering develops holiness in unholy people. But *getting there* is painful in the Lord's "laundry room." When you use bleach to get rid of stains, it's a harsh process. Getting rid of wrinkles is even more painful: ironing means a combination of heat plus pressure. Ouch! No wonder suffering hurts!



But developing holiness in us is a worthwhile, extremely important goal for the Holy One who is our divine Bridegroom. We learn in Hebrews 12:10 that we are enabled to share in His

holiness through the discipline of enduring hardship. More
ouch! Fortunately, the same book assures us that discipline is
a sign of God's love (Heb. 12:6). Oswald Chambers reminds us
that "God has one destined end for mankind—holiness. His one
aim is the production of saints." [{1}](#)

It's also important for all wives, but most especially the
future wife of the Son of God, to have a submissive heart.
Suffering makes us more determined to obey God; it teaches us
to be submissive. The psalmist learned this lesson as he wrote
in Psalm 119:67: "Before I was afflicted I went astray, but
now I obey your word. It was good for me to be afflicted so
that I might learn your decrees."

The Lord Jesus has His work cut out for Him in purifying us
for Himself (Titus 2:14). Let's face it, left to ourselves we
are a dirty, messy, fleshly people, and we desperately need to
be made pure. As hurtful as it is, suffering can purify us if
we submit to the One who has a loving plan for the pain.

Jesus wants not just a *pure* bride, but a mature one as
well—and suffering produces growth and maturity in us. James
1:2-4 reminds us that trials produce perseverance, which makes
us mature and complete. And Romans 5:3-4 tells us that we can
actually rejoice in our sufferings, because, again, they
produce perseverance, which produces character, which produces
hope. The Lord is creating for Himself a bride with sterling
character, but it's not much fun getting there. I like
something else Oswald Chambers wrote: "Sorrow burns up a great
amount of shallowness." [{2}](#)

We usually don't have much trouble understanding that our
Divine Bridegroom loves us; but we can easily forget how much
He longs for us to love Him back. Suffering scoops us out,
making our hearts bigger so that we can hold more love for
Him. It's all part of a well-planned courtship. He does know
what He's doing . . . we just need to trust Him.

Suffering Allows Us to Minister Comfort to Others Who Suffer

One of the most rewarding reasons that suffering has value is experienced by those who can say with conviction, “I know how you feel. I’ve been in your shoes.” Suffering prepares us to minister comfort to others who suffer.

Feeling isolated is one of the hardest parts of suffering. It can feel like you’re all alone in your pain, and that makes it so much worse. The comfort of those who have known that same pain is inexpressible. It feels like a warm blanket being draped around your soul. But in order for someone to say those powerful words—“I know just how you feel because I’ve been there”—that person had to walk through the same difficult valley first.

Ray and I lost our first baby when she was born too prematurely to survive. It was the most horrible suffering we’ve ever known. But losing Becky has enabled me to weep with those who weep with the comforting tears of one who has experienced that deep and awful loss. It’s a wound that—by God’s grace—has never fully healed so that I can truly empathize with others out of the very real pain I still feel. Talking about my loss puts me in touch with the unhealed part of the grief and loss that will always hurt until I see my daughter again in heaven. One of the most incredibly comforting things we can ever experience is someone else’s tears for us. So when I say to a mother or father who has also lost a child, “I hurt with you, because I’ve lost a precious one too,” my tears bring warmth and comfort in a way that someone who has never known that pain cannot offer.

One of the most powerful words of comfort I received when we were grieving our baby’s loss was from a friend who said, “Your pain may not be about just you. It may well be about other people, preparing you to minister comfort and hope to

someone in your future who will need what you can give them because of what you're going through right now. And if you are faithful to cling to God now, I promise He will use you greatly to comfort others later." That perspective was like a sweet balm to my soul, because it showed me that my suffering was not pointless.

There's another aspect of bringing comfort to those in pain. Those who have suffered tend not to judge others experiencing similar suffering. Not being judged is a great comfort to those who hurt. When you're in pain, your world narrows down to mere survival, and it's easy for others to judge you for not "following the rules" that should only apply to those whose lives aren't being swallowed by the pain monster.

Suffering often develops compassion and mercy in us. Those who suffer tend to have tender hearts toward others who are in pain. We can comfort others with the comfort that we have received from God (2 Cor. 1:4) because we have experienced the reality of the Holy Spirit being there for us, walking alongside us in our pain. Then we can turn around and walk alongside others in their pain, showing the compassion that our own suffering has produced in us.

Suffering Develops Humble Dependence on God

Marine Corps recruiter Randy Norfleet survived the Oklahoma City bombing despite losing 40 percent of his blood and needing 250 stitches to close his wounds. He never lost consciousness in the ambulance because he was too busy praying prayers of thanksgiving for his survival. When doctors said he would probably lose the sight in his right eye, Mr. Norfleet said, "Losing an eye is a small thing. Whatever brings you closer to God is a blessing. Through all this I've been brought closer to God. I've become more dependent on Him and less on myself." [\[3\]](#)

Suffering is excellent at teaching us humble dependence on God, the only appropriate response to our Creator. Ever since the fall of Adam, we keep forgetting that God created us to depend on Him and not on ourselves. We keep wanting to go our own way, pretending that we are God. Suffering is powerfully able to get us back on track.

Sometimes we hurt so much we can't pray. We are forced to depend on the intercession of the Holy Spirit and the saints, needing them to go before the throne of God on our behalf. Instead of seeing that inability to pray as a personal failure, we can rejoice that our perception of being totally needy corresponds to the truth that we really are that needy. 2 Corinthians 1:9 tells us that hardships and sufferings happen "so that we might not rely on ourselves but on God, who raises the dead."

Suffering brings a "one day at a time-ness" to our survival. We get to the point of saying, "Lord, I can only make it through today if You help me . . . if You take me through today . . . or the next hour . . . or the next few minutes." One of my dearest friends shared with me the prayer from a heart burning with emotional pain: "Papa, I know I can make it through the next fifteen minutes if You hold me and walk me through it." Suffering has taught my friend the lesson of total, humble dependence on God.

As painful as it is, suffering strips away the distractions of life. It forces us to face the fact that we are powerless to change other people and most situations. The fear that accompanies suffering drives us to the Father like a little kid burying his face in his daddy's leg. Recognizing our own powerlessness is actually the key to experience real power because we have to acknowledge our dependence on God before His power can flow from His heart into our lives.

The disciples experienced two different storms out on the lake. The Lord's purpose in both storms was to train them to

stop relying on their physical eyes and use their spiritual eyes. He wanted them to grow in trust and dependence on the Father. He allows us to experience storms in our lives for the same purpose: to learn to depend on God.

I love this paraphrase of Romans 8:28: "The Lord may not have planned that this should overtake me, but He has most certainly permitted it. Therefore, though it were an attack of an enemy, by the time it reaches me, it has the Lord's permission, and therefore all is well. He will make it work together with all life's experiences for good."

Suffering Displays God's Strength Through Our Weakness

God never wastes suffering, not a scrap of it. He redeems all of it for His glory and our blessing. The classic Scripture for the concept that suffering displays God's strength through our weakness is found in 2 Corinthians 12:8-10, where we learn that God's grace is sufficient for us, for His power is perfected in weakness. Paul said he delighted in weaknesses, hardships, and difficulties "for when I am weak, then I am strong."

Our culture disdains weakness, but our frailty is a sign of God's workmanship in us. It gets us closer to what we were created to be—completely dependent on God. Several years ago I realized that instead of despising the fact that polio had left me with a body that was weakened and compromised, susceptible to pain and fatigue, I could choose to rejoice in it. My weakness made me more like a fragile, easily broken window than a solid brick wall. But just as sunlight pours through a window but is blocked by a wall, I discovered that other people could see God's strength and beauty in me because of the window-like nature of my weakness! Consider how the Lord Jesus was the exact representation of the glory of the Father—I mean, He was all window and no walls! He was

completely dependent on the Father, choosing to become weak so that God's strength could shine through Him. And He was the strongest person the world has ever seen. Not His own strength; He displayed the Father's strength because of that very weakness.

The reason His strength can shine through us is because we know God better through suffering. One wise man I heard said, "I got theology in seminary, but I learned reality through trials. I got facts in Sunday School, but I learned faith through trusting God in difficult circumstances. I got truth from studying, but I got to know the Savior through suffering."

Sometimes our suffering isn't a consequence of our actions or even someone else's. God is teaching other beings about Himself and His loved ones—us—as He did with Job. The point of Job's trials was to enable heavenly beings to see God glorified in Job. Sometimes He trusts us with great pain in order to make a point, whether the intended audience is believers, unbelievers, or the spirit realm. Quadriplegic Joni Eareckson Tada, no stranger to great suffering, writes, "Whether a godly attitude shines from a brain-injured college student or from a lonely man relegated to a back bedroom, the response of patience and perseverance counts. God points to the peaceful attitude of suffering people to teach others about Himself. He not only teaches those we rub shoulders with every day, but He instructs the countless millions of angels and demons. The hosts in heaven stand amazed when they observe God sustain hurting people with His peace." [\[4\]](#)

I once heard Charles Stanley say that nothing attracts the unbeliever like a saint suffering successfully. Joni Tada said, "You were made for one purpose, and that is to make God real to those around you." [\[5\]](#) The reality of God's power, His love, and His character are made very, very real to a watching world when we trust Him in our pain.

Suffering Gets Us Ready for Heaven

Pain is inevitable because we live in a fallen world. 1 Thessalonians 3:3 reminds us that we are “destined for trials.” We don’t have a choice whether we will suffer—our choice is to go through it by ourselves or with God.

Suffering teaches us the difference between the important and the transient. It prepares us for heaven by teaching us how unfulfilling life on earth is and helping us develop an eternal perspective. Suffering makes us homesick for heaven.

Deep suffering of the soul is also a taste of hell. After many sleepless nights wracked by various kinds of pain, my friend Jan now knows what she was saved from. Many Christians only know they’re saved without grasping what it is Christ has delivered them from. Jan’s suffering has given her an appreciation of the reality of heaven, and she’s been changed forever.

I have an appreciation of heaven gained from a different experience. As my body weakens from the lifelong impact of polio, to be honest, I have a deep frustration with it that makes me grateful for the perfect, beautiful, completely working resurrection body waiting for me on the other side. My husband once told me that heaven is more real to me than anyone he knows. Suffering has done that for me. Paul explained what happens in 2 Corinthians 4:16-18:

“Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, for what is seen is temporary, but what is unseen is eternal.”

One of the effects of suffering is to loosen our grasp on this life, because we shouldn’t be thinking that life in a fallen

world is as wonderful as we sometimes think it is. Pastor Dick Bacon once said, "If this life were easy, we'd just love it too much. If God didn't make it painful, we'd never let go of it." Suffering reminds us that we live in an abnormal world. Suffering is abnormal—our souls protest, "This isn't right!" We need to be reminded that we are living in the post-fall "Phase 2." The perfect Phase 1 of God's beautiful, suffering-free creation was ruined when Adam and Eve fell. So often, people wonder what kind of cruel God would deliberately make a world so full of pain and suffering. They've lost track of history. The world God originally made isn't the one we experience. Suffering can make us long for the new heaven and the new earth where God will set all things right again.

Sometimes suffering literally prepares us for heaven. Cheryl's in-laws, both beset by lingering illnesses, couldn't understand why they couldn't just die and get it over with. But after three long years of holding on, during a visit from Cheryl's pastor, the wife trusted Christ on her deathbed and the husband received assurance of his salvation. A week later the wife died, followed in six months by her husband. They had continued to suffer because of God's mercy and patience, who did not let them go before they were ready for heaven.

Suffering dispels the cloaking mists of inconsequential distractions of this life and puts things in their proper perspective. My friend Pete buried his wife a few years ago after a battle with Lou Gehrig's disease. One morning I learned that his car had died on the way to church, and I said something about what a bummer it was. Pete just shrugged and said, "This is nothing." That's what suffering will do for us. Trials are light and momentary afflictions . . . but God redeems them all.

Notes

1. Oswald Chambers, *Our Utmost for His Highest*, September 1.
2. Chambers, June 25.
3. *National and International Religion Report*, Vol. 9:10, May

1, 1995, 1

4. Joni Eareckson Tada, *When Is It Right to Die?* (Grand Rapids, MI: Zondervan, 1992), 122.

5. Tada, 118.

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“I’m a Mormon and I Have Questions about Your Article”

I read your article [A Short Look at Six World Religions](#) and it said that many of Joseph Smith’s prophecies never came true. Which prophecies are those?

I also read, “Both of these religions teach salvation by works, not God’s grace.” I have been a member of the Church of Jesus Christ of Latter-day Saints from 8 years of age, and I have always been taught that we are saved by the grace of God. However, salvation is not free. For example, if one chooses to not live the commandments that God has given, then how can he be worthy to live in the presence of God? Here is a quote from the Book of Mormon: “For we know that it is by grace that we are saved after all that we can do.” (page 99-100). Jesus Christ paid the price for our sins, but we must do our part to accept his atonement and live his commandments. Accepting his atonement is not enough. Through the grace of our loving Savior we can be redeemed from our sins and return to the presence of our Heavenly Father clean from all sin, again if we keep his commandments the best we know how. God the Father and His Son Jesus Christ are the perfect examples of mercy.

Have a good day and thank you for teaching the gospel of Jesus Christ, who is my best friend.

Hello _____,

Jesus is my best friend too! <smile>

I read your [A Short Look at Six World Religions](#) and it said that many of Joseph Smith's prophecies never came true. Which prophecies are those?

I cited a few of them in a response to an e-mail about my article. Your question prompted me to add a link to that article at the end of the one you read, but here's a [direct link](#) for you.

I also read, "Both of these religions teach salvation by works, not God's grace." I have been a member of the Church of Jesus Christ of Latter-day Saints from 8 years of age, and I have always been taught that we are saved by the grace of God. However, salvation is not free.

I would agree that salvation was not free for God, for whom it cost Him EVERYTHING. But it *is* a free gift for us. Please note Ephesians 2:8,9:

"For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast."

This scripture is diametrically opposed to Mormon doctrine. We cannot do anything to contribute to our salvation. Isaiah 64:6 says that all our righteousness is as filthy rags; what can we possibly give to God that will overcome the heinous sin of requiring the death of His Son to be reconciled to Him? If someone came in here and murdered one of my sons and then said, "Hey, I don't want you to be mad at me. . . let me do something to help me get myself in your good graces. Here's a nickel. . ."—Well, guess what? That wouldn't work! And it doesn't work with God either.

_____, I pray the Lord will open your eyes to see that trying

to earn salvation with our paltry efforts—even WITH His grace—is a slap in the face of our God. He wants us to come to Him with empty hands and the realization that we do not deserve and cannot earn the gift of eternal life that comes ONLY through trusting in the Lord Jesus.

Warmly,

Sue Bohlin
Probe Ministries

“What Does the Bible Say About Tattoos?”

I have a few family members who have recently gotten tattoos. I was wondering if there was any mention in the Bible about this being a good thing to do or a wrong thing to do? I thought that at one time I read something about it being wrong. And if it is wrong how can I address the issue in a decent way to people I love and care for who are not Christians?

Actually, yes the Bible does address the subject of tattoos. Lev. 19:28 says, “Do not cut your bodies for the dead or put tattoo marks on yourselves. I am the LORD.”

If your loved ones are not Christians, they may or may not care that God specifically addressed this issue in the Bible. If they do, knowing God said not to do it might be enough. If not, you might mention that there must be a good reason for God to forbid His people to permanently mark their bodies this way, and it turns out there are several.

1. To quote my brother-in-law, who became enamored of “body

art” when he was younger and sports seven large tatoos on his body—which he now despises—“Permanent is a long, long time.” The majority of people who get tatoos regret it later.

2. Tatoos are exceedingly painful and expensive to have removed.

3. Some tattoo inks have metal in them, so if one’s health is threatened, an MRI can be complicated (and there can be some discomfort) by a tattoo.

4. On a more spiritual note, God may not want us to permanently mark our bodies because it is disrespectful to the body He fashioned and gave to us to steward. The fact that a tattoo cannot be undone (completely) reflects the sad truth that some decisions are one-way and we box ourselves into a corner. Tatoos make a statement physically, but God intends that the purity and beauty of our LIVES make the statement, rather than “I was young (or drunk, or on drugs) and did this to myself.” (Yes, I am biased, I will cheerfully admit. <grin>)

Now, the New Testament doesn’t repeat this prohibition, and it’s not a moral issue like sexual sin or lying or stealing which are still wrong and forever will be, so I don’t think it’s a sin anymore. Many people believe this is an area where we have Christian liberty, the freedom to do something that used to be prohibited.

I hope this helps.

Sue Bohlin
Probe Ministries
August 2001

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Several e-mails arrived shortly after this article was posted, pointing out the fact that this prohibition against tatoos

was part of the Levitical code, but Christians do not live under the Old Testament laws. Otherwise, we would be sinning to:

- Shave off beards and sideburns
- Wear crew cuts
- Wear linen/wool blends
- Not take a bath after intercourse
- Circumcise baby boys on any day other than the eighth
- Attend church sooner than 33 days after the birth of a baby

I appreciate being shown the need to explain the fuller picture.

The person who wrote merely asked if the Bible said anything about tattoos, and it does, and I pointed out some good reasons for that prohibition. However, it is also true that we do not live under Old Testament laws, and most of the Levitical prohibitions and requirements no longer apply because we live under a new covenant of grace. (I hasten to add here that the *moral* prohibitions, such as those against any kind of sexual activity outside of marriage, including homosexuality, are still firmly in place.)

Thus, while the Bible did prohibit tattoos in the Old Testament, it is not a sin to get one today. Dumb, maybe, but not sinful. <grin> (That's a joke. Please don't send me e-mails if you have one and like it. You have complete freedom in Christ to do anything He gives permission for you to do.)

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. . .And then this appeared in "Dear Abby," which I thought was well worth sharing:

Dear Abby: You have printed letters about tattoos, so I thought you might get a kick out of my experience. Two summers ago, my sister "Julie" confided that her daughter, "Whitney," had decided to get a tattoo before returning to college. Julie

was upset about it, but could not change her daughter's mind because Whitney is on a full scholarship and didn't need anyone's approval. Julie asked if I could talk Whitney out of it, and I racked my brain trying to think of something to say that would sway her. A few weeks later, our families got together to celebrate Julie's 50th birthday. Whitney was there with her boyfriend. After we all had enjoyed ice cream and cake, I took Whitney and her boyfriend into the living room and popped in a videotape of a party my husband and I had thrown during the disco craze of the 70s. There we were in our leisure suits, gold chains, permed hair, platform shoes and having a great time.

Whitney and her boyfriend were rolling on the floor with laughter. They couldn't believe that "look" was actually the craze at the time. "Yes," I said, "that was the style. But as times changed, styles changed, and what was once 'in' was soon 'out.'"

At that moment, Julie and her husband walked into the living room dressed in retro clothes and wigs. They were followed by Grandma and Grandpa, who had applied fake tattoos to their arms and shoulders. Whitney was stunned to see her conservative grandparents so out of character.

It was then that we reminded Whitney we had been able to buy different clothes and change our hairstyles when the fad was over, but tattoos are forever.

Disco clothes and wigs: \$85

Fake tattoos: \$30

The look on Whitney's face: priceless!

(To date, no tattoos for Whitney.)

Signed,

Creative in Las Vegas

Dear Creative: Your letter: a gem. Sometimes a picture is

worth a thousand words. You made your point with an object lesson that was far more effective than any lecture would have been.

June 2003

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Addendum, September 2014

I'd like to add this YouTube video addressing the question of tattoos from my wise pastor, Todd Wagner of Watermark Community Church in Dallas, Texas:

[See also "What About Body Piercing?"](#)

“What About ADD and Medication for Kids?”

My son has ADD. It's a real struggle and at this point in time I am not wanting to put him on medication. Others have felt that medication would help him. I know Christ has given us a promise of a sound mind which we pray daily and also for the mind of Christ. I want to do what is best for him and am starting to get confused because with everything we are doing his struggles don't seem to be letting up for him and I would hate to have let him struggle especially in school unnecessarily. What are your thoughts on this issue of ADD and medication?

We have an [e-mail answer about chemical imbalance](#) that you may find helpful.

Also, the Lord has given me great peace about the validity of

the analogy between the physical assistance I need as a polio survivor to use a cane for walking and an electric scooter for large places, and the physical (chemical) assistance that a weakness in brain chemistry needs in order to function well. There is no shame in using my cane to help me walk, and there should be no shame in using chemical assistance in using meds to help your son's brain function better. Part of God's charge to Adam and Eve was to exercise dominion over the earth, which includes research and development of technology. I bet you didn't anguish over giving him immunizations when he was a baby, which was also the outworking of that same charge to have dominion over the earth.

When I helped in classes at my kids' school, there was one little boy whose mom put him on Ritalin and whose dad, who said "No kid of mine is going to take that sissy stuff!", wouldn't give it to him when he was caring for the boy. This precious little boy told me, "I wish I had my 'smart medicine.'" The meds made it possible for him to concentrate and to do much better in school (and thus feel better about himself).

I don't see any contradiction between having the mind of Christ and taking medication that enables your son to be clearer and not have to struggle so to EXPERIENCE the mind of Christ. One is a spiritual issue and the other is physical. If you get nothing from this e-mail other than a sense of permission to give it a whirl and see if it helps, great! <smile> You can always take him off it later. It's not a sin issue, it's a "let's try and see if this works" issue. . . which, in my experience as a parent, is how much of parenting works since kids don't come with manuals!

Hope this helps!

Sue Bohlin
Probe Ministries

“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 then 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

“Where is the Scientific Evidence of Joshua's Long Day?”

I was talking with a guy at work about Jesus and the word of God. He is very skeptical of the whole thing and doesn't really believe God exists. I told him I was watching The Discovery Channel a while back, they were saying how there must be some truth to the bible because they found that time was stopped for a certain amount of time and they traced it back to biblical times and found God did stop time. I was wondering if you could point me in the direction of scientifically proven scripture. Maybe a website or a book. This person wants proof of God [as most people do]. I know there is scientific proof, I just don't know where to look or know if I'll be able to [or he will] understand it!!

I'm sorry, _____, but the idea that scientists have proven that God stopped time is a Christian urban legend. What you are referring to is Joshua's long day. Here's the webpage that

debunks that theory:

<http://www.ship-of-fools.com/Myths/index.html>

Actually, there is no PROOF of God's existence; if there were proof, there would be no place for faith! However, there is a lot of evidence. For starters, may I suggest an article I wrote on that very topic: [Evidence for God's Existence](#).

I hope this helps!

Sue Bohlin
Probe Ministries

“How Do We Explain the Spirit to Children?”

Recently I attended the viewing and funeral of a dear Christian sister. One of her sons has two little children, a boy four years old and a girl two. They explained to them that Grandmother is asleep but her spirit went to be with our Lord Jesus Christ in heaven. They seem quite comfortable with this.

At the viewing celebration the mother asked me a question. She said, “My son asked me what is the spirit. How do I answer him?” This really made me think about how we can explain this type of Christian understanding to little children in a way they might be able to understand, yet will not seem frightening, confusing, or spooky to them.

Thank you for your help and your web site.

Probably the best way to explain the spirit to children is by saying that it's the part of us that thinks and loves and

talks and chooses. That part is invisible and on the inside, just like our body is visible and on the outside.

I would also use an analogy with a visual aid by picking up a glove and showing them how lifeless it is when just lying on the table. But when you put your hand in it and start to move your hand, the glove “comes to life,” even though you can’t see the hand. Our spirit is like the hand—it’s what makes our outsides move and talk and love. So the children’s grandmother went to heaven, leaving her body on earth, the same way that you can take your hand out of the glove and leave it behind on the table.

Does this help?

Sue Bohlin
Probe Ministries

“My Husband Wants to Put Our Daughter on Birth Control!”

Help! During a casual child raising discussion, I found out that my husband insists on putting our (unborn) daughter on birth control when she enters high school. He claims that it is the best thing “just in case” she gets caught up in temptation – he does not want her to “ruin” her life by having a baby so young nor does he want to raise the child for her. I tried to express my disagreement with the idea, indicating that I believe that placing her on birth control is a form of condoning the behavior and I do not want to give that impression to her. I even tried to use an analogy of telling her not to use drugs, but giving her a clean pipe to carry around “just in case” she is at a party one night and is

tempted to smoke crack! Of course he saw the drugs as completely different, and he insists that birth control is the way to go. Your personal input backed by theological soundness is greatly appreciated.

I answer your question both as a mom and as someone who ministered to high school girls for several years.

First of all, you can relax. Making policy about unborn children is something lots of parents do and it completely changes when reality sets in.

Secondly, the cross-gender relationship between your husband and his little girl is going to be very different from what he expects. If he's like most fathers he's going to be extremely protective of her, and that means looking at the young men she hangs around with a very wary eye. Instead of putting her on birth control, there's an even better chance he'll have an eyeball-to-eyeball little "chat" with her male friends and let them know how he expects them to take extremely good care of her and that means not touching her sexually in ANY way. (With some dads, that "chat" happens without words by giving them the evil eye. . .<smile>)

Your drug analogy was really very good even if he blew you off about it. Here's another one: what if he bought a Lambourghini that he kept in the garage, washed and waxed every week, was absolutely obsessive-compulsive about keeping it maintained to perfection. . . and then, when you daughter got her license at 16, said, "Here are the keys, honey, and of course, I got you insurance because you might get in a wreck but hey-no big deal. I expect you to wreck a car the first year of driving." Uhh....I'm thinkin', NOT!!! <grin>

When parents get their teenagers birth control, they are making a statement about having low expectations of their kids. It's amazing that we can expect that kids will exercise tremendous self-discipline for sports or academics, but when

it comes to sexual activity we assume they are incapable of it! It's entirely possible to start talking about the treasure of virginity and the importance of maintaining modesty as soon as kids are old enough to know what they are, and build a protective wall of positive expectations that help the kids maintain their purity. It has been a joy to see both our teenage sons accept a chastity ring and the challenge to stay virgins until they get married, and to fight the temptations of the flesh out of their own convictions. In other words, it CAN be done.

When my husband and I were growing up, we were told "Just say no" to sex, but not given any reasons why. When it was our turn to parent, we explained how God's word tells us to keep the marriage bed pure and condemns fornication (sexual immorality), which is any kind of sexual activity outside of marriage. As Josh McDowell communicates in his "Right From Wrong" conferences and book, God's commands are given to both *protect* us from harm and *provide* us with good. We talked to our kids about sexually transmitted diseases (and showed them really gross photos of diseased sexual organs from the [Medical Institute for Sexual Health](http://www.medinstitute.org/) [http://www.medinstitute.org/], where Ray got training for giving lectures on STDs). We also told them that sex in marriage is worth waiting for.

We understand that our kids will make their own decisions about these things, but we gave them all the ammunition to fight temptation (and a culture that is absolutely saturated in sex) that we could.

The great news is that parents today have more help [for example, [Aim for Success](http://www.aimforsuccess.org) at http://www.aimforsuccess.org] in assisting their kids to value purity and chastity than ever before, especially in the church. I hope that by the time your daughter is old enough to handle this issue, there will be even more!

“You Are Judging Gays”

I was browsing the web for so information on a term paper and was disappointed in your site. I wish you all would choose to follow Paul in his thinking by following Romans 2:1-2. Please do not judge me because I would like to meet you in Heaven one day! I just hope that a young person that is experiencing mixed feelings about their sexuality does not view your site and feel that they are undeserving of God's love because that is the message that you all seem to be giving. Love me as I love you, unconditionally!

Thank you for your note.

Please define “judging.” The verses you mention in Romans immediately follow a strong indictment of homosexual behavior. Why do you ask us to follow Paul's example when Romans 1 is full of strong language about how sinful homosexual behavior is? Is *that* judging? I don't think so; there is a difference between comparing someone's behavior to God's laws, which are rooted in God's character—and making assumptions about someone's heart issues and motives, which is judging.

If you have found anything on our website that is judgmental of a person's heart—as opposed to agreeing with the scripture about sinful *behavior*—I would appreciate you pointing it out to me. It's interesting, I've had feedback from homosexual strugglers and those who *used* to be strugglers, and they didn't find anything judgmental in our articles. Some of these

people are my friends, because I work with a ministry that helps those who want to stop identifying as gay and receive inner healing for their same gender attraction.

Yet you are concerned that someone reading our articles would feel that we are saying they are undeserving of God's love because they struggle with their sexuality? Please show me how you arrived at that conclusion!

These are not empty words. I really, really want to know what you saw. My concern is that you may have been shaped by the culture's "new tolerance" that says that to disagree with the concept that all sexual expression is equal, and equally fine, *especially* if you ground your position in scripture, is being judgmental. If that's the case, then I respectfully suggest that you do not understand what judging someone really means. If I am speeding and get pulled over by a police officer who says, "You were going 70 in a 45 zone, ma'am," it would be inappropriate and untrue for me to complain, "You're judging me!" He's not saying anything about my heart or my character; he is comparing my behavior to the law.

Having same-gender attraction is not a sin; acting on it is. People in both categories are unconditionally loved by God, but the consequences for one's chosen behavior do not negate His love. God is love, but God is also holy, and that's why He offers cleansing and forgiveness and healing to those who seek Him for it.

I appreciate your time in reading this.

Sue Bohlin
Probe Ministries

“You Are Close-Minded and Prejudiced Against Homosexuals”

What is wrong with homosexuals? Are you against Jewish people also? Do you think the Holocaust was wrong?? If you do then you should understand that you are supported modern-Hitler ideas by being prejudiced against homosexuals. When did you decide that you were heterosexual? At what age? If you don't know, it's because you never had to decide. You just are the way you are. Homosexual people never decided they wanted to be gay. I have a hard time understanding why people are racist also. If you think racism is wrong, maybe you should think about your opinions against gays. I still cannot believe that there are people in this world still close-minded. I cannot wait until people like you get off of this earth, and make it a happier place. Thank you for your time.

I'm not sure what you read on our website that would make you conclude we are prejudiced against homosexuals. Perhaps you are confusing our position against homosexual practice, with bigotry against those who discover they have homosexual feelings. We condemn homosexual practice because God, who created sex in the first place, condemns it as abnormal and a perversion of His plan. We also believe in the dignity of human beings, made in the image of God, who are given the gift of choice of our actions, and that includes the choice over whether to act on homosexual desires or not. We do not condemn those who experience homosexual feelings, recognizing that those are not chosen; but we agree with the Bible when it says that acting on those feelings is sinful and wrong. Please understand, this is a difference between actions and feelings. One is wrong, the other is not.

We are not prejudiced against homosexuals, but we will

proclaim the truth that people don't have to be gay and lesbian. Offering a way out of a destructive, difficult lifestyle is loving, not prejudiced. But many people believe the lie that being gay is as unchangeable as being a person of color, when that is not true. It's not easy to change, and many don't succeed, but that doesn't mean it's not possible. Ask people in Alcoholics Anonymous; they'll tell you the same thing about achieving freedom from the bondage of alcohol.

I think it is unwise to equate a belief that "homosexual behavior is wrong" with the belief that it's okay to judge people as inferior because of the color of their skin. There is a huge difference between a person's chosen behavior and the unchosen manifestation of genetics.

You ask, "What is wrong with homosexuals?" Our answer is, they are relationally and sexually broken people for whom there is hope in Jesus Christ. Those who recognize their brokenness and seek help can find it. But this answer comes with a humble awareness that we are all broken people in one area or another—or several.

Thank you for writing.

Sue Bohlin
Probe Ministries