

Keeping The Faith

The question isn't "do you truly believe" but, "who do you trust"?

Beyond The Pale

(Not a reader? Take a listen instead ↓)

"By the 14th century, the Norman invasion of Ireland was struggling. Too many Normans had "gone native", assimilated into Irish life. The remaining settlers had retreated to just four eastern counties: Louth, Meath, Dublin, and Kildare. These four "obedient shires" were the only part of Ireland still under the control of the English crown. The king's perimeter was marked with wooden fence posts pounded into the Irish turf. These were called "pales," from the Latin palus, meaning "stake."

Over the following centuries, the English settlement fortified its boundaries by turning the fenceline into an impressive barrier: a ten-foot-deep ditch surrounded by eight-foot banks on each side and ringed by a thorny hedge. These ramparts were never meant to be an impregnable wall, but they did provide a daunting obstacle to raiders stealing across the borders for English cattle. Within the Pale ditch, settlers lived under the protection of the crown. But once you passed "the Pale," you were outside the authority and safety of English law, and subject to all the savageries of [rural Ireland](#). "Beyond the pale" then became a colloquial phrase meaning "outside the limits of acceptable behaviour or judgment." | [C N Traveler](#)

I [recently wrote about my separation from](#) the religious community I grew up in and the overwhelming response to my article was both encouraging and thought-provoking.

Many people wrote to me, both publicly and privately, to let me know that the article had deeply resonated with them. They expressed that they, too, have had many questions over the years, wrestling with inconsistencies while attempting to find their place in a system they secretly suspected they didn't fit.

Not many people feel free to speak publicly of their reservations or doubts and I understand this fear and hesitancy. They want to avoid similar censure and they know the penalty for dissenting is potentially severe; loss of relationship, rejection, and ostracisation.

Many also wrote expressing their distress at my experience (regardless of whether it had been theirs or not) and offering their blessing on my continued journey. I deeply appreciated their warmth, kindness, and understanding.

Others expressed dismay that I was no longer part of the community; how would I receive *nurture and support*? With whom would I now *fellowship*? Couldn't I have just stayed to *change the culture*? Beneath their words there seemed the suggestion of a more serious question; wasn't this just the beginning of a descent into loss of faith and the inevitable and eventual drift from God?

Others were less complimentary with their feedback. My article was deemed to be slanderous and inaccurate, and I, the author, simply a narcissistic, bitter ex-member, obsessed, while I was "in", about my 'rights' being impinged upon or 'the (annoying) call of true discipleship interfering with my personal life'.

Now that I was "out", I was simply an aggressive and confrontational vandal, looking to break something with whatever stones I could throw.

My 'questions' were excuses, and, they implied, I ought to be cancelled.

While I thought a lot about the people for whom this article resonated, and I deeply appreciated that they had shared their thoughts with me, I thought more about the other two kinds of responses.

Firstly, I wondered about those who had simply dismissed me and what I had to say. I pondered the mentality that refused to acknowledge any part of my experience as valid, believable, or worthy of discussion.

I wondered at the psychology that would paint me as the intolerant troublemaker rather than the wounded truth-teller.

And I wondered at such blind certainty of their supposed privileged position and their categorical dismissal that God could legitimately be found anywhere outside their own walls. Their confirmation bias was on full display by the way in which they chose to interpret and respond to my narrative.

I thought, secondly, about those who now considered me beyond the pale, out beyond the protection and comfort of the only community that was able to provide such things. Blessings and opportunities galore had been mine for the taking, had I only just remained within the palisade walls. No such blessings or opportunities (or if there were some to be found, they would be few and far between), awaited me outside those walls.

No one survives out there, they seemed to be whispering to one another. She'll die, for sure.

Well, I didn't die.

It hasn't been an easy journey, I'll not pretend otherwise, but outside those walls is not the wilderness you might imagine it to be. I'd been told that there was nothing worthwhile out there, but I discovered those are simply the

words of fearful men, hemmed in by their own definitions and not living free in the Spirit of Christ.

God is out there. He is everywhere, and the more you listen for Him, the clearer He speaks. He is with us always, even when it feels like we're wandering through a wilderness, even if we're walking through the valley of the shadow of death.

Beyond the pale, I found men and women, fellow Christians, who deeply love Jesus and are committed to following him. I found people who are not afraid of difference but are compelled by the love of Christ to listen, to reason together, and sharpen iron one with another. To my astonishment, I discovered that *they knew the names of the faithful; Abraham, David, Deborah, Isaiah, Mary of Magdala, Paul, and many more.*

I discovered my place in the history of the church and learned the names of people from long, long ago – *Clement of Rome, Ignatius of Antioch, Irenaeus, Polycarp, Junia, Prisca, and Quintilla*, brothers and sisters in the great family of God.

I became reacquainted with Scripture in new ways, seeing the Bible as a book to marvel at and pore over, 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. I learned to loosen my grip on needing *to know and understand everything* right now, and learned instead to say, "God, show me more of *You*."

My way of thinking about the Christian life shifted dramatically. It became very simple (note that I use the word *simple*, not *easy*): *Confess Jesus is Lord and Saviour (believe the story of Jesus as told us in the gospel) and then take up your cross and follow him, bearing the fruit of a life of repentance.* All else is just noise.

I discovered 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.

I learned what it felt like to be pastored to and personally prayed over, concepts that, bizarrely for a Christian, felt foreign and strange to me.

I discovered some churches that weren't for me and found others that were. The Christian world is nothing if not perfectly imperfect and there's a lot of diversity out there. It's not for me to judge the legitimacy of their place as one of the Lord's lampstands (Revelation 2:5), but it is my responsibility to use discernment when choosing a church home (1 John 4:1-5).

I found myself asking: what am I responsible to *bring* and what am I responsible to *nurture*? *In this sea of Christianity, how do I best serve and represent Jesus in the place where I now find myself?*

Let me now answer some of the questions that have been put to me. It may be that these are questions on your mind too.

Who Do I Fellowship With?

Well, other Christians of course. A Christian is someone who has "*confessed that Jesus is Lord and believes in their heart that God raised him from the dead.*" (Romans 10:9). They've demonstrated their belief by repenting of their former way of life and by being baptised into the saving name of the Father, Son and Holy Spirit (Matthew 28:19). They've been transferred out of the dominion of darkness and into the kingdom of the Son of God's love, [a kingdom of life and light](#).

The first letter of John puts it this way:

"What was from the beginning, what we have heard, what we have seen with our eyes, what we have observed and have touched with our hands, concerning the word of life – that life was revealed, and we have seen it and we testify and

declare to you the eternal life that was with the Father and was revealed to us – what we have seen and heard we also declare to you, so that you may also have fellowship with us; and indeed our fellowship is with the Father and with His Son, Jesus Christ. We are writing these things so that our joy may be complete.

*This is the message we have heard from him and declare to you: God is light, and there is absolutely no darkness in Him. If we say, “We have fellowship with Him,” and yet we walk in darkness, we are lying and are not practicing the truth. **If we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.**” | 1 John 1:1-7, CSB*

If we abide in Jesus, then we are in common union – community – with all those who are also abiding in him, both in our present time and throughout the ages, a great cloud of faithful witnesses of the risen King, [the people of the kingdom](#) (1 John 2:28, John 15:1-27, Hebrews 12:1-2). We are connected to one another by the precious blood of the lamb and nothing can separate us from the love of God, apart from us choosing to leave the light and walk again in darkness (Romans 8:31-39).

The [ordinance of communion](#) – taking bread and wine together – is an important part of our Christian life, as members of Jesus’ body and God’s family. It is a key element of Jesus’ covenant with each one of us individually and collectively as his church, the price of which was his own blood.

Written about 300 years after the birth of Christ, [the Apostles’ Creed](#) summarises the foundational Christian beliefs taught by the early church and is a bold declaration of Christian faith in Jesus Christ. It particularly affirms the teachings regarding Jesus, that of his virgin birth, his crucifixion, his death, and his subsequent resurrection; core

elements of the gospel of good news.

It is a primary statement of faith shared by Christians around the world, uniting them in common with the work achieved in and through Jesus. No Christian worth their salt denies this creed.

The church, the universal church, exists outside denominational walls and extends beyond historical boundaries. There is only *one body* of Jesus Christ, and holding to this spiritual reality means holding to the reality that *fellowship with the body happens when we abide in the body*.

Why Couldn't I Stay And Change The Culture?

Cultures don't happen overnight. Made up of an interconnecting set of goals, roles, processes, values, practices, attitudes, and assumptions, the culture of an organisation is practically its DNA.

Changing a culture takes committed leadership, and often requires years of concerted and consistent effort, including intensive work to communicate and reinforce new ways of thinking, desired values, and changed behaviours. In fact, in the case of organisational transformation (such as church), it can take a minimum of seven to 10 years to change the culture.

But we humans are very resistant to change in general and attempting to change the culture of an organisation is particularly difficult as it's deeply embedded in the system. When people believe that their culture is superior to other cultures, they tend to resist any influence other cultures may bring (you can read more about this [here](#)).

I came to realise that I didn't have 15 years, or 10 years or even seven years up my sleeve. My children had reached their formative and impressionable years and there were many aspects

of this culture that I didn't want them to absorb or be absorbed into. I also realised that while I had been hopeful of the possibility of a shift in culture, I had not fully understood how deeply embedded it was in the heart of a system so strongly resistant to change.

This was a culture that has existed for years and years, unchanged and unchallenged. It did not want to change and it saw no need for change. I began to understand it would take many years of sustained and concentrated effort by many more persons than myself, to see any kind of tangible difference.

I felt I had more hope of reaching the moon than I did of changing this culture by staying.

Have I Lost My Faith?

I said that this journey hasn't been easy. And it hasn't.

When a person experiences loss of community, they also have to contend with what can feel like loss of identity. While we would all agree in theory that our identity rests, or should rest, in Jesus, in practice we are also deeply shaped by our place within community, in knowing and being known by the people who surround us.

Beyond the pale is initially daunting and lonely. Everyone you ever knew is on the other side of that fence.

I was [reminded during this time](#) of the story of Hagar, who had been driven into the wilderness by the harsh treatment of her mistress Sarah (Genesis 16:6-13).

Miserable, lonely, and afraid, the Lord found Hagar beside a spring in the wilderness and spoke words of comfort and hope to her. She names God in that place as 'El Roi', meaning, "You are the God who sees me."

I have repeated this to myself many times in the past few

years when doubt and discomfort has crept in. Not doubt *in* God, but doubt that He still had His hand over my life, that He was the God who looks after me, that I was still seen and known.

Having faith is firstly a posture of the heart, an orientation of trust in or towards something or someone. My faith was placed in Jesus at 16 years old and my trust in God remains firm. I remain confident that the Spirit will lead me in all truth and that the important things God wishes me to know, He will make known.

I trust Him, even when I am confused about His plans for me, even when I don't understand the lessons He's teaching me, even when I can't see what the future holds.

I trust Him even when I'm wracked with anxiety and overwhelmed by uncertainty. I trust Him even when life is challenging and change is necessary. I trust Him because I believe that the same Spirit that rose Jesus from the dead *lives in me*. If God is for me, who can be against me?

This journey has challenged me in ways I never imagined and I've wondered many, many times, *how did I get here?* But I know, for sure, He is still the God who sees me and takes care of me.

I have not lost my faith.

Where Would I Find Nurture And Support?

The wilderness is an unforgiving landscape, where all reliance on self is brutally highlighted for what it is, inadequate, insufficient, a lie. To my dismay, I initially found myself echoing the murmurs of the children of Israel in the wilderness. I wondered, had God brought me out here to die?

This was the first lesson I had to learn: Jesus never promised this Christian life would be easy.

The second was this: God always provides.

It was not the wilderness I imagined it to be. God sent people into my life during this time: good, loving, solid, Jesus-loving people, who prayed with me, ate with me, opened their homes and shared their lives with me.

They personally testified to God's goodness in both good times and bad. They encouraged me to persevere in faith, nurture forgiveness, run after grace, and ground myself in God's love. *"Love bears all things"*, they reminded me, *"believes all things, hopes all things, endures all things."*

Like the children of Israel who had wandered in the wilderness, God had ensured I was still provided for.

***"There's honey in the rock
Water in the stone
Manna on the ground
No matter where I go
I don't need to worry now that I know
Everything I need You've got"***

Honey In The Rock | Brooke Ligertwood

Where To From Here?

I am a Christian for the rest of my days. *I believe in Jesus Christ, descended from David, risen from the dead. This is my gospel.*

But as to the next step? *I don't know* what God has in store for my future.

I hope to be a part of a flourishing and vibrant church. I hope to serve and witness alongside people whom I get to love and know deeply, and by whom I feel seen and loved in return.

I hope to be a worthy example of faith for my children and a trusted companion and woman of valour to my husband.

I hope that God uses me in many small, indiscernible ways to help grow His kingdom here on earth. If He has larger, more visible plans in mind, I hope I have the courage to step into His calling for me.

I hope to avoid pain and difficulty and loss, but I know these will inevitably come my way, so I hope to be brave and true when they do.

And in all these things, I recognise that I will be flawed, always flawed, but I continue to give thanks for the grace of God and the blood of Jesus, which cleanses us from all sin.

Most of all, I hope to hear the words of the king on that final day: *“Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your Lord.”*

Radical Social Change: A Letter To Philemon

“Injustice: unfairness, unjust act, Unfair: not equitable or honest, not impartial or according to rules, society: organised and interdependent community, system and organisation of this” – The Australian Oxford Dictionary, Third Edition

The issue of social injustice* has always been one that is close to my heart. It's something that I like to talk to my kids about often, to try to impress upon them just how fortunate they are in many aspects of their life. They live in a modern, western country and are possessors of freedoms and rights still not available to many other peoples of the world.

My daughters, particularly, have liberties still not accessible to many other [girls and women](#). And on the delicate subject of race, my children haven't had to endure the criticism or racial bigotry experienced by those who clearly display the truth of their indigenous ancestry by the colour of their skin (and who have been and are still being treated unjustly because of it).

Historically, social injustice has often been tolerated or, even worse, promoted on the basis of prejudice and [erroneously applied religious doctrine](#). Religious intolerance has fuelled many of this world's wars and God has been made the "scapegoat" for much of what is the worst of humanity.

One only needs to look, for example, at the [founding document](#) of the devoutly Christian American nation, the Declaration of Independence, to see that what people say and what people *do* are often two quite different things.

The statement in the second paragraph, **"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness"** did not prelude American citizens from denying those same rights to thousands of men and women during the infamous period of slavery, based simply on the colour of their skin.

Mistreatment of slaves was further bolstered by their ignorant and prejudicial application of Bible passages. It took nearly 250 years for the official practice of human trafficking and slavery to be abolished in America and yet the affects of slavery are still felt and are at work today in many parts of America, and indeed the world.

Social injustice, however, is not just an American problem, or a historical problem. It's a world problem, manifested in many different ways, and is still a very relevant conversation for

modern times.

“Over and over again, in the history of the world, man has made life into chaos.” – Oswald Chambers

What Does God Have To Say About Social Injustice?

God, the creator of all, made all equal. The only difference commented on in Genesis, at the creation of humanity, was our genders – both uniquely special and individually reflective of God’s glory. We’re told throughout the Bible that God makes no distinction between people based on their social status (Jeremiah 22:3), their ethnicity (Acts 10: 34-35), or their gender (Galatians 3:28).

In fact, we’re told that God is just, fair, and completely impartial (Deuteronomy 10:17, Romans 2:11). He despises mistreatment, discrimination or prejudicial treatment:

“Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow’s cause.” | Isaiah 1:17 (ESV)

“This is what the LORD Almighty said: ‘Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other’” | Zechariah 7:9-10 (NIV)

“Do not judge according to appearance, but judge with righteous judgment.” | John 7:24 (NIV)

This impartiality is thrown into sharp relief against the story found in the letter to Philemon.

Philemon, squeezed between the epistle to Titus and the letter to the Hebrews, is often overlooked and under-read. But it is a truly astonishing and socially radical exposition of exactly how God views all men and women. It tackles the serious and often difficult shift in thinking that is required and shows that belief in and love of God must affect our relationships with others in positive ways and with complete impartiality.

Sometimes, these effects are profound and far-reaching, as in the case of Philemon.

Who Was Philemon?

Philemon was a wealthy, Christian slave owner, living in Colosse, a city which is now in modern Turkey. The area of Asia Minor was a huge melting pot of ethnicities and also one of the [first areas to flourish with converts to the new religion of Christianity](#). Overlaying this was the fact that this area was part of the hugely expansive [Roman Empire](#), at the height of its glory and, as such, was subject to Roman law and Roman customs.

In many cities in the Roman Empire, up to [30% of the population were slaves](#). They undertook the bulk of the work required to keep the empire running and were considered to be the legal property of their owners. There were some rules against cruelty, but we would recognise them as the equivalent of 'animal rights', certainly not as human rights. Owners, like Philemon, essentially had the right to treat slaves however they wanted.

Who Was Onesimus?

Typically, a slave would take on the religion of his or her master and Onesimus, the subject of the letter to Philemon, was one such slave. Having converted to Christianity, he then, at some point, fled his master's household and travelled hundreds of miles to where Paul was, the heart of the empire

itself, to Rome. Rome differed from Greek city-states in that freed slaves were allowed to become citizens and perhaps this was Onesimus' objective in seeking out Rome.

The testimony of a slave could not be accepted in a Roman Court and they had no rights at all under the law. A master could punish a slave, however he wanted, and punishments included branding, scourging, torture or death. The punishment for a runaway slave was often branding in the forehead and the deliberate breaking of bones or joints.

This was Onesimus' expected fate, under Roman law, and Philemon had every right, as a master and Roman citizen, to enforce such punishment.

Jesus Changes Our Culture

Paul's letter, however, is full of warm entreaty on behalf of Onesimus. He reminds Philemon that God's rule of love transcends any man-made law and that, in Jesus, both slave and master are equal. They are considered brothers, both children of a Heavenly Father. Paul was sending Onesimus back to Philemon, not as just a slave, but as family.

Paul tells Philemon to add any debt owed by Onesimus to his own account but, in fact, considers it a favour to be done for Jesus. Paul is more than confident of Philemon's response and gives much emphasis to "this faith we hold in common...and that people recognise Christ in all of it".

The remarkable transformative power of the Gospel spills from the words in this letter – showing the dramatic ripple effect a response to God has in our personal lives. It challenges everything we do, our belief systems and possibly even misplaced prejudices about others. It compels us to behave justly to others, with impartiality, even though the world around us might not be just or impartial. **It compels us to do better and be better, simply because Jesus is.**

The Gospel of Good News often causes radical upheaval in our own lives as it forces our practices and beliefs to fall into line with the ideals of a true, loving, and socially just God.

“He’s already made it plain how to live, what to do, what GOD is looking for in men and women. It’s quite simple. Do what is fair and just to your neighbour, be compassionate and loyal in your love, and don’t take yourself too seriously – take God seriously.” | Micah 6:8 (The Message)

***In this article, “social injustice” is used in conjunction with the dictionary definitions noted at the beginning. Social injustice can be considered to fall into two categories, which are often inter-connected. These categories are defined as ‘Inter-Social Treatment’ and ‘Unequal Government Regulation’. “Inter-Social Treatment involves unequal treatment of a group(s) of people within the local and regional scale. The basis for this unequal treatment is usually due to a personal belief about that group(s): Unequal Government Regulations are laws and regulations that purposefully or otherwise, discriminate a group(s) from the same opportunities and resources, based on differences that are unique to that group(s)”**

(cited: <https://www.pachamama.org/social-justice/social-justice-issues>) Examples may include: unfair labour practices, racial, gender, age or ethnicity discrimination, inequality of health care or education based on certain criteria and to the worst degree, systematic genocide based on certain criteria.

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Beneath The Skin

(Not a reader? Take a listen instead ↓)

What's beneath the skin of our collective Christian identity?

Has Christianity lost touch with its original radical and beating heart? Are we so enamored with the power and prestige of this present world that we have forgotten our own history?

Are we, the church, so entertained by the lights and sounds, by the choreographed music, by the dimly lit stages and almond-milk-lattes-after-service that we've forgotten the ancient truths our early Christian brethren lived and died for?

Have we become mere spectators to our own Christian faith?

The Birth Of 'The Jesus Movement'

The modern western church lives a comfortable existence. She wants for nothing.

With both resources and freedom in worship and expression of faith, the church looks remarkably different today than she did in her fraught, early days. Birthed during the reign of Tiberius Caesar Augustus (14 AD – 37 AD), "the Jesus movement" initially attracted little attention from the Romans; assumed to be merely an offshoot of Judaism. Yet it soon became clear that this movement was more than a Judaistic sidenote, that it could not be contained nor extinguished and that it threatened the authority of Caesar himself.

Christians everywhere preached the news of Jesus, not just as the long-awaited Jewish Messiah, but as Lord, Saviour, and King; over and above Caesar. Unlike the Jewish community, who lived and worshipped largely by themselves, Christians were active evangelists, eager to share the good news about Jesus

with all who would listen.

The first century was a spiritual explosion; fueled by the reality of the resurrection of Jesus and the presence of the Holy Spirit.

The preaching of the gospel found its most fruitful response amongst Gentiles – pagans – who would have formerly given allegiance to Caesar and embraced a belief in many deities. Now, these new converts rejected their pagan gods and confessed belief in one God – the God of Israel, giving their allegiance to Jesus, His appointed Saviour and designated King. They were convinced by the witnesses who spoke boldly of Jesus' resurrection, particularly the compelling evidence of men like Paul the Apostle, also later called '*the apostle to the Gentiles*', who had seen the risen Christ for himself.

People responded, literally, in their thousands, and Rome realised it had a real problem on its hands.

"By the end of the second century, the new faith was on its way to becoming the most forceful and compelling movement within the empire." (Bruce L Shelley)

By simply living in accordance with the teachings of Jesus, giving him their allegiance, they had effectively rejected Caesar, a pagan ruler, and broken from the tradition of emperor worship.

This worship of the emperor, which, by AD249 had been made universal and compulsory for every nation in the Roman Empire, was primarily a test of political loyalty. Those who would not swear allegiance to Caesar and acknowledge him and each successor to the title with the words "Lord of the Earth, Invincible Power, Glory, Honour, Blessed, Great, Worthy Art Thou To Inherit The Kingdom." were branded revolutionaries and traitors of the empire.

The Spread Of Faith And Conviction

Had the Christians been willing to simply formally verbalise that 'Caesar is Lord', they could have continued worshipping Jesus as much as they wanted...but the Christians would not compromise.

What was beneath the skin?

There are several reasons that the Christian faith experienced such a remarkable spread, despite persecution.

Firstly, the witnesses to the resurrection were clearly possessed by a burning, unshakeable conviction as to the reality of who Jesus was and what had been accomplished in his death and resurrection. They knew that this good news had the power to transform the lives of men and women, that finally humanity had been redeemed, and that they themselves were the recipients of immeasurable grace. They simply could not keep the news to themselves and their unswerving belief, despite every obstacle (including the threat of death or actual death) could not deter them.

Secondly, the practical outworking of the Christian faith, demonstrated in acts of love, was astonishing and quite unheard of in Roman times. It was their most defining feature, remarked upon by the pagans with grudging admiration.

It found its expression in care for the poor, widows and orphans, for those brethren who had been imprisoned or condemned, and particularly for brethren, who due to poverty, could not afford an honourable burial. The early church would often provide services for such persons, believing care in death as well as life was an active expression of love for those made in the image of God.

"Atheism (ie the Christian faith) has been specially advanced through the loving service rendered to strangers and through their care for the burial of the dead. It is a scandal that

there is not a single Jew who is a beggar and that the godless Galileans' care not only for their own poor but for ours as well; while those who belong to us look in vain for the help that we should render them" | Emperor Julian, (332-63)

As Jesus had promised, by demonstrating this kind of love, sacrificial and all-encompassing, all people knew that these believers were part of 'the Jesus movement'. Just as *they* had been loved, they now displayed that same kind of love for each other and others, proving without a doubt that they were disciples of the Christ.

The Price Of Prestige

The early church flourished as a separate identity from the empire for a brief few centuries, with the struggle between Christian worship and Caesar worship defining the first 300 years of church history. Many martyrs went to their deaths, refusing to recant their faith in Jesus and give allegiance to Caesar.

Yet the church was to face a far more insidious threat in the centuries that followed; more dangerous than persecution, poverty or martyrdom. Power and prestige came to the church in the form of open favour from Rome's pagan Emperor, Constantine.

Formerly outlawed and persecuted, the Christian church now experienced a sudden reversal in fortune. But Constantine, represented as the ideal Christian ruler and ushering in a new age of salvation for the church, still retained much of his pagan origins.

What was beneath the skin?

The advantages for the church were real enough but there was a price to pay. Constantine ruled Christian bishops as he did

his civil servants and demanded unconditional obedience to official pronouncements, even when they interfered with purely church matters. There were also masses that now streamed into the officially favoured church. Prior to Constantine's conversion, the church consisted of convinced believers. Now many came who were politically ambitious, religiously disinterested and still half-rooted in paganism. This threatened to produce not only shallowness and permeation by pagan superstitions but also the secularisation and misuse of religion for political purposes." | Bruce L Shelley

Did the church ever recover from this melding of state and faith, this union of empire and religion? Did she ever break loose from the seductive grasp of the pagan Caesar, no longer enemy, but sponsor and friend, and return to her first love?

Did she find again the burning conviction that Jesus alone was Lord and King over all the earth and her allegiance was to him?

At times, perhaps.

But, equally, at times, she has colluded with the powers of this world, exchanging her birthright for what amounted to a mess of pottage.

She has had, in many stages of her historical past, a reputation of being alive but *beneath the skin*, she was dying. "Wake up", her Lord and King has implored "and strengthen what remains and is about to die, for I have not found your works complete in the sight of my God."

Faithful individuals remained; arguably, the heart and soul of the church herself, but often enough, the official church sacrificed such individuals in order to appease the empire, in order to maintain control, to the detriment of humanity's salvation.

What lay beneath the skin?

The Church Of Our Times

What of the church today?

What lies beneath her skin?

Behind the powerful vocals from a vast and blue-lit stage, beneath the skinny jeans with tastefully ripped knees, between the cleverly worded messages from the pulpit, is there still a radical and beating heart?

After asking Jesus into their hearts, do Christians still ask Jesus into their lives? The church may profess to still love Jesus *but would she die for him?*

Still. In every time and in every place, there has always been a movement, a people; the invisible church. A generation that does not lose hope in the church it sees but instead endeavours to become the church it dreams of.

As in times past, the message of good news continues to be enacted in the lives of ordinary people and in circumstances that are familiar and relatable to us all; stories of mothers and fathers, children and parents, wealthy people, and those in poverty, in bustling market places and domestic households. This collective community of faith – the church – will look different throughout time and throughout culture, yet the ancient truths remain embedded within the lives of those faithful to the message of good news.

The skin is just the outward appearance. How the church has looked, from the outside, has changed many times during the centuries. Her skin is unimportant.

But what lies *beneath the skin* is vitally important. Is there more to the church today than simply a hip social media account or a buzzing Sunday service? Is there an emphasis on

substance over reputation? Is she still to be found among the simple, the humble, those deemed by this world to be foolish and irrelevant?

Or does the church sit alongside the culture of celebrity and, in an age of consumer-driven interests, is she more engrossed in giving people what they *want* rather than what they *need*.

The early believers weren't just Sunday Christians, whose most active participation in their Christian faith was simply attending a weekly service. They didn't just turn up for one hour in the week; they shared their entire lives with each other, week in and week out.

They didn't *go to church*, they were church.

They ate and worshipped together, they divided their resources and distributed to whoever had need. They "*ate their food with gladness and simplicity of heart, praising God and having favour with all the people*". They evangelised and disciplined, their conviction deeply rooted in and flowing from this focused centre; that "*one man died for everyone*." They knew that what this meant for humanity was dramatic and life-changing; effectively turning the world upside down.

Believers were added to their fellowship through baptism, "*buried with Jesus into death*", and bound together in unity through communion, Jesus' "*death and resurrection*". They became people of the kingdom, joined together in the fellowship of the King, the risen Christ, whose kingdom is over and above all other powers in this world.

Beneath The Skin

It's imperative for the church as she now progresses into the 21st century that she reclaims this identity and the authority that is deeply rooted in and connected to Jesus, her risen king. It's vital that Jesus is truly first in her affections and that his will and sovereign rule supersedes all. It's

crucial that she rediscovers the transforming power that gave her life and empowers her still.

Beneath her skin, there must be a depth to her character, a sense of resourcefulness and humility, sacrifice and love. She must resolve to *authentically and completely* represent Jesus to the world, not just the parts of him that are palatable. She won't be satisfied to merely speak *of Jesus* but be compelled to lead humanity *to him*, to not just sing *of Jesus* but to baptise and disciple *in his name*. Strength and dignity are the garments she chooses to clothe herself with, and wisdom and kindness the teachings that spring from her lips.

Her form is unimportant: she knows that outward beauty can be deceitful and that it is the heart of her, the burning devotion and the fearless and uncompromising intention to live according to the teachings of Jesus, that will cause praise to rise up to God in Heaven.

The greatest hope for the church in our time and place is that we will see a passionate and stirring revival. That Christians, no matter their denomination or creed, will be emboldened to return to the foot of the cross and give their lives anew to the resurrected king. That collectively, we, the church, the 'woman of valour' for whom he died, will shine brightly in a darkened and impoverished world through our most basic and guiding principle: that is, to incarnate Christ.

That *beneath our collective skin* is a radical and beating heart still.

"So come, move, let justice roll on like a river; let worship turn into revival. Lord, lead us back to you." | insp. Amos 5:24

Is Church-Going Still Relevant?

Despite Christianity still being Australia's largest religion (61.1% compared with 7.3% of all other religions combined), the proportion of Australians identifying as Christian has been steadily declining over the past century. Compared to 1911, when 96% of people identified as Christian, the 2001 census recorded the figure of 68% and the latest Census, taken in 2011, recorded a drop to 61.1%.

New figures released in 2017 show that some 7 million Australians (30.1% of the population), said they did not identify with any religion at all, a figure that's up from around 4.8 million (22.3%) in 2011's Census.

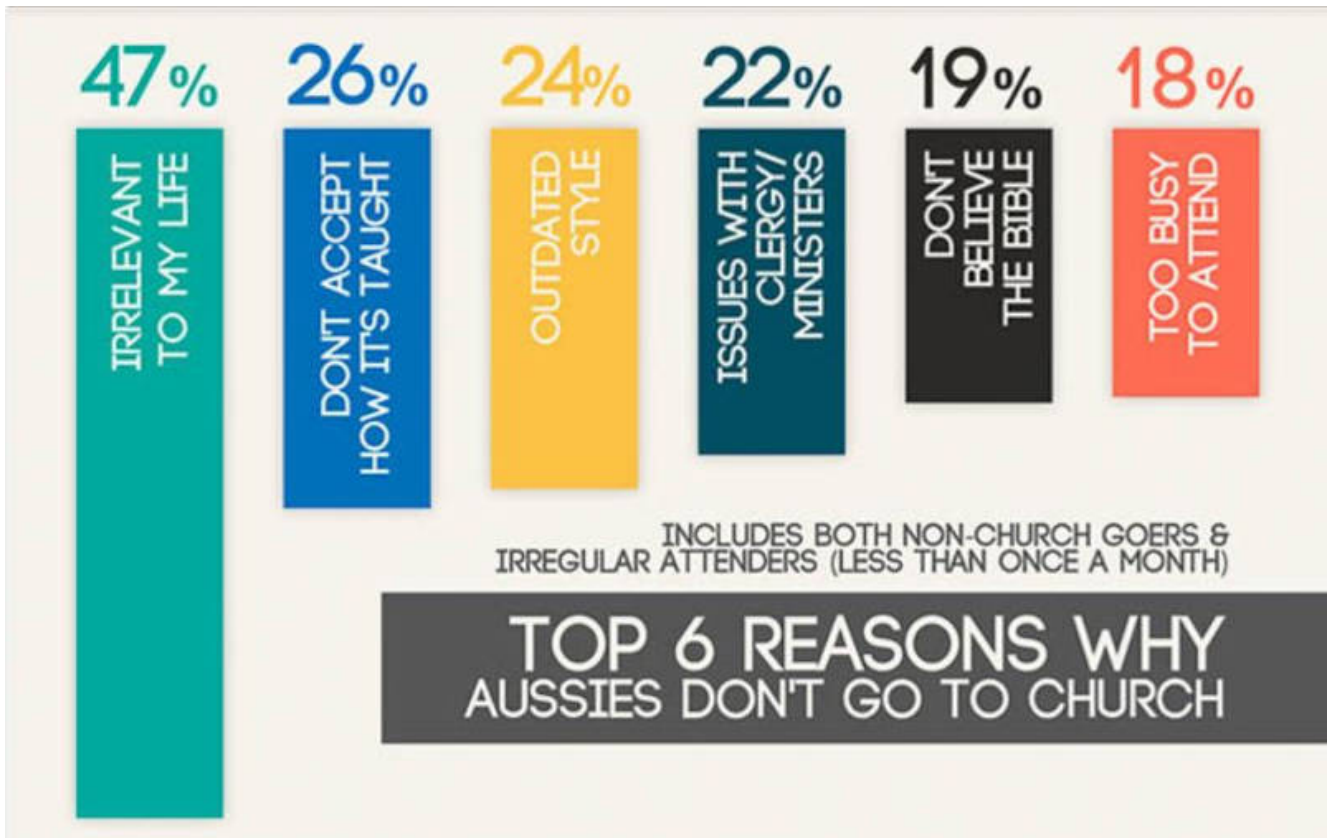
The average church attender's age has increased to 53 years and while the 70+ age group is still strongly represented, the younger generation is increasingly underrepresented. For example, 20-39 year olds make up about 34% of the national population but only 21% of church attenders.

Australia has more churches (13,000) than schools (9,500) yet church attendance has also declined. Those attending at least once per month has dropped by more than half when compared to [statistics](#) taken in 1972 (from 36% to the current attendance rate of 15%). Less than one in seven of the Australians who ticked "Christianity" on their census form regularly attend a church.

Six Top Reasons Why People Don't Go To

Church

For many people (as much as 47%), church is considered to be irrelevant to their life. The following diagram shows the top six reasons why Aussies aren't going to church. This is a survey of both non-church goers and irregular attenders but these reasons are perhaps also relevant for those once-regular attendees who have dropped off.



Is Church-Going Still Relevant In 2019?

Nearly 50% of Australians believe the answer is 'no'. It's interesting to note in the following diagram that out of a list of 13 facilities and services that people agree a community needs, a local church comes in at 13 and 9 respectively (only scrapping ahead of English classes and migrant support, in the case of the latter). Clearly, for many people, church-going is not only personally irrelevant, it's also considered practically superfluous to a community's needs.



Church-going has become less relevant for Christians and non-Christians alike. Considerations such as meaningful engagement, purposeful worship, approachable ministry or authentic beliefs are all issues for people questioning the relevance of church and church attendance in their life.

Does Church-Going Make Me A Better Person?

It depends.

Similar to the colloquial, often humorous question “how long

is a piece of string?”, the answer is; it depends. *It depends on how you measure it.*

Church-going, in and of itself, doesn't make a someone a better person (or Christian, for that matter). No-one would suggest that hanging out in the local soccer club means you'll become a better soccer player. Or that spending time every week in a car sales yard will make you a better driver. Attendance at church, in itself, really means nothing at all.

And, in fact, it could be argued that if you are attending because of the wrong motivations, then church-going could actually be detrimental for you. Going to church, just to keep your spouse or family happy, because you feel guilty if you don't, or because you feel a sense of religious obligation, are never meaningful reasons to attend. Religious obligation – a 'works-based' mindset – is often one of the major causes of [church burnout](#).

But when the *purpose* of church and church-going are both considered, we can measure the outcomes in a different way and get quite a different answer.

Church Is About People

The Greek word *ekklesia*, which has been translated as 'church' in our English Bibles, is found 114 times in the New Testament (the original word is actually translated *assembly* three times, *church* 74 times, *churches* 35 times, and *congregation* twice). The original definition is of *an assembly of people convened at a public place*, often for the purpose of deliberating.

The root meaning of *church* is not that of a building, but of people and it was used by the New Testament writers to describe the community of believers gathering together. These believers would meet in various places, such as homes (Romans 16:5) or the temple (Acts 2:42). It wouldn't be incorrect to

express their meetings in this way; that the early believers 'churched together' (or assembled together).

The word *church*, in time, also came to be used to describe the building in which Christian believers would meet and so 'church' is now understood to be either the people, the building or both.

Yet the biblical definition of 'church' is actually about the people – those who have placed their faith in Jesus Christ for salvation ([John 3:16](#); [1 Corinthians 12:13](#)). These people are the community of believers who gather together and the Apostle Paul describes it like the human body, a living thing – made up of real people ([1 Corinthians 12:12](#)). In fact, he devoted a whole chapter in the book of Corinthians (in the New Testament) to the principles and purpose of 'church' and how each 'member' is to be valued for the diversity and contribution they bring to 'the body'. In essence, church is about *relationship*.

“Church is not an event you go to. It’s a family you belong to.” – Rick Warren

What Is The Purpose Of Church?

The purpose of church (believers getting together) can be briefly summarised as follows:

- To honour God and His Son – 'worship'
- To grow community – 'fellowship'
- To develop personally – 'discipleship'
- To provide service to others – 'ministry'
- To share the [Good News](#) – 'evangelism'

These purposes are all outworked in the context of *relationship* – with God, His son and with each other. Church-going is about 'giving' and 'getting'. Church life is 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. Service within a church should be something that fills a person with joy and deep personal fulfillment – the natural outworking of a life based on being a certain kind of person, not doing certain kinds of things. Church life – life with Jesus – is for those who are weary and burdened – because in Jesus we find rest.

“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....” – Jesus, Matthew 11:28-29

Church-going provides opportunity to undertake all the purposes that a community of believers consider to be important aspects of their Christian life.

So if we ask the question again – does church-going make me a better person? – the answer is yes – *depending on how you measure it.*

If going to church makes you feel like you have a place to belong, gives you support and encouragement, fosters a sense of individual growth and development ‘in Christ’, without judgment, and provides opportunity for you to extend God’s love to others, then yes, church-going can help you be a ‘better person’.

In this context, church-going is definitely still relevant and, it could be argued, essential for healthy, well functioning communities. Church – true church – helps people grow in the ways that matter most – in their relationship with God and Jesus and their relationship with others. This is the Bible’s definition of true happiness and a flourishing life.

“In the biblical sense, true human flourishing [happiness] and well-being can only be found in relationship with God and

through alignment with His coming kingdom..it is important to see that this flourishing can never occur fully apart from a proper relationship with the creator God. All of the Bible's vision of human flourishing both now and in the age to come either assumes or explicitly states this fact.” – Jonathan Pennington, PhD, [A Biblical Theology Of Human Flourishing](#)

Overcoming Negative Experiences Of Church

For many people, however, church is not the experience they hoped or thought it would be. Rigid expectations, subtle (or not so subtle) spiritual manipulation, a performance-driven culture or unhealthy theology all combine to ensure the experience of 'church' is one of failure, disconnect, disappointment and isolation, from both community and God. This is a sad but nonetheless true fact and the experience of many people.

God's gift of freedom, found in His [gospel of grace](#), 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 – and by extension, church – should not be an impersonal force to be used to make people behave in certain prescribed ways. God is a deeply real and loving Father who invites us into a personal relationship with Him and whose love and acceptance should be manifested by those who 'church together' in His name.

So, Is Church-Going Still Relevant?

“Christians need relationships to grow. We don't grow in isolation; we develop in the context of fellowship” – Rick

Warren

Communities also need relationships to flourish and grow, to provide stability and support, and to offer compassion and encouragement. Church can play an important part in people's lives, both Christian or non-Christian, to facilitate these endeavours. Not only that, with the weight of life's pressures and the uncertainty of life's big questions bearing down on people, church is often the place people will turn to '[find God](#)'.

Church is (or should be) the place where the Good News of God's salvation is joyfully lived and unconditionally offered – a place of support and fellowship for those who believe and a place of [welcome and hope](#) for those who don't. Discovering that God has a plan and purpose for you – if you want it – is the most empowering, life-changing realisation in the world!

“God's way is not a matter of mere talk; it's an empowered life.” -1 Corinthians 4:20

God's love is demonstrated to the world through a Christian's application of it to others (John 13:35), and this love in operation becomes concrete evidence of [the power of God's message](#), as given through Jesus, to transform lives. 'Church' (a community of believers gathering together) provides a powerful opportunity to do that, and benefits believers and non-believers alike.

“If it isn't good news, it isn't the Gospel. The Gospel is about what God has done for us and what we can become in Christ; it's about Christ being the answer to our deepest needs. The Good News offers lost people what they are frantically searching for: forgiveness, freedom, security, purpose, love, acceptance and strength. It settles our past, assures our future, and gives meaning to today. It is the best news in the world.” – Rick Warren, A Purpose Driven

If your experience of church or church-going has been one of hurt, you are not alone. Many people have experienced the disillusionment and distress of discovering that church is not perfect. Church is made up of humans; damaged and sinful by their very nature. In fact, it would be surprising to *not* find hurt within a church, given this fact. Not every church hurts people, but most churches have hurt someone at some point, simply because churches are made up of imperfect people. This reality can leave people reluctant to re-engage, afraid of being hurt again, wanting to protect themselves, and questioning the place of church or even God in their lives.

However, it's important to separate human failure from the love and freedom that God offers. Take time to recover from your negative experience. Let yourself heal. And then find a church where you are able to live freely, with a light heart in response to the [freedom and forgiveness given by God](#).

Be mindful though; if you are looking for another church because you don't feel you can really be "spiritual" without it, or you believe attending church makes God love you more, you really need to examine what true spirituality is and (re)acquaint yourself with what the [grace of God](#) means. If, however, you long for warm, accepting fellowship, spiritual encouragement and growth, and the opportunity to serve others in love, then you're on the right track.

While this approach should not minimise your experience or negate your feelings of hurt or pain, it does enable you to move past the burden of bitterness, which, in the end, will destroy peace, joy, freedom and life itself.

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.” –

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.