

# Leaving

(Not a reader? Take a listen instead ↓)

Leaving is never because of just one thing. Not really.

It's the result of a thousand, inconsequential *one things* that all converge in a single moment of sudden, irreconcilable difference.

For me, the eventual leaving of the religious community I grew up in began as a tiny question fluttering at the back of my mind.

Back then, I'd never met a question I didn't want to take apart, examine, rearrange and then carefully reassemble, perfectly ordered, and satisfactorily answered.

I'm, by nature, a lover of straight lines and exact dimensions. I find predictable angles strangely comforting, the even length and width of squares reassuring. Curved, irregular edges and uneven portions, I had decided, are one of life's great menaces. Questions without answers were anathema.

## Questions + Answers

However, this question-with-no-answer was an uncomfortable and irregular shape, one that I could not find a corresponding answer to in my existing theology. It was like a jigsaw piece that had been accidentally caught up from another puzzle, and no matter how I turned it around in my mind, I could not make it fit into my existing framework.

I was possessed with an uncomfortable sensation that something didn't add up, that what I had been told no longer carried sufficient weight or authority. It was an inconsistency I could not overlook nor satisfactorily explain, an unexpected bump in an otherwise smooth spiritual life.

But back then, it was just *one thing*. It stood alone in its irregularity and I let it sit, like a bothersome pebble in my shoe, not fitting, never resolved. This question wasn't the explosion, merely the spark; but when I cast my mind back to all the *one things* that finally resulted in my departure, I get no further back than this question.

This is a difficult article to write in many respects. I have many friends and family still within the community that I have left. The thoughts I share are entirely my own and are not intended to imply any lack of conviction or sincerity in any one of them, or indeed anyone else from within that community. I hope I am able to write about my experiences with respectful thoughtfulness for the many loving and good people who remain there still.

Yet I am also aware that I cannot be alone in my uncomfortable questioning. There must be others who have asked, if not the same questions, ones that are very similar and who have then sat with the same unsatisfactory answers, ones that simply won't fit.

What are we to make of such inconsistencies? Does faith ask us to suspend our questions or does faith ask us to push deeper into them, despite the challenges, despite the possibility we may need to admit another answer is not only possible but probable and necessary?

You may be wondering what the question was. Well, it was hardly earth-shattering. It was a question of *when and where a woman ought to wear a head covering*. Yes. I grew up in a head-covering church.

## **Principles + Applications**

(I would like to make a brief comment at this point; if you are a woman – particularly one who I know personally – who believes head coverings for women are a biblical principle

that should be applied in perpetuity and therefore choose to cover your head, I deeply respect your conviction. I am not seeking to change your conscience on this issue. But I can bet you have questions, particularly if the application of this principle in your church looks anything like it did for me...)

The religious community I grew up in wore head coverings for church services, Bible classes, and Sunday school, but not fellowship meals or family Bible readings. We wore them at church preaching meetings, but not during community hall cleaning or evangelistic neighborhood visits. We would wear them for youth activities, more specifically, the formal part of the event but we wouldn't wear them for the supper and games that followed, nor at church picnics or community outings.

We would wear them during formal preaching and Bible exposition but not during informal discussion group activities. We would wear them for church worship (although a woman wasn't able to 'pray or prophesy', despite the scriptural prerequisite of 'a covered head' being satisfied), and remove them immediately afterward.

Head coverings denoted submission we were told, yet submission, strangely, didn't seem to be required in the home, on trips to the beach, or when we were doing the grocery shopping. Little discussion was given to the biblical principle of submitting *one to another* and what that might possibly mean.

Finally, head coverings were required for a church meeting of business, which was neither an act of worship nor a church service of any kind. The question took shape in my mind and refused to be dismissed – *why?*

*Why did we wear head coverings anyway? What was their purpose then or now? Are they even required now? What is submission really? Women had clearly prayed and prophesied in public*

*worship then, why no longer? Or why, even with the required head covering in place did women 'remain silent'? Why on earth did we wear head coverings to a business meeting?*

Did we have it all completely wrong?

I'm not proposing to suggest an answer in this article to the questions this particular subject raises (if such an answer exists) or that the questions I've noted form a comprehensive list of all the relevant points of discussion. I'm simply highlighting the moment, for me, that scriptural principle and practical application suddenly appeared to be inconsistently applied and self-contradictory.

Just one question. One little spark.

## **Piles Upon Piles**

Time passed. Over the years, the questions gathered in untidy piles in my mind.

Why did we bemoan the state of the world yet we seemed to do very little by way of community engagement or civic involvement to fix it?

Why did we seem to know a great deal about the end times and prophecy yet precious little about the here and now; the practicalities of Christian witness; paying our taxes, saving our marriages, stewarding our lives and finances well?

Why didn't more of us recycle?

Why could we eat lunch with our non-believing co-workers but not socialise with them over dinner?

Why was taking communion at church – *common union* – such a solitary and miserable affair, hemmed in on either side by silence and woeful introspection?

Why, if we were a people saved and redeemed and made new, did

we sing such mournful hymns of lament?

Why, if woman was created to stand alongside man, equal partners in the great mission of God to fill the earth with His glory, were the women I saw all around me prohibited from contributing in meaningful ways within the church; in teaching; evangelising, praying, and leading the congregation with wisdom and grace?

Why did I see power posturing and spiritual manipulation manifesting themselves in a community born out of the sacrificial heart of Jesus, *who came not to be served but to serve and to give his life as a ransom for many*? Why did *nobody* do anything about it?

Why, when we were meant to celebrate *grace*, did we seem to reward *intelligence*, beginning at a young age?

Yearly examinations to determine biblical knowledge were undertaken each year by Sunday School students. The questions were often difficult and, it seemed, purposely disorientating. The premise seemed clear: the more you knew, the more spiritual you were and the closer to God you got. We all received prizes at an end-of-year award ceremony, for what exactly I'm still not really sure, but 'first in exam' and 'first in class' always got a mention and an additional prize.

I don't recall any mentions for *character development*, *personal growth*, *kindness*, or *showing Jesus to others*.

The motivation may have been sincere but the subliminal messaging was flawed. We were taught to compete against each other, not run alongside each other. We were taught that what we knew was more important than who we were being.

It often seemed to me that the word of God was something to be sermonised from, bored by, afraid of, or wielded, weapon-like at others, but never the spirit-breathed and living words of Heaven's Creator, active and able to deeply transform our

hearts and lives, shaping us for His purpose.

Compliance seemed more relevant than character, uniformity more desirable than unity and, in the end, what I could *explain about Jesus* significantly more important than whether I actually loved Jesus and was following him (or at least trying to).

## **The Spark Ignites**

All the things I've mentioned, the questions I've shared (and the many I've left out) can most likely be found in many other churches or religious communities, to a greater or lesser degree. And no church is perfect or has it all sorted, this I am willing to admit.

None of these things, alone, were enough to cause a leaving.

But I did resolve to do something about my questions, to seek opportunity and space to ask them, to give voice to my doubts, to challenge my perception of Christian life, and, if necessary, to adjust and reorient my direction.

To let scripture speak to me, unfiltered, and be confident that the Spirit would lead me in all truth. To allow my questions and convictions to sit in tension with one another while my Christian life continued to grow and deepen, built on the solid rock of faith in Christ.

To believe that the important things God wished me to know, He would make known.

I can't say for sure whether, in the end, it was I who left or whether I was the one who was left; perhaps it's more accurate to say that I was simply a strange shape that no longer fitted into a space that could not change.

Like the question that started this journey of deconstruction, I was now an uncomfortable and irregular part, a puzzle piece

that no longer worked with the whole. The posture I had adopted and the resulting reorientation were now incompatible with my existing religious community.

Officially, I was ex-communicated, an ecclesiastical term weighted with censure and disapproval. *We can no longer affirm you as a Christian.*

It implied I had not measured up to the expectation of Christian living, and this judgment sits uncomfortably with me. I have no glaring moral issue or unrepented sin that would give cause for such action. The seeming dismissal of the authenticity of my faith was painful and difficult to understand.

This only resulted in further questions. What happened to *come and let us reason together?* Who decides whether another Christian's life of faith is lacking?

What really is the purpose of ex-communication in scripture? How much power, if any, should Christians wield over each other in spiritual matters?

What makes a Christian *Christian* anyway? Is it what I know or Who I trust?

Why does the church gather? How is unity in Christ really achieved?

*Where did I belong?*

I did not deserve ex-communication. And yet here I am, on the other side of something that, at one time, seemed the most scandalous thing that could happen to any Christian.

I find that I belong nowhere and everywhere. That a leaving is also a beginning. And that, when Jesus said *you will know the truth and the truth will set you free*, he really meant it.

I have not been ex-communicated by God.

# Still Asking Why

*Why did I feel the need to write about this?*

Well, firstly, I don't think I am alone, in my questions or my sense of something not quite fitting right. I am certain that there are others out there, people I know well and people who may be strangers, who are *asking questions*.

And I want to tell you, it is okay to ask those questions; don't be deterred in your asking. *It is the glory of God to conceal a matter; to search out a matter is the glory of kings.*

The true function of Christian theology is faith that seeks understanding; to not just know more about God, but to *know God*. We start with what we do know – and Abraham, the great father of faith is given as the classic example – *that God exists and He is a faithful rewarder of those who seek Him*. And then we keep searching, and asking, and growing, and learning, and building our life on this certainty, all with the intent to *know God more*.

*Our questions aren't just interesting, they're vital to an informed, robust faith that will last us a lifetime of Christian journeying.*

Secondly, you may be afraid to ask your questions. I want you to know that I understand your fear and your hesitancy; your desire to avoid similar censure. And yet I would say to you, *in everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love—not life or death, not angels or spirits, not the present or the future, and not powers above or powers below. Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord.*

You are God's beloved child and He is not afraid of your questions. If you commit your heart in faith to Him, He will



lead you in all truth. *Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.*

And finally, to those who would feel the need to censure such questioning, I would urge you to pause and reconsider. The Christian faith is not defined by all the things we could possibly know or articulate. None of us would dare to claim we have all knowledge or fully understand all there is to know about God.

The Christian life is not an academic exercise.

The Christian life is built upon the simple premise: *This Jesus, who was crucified, God has raised again to life and he is both Lord and Christ.* Those who confess this truth are God's children, adopted into the household of faith by God's grace.

The question then becomes not *what do I know but who am I being?* Are our lives demonstrating the fruit of a walk guided by the Spirit; *love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control?* Jesus told us *by their fruit you will recognise them;* that these are the markers that will distinguish a true follower from one who is a follower in name only.

The local church does have a corporate responsibility in the moral matters of each Christian's life (another day, another blog), but *the people are the church, we are all responsible to each other* to encourage, disciple, equip, and, if necessary, admonish in our Christian walk.

And how can we grow, make mistakes, experience grace, or mature in our discipleship if we cannot ask questions and, if needed readjust, no matter how uncomfortable?

This is the messy but vital reality of the local church; filled with sinning and flawed humans who are being renewed

daily by the grace of God, asking their questions and voicing their doubts along the way.

Leaving is never because of just one thing. It's the result of a thousand, inconsequential *one things* that all converge in a single moment of sudden, irreconcilable difference. Every question I had ever had, every answer I had been given, and every answer I hadn't found brought me to the painful realisation that this was a religious community in which I no longer fitted.

In the end, leaving was inevitable.

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As I have written this article, I have endeavoured to share my thoughts and experiences in an accurate and factual way, as they relate to me personally, summarising many aspects for brevity. For some of you reading this, my words may have deeply resonated with you and your experience closely mirrors my own.

Others reading this may be confused, disappointed, angry, or offended by what I've shared and may have received this article as critical or directed personally at them or someone they know. It is true that I have written in such a way that gives a critique of sorts. However, I would respectfully remind my readers that criticism is simply an evaluative or corrective exercise that can be applied to any area of human life, and is perhaps at its most relevant in the evaluation of our spiritual lives. Critique, while uncomfortable, can be the catalyst for much-needed reinvigoration, renewal, and revival.

No part of this article is intended to be received as criticism of any one individual, or offensive or divisive in nature.

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# Searching For Identity

*"If I find in myself desires nothing in this world will satisfy. I can only conclude that I was not made for here." | C S Lewis*

## Searching For Identity

I want to confess, at the outset, that as I was attempting to put down some of the thoughts I wanted to share relating to identity, my mind ran an internal commentary about myself. Thoughts such as, "what will people think of me?", "how will I be perceived?", "I wonder if they'll think 'this' thing or 'that' thing " ran on loop in my brain. I felt overwhelmed at the thought of showing up, convinced that I'm extremely flawed (and therefore inadequate to be sharing anything of value), anxious about my capacity to sufficiently convey and do justice to God's truths, and wondering, perhaps, at whether I'm even the most articulate person in the world to be attempting to do so!

It struck me as really quite ironic that I was wrestling with my identity **as I prepared to write and share about identity!** I guess it seemed to prove, at least to me, that our identity, [our true identity](#) is something that we have to work hard at reminding ourselves of and something we all have struggled with or will struggle with throughout our lives.

I want to refer to a particular quote which I love – Colossians 1:13

*"For He [God] has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves." | Colossians 1:13 (ESV)*

How truly life-changing! In becoming [disciples of Jesus](#), we've

also become subjects of his kingdom – living in the sphere where Jesus rules!

## **We Are Kingdom People!**

I think this is the first important truth we need to know, believe and establish at our core when we start to think about our identity and who we are. Before we relate ourselves to anyone (or anything) else in our lives, we are first and foremost **kingdom people** and **Jesus is our king!**

Choosing to be a Christian has its origins in believing the things about Jesus, in an intellectual sense – who he is and what he came for – but there's more to it than that. We are also choosing to surrender to his guidance and leadership in our life as a willing subject of God's **designated king**. Jesus has been given all authority in heaven and earth, he has first claim on our affections, he is the motivating force in our decisions and the final judge of our soul (Matthew 28:18-20, Isaiah 9:6, Luke 1:33, Acts 10:36, 1 Corinthians 15:27, Colossians 1:27, Romans 8:10, Ephesians 3:16, Acts 10:42, John 5:22. 2 Timothy 4:8, James 1:21, 1 Peter 2:25).

Perhaps we need to take a step back and consider the powerful force that enacted this transfer from the dominion of darkness. The motivating force in all of this was love – the love of an eternal God and the love of a righteous king, **who willingly died** for those who were still his enemies. While we were still in darkness, Jesus died for us. This is the meaning of '**saving grace**' – undeserved, unmerited and entirely outworked without our help or contribution.

*“Christianity is not about our disciplined pursuit of God but about God's relentless pursuit of us – to the point of Jesus dying on a cross for us that we might become His friends. The inexhaustible God loves us so intensely that every time we turn to Him after wandering from His love for us, all heaven breaks out in a thunderous celebration (Luke 15:7)*

*Most of us believe this intellectually. This is the message of the Bible from Genesis to Revelation. Experiencing this infinite love in our hearts, however, is another matter. The sinister voices of the surrounding world and our pasts are powerful. They repeat the deeply-held, negative beliefs we may have learned in our families and cultures growing up:*

- I am a mistake*
- I am a burden*
- I am stupid*
- I am worthless*
- I am not allowed to make mistakes*
- I must be approved of by certain people to feel ok*
- I don't have the right to experience joy and pleasure*
- I don't have the right to assert myself and say what I think and feel*
- I don't have a right to feel*
- I am value-based on my intelligence, wealth, and what I do, not for who I am.*

*It is astounding how many deeply committed followers of Jesus would affirm that the preceding statements articulate how they truly feel about themselves. Like the prodigal son, they are content to relate to God as hired servants, rather than enjoy the full privileges of sons and daughters of our heavenly Father (Luke 15: 11-21)" – Peter Scazzero*

*"Whom the Son sets free is free indeed!" | John 8:36 (ESV)*

Perhaps we are also more willing at times to relate to God as slaves still chained in the dominion of darkness than of kingdom people, set free and redeemed by the Son and the king!

## **The Process Of Discipleship**

Discipleship – being people of the kingdom – is a process that moves us from being spiritually and emotionally immature children to being fully mature and developed adults – “people

*dedicated to God, and capable and equipped for every good work.” (2 Timothy 3:17, NET).*

This process of discipleship is a principle-centered, character-based, “inside out” approach to developing our authentic self in Christ. It means to start first with ourselves; even more fundamentally, to start with the most inside part of self – our core – and to honestly analyse our paradigms, our character, and our motives and to realign those with the king we are serving, with the master we are following.

I think a lot of us struggle with having a clear sense of who we are, and our Christian life is often theory rather than practice, layering over our core, rather than challenging ourselves to examine what lies at the heart of us. This process of layering – creating and developing a false self over the top of core emotional truths – ensures that we remain entrapped and enslaved to ‘the old man’, rather than liberated in Jesus as a [new creation](#).

It takes courage to decide to live differently, to follow Jesus into the unknown and to be committed to emotional and spiritual reality. It takes courage to define ourselves by how God sees us – deeply loved, despite our flaws and to live from that basis of [grace](#) in our Christian discipleship.

*“Define yourself radically as one beloved by God. This is the true self. Every other identity is an illusion.” | Brennan Manning*

I’d really like to encourage us all, but especially those of you who might be really struggling with identity right now in your life, to give real attention to developing your authentic self in Jesus.

1. Pay attention to your interior (the “heart of you”) in silence and solitude.

2. Find trusted companions to help you along the way.
3. Move out of your comfort zone.
4. Pray for courage.

The Spirit Himself bears witness with our spirit that we are God's children. Our existence is now framed by Christ's life – who is [a life-giving Spirit](#) (Romans 8:16).

Here are some core, emotional truths that we can believe and take deep into our hearts, as much-loved children of God: We are created in God's own image (Genesis 1:27), the crowning glory of His creative work (Psalm 8:5). We are incredibly unique and known intimately by God (Psalm 139:13-16) and we are more valuable to Him than many sparrows (Matthew 10:31). Even when we have travelled far from His spirituality (Romans 3:23), He loved the world so much He sent His son to die for us (John 3:16). While we were still 'at enmity' with Him, He reached out to reconcile us back to Him (Romans 5:8-10). His grace, not our sin, has the final word in our position before Him (Romans 5:20). Those who step into His grace are saved (Romans 10:13), we are born-again (1 Peter 1:3), adopted as God's children and positioned as His heirs (Ephesians 1:5, 1 John 3:2, Romans 8:16-17). **We belong to God and He loves us with the love of a perfect Father** (John 14:18, 1 John 3:1).

*"...This is my [Paul's] prayer. That God, the God of our Lord Jesus Christ and the all-glorious Father, will give you spiritual wisdom and the insight to know more of Him: that you may receive that inner illumination of the Spirit which will make you realise how great is the hope to which He is calling you—the magnificence and splendour of the inheritance promised to Christians—and how tremendous is the power available to us who believe in God. That power is the same divine power which was demonstrated in Christ when He raised him from the dead and gave him the place of supreme honour in Heaven—a place that is infinitely superior to any conceivable command, authority, power or control, and which carries with it a name far beyond any name that could ever be used in this*

*world or the world to come.” | Ephesians 1:18-21, JB Phillips*

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If you are struggling with your identity as a disciple or want to understand more about God’s work of grace in your life (and how that causes radical transformation), I would highly recommend reading the following two books: “What’s So Amazing About Grace” by Phillip Yancey and “Emotionally Healthy Spirituality” by Peter Scazzero.

The Christian life isn’t always easy and the next step isn’t always clear. Sometimes we need courage to take that step and sometimes we just need to stand still and watch God go to work for us.

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## Keep Your Eyes On Jesus

We’re [called to a radical life](#).

This is a life in which we’re called to follow someone we’ve never seen. We’ve heard about him but we’ve never seen him with our own eyes. We’ve ‘believed the report’, the good message about who Jesus is and why he came, and our hearts have been convicted to follow him. And even though we haven’t seen him, we love him.

*“Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory” | 1 Peter 1:8, ESV*



# The Redemptive Power Of His Sacrifice

We have come to realise that, without Jesus, we are nothing more than 'dead men walking'.

We're reminded of the story of the serpent placed on the pole during Israel's wilderness wanderings (Numbers 21). Their criticism of God and His way brought a plague of poisonous snakes throughout the camp. Moses was told to place a copper snake on a pole for all to see and anyone who fixed their gaze on that serpent on the pole would be healed and live.

A snake on a pole has come to represent medicinal healing throughout the medical world today and we can, of course, see the redemptive symbol in this story for our Christian lives. The bronze serpent is the clearest type of the saving work of Jesus. Jesus himself used this symbol to appeal to the people in his day (John 3:14). Like the serpent, Jesus was to be raised on a stake for all to see, and all those who looked to his redemptive sacrifice would live.

We fix our gaze on Jesus, crucified, believing in the power contained in his name, and though we are dying, yet we live! Death no longer has the final say.

*"But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. But each in his own order: Christ the firstfruits, then at his coming those who belong to Christ."  
| 1 Corinthians 15:-20-23, NIV*

## Believing And Becoming In Jesus

Our Christian life starts the moment we turn our eyes to Jesus and [acknowledge him](#) as Lord of our heart and our life. But our gaze must never leave him.

The Christian life is one of transformation; of more than just believing, but of becoming, where the impossible is possible. We are able to become more than conquerors through him who loved us.

*“What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare His own Son, but gave him up for us all – how will He not also, along with him, graciously give us all things. No, in all these things we are more than conquerors through Him who loved us.” | Romans 8:31-32, 37, ESV*

We are learning to follow where Jesus has gone already and we are learning, day by day, to trust him as our good shepherd.

## A Leap Of Faith

Living the Christian life is often stepping out into the unknown. It's often an exercise in surrender, trust, and faith.

*“Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation. By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.” | Hebrews 11:1-3, ESV*

We look around us and see how things presently are, in this life, **and yet we believe that there is more** and that **we can be more**. This belief is underpinned by the [evidence of the risen Christ](#). Resurrection, the most unbelievable, incredible event to have possibly happened **has** happened. When Christians gather together for communion, we celebrate and witness to this remarkable event. The ramification for us as believers is not a small thing: the [same power](#) that raised Jesus from the dead now lives in us!

*“I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms.” | Ephesians 1:19-20, NLT*

*“And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you.” | Romans 8:11, BSB*

Jesus promised his followers that he would be with them, even to the end of the world. This is his promise to us. Sometimes he will lead us through fire and across water, through deep valleys and up high mountains. There is no promise that the Christian life will always be easy but he promises he will never leave us or forsake us.

Some of you may be feeling the heat of those flames. Or perhaps you feel like your feet are sinking and you’re going to drown. Raise your eyes and fix them on Jesus! He goes before us, he stands beside us, every day of this Christian life.

## **Faith Is Learning From History**

We learn a lot from the story of Israel and their exodus from Egypt. When the children of Israel were delivered out of slavery, that moment only signaled the beginning of a journey of faith. And almost immediately, they were brought to the edge of the ocean, with churning water ahead of them and the enemy hard at their heels. There was no way forward and no way back. And then, suddenly, a miracle was performed and God parted the ocean before them – a way out – seemingly impossible but clearly visible. They had to make a decision of faith – to step into that path cut through the ocean and cross through to the other side. Moses, their leader, spoke boldly

at this moment:

**“Don’t be afraid, stand firm and watch God do His work for you.”**

Some of us may be in that moment right now, afraid of what is behind us and unable to see a path ahead of us. Sometimes, the step of faith involves standing still and watching God go to work for us. Sometimes, faith asks us to step out into the unknown.

We have the story in Matthew 14:24-31 of Peter being called by Jesus to step out of the boat and onto the churning water. And we realise from reading this story that sometimes faith asks us to step out of the boat, out of the place where it feels comfortable and relatively safe and into the dark and churning ocean. In those moments, too, we must not lower our gaze. Faith will keep us afloat, fear will sink us.

We must look for Jesus and keep looking for Jesus. He is the good shepherd, who laid his life down for the sheep, and, like the Psalmist, we can confidently say,

*“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” | Psalm 23:4*

## **Keeping Our Eyes On Jesus**

How do we keep our eyes on Jesus? How do we ‘follow him’ and keep him front and foremost in our minds, day by day?

We need to make him real! We need to learn about him, discover what kind of leader he is, read about his character, his personality, his emotions. We need to talk to him, tell him our struggles and our fears. We need to ask for his courage to be ours. We need to invest in **relationship** with him; deep and personal and transformational.

We need to be reminded and convicted in our hearts that he is not just our personal saviour and friend, but [the resurrected King](#), in whom all power rests and with whom all things are possible!

When we come together as church, we are reminded that the church was born from the sacrifice of a man who, while we were yet sinners, died for us. Who, for the joy that was before him, endured the cross. And whose resurrection assures us that the best is still yet to come.

*“The word that saves is right here, as near as the tongue in your mouth, as close as the heart in your chest. It’s the word of faith that welcomes God to go to work and set things right for us. This is the core of our preaching. Say the welcoming word to God – “Jesus is my Master” -embracing, body and soul, God’s work of doing in us what He did in raising Jesus from the dead. That’s it. You’re not “doing” anything; you’re simply calling out to God, trusting Him to do it for you. That’s salvation. With your whole being you embrace God setting things right, and then you say it, right out loud: “God has set everything right between Him and me!” Scripture reassures us, “No one who trusts God like this – heart and soul – will ever regret it.” | Romans 10-10-13, MSG*

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**The Christian life isn’t always easy and the next step isn’t always clear. Sometimes we need courage to make that step and sometimes we just need to stand still and watch God go to work for us.**

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# 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*

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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](#).