

Grasping Hold Of Grace: Repentance

Imagine a man lost the middle of the Atlantic ocean. He doesn't remember how he got there or where he's going, all he knows is this endless swimming in circles. No ships in sight, he's been treading water for hours and now he's beginning to tire. There's a very real danger that he will actually drown – that's if the hypothermia doesn't get to him first. He doesn't realise this, however. He thinks he'll be fine, that there's nothing precarious about his situation. He'll make it to shore.

Suddenly, almost miraculously, a ship appears on the horizon. The man gazes at it in interest. It could be useful to him – the water is becoming colder and he feels very tired. The ship slowly draws closer and the captain appears, signalling from the bow.

"You poor creature! You look like you could do with saving! Luckily for you, I've got everything you need right here on board; food, water, dry clothes, first aid.... the only thing you need to do is grasp hold of the life buoy I'm going to throw to you."

He leans over the side and throws the buoy into the water, where it lands near the man's head.

The man's expression changes and he looks at the buoy disdainfully. "Conditions for rescue? I've never heard of such a thing. I shouldn't have to do anything, I've been swimming for hours. In fact, I was doing fine before you arrived. I really don't need your help. If you want me to get in the boat, you'll have to come down here and get me."

"Believe me", the captain replies. "I've thought of everything and this is the only way for you to be saved. I promise the buoy is large and easy to grasp and not heavy at all. You won't have any trouble, you just need need to reach out and

take hold of it.”

The man shakes his head. “Nope. I’m not happy with those conditions. It doesn’t seem fair to me. I don’t see why I should have to do anything. And look, if we’re being honest, I was doing pretty fine on mine own anyway. You can keep going, thanks.”

“Well, look, you really don’t have to do anything, apart from take hold of the buoy”, the captain replied. “I’ve done everything else for you. I’ll pull you in...just grab hold.”

The man shakes his head again, angry now. “I really resent you saying you’ll save me and making me do all the work. I’m supposedly the rescuee – I shouldn’t have to do anything! Nope, I don’t like that at all. And in fact, I don’t need saving anyway. You can take your buoy and get lost.”

The captain shakes his head sadly. “I know you need the buoy. I’m not going anywhere – I’m hoping you’ll see sense and change your mind”. The man turned his back on the buoy and continued treading water...

Needless to say, the man drowned several hours later.

Although this is a somewhat absurd and unlikely story, it’s an apt illustration of how humans often choose to view God’s saving grace.

Grasping Hold Of Grace

God’s [saving grace](#) is a remarkable subject, permeating every aspect of [the Gospel](#), giving it weight and power. The saving acts of God, due to the work of Jesus on the cross and Jesus’ resurrection from the dead bring reconciliation (“atonement”) between people and God. This is why the Gospel is described as a message of hope for the whole world ([Luke 14:15-24](#)).

We see God’s love for humanity demonstrated in His grace – His undeserved favour and kindness, bestowed on the human race. God’s grace was shown in action – in [sending His son](#), to save the world through him. This important work was planned and has

been done, on our behalf, long before we even existed. We had no part in this, nothing we did or didn't do has influenced God's decision or His plan to save humanity, or how He would achieve this. God loves because of **who God is**, not because of who we are.

"For God so loved the world that He gave His one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16, NIV

"He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit." – Titus 3:5, NIV

There are no disqualifying factors to who is eligible – it's not offered on the basis of race, gender, age or moral character – God's saving grace is offered to everyone. In spite of racial and ethnic prejudices, Christians in the first century came to understand that no one was to be denied hearing and obeying the message of good news.

"...God shows no partiality. Indeed, whoever fears Him and does what is right is acceptable to Him in any nation." – Acts 10:34-35, ISV

God wants to save us, He chose to save the world because of **who He is**. His love outweighed our desperate sin and He went to extraordinary lengths to save us.

"The Lord is not slow in keeping His promise, as some understand slowness. Instead He is patient with you, not wanting anyone to perish, but everyone to come to repentance." – 2 Peter 3:9, NIV

And yet, there is a catch to grace – a condition, if you like. Saving grace exists in the same way that the life buoy floats

on the ocean. Available, accessible, obtainable. We exist in the same way as a man treading water in an endless sea. Hopeless, helpless, dying. God calls to us – *I can save you, I can offer you hope and life – just grab hold.*

Like the drowning man, in the middle of the frigid ocean, we must grab hold of the life buoy if we want to be saved. There is a condition. We must do **something**. The condition to receiving grace is **receiving grace**.

“For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” Romans 6:23, ESV

“For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God.” Ephesians 2:8, NIV

Receiving Grace: Repentance

The Bible calls receiving God’s grace *repentance*. Literally, repentance means to turn back, to change one’s mind. However, the Bible tells us that true repentance is not only a change of mind but is also a change in actions.

*“...but declared first to those in Damascus, then in Jerusalem and throughout all the region of Judea, and also to the Gentiles, that they should repent and turn to God, **performing deeds in keeping with their repentance.**” – Act 26:20, ESV*

The Acts of the Apostles focuses heavily on the aspect of repentance relating to salvation. It wasn’t a new theme – John himself had preached the baptism of repentance, but now the apostles really seek to impress on believers and non-believers alike the connection between repentance and receiving God’s grace – His saving work through Jesus:

Peter replied, “Repent and be baptised, every one of you, in

the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.” – Acts 2:38, NIV

“Repent therefore, and turn back, that your sins may be blotted out.” – Acts 3:19, ESV

“When they heard these things they fell silent. And they glorified God, saying, “Then to the Gentiles also God has granted repentance that leads to life.” – Acts 11:18, NIV

Acknowledging our need for God’s grace – changing how we think about sin – and then acting in accordance with that change of mind is the true definition of biblical repentance. It is looking away from our hopeless, ungodly self and looking to God’s grace. It is **believing that we need saving and reaching out to receive it.**

We choose to end one kind of life and begin another and the way of demonstrating that choice is to be baptised ‘for the repentance of our sins’. The Bible compares baptism to burial, dying to our past course of life and beginning a new one as a Christian, dedicated to God and saved through Jesus.

“What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer? Or don’t you know that all of us who were baptised into Christ Jesus were baptised into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.” – Romans 6:1-4, NIV

“Having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.” – Colossians 2:12, NIV

Baptism and the steps that lead up to it are God's arrangement for a person to gain a clean conscience based on his faith in the sacrifice of Jesus Christ.

"This water symbolises baptism that now saves you also – not the removal of dirt from the body but the pledge of a clear conscience toward God. It saves you by the resurrection of Jesus Christ." – 1 Peter 3:21, NIV

Preaching the [good news](#) of salvation was the great commission given to the apostles by Jesus and baptism formed an essential part of accepting the gospel and receiving God's saving grace.

"And He said to them, "Go into all the world and preach the gospel to every creature. Whoever believes and is baptised will be saved, but whoever does not believe will be condemned." – Mark 16:15-16, KJ2000

The truth is, we are all adrift at sea – drowning in our sins. The only way of being saved is to accept that fact and believe that we need saving. Accepting Jesus as the saviour provided by God for the sins of the world and being baptised as an acknowledgement of our belief is true repentance. It is the way home to a [relationship restored](#).

"For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved." – Romans 10:10, NIV

The White Flag Of Grace

The subject of God's grace permeates every aspect of [the Gospel](#), giving it weight and power. The saving acts of God, due to the work of Jesus on the cross and Jesus' resurrection from the dead bring reconciliation ("atonement") between people and God. This is why the Gospel is described as a message of hope for the whole world (Luke 14:15-24).

The word 'grace' itself is described by one author as "the last, best word" in English, remaining unspoiled over the years in its meaning. Its many usages still retain some of the glory of the original, with words like *gratitude*, *gratuity*, *congratulations*, and *gratefulness* all carrying the idea of something that brings delight, joy, happiness, or good fortune.

The White Flag Of Grace

The word 'grace' in the Bible (*chen* in Hebrew, *charis* in Greek), literally means 'favour', with the idea of bending or stooping in kindness to another, together with graciousness in manner or action. The Old Testament use of the word includes the concept of those who "show favour" by undertaking gracious deeds, or acts of grace, such as being kind to the poor and showing generosity. Examples of God's graciousness are also seen throughout the Old Testament, as in Deuteronomy 7:8, Numbers 6:24–27, Psalm 119:29 and Psalm 27:7.

In the New Testament, the word grace has many layers of meaning, including the deepest and most transformative – God's saving grace, as defined by Ephesians 2 – the gift of eternal life, freely given through Jesus Christ. In God's language, His grace gives us what we don't deserve and cannot earn. This is why it is so frequently contrasted against the Law of Moses, which still condemned every man or woman, no matter their sincerity or good deeds.

“For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” – Romans 6:23, ESV

“For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God.” – Ephesians 2:8, NIV

“For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him.” – John 3:16-17, NIV

We see God’s love for humanity demonstrated in His grace – His undeserved favour and kindness, bestowed on the human race. God’s grace was shown in action – in [sending His son](#), to save the world through him.

God’s Grace Is A Gift

Paul the apostle frequently described God’s grace as a gift because he, of all people, understood how easy it was for Christians to be deceived into believing they could earn God’s love or forgiveness. Paul, previously known as Saul, had been an extremely zealous [Pharisee](#). He was strictly religious, scrupulously lawful and he actively persecuted the new Christian religion (believing them to be heretics) – consenting even in their murder, in the misguided belief that he was doing God’s will (Philippians 3:5-7).

Yet Paul was confronted on his way to Damascus in a very real way by the [risen Jesus](#), who made it clear to him that God’s grace is something that is given freely, not earned.

The truth is, we cannot “earn anything” from God and we don’t “deserve anything”, apart from the sentence passed on humanity for [Adam and Eve’s disobedience](#) in the beginning – mortality.

Yet God generously offers us something quite different, something undeserved – forgiveness and life, **as a gift**. God has, in effect, raised the white flag of grace, enabling a way for us to be reconciled back to Him.

“He has saved us and called us to a holy life – not because of anything we have done but because of His own purpose and grace. This grace was given us in Christ Jesus before the beginning of time.” – 2 Timothy 1:9, NIV

God’s call to saving grace has been echoing down the centuries, appealing to any who would listen. Isaiah 55 likens this call to the provision of thirst-quenching water, free of charge, to those who are dying of thirst.

“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost.” Isaiah 55:1, NIV

The Spirit Of Ungrace

Grace is, perhaps, the easiest concept to speak about in the enthusiastic language of a born-again believer (John 3:1-21) but, in reality, the hardest virtue to assimilate into our Christian lives. Legalism, not grace, is one of the first lessons we learn in life; that all things come with a price and that nothing is given for free. We can tend to persist in this mentality after our conversion, even on an unconscious level, viewing God and each other in this light.

Yet, the concept of grace flies in the face of what we perceive to be deserved or fair and offers a completely different way of seeing things – less like ourselves and more like God. Jesus taught in his now famous prayer, known as “the Lord’s prayer”, that we should ask God to forgive us **as we forgive others** (Matthew 6:9-13). Peter later tried to clarify exactly what Jesus meant by this, asking him to specify how

many times he was required to forgive (Matthew 18:21). Peter hadn't grasped the 'unreasonableness' of grace, as God sees it. We are to forgive **as God has forgiven us**. Wholeheartedly and without reservation.

Peter's question prompted Jesus to tell another story – that of the *ungrateful* servant (Matthew 18: 21-35). Despite having been forgiven a massive debt of some several million dollars by his master, the servant proceeded to demand repayment of a debt owed to him by a fellow servant, of only a few dollars. When the fellow servant was unable to immediately repay, he had him thrown into prison, 'until he could repay the debt' – which would have been practically impossible from his prison cell. The master soon heard of the ungrateful servant's behaviour and the conclusion of the tale is sobering:

"Then his master summoned him and said to him, 'You wicked servant! I forgave you all that debt because you pleaded with me. And should not you have had mercy on your fellow servant, as I had mercy on you?' And in anger his master delivered him to the jailers, until he should pay all his debt. So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart." [Matthew 18:32-35, ESV](#)

The parable was designed to impress upon the listeners the importance of their attitude towards each other in response to the forgiveness they had received from God. Keeping score or imposing limits of forgiveness simply do not find a place in Christian behaviour. God has already forgiven us a debt so mountainous that any person's wrongs against us shrink to anthills in comparison. How can we not forgive in the light of what we ourselves have received?

In fact, there is a direct correlation between our professed love for God and our love for our 'fellow servants'. John puts it this way:

"Whoever claims to love God yet hates a brother or sister is

a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.” 1 John 4:20, NIV

Forgiveness Is An Act Of Faith

“One day I discovered this admonition from the apostle Paul, tucked in among many other admonitions in Romans 12. Hate evil, Be joyful, Live in harmony, Do not be conceited – the list goes on and on. Then appears this verse, “Do not take revenge, my friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord.” At last I understood: in the final analysis, forgiveness is an act of faith. By forgiving another, I am trusting that God is a better justice-maker than I am. By forgiving, I release my own right to get even and leave all issues of fairness for God to work out. I leave in God’s hands the scales that must balance justice and mercy. When Joseph finally came to a place of forgiving his brothers, the hurt did not disappear, but the burden of being their judge fell away. Although wrong does not disappear when I forgive, it loses its grip on me and is taken over by God, who knows what to do. Such a decision involves risk, of course: the risk that God may not deal with the person as I would want. (The prophet Jonah, for instance, resented God for being more merciful than the Ninevites deserved.) I never find forgiveness easy, and rarely do I find it completely satisfying. Nagging injustices remain, and the wounds still cause pain. I do so because the Gospel makes clear the connection: God forgives my debts as I forgive my debtors. The reverse is also true. Only by living in the stream of God’s grace will I find the strength to respond with grace toward others.” – [Henri Nouwen](#)

The long and short of it is this: if we cannot show even the slightest resemblance of grace in our lives to one another,

then we have totally misunderstood who God is and what exactly it is that He has done for us.

Grace teaches that God loves because of **who God is**, not because of who we are. Therefore, we choose to show that same attitude of grace in our behaviour to others. Showing grace isn't because we **should forgive**, it's because we're reminded that we **have been forgiven**.

“And this righteousness from God comes through faith in Jesus Christ to all who believe. There is no distinction, for all have sinned and fall short of the glory of God, and are justified freely by His grace through the redemption that is in Christ Jesus....” Romans 3:22-24, BSB

Who Moved The Stone?

That [Jesus](#) existed, there is no doubt. There is a great deal of written historical evidence, both from Christian and non-Christian writers, supporting the fact that Jesus was a genuine historical figure, living at the beginning of the first century AD. When applying the standard criteria of historical investigation, virtually all New Testament and Near East historians assert the historicity of Jesus as certain.

[Dr Michael Grant](#) (1914-2004) wrote “Jesus: An Historian’s View of the Gospels,” published in 1977. In it, he applied the standard disciplines of the historian’s profession and reached the conclusion that the four Gospels are sufficiently reliable to deserve the utmost respect. Subsequent discussions about the historical Jesus widely reference his work.

“If conventional standards of historical textual criticism

are applied to the New Testament, we can no more reject Jesus' existence than we can reject the existence of a mass of pagan personages whose reality as historical figures is never questioned." – Michael Grant, Historian

Nearly all modern scholars are also in agreement about two key events in Jesus' life, which they consider to be accurate and certain – that of his baptism and of his crucifixion.

"There is a consensus of sorts on the basic outline of Jesus' life" in that most scholars agree that Jesus was baptised by John the Baptist, and over a period of one to three years debated Jewish authorities on the subject of God, gathered followers, and was crucified by Roman prefect Pontius Pilate who officiated 26–36 AD." – [Amy Jill Levine](#)

The [criterion of embarrassment](#) is used as the metric for establishing events such as Jesus' baptism and crucifixion. Both events are considered to be accounts which would cause a high degree of embarrassment to the author and would therefore have no reason to be invented. Christians simply would not have invented the painful death of their leader, nor the baptism of Jesus by John, as it is a story in which John baptised for the remission of sins and Jesus was viewed as without sin. The conclusion then is that these events are historically accurate.

The Resurrection of Jesus – Who Was He Really?

The debate therefore is not whether Jesus existed, but whether he was who he said he was. He claimed to be the son of God (John 5:25, John 10:36, John 1:4, John 17:1). He claimed to be the promised deliverer of the Old Testament (John 11:25; Luke 4:17-21, John 18:37, Luke 24:27). Not only that, he claimed that he would be betrayed, put to death and after

three days would be resurrected to life again.

“The Son of Man is going to be betrayed into the hands of his enemies. He will be killed, but three days later he will rise from the dead.” – Mark 9:31, NLT

It is easy to discount these claims as the words of a highly charismatic Jewish prophet, who met a cruel death at the hands of Roman power.

“That he was crucified is as sure as anything historical can ever be, since both [Josephus](#) and [Tacitus](#) ... agree with the Christian accounts on at least that basic fact.” – John Dominic Crossan

What is more difficult to explain is how Jesus could have orchestrated his own death in such a way so as to corroborate with prophecy, or, more to the point, why he would even want to.

What is more confusing and unexplainable is the effect that Jesus' death had on his followers. If, as history supposes, Jesus was a common man who lived a somewhat extraordinary life, it is hard to explain the complete explosion of the Christian faith in the years that followed. It was, after all, founded on the basis of “a risen Christ”. If this was a fabrication, the rulers only had to produce the body to prove the assertion to be false. If the disciples themselves had stolen the body, it seems psychologically improbable that their story, or their conviction, would be believable or maintainable, they themselves knowing it to be false.

We have the account of Thomas, the doubter, Peter, the denier, a small group of fishermen, a gathering of a few women – simple and ordinary people without status or connections who, within a relatively short passage of time (only some six or seven weeks), were completely transformed by a profound

conviction.

“The actual position is peculiar and, I believe, quite unique in history. It is that the whole party, including the nine men who had fled at the arrest, and certain independent persons who have not previously come into the story, were convinced that something had occurred which changed their entire outlook. It turned their dejection into triumph and their sorrow into an intense joy.” – Frank Morrison

Despite perhaps wanting to believe otherwise, the story of the arrest, death and resurrection of Jesus carries a strange ring of authenticity. Nothing can account for the strangeness of the narrative in the Gospels. The moved stone, the empty tomb, the baffled religious leaders, the transformed disciples – let’s be honest – *“by the ordinary standards of human reasoning, the mystery attached to the person of Christ ought to have terminated with his death and burial”* (Frank Morrison).

It isn’t our intention in this post to prove conclusively the resurrection of Jesus from the dead. It is simply to bring the reader’s attention to a subject, which on first glance, is assumed by many to be fabrication, but on closer inspection seems to arrive at no other explanation than that which is claimed – that Jesus did in fact rise from the dead, as asserted in the Bible!

Who Moved The Stone?

This article is an extremely condensed summary of the excellent book by Frank Morrison, entitled *“Who Moved The Stone?”* For anyone with a genuine interest in examining the historical accuracy of the Bible’s claims regarding the resurrection of Jesus, this book is highly recommended.

Frank himself confesses that he set out to write quite a different book. He first began to study the life of Christ as

a young man and did so with a very definite feeling that the history of Jesus rested on very insecure foundations. He wasn't wrong in his concerns – there was an entire school of thought throughout the 'nineties that denied even the historical existence of Jesus. Frank Morrison didn't find himself in this group at all – he says that *“for the person of Jesus Christ, I had a deep and almost reverent regard.”* but he wanted to write an article, more for his own peace of mind than publication, about the supremely important and critical phase in the life of Christ – his last seven days. Ten years later, the opportunity fully arrived to study the subject as he had first wanted, and *“slowly but very definitely the conviction grew that the drama of those unforgettable weeks of human history was stranger and deeper than it seemed.”*

The Christian faith hinges completely on this key doctrine of the literal resurrection of Jesus. Without the veracity of this event, Christianity falters. [The Gospel](#) isn't the good news of anything and we would have to concede that the world had been duped by one of the great delusions in history.

Of course, this conundrum is for every person to consider and decide for themselves. However, there are certain questions and discrepancies that cannot be easily explained away. We believe that an honest examination of all the facts leads to an irresistible logic of their meaning.

“Now, let me ask you something profound yet troubling. If you became believers because you trusted the proclamation that Christ is alive, risen from the dead, how can you let people say that there is no such thing as the resurrection. If there's no resurrection, there's no living Christ. And face it – if there's no resurrection for Christ, everything we've told you is smoke and mirrors, and everything you've staked your life on is smoke and mirrors. Not only that, but we would be guilty of telling a string of bare-faced lies about God, all these affidavits we passed on to you verifying that God raised up Christ – sheer fabrications if there's no

*resurrection. If corpses can't be raised, then Christ wasn't, because he was indeed dead. And if Christ weren't raised, then all you're doing is wandering about in the dark, as lost as ever...but the truth is, Christ **has** been raised up, the first in a long legacy of those who are going to leave the cemeteries." 1 Corinthians 12-20, MSG*

To purchase "Who Moved The Stone" by Frank Morrison, [Click Here](#)

Traditions: Good Or Bad?

One of my favourite movies is *Ever After* with Drew Barrymore and Anjelica Huston. It has all the right ingredients for a great story – humour, romance, drama and a feel-good ending. When I think of this movie, I have a few favourite scenes that top my list, but the one where Danielle's father leaves to go abroad and stops at the gate to wave often plays through my mind. Perhaps because it's such a bittersweet moment. As the audience, we know what's coming but Danielle doesn't. Perhaps because it speaks so clearly of the love of a parent for their child and the pain that separation from each other brings. And perhaps, also, for the line that Danielle quotes as she waits for what she expects her father will do:

*"Wait! It's **tradition**. He always waves at the gate."*

What Are Traditions?

Our lives are full of traditions; from cultural and religious traditions to social and family traditions.

‘Traditions’ are described as inherited, established, or customary patterns of thought, action, or behavior (such as a religious practice or a social custom) or a belief or story or a body of beliefs or stories relating to the past that are commonly accepted as historical though not verifiable.” They can also be “the handing down of information, beliefs, and customs by word of mouth or by example from one generation to another without written instruction”, “cultural continuity in social attitudes, customs, and institutions”, or “characteristic manner, method, or style”. – Merriam-Webster Dictionary

The word “tradition” derives from the [Latin](#) tradere literally meaning to transmit, to hand over, to give for safekeeping. Traditions are, then, often important customs, stories or information, passed down from generation to generation as a means of safekeeping those beliefs or customs. They may have been originally passed through oral communication including methods such as storytelling and poetry, rhyme and alliteration.

Sometimes the meaning behind a tradition becomes lost but the tradition or custom remains. Sometimes a greater meaning becomes attached to a tradition than was originally intended or implied. The following is an lighthearted story highlighting how traditions or customs sometimes come about:

A woman was preparing the evening’s roast dinner and divided the large piece of meat into two smaller, equal portions, placing them in separate trays in the oven. When her husband asked her why she did it that way, she replied that she actually didn’t know – it was just the way her mother had

*always done it. That got her thinking and later that evening, she phoned her mother to find out the reason behind the two trays of meat. Her own mother didn't know either, it was just what **her** mother had always done. They decided to phone the woman's grandmother and, when asked what was so important about dividing the meat, she laughed and replied. "oh, nothing. I just never had an oven large enough to fit my entire portion of meat on one rack. Dividing it in two simply meant I could fit it all in my oven at the same time."*

In this situation, practical requirements had, by the third generation, become something of a tradition within the family without any actual particular significance behind the tradition.

Even amongst the animal kingdom, traditions can be observed. Behavioral traditions are seen in groups of fish, birds, and mammals, such as orangutans and chimpanzees. In fact, chimpanzees will actually transfer traditional behavior from one group to another (not just within a group).

Human beings are hyper-social animals, albeit a lot smarter (most of the time!) than the animal world but even we come together through shared practices, traditions and rituals. These traditions form a social glue that binds groups within our society and often provides benefits such as increasing family bonds and forming a strong group identity. Traditions often offer a sense of belonging for individuals.

Traditions: Good Or Bad?

Traditions can sometimes be viewed in a negative light. They are also frequently used in political or religious discussions to establish the legitimacy of a particular set of values. However, it's important to remember that traditions, in themselves, are neither good or bad. Just because something is replicated or repeated, doesn't mean it **isn't** of value or

importance. Conversely, just because something is replicated or repeated doesn't mean that it **is** important or valuable.

Traditions matter when they relate to important human values, such as faith, freedom, integrity, education, personal responsibility, a strong work ethic or selflessness. They provide context for thoughtful reflection and a deeper appreciation of the things that matter in life. Traditions are a language unto themselves; with a meaning that conveys something deeper.

What Does The Bible Say About Traditions?

[Religion](#) is a place when traditions abound and they often form a rich tapestry in the life of a religious person. They are often drawn from history and have meaning and symbolism behind them. In the Old Testament, traditions and symbols actually pointed forward to a greater truth regarding Jesus, [his work as Saviour](#) and God's [relationship with humanity](#).

Jesus himself instituted the tradition commonly known as The Last Supper, a fellowship meal where his followers would eat bread and drink wine 'in remembrance of him' (Matthew 26, Mark 14, Luke 22, John 13). This tradition is still observed today, some 2000 years later.

Many cultures have traditions at the heart of their spiritual and religious worship and Christianity is no different. The Bible never condemns traditions of themselves but Jesus' words in Mark 7:6-8 tell us clearly that traditions shouldn't ever supercede God's will.

"He (Jesus) replied, "Isaiah was right when he prophesied about you hypocrites; as it is written: 'These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are merely human rules.' You have let go of the commands of God and are holding on to human traditions." (Mark 7:6-8), NIV

Christ's words indicate that He was not condemning human tradition, but *those who place human traditions, laws, or demands before God's will* expressed in the commandments.

The letter of Paul to the believers in Colosse confirms Jesus' words:

"See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ."
– Colossians 2:8, ESV

The Old Testament dealt with this problem too, where rituals had replaced righteousness and justice:

"I hate, I despise your feasts, and I take no delight in your solemn assemblies. Even though you offer me your burnt offerings and grain offerings, I will not accept them; and the peace offerings of your fattened animals, I will not look upon them. Take away from me the noise of your songs; to the melody of your harps I will not listen. But let justice roll down like waters, and righteousness like an ever-flowing stream." – Amos 5:21-25, ESV

Traditions or rituals shouldn't come before our relationship with God and customs should never supercede God's commandments. When a tradition forms a valuable and significant part of our worship, spiritual life and our human experience, then it's good that it's observed. But when traditions are human traditions, unrelated to our relationship with God, then their significance and priority is not always important and their observance is neither required nor expected by God in our spiritual life.

There are certain traditions, though, relating to faith and morals that Christians are commanded to keep and obey:

"I praise you because you remember me in everything and hold

fast to the traditions, just as I handed them on to you.” – 1 Corinthians 11:2, CSB

“So then, brothers, stand firm and hold to the traditions that you were taught by us, either by our spoken word or by our letter.” – 2 Thessalonians 2:15, ESV

We can therefore view traditions as beautiful and meaningful additions to our human life, perpetuating things that matter and ideas that are worth conveying through the generations. But these traditions should never be confused as being superior to the traditions that God is actually looking for in the life of a Christian person; the traditions of “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” (Galatians 5:22-23)

“There is a real beauty to be found in tradition – a beauty that may not propel us forward in the sense of quantifiable “progress” or change, but that does propel us forward as human beings in life wisdom, understanding and even emotional intellect. Indeed, aside from the more obvious – albeit equally important – function of tradition as a way to pass on the values, morals, customs and culture of one generation to the next, tradition also teaches us something about life, where we came from and who we are as people.” – [Huffington Post](#)

True Religion

Religion is defined as “a cultural system of designated behaviours and practices, world views, texts, sanctified places, prophecies, ethics, or organisations, that relates humanity to supernatural, transcendental, or spiritual elements.”

Yet, there is no actual consensus among scholars as to what precisely constitutes a religion.

Nearly 85% of the world's population identifies as being religious, claiming affiliation with one of the five largest religions; [Christianity](#), [Islam](#), [Hinduism](#), [Buddhism](#) or forms of [folk religion](#). These different religions all have distinct rules, regulations and beliefs that form part of that particular religion.

Christianity is the world's largest religion, with over 2.4 billion followers. Growing out of Judaism – its earliest converts were Jews who were followers of Jesus Christ in the first century – it quickly spread from Judea into Asia Minor and then further abroad. By the fourth century, Christianity had become the official state religion of the [Roman Empire](#). Christianity has, in fact, played a major role in the shaping of western civilisation.

What Is Religion?

When the [Latin](#) word *religio* found its way into the English language as *religion*, around the 1200s, it took the meaning of “life bound by monastic vows” or monastic orders. It eventually came to distinguish the domain of the church and the domain of civil authorities.

Yet the ancient and medieval world understood the word *religio* quite differently. For the ancients, it carried a meaning of *individual virtue of worship*, never as doctrine,

practice, or actual source of knowledge. In Hebrew, the language of the Old Testament, there is no precise equivalent of the English word *religion*. The Greek word *threskeia*, used in the New Testament, is sometimes translated as religion, however, the term was more correctly understood as 'worship', well into the medieval period.

In the Quran, the Arabic word [*din*](#) is often translated as religion in modern translations, but up until the mid-1600s, translators expressed *din* as law.

Religion, in itself, is a modern, western concept and it was understood in quite a different way by those who lived in the ancient world. Today, religion would perhaps be explained as a system of rules or practices governed by certain beliefs. The ancient world would have viewed this concept as *law* and saw *religion* quite differently; as the idea of worship or reverence of God or the gods, careful pondering of divine things and piety, or diligence.

Religion Has A Bad Reputation

Discussion about religion is often long, complex, divisive and inconclusive. It doesn't come as any surprise that the IPSOS Global Poll released in 2017 shows that a majority of Australians (63%) believe that religion does more harm than good. Only one in four Australians say religion defines them as a person.

Religion has been much maligned – and [*perhaps with good reason*](#). Unfortunately, when men and women get their hands on religion, it is often for the purpose of control and manipulation of others. Many [*terrible acts*](#) have been committed 'in the name of religion' and supposedly with a divine blessing – yet God is often furthest from the minds of those perpetrating such acts. In reality, God is often the last priority; intolerance is the driving force behind many actions that claim permission on religious grounds.

“Christianity itself has a long history of such intolerance, including persecution of Jews, crusades against Muslims, and the Thirty Years’ War, in which religious and nationalist rivalries combined to devastate Central Europe.” | [The New York Times](#)

What Is True Religion?

The aim of this article is not to impress on any reader the ‘rightness’ of our particular beliefs or doctrines. Whether a man or woman chooses to be religious, or not, should be a deeply personal consideration, without manipulation or coercion from others.

Rather, it is intended to be an honest examination of what ‘true religion’ should be for any committed Christian, professing belief in Jesus’ saving work and God’s divine plan for the world.

If we have accepted Jesus as our saviour, our beliefs and our practices must line up and work together in harmony. We must profess and practice true religion, not merely an inadequate form, which hasn’t touched our hearts. Timothy warns against a form of godliness, which appears righteous from the outside but in reality denies the power that godliness has to radically transform us (2 Timothy 3:2-5).

The word *religion* is only used a few times in the Bible. But the concept of religion, as it was originally understood, actually permeates the entire Bible. True religion, at its core, is about the relationship between God and ourselves and how this transforms us from the inside out.

This understanding began early on in the book of Genesis, where men began to call on the name of God (Genesis 4).

“Now men began to worship God, not only in their closets and families, but in public and solemn assemblies. The

worshippers of God began to distinguish themselves: so the margin reads it. 'Then began men to be called by the name of the Lord' – or, to call themselves by it. Now Cain and those that had deserted religion had built a city, and begun to declare for irreligion, and called themselves the sons of men. Those that adhered to God began to declare for Him and His worship, and called themselves the sons of God." | Benson Commentary

Another commentary has this to say:

"The name of God signifies in general 'the whole nature of God, by which He attests His personal presence in the relation into which He has entered with man, the divine self-manifestation, or the whole of that revealed side of the divine nature, which is turned towards man'. In Genesis 4, we have an account of the commencement of that worship of God which consists in prayer, praise, and thanksgiving, or in the acknowledgment and celebration of the mercy and help of God. Those of the family of Seth began, by united invocation of the name of God of grace, to found and to erect the [kingdom of God](#)." – Keil and Delitzsch Biblical Commentary on the Old Testament

True religion – pure religion – is the acknowledgment of our need for God's mercy, our worship of Him and what He has done for us and the application of His character in our lives, because of our thankfulness.

True religion is the seamless unity of believing *and* doing and it's demonstrated throughout the Bible by countless examples of [faithful men](#) and [women](#). (Hebrews 11:1-40). It's an **active faith**, shown by both word and deed and not just empty talk.

"Anyone who sets himself up as "religious" by talking a good game is self deceived. This kind of religion is hot air and only hot air. Real religion, the kind that passes muster

before God the Father, is this: Reach out to the homeless and loveless ('the fatherless and the widow') in their plight, and guard against corruption from the godless world." – James 1: 26-27, MSG

Jesus put it in another way:

"Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" Matthew 22:37-39, NIV

And again, in Hosea:

"For I desire mercy, not sacrifice, and the knowledge of God rather than burnt offerings." – Hosea 6:6, BSB

What True Religion Isn't

True religion isn't rules-based or rituals-based but is instead firmly rooted in faith. Faith, in response to God's action in our lives, [alters everything about us](#); our daily relationships, our perspective on life, our interactions with family, neighbours, friends and community. When God is present and completely sovereign in our lives, when we adhere to God and declare for Him and His worship, God calls us His children and part of His family. This is religion in its purest and most true form.

God's gift of freedom is easily perverted and often squandered by men or women placing religious burdens and rituals on their fellow man. Jesus condemned the religious leaders of his day for exactly this, commenting that *"they tie up heavy, burdensome loads and lay them on men's shoulders, but they themselves are not willing to lift a finger to move them..."* (Matthew 23:4).

God is not an impersonal force to be used to make people behave in certain prescribed ways. He is a deeply real and loving Father who invites us into a personal relationship with Him. It is always an invitation, never coercion or guilt-driven; we are given space and freedom to answer His invitation. [Through Jesus](#), we have been set free and are invited to participate in God's saving work with humanity.

How important it is for any sincere and genuine Christian to constantly promote this extraordinary message of God's grace and ensure we don't unwittingly return to a life of rule-keeping, which God finds no pleasure in.

What people need to see and experience from us is **true religion** – active, transformative and inspiring. The kind of religion that Jesus demonstrated every day.

*“Is it not clear to you that to go back to that old rule-keeping, peer-pleasing religion would be an abandonment of everything personal and free in my relationship with God? I refuse to do that, to repudiate God's grace. If a living relationship with God could come by rule-keeping, **then Christ died unnecessarily.**” | Galatians 2:21, MSG*

The modern concept of the meaning behind the word religion is an abstraction that involves distinct sets of beliefs or doctrines. Its usage, in this way, began with texts from the 17th century, resulting from events such as the splitting of Christendom during the Protestant Reformation and globalisation in the age of exploration.

However, the word religion, from the Latin *religio*, meaning ‘to bind’, is a word which in the ancient and medieval world was used to refer to *individual virtue of worship; respect for what was sacred, and a reverence for the divine*. It described an attitude of *being* rather than *creed*.

You may be interested to read more in the article: [From Religion To Cruciformity](#).

Building Resilience

Resilience can sometimes be mistaken for indifference, unaccountability or emotional disconnection but in reality, resilience is the complete opposite of these things. It is the ability to truly face reality, to be responsible for our actions and to be emotionally vulnerable, if necessary. It is the inner strength that enables us to bounce back after facing unexpected challenges or setbacks. Resilience can be equated to mental fortitude and it lives in the small moments, as well as the large ones.

Resilience Isn't Endurance

It can be easy to think that resilience and endurance are alike but they're not really the same thing. While they both require mental or physical fortitude in moments of crisis or challenge, endurance simply hunkers down and waits for the worst to pass. Endurance is employed somewhat momentarily – once the crisis or challenge is over, things return to normal. Resilience, however, says, "I will get through this and come out the other side stronger, perhaps wiser and having gained something of value. Things will have changed, because of this experience." Resilience sees the challenge or crisis is an opportunity for growth and moves confidently towards it.

We don't get to decide if we will deal with life's challenges; they arrive whether we want them or not. But we do get to decide how well we'll get through them and what lessons we'll learn from them. Learning to be resilient means learning to be open, resourceful and accepting of those challenges or changes

as they come.

It would be very easy to endure all kinds of trouble and yet learn nothing from it or remain unchanged by the experience. Resilience is what develops from these experiences, if we allow it. We all have the capacity for great resilience yet, like every acquired skill, it needs to be practiced and challenged in order to grow and develop.

The idea of growing resilience is commented on by James, the brother of Jesus, when writing his letter to the believers in his time.

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything” – James 1:2-4, NIV

James confirms that challenges are not meant to be just endured; they are meant to change us. We’re being developed into [our authentic selves](#) in Christ and these challenges form part of that process.

Resilience Is The Enemy Of Fear

Learning to be resilient actually means learning to be unafraid of things like failure, rejection, embarrassment or abandonment. At the core of resilience is the ability to be realistic about the potential for things to go wrong, coupled with positive optimism that things will go right. It’s being grounded firmly in the here and now, in reality, but hopeful of better things. It’s learning to deal with all the challenges we encounter with a growth mindset, not a fixed mindset. Resilience is the difference between “I can’t do this”, and “I can’t do this yet”. Resilient people don’t just endure challenges, they’re proactive about moving through them and coming out stronger. Where resilience lives, fear cannot

flourish.

Resilience And Faith Are Friends

Hebrews 11 is known as the great chapter on faith. Yet it's also a list of a great number of individuals who, in essence, had developed resilience in their life and, because of that resilience, were able to undertake great things.

"And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies." – Hebrews 11:32-34, NIV

We realise from reading Hebrews 11 that resilience and faith are intrinsically linked. When we choose to believe in God's existence and His plan for us, we choose to put our faith in something greater than ourselves. This faith forms a large part of accepting God and embracing what He is doing for us. It also gives us a great of comfort that we are not alone and that God is working in our lives to bring about our good. Perhaps one of the best ways to start growing resilience, or at least begin our pursuit of it, is to acknowledge that we have worth to God and that He has a purpose for our lives. Continually reinforcing to ourselves how much God really loves us and that our lives are infinitely precious lays down a positive foundation for beginning to build resilience.

"We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." – 2 Corinthians 4:8-9, NLT

How To Build Resilience

There are certainly many practical ways to grow resilience and learning those skills and developing inner strength doesn't happen overnight. Here's some ways to start developing your inner strength and learn to face your challenges with confidence:

Get Friendly With Failure – your ability to cultivate resilience relies on your ability to acknowledge failure, without allowing it to cripple you. We all make mistakes, we don't always get things right the first time. But learning from our mistakes and growing through them is a key aspect of developing resilience.

Use Empathy – taking the time to consider another person's life or situation can really help when dealing with difficult situations or experiences. Instead of reacting in emotional ways, we should try to see things from their point of view and work to support and encourage them. Learning to deal with these people or situations, despite the challenges, develops our own level of resilience and inner strength.

Exercise Forgiveness – forgiveness allows us to move fully beyond a setback or disappointment and leave it in the past. It doesn't mean that we forget the situation. However, instead of feeling victimised or indulging in bitterness or self-righteousness, forgiveness give us an opportunity to learn from the experience and constructively try to resolve the setback. Forgiveness is first and foremost a gift to ourselves. Coupled with learning to forgive is also learning to apologise to those we've hurt or mistreated. This is a crucial aspect of developing our own sense of accountability for the choices we make in our life.

Don't Compare – remember that we are all created as unique individuals and, despite what we may see on social media or how we perceive other's lives to be, everyone has their good

days and their bad days! Not only that, we all have different talents and skills, different personalities and different cultural backgrounds. God doesn't require us to be as good as someone else – just the best version of ourselves.

“I know how to live humbly, and I know how to abound. I am accustomed to any and every situation—to being filled and being hungry, to having plenty and having need. I can do all things through Christ who gives me strength.” Philippians 4:12-13, BSB

The Gospel Of Good News

When we think of the gospel, we can tend to think of it in only 'New Testament' terms. We might be of the impression that the gospel was something that came about around the time of Jesus and subsequently spread throughout the world by his followers. While this is somewhat true, upon more extensive reading we learn that the message of good news is much older than we thought. Yes, it concerns Jesus but it was preached long before his actual birth. In reality, it's a message as old as time itself and its inception stretches right back to the garden of Eden. And it's a message of good news and hope for all people!

A Little Background On The Word “Gospel”

“Good news” is the English translation of the Koine Greek word ‘euangélion’ (εὐαγγέλιον) (εὖ eû “good” + ἄγγελος ángelos “messenger”). In Old English, it was translated as ‘gōdspel’ (gōd “good” + spel “news”). The Old English term was retained as ‘gospel’ in Middle English Bible translations and has subsequently been carried forward into Modern English

translations.

Incidentally, our modern word, evangelise or evangelist comes from the original Greek and carries the same meaning – one who preaches or tells good news, a ‘messenger of good’. The writers of the gospels are sometimes known as the Four Evangelists, for this reason.

The message of ‘good news’ is taught throughout the books of Matthew, Mark, Luke and John and it’s certainly no coincidence that these books are collectively known as The Gospels.

But What Is The Good News?

The Gospel is described as “the good news of the Kingdom of God and the things which concern Jesus Christ”. Jesus himself preached about the coming kingdom of God, together with John the Baptist. Later, men like Paul the Apostle and Peter continued the message of good news

“Jesus came into Galilee, preaching the gospel of the kingdom of God.” – Mark 1:14, KJV

Repent, for the kingdom of heaven is at hand’ . . . And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom . . .” – Matthew 4:17, 23, NIV, KJV

“But when they believed Philip as he preached the things concerning the kingdom of God and the name of Jesus Christ, both men and women were baptised.” – Acts 8:12, HCSB

“For two whole years Paul stayed there in his own rented house and welcomed all who came to see him. He proclaimed the kingdom of God and taught about the Lord Jesus Christ—with all boldness and without hindrance!” – Acts 28:30-31, NIV

In The Beginning...

[God's purpose](#), from the beginning was populate earth with people He could call His family, who were like him in every way. God created humans with this in mind and established the principle of **free choice**. He wanted us to **choose** Him, to **want** to be like Him. This kind of living, that reflects a desire to honour God and manifest His character to the world is what God calls the beginning of the kingdom of His son ([Colossians 1:13](#)).

Unfortunately, when given the choice, humanity chose wrong. We acted in a way completely foreign to God's character. Motivated by pride and selfishness and driven by impatience, we chose to "make ourselves like God" on our terms, not His. This choice, the first act of sin in the world, brought about its awful consequence – mortality, and being driven from God's presence in shame and disappointment. This is the story of Adam and Eve and their banishment from the garden of Eden.

Jesus Is The Good News

Yet God didn't give up. His desire to be at one with us, to complete His purpose with humanity, was so intrinsic that He immediately put in place a plan to bridge that ravine, to heal the breach between Himself and His creation. He did not allow His purpose to be compromised by our choice. This extraordinary plan was revealed in [His son, Jesus](#).

"Now I make known to you, brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved, if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures." – 1 Corinthians 15:1-4, BSB

The saving acts of God, due to the work of Jesus on the cross and Jesus' resurrection from the dead, bring reconciliation ("atonement") between people and God and it is a message of hope for the whole world (Luke 14:15-24). Through Jesus, we have forgiveness of sins and the blessing of God's grace.

The Message Isn't New

It would be easy to assume that the gospel was introduced by Jesus during his earthly ministry. Yet, this message isn't new at all – it's much older than that and, in fact, Revelation 14:6 calls it 'the eternal gospel', "proclaimed to all those who dwell on earth."

In Galatians 3:8, we read the following: "Scripture foresaw that God would justify the [Gentiles](#) by faith, and announced the gospel in advance to Abraham: "All nations will be blessed through you." Here, Paul is referencing a time in Abraham's life, [shortly after he left Ur](#), when God blessed him and told him the purpose He had with him.

"I will bless those who bless you, but I will put a curse on anyone who puts a curse on you. Everyone on earth will be blessed because of you." – Genesis 12:3, CEV

This blessing is further clarified by the words of Peter the Apostle in Act 3:28, where he was addressing the Jews, Abraham's descendants. He tells them, "You are the children of the prophets, and of the covenant which God made with our fathers, saying unto Abraham, And in your descendants shall **all the families of the earth be blessed**. Unto you first God, having raised up his Son Jesus, sent him to **bless you**, in **turning away every one of you from his iniquities**." (Act 3:25-26)

Jesus Christ himself revealed that the Kingdom of God has been prepared for us for far longer than we can imagine.

“Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.” – Matthew 25:34, ESV

God’s plan of blessing has been in place since the beginning. It was made known to Abraham and he was promised a descendant who would fulfill God’s promise of blessing for the world, first to the Jewish people and then, to all peoples of the world. In this way, Abraham was able to look forward in faithful anticipation of the future when the saviour would be born, to fulfill the promise of blessing made to him. Jesus confirms this, when speaking to the Jews (who doubted he was the one who had been promised).

“Your father Abraham rejoiced at the thought of seeing my day; he saw it and was glad.” – John 8:56, NIV

Our Purpose Is God’s Purpose

Our purpose and the reason for our creation is to be part of God’s family. The good news is that through Jesus, we can be! We can become part of God’s family and part of His kingdom community right now, saved through the work of Jesus. Not only that, we can look forward to a future that is full of hope and blessing, trusting in God’s promise that has been established from the beginning of the world.

God has great plans for you, if you choose to accept them. The gospel message is one of hope and blessing and **everyone** is invited to take part.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” – Jeremiah 29:11, NIV

Avoiding Church Burnout

(Not a reader? Take a listen instead ↓)

Burnout is a state of emotional, mental, and physical exhaustion. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands, whether real or perceived. Eventually, you find you literally have nothing left to give, either emotionally or physically. This state often leads to a range of issues including anxiety, depression, insomnia, anger and ill health.

Church Burnout

Burnout, particularly in relation to church life, is a subject that doesn't get as much discussion as it should. Perhaps it's because we tend to think that 'doing lots of stuff' and 'attending lots of events' is a requirement of any conscientious church member. We dutifully fill our calendars with copious church events, often to the exclusion of personal time, family time or, most importantly, time *with* God.

We curate an 'all-or-nothing' mentality in relation to church service; and any spare time we *do* find ourselves with is spent wracked with guilt, thinking about all the things we "should be doing". Frankly, if we're not *dying* from exhaustion, we conclude that we lack any kind of serious commitment.

After all, church life is supposed to be all-encompassing, exhausting, limiting (of our 'own time') and (between you and me) somewhat boring, right?

Wrong!

A church is like the human body, a living thing – made up of real people (1 Corinthians 12:12). Real people have their limits, emotionally, spiritually and physically. Not only that, our levels of limitation will fluctuate during different stages of our lives.

We cannot be the same person once we have a partner or children as we were when we were single.

We don't have the same strength or 'spring-in-our-step' in our older years as we did when we were younger.

Our capabilities and energies ebb and flow, along with the ups and downs of our lives, and ***we can only give what we can give*** in the very moment of **right now**.

And church life should be rewarding, fulfilling, energising and motivating! Being at church should feel like being part of the family – comfortable, welcoming and with a real sense of belonging. The minute we stop seeing the value in what we're doing is the minute we need to stop and rethink the ***why*** of what we're doing!

"Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household" – Ephesians 2:19, NIV

A Church Is Only As Healthy As Its Members

It's important to remember a church will only be as healthy and balanced and energised as the sum of all its members – those real people who make up the congregation.

If, individually, the members are exhausted and overloaded, the church will display signs of exhaustion too. It will become unbalanced, unhealthy and stunted in growth. It's also important to remember that ***we*** don't grow our church – God does

the growing. Sure, we all have our part to play but no single person is responsible for, or indispensable to, God's plan for the growth of a church or community.

"The key issue for churches in the twenty-first century will be church health, not church growth." – Rick Warren

What Does Church Burnout Look Like?

Have you heard yourself saying this recently?: "I'm so exhausted", or "I just *can't* go to another thing this week". Maybe you've found yourself thinking, "I'm *never* at home" or "Why *can't someone else* do this for once?". If you have, you may be suffering from church burnout.

Here's what church burnout looks like, in real life:

1. You're always busy, at everything, constantly in motion. You find yourself overcommitting and double booking.
2. You have idealistic standards about what a 'real church' should look like.
3. Your day always seems to arrive with constant low-grade stress and periodic crisis.
4. You often decline offers of help and assistance.
5. You feel a strong sense of responsibility, even when others don't.
6. You feel extremely guilty about not attending church events or activities, even if you've already attended several that week.
7. You feel a strong sense of expectation from other church members.
8. You have an inability to say no and if you do, it's with reluctance and guilt.
9. When you think about church, you feel suffocated, resentful, despondent and angry.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I

am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” – Matthew 11:28-30, NIV

Church life – life with Jesus – is for those who are weary and burdened – because in Jesus we find rest.

Church life becomes a natural extension of the peace and fulfilment that we’ve found in Jesus. It’s designed to enrich our lives, ease our burdens, and provide supportive relationships for hard times. It develops character growth and maturity so that we can support others, when needed. And service within our church should be something that fills us with joy and deep personal fulfillment.

Church life is the natural outworking of a life based on *being* a certain kind of person, not *doing* certain kinds of things.

Tips For Preventing Church Burnout

- Emphasise grace over works in your personal life. Concentrate on who you’re ***being*** rather than what you’re ***doing***. Remind yourself that we don’t earn God’s blessings by the amount of work we do. He wants us to lead healthy, balanced lives where ministry service is a joy, where giving becomes as simple as *doing because it has been done for us*.
- Make time for regular recreation. These are the times when you can pause, reset and renew. Without recreation, burnout is inevitable.
- Know your limits and set reasonable, achievable boundaries for the work you take on. Giving of yourself is a valuable and worthy service, but sometimes giving isn’t always possible or profitable. If you need to say “no”, then do so, with **no guilt attached**.
- Remember that the work is God’s, not your own. Seek His guidance and help when you consider your

responsibilities and commitments within your church.

- Learn to put [first things first](#). Being involved within your church community is a valuable part of a fulfilling spiritual life – but never at the expense of your time with God or your family. Set priorities and look for ways to involve your partner or family in church activities. Be willing to occasionally say no to low priority church activities when they conflict with quality family time.
- Listen to your body's warning signs, such as headaches, backaches, dizziness, insomnia, and unexplainable fatigue. Learn to slow down and be less anxious. ***You can only do what you can do, right now*** – nothing more.

Ultimately, you are in control of you – your decisions, your motivations, your attitude and your abilities. You, alone, can gauge whether a task or event is too great for you to take on or attend, or whether it's something that you can fit into your life.

The most important part of church life is focusing on ***who you are being***, not what you are doing. Focusing on your 'being', rather than your 'doing' will bring things into perspective and make it easier to see what's important and what's not so important. When ***being*** becomes your focus, rather than ***doing***, you will go a long way towards avoiding church burnout.

Abraham | Father Of The Faithful

(Not a reader? Take a listen instead ↓)

I heard a sermon recently about the life of Abraham and it got me thinking a lot about the man, his life and the choices that he made. There are very good reasons why he's described in the Bible as "the father of the faithful" (Romans 4:12) and "the friend of God".

It's worthwhile considering these two great epitaphs about a man who provides so much inspiration and encouragement for our own lives today.

Who Was Abraham?

Abraham, originally named Abram, was born (c 2000 BCE) and lived in the city of Ur, in what is now modern-day Iraq. Abraham was the son of Terah, ninth in descent from Noah, who was the main character in the Great Flood narrative found in Genesis 6-9. After the Great Flood, Noah's descendants settled and spread out from what is now modern Turkey, moving south into the region of Mesopotamia.

Ur was an important [Sumerian](#) city-state in ancient Mesopotamia. Mesopotamia, meaning "land between rivers", has long been called the cradle of civilisation and the region was one of the four riverine civilisations where writing was invented. Once a coastal city, near the mouth of the Euphrates on the Persian Gulf, the coastline has shifted over time and Ur is now well inland, on the south bank of the Euphrates, in modern-day Iraq.

As with all the city-states, Ur was centered on a temple dedicated to the particular patron god or goddess of the city. The city was ruled over by a priestly governor or a king, who was intimately tied to religious rites that took place in the city.

It was a wealthy, prosperous and advanced city, with culture, religion and social structures firmly established. This cradle of civilisation was also the seat of a vigorous polytheism, chief

of whom was *Nanna*, the Sumero-Akkadian moon god.

It is with this rich and complex background that Abraham is introduced to us in Genesis 12. This is where God appears to Abraham for the first time, telling him to leave all that was familiar and travel to an unknown place.

Hebrews 11, the great dissertation on faith, expands further, telling us that *“by an act of faith, Abraham said **yes to God’s call** to travel to an unknown place that would become his home. When he left, he had no idea where he was going”* (Hebrews 11:8-10).

The Call Of Abraham

God’s call has been echoing down the centuries, appealing to any who would listen. Isaiah 55 likens this call to the provision of thirst-quenching water, free of charge, to those who are dying of thirst.

“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost.” Isaiah 55:1, ESV

Abraham, surrounded by gods of every description, was dying of spiritual thirst and eagerly accepted the call of the one true God when it came. However, the most interesting and thought-provoking aspect of Abraham’s acceptance is the fact that **he had no idea where he was going**.

Think for a moment what Abraham was leaving behind in Ur; the comforts and security of a highly advanced civilisation, the birthplace of culture, learning, and writing. A well-established society, wealthy and prosperous.

He left all this on the word and promise of God (Genesis 12:1-3). He chose to enter into God’s story and this choice was the turning point in his life. It was a risky decision

from Abraham's perspective, based only on trust, and it is this extreme act of faith that enabled God to count him righteous ("justify" him) and guaranteed him the title of father of the faithful. He *"trusted God to set him right, instead of trying to be right on his own"* (Romans 4:1-3)

Paul, when commenting at length on the life of Abraham (Romans 4), does not say "Abraham *worked* for God and therefore was justified." Neither does he say "Abraham *undertook acts of love* and, because of this, was justified." or that "Abraham *made progress in character reformation* and therefore was justified.

He says, "Abraham ***believed*** God and that faith was credited to him as righteousness."

It is the one aspect that elevates Abraham to the superior example of what faith is and why, without it, it's impossible to please God (Hebrews 11:6). Hebrews 11 further indicates that faith is not about what we 'know' but is confidence and trust in God and belief that His promises are sure.

I find this remarkable: the word *believe* used in Mark 16:16 in relation to the preaching of the gospel ("whoever *believes* and is baptised will be saved, but whoever does not *believe* will be condemned") is the same word used in Hebrews 11:6 describing Abraham's decision to leave Ur. It's a translation of the Greek word *pisteōs* (πίστεως) and means 'to have faith' or 'to entrust'.

Abraham *believed* that God exists and that He rewards those who seek Him (without any facts or proof at that time that this was true). Then, he then acted upon it (living faith).

He demonstrated the kind of faith/belief that was worth commentary in Hebrews. And not just commentary, it's the kind of faith we are to model.

It certainly wasn't built on His 'correct doctrinal

understanding' of God. It was trust *in* God. The reality is that when he left, he had no idea where he was going and, likely, a limited revelation, at the time, of the God whose call he was responding to. He simply *entrusted* his story into God's safekeeping and believed that God was good for His word. This is the definition of belief.

God looks to our heart. He's far more interested in who we can become, than in who we are right now. He's also not impressed by the amount of catechisms we can recite or how much we know. None of those things are equivalent to the biblical meaning of 'belief'. 'Believing' is *to have faith*, specifically, to have faith in the promise of God, not 'to have agreement to doctrine'.

Believing is firstly a posture of the heart. *Having faith* is trusting God and believing in His provision of 'water without cost'. Faith is looking away from our hopeless, ungodly self and looking to God's grace.

The fulfillment of God's promise to us depends entirely on trusting God and embracing Him and what He is doing.

This book [the Bible] is different. This is a world of revelation: God revealing to people just like us – men and women created in God's image – how He works and what is going on in this world in which we find ourselves. At the same time that God reveals all this, God draws us by invitation and command to participate in His working life. We gradually (or suddenly) realise that we are insiders in the most significant action of our time as God establishes His grand rule of love and justice on this earth (as it is in heaven). 'Revelation' means that we are reading something we couldn't have guessed at or figured out on our own." | Eugene Peterson

Abraham Becomes A Father

Abraham is, quite literally, the father of the Jewish and Muslim peoples of the world but he became a father, long before either of his sons, from whom these descendants would come, were born. He was and is styled “father” of all those people who would embrace what God is doing for them and who believe and trust in that work. Abraham is the father of us all, if we choose it (Romans 4:18).

Accepting God’s call in our own life, entering into the same promises made to Abraham, and trusting that God will make good on His word brings us into the great story of what God is doing with humanity.

“Long ago the Scriptures said God would accept the Gentiles because of their faith. This is why God told Abraham the good news that all nations would be blessed because of him.” | Galatians 3:8, CEV

Abraham – The Friend Of God

God really wants us to know Him and trust Him. He always has. His plan from the very beginning was to have a relationship with us. Even when it seemed like we had ruined every chance of that, He went out of His way to put measures in place to repair the relationship, by sending His son to save the world.

“For God so loved the world, that He gave His only Son, that whoever believes in him should not perish but have eternal life.” | John 3:16, ESV

Faith is what brings us to that place of being “put right with God” but it is faith, meshed with action, that really brings us into a full relationship with Him.

The all-encompassing meaning of belief is intrinsically linked

with the actions that back it up – seamless *believing and doing*. It isn't the doing that makes us right, but it's impossible to show our faith, without the doing. James tells us that it's like separating a body from the life force or spirit within – all you end up with is a corpse (James 2:18-26).

It is this [faith, coupled with action](#) – *believing and doing* – that elevates Abraham from being not just a “father of faith” but also the “friend of God” – participant in a close and intimate relationship of knowing and being known.

Abraham is now regarded as one of the most influential people in all of history. The world's three largest monotheistic religions—in fact possibly monotheism itself—found their beginnings with him. Over 3 billion people in the modern world cite Abraham as the “father” of their religion. Abraham was promised by his God descendants as numerous as the stars of the sky, but today two branches of his family, the Jews and the Muslims, continue to battle for his birthright. – [Encyclopedia.com](#)

Epilogue

What did Abraham find in a strange and unknown place?

What Abraham found was grace in the eyes of God, through faith alone. God drew him to faith and God counted that faith as righteousness – as a “right standing with God”.

His great legacy and true birthright is as the Father of Faith to countless people who have come after him, regardless of their social status ([Jeremiah 22:3](#)), ethnicity ([Acts 10:34-35](#)), or gender ([Galatians 3:28](#)).

Having faith or believing isn't measured by an exhaustive list of facts we say we agree with but rather the act of entrusting our lives to God [through the work of His Son] and acting and

living in a way that shows we believe His promise to be true.

The phrase *to believe* can sometimes be hijacked and become synonymous with *agreement to a list of doctrines*, but to make it this loses the living reality of what is meant by the word and contradicts the examples given to us of those who *believed* ('had faith').

The solid rock of confidence in Christ must be the starting point of a Christian's faith, not an extensive list of facts to which they may give agreement, but their heart possibly remains unconverted.

Abraham knew very little but gave all his heart in confidence and trust to God. Perhaps we would call this *allegiance*. Perhaps we ought to speak more of *allegiance* and less of *doctrine* when evangelising.

We're not joining a club when we become Christians, we're giving our lives in trust to the Master and this trust will hold us far more steadily through the buffeting waves of life than all the facts (true or otherwise) that we've collected in our heads.

Having faith like Abraham looks like not always knowing what the next step is, what the future will look like, or even how we'll get there. But it also looks like movement and transition; a stepping forward in confidence, believing in the One who does know what the future holds, trusting that He is a good, good Father and a rewarder of those who seek Him.

"We don't believe something by merely saying we believe it, or even when we believe that we believe it. We believe something when we act as if it were true." | Dallas Willard

Abraham's journey in faith towards the great unknown can become ours too. We just have to accept God's call and take that first step...

Further Recommended Reading

1. The subject of faith, coupled with action, is one of the great threads running through the Bible and makes for interesting and inspiring reading. I would recommend the following chapters as further reading on the subject: Genesis 12, Romans 4, Hebrews 11, and James 2.

2. As always, I value feedback and conversation, so I'd love your comments and thoughts on this subject!