

Women + The Church

There is a great deal of evidence of women's participation in the early church and the role they played in early Christianity.

The Faith | Works 'Conundrum'

(Not a reader? Take a listen instead ↓)

Acceptance By Grace Through Faith Alone

The simple truth that we find acceptance with God by grace through faith alone is the Bible's most beautiful theme. Grace began long ago when God set in motion the means for humanity to find their way back to Him, to find their way home. He promised Adam and Eve that [a redeemer](#) would come who would save humanity from the [consequences of their sin](#). That redeemer would be His very own Son, born for the specific purpose of reconciling the world back to God (John 3:17). The earth waited, enduring times of difficulty and futility, restless and expectant for the promised Prince of Peace to appear.

With the arrival of Emmanuel, 'God-With-Us', the reality of a whole and healed relationship with God for every person was realised. Brutal tyranny at the hands of sin and death was finally overthrown in the person and ministry of God's Son, whose death on the cross struck the final blow to mortality.

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called

Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end.” – Isaiah 9:6-7, NIV

Salvation Isn't Earned

This work of salvation, in its entirety, was set in motion and completed by God. Humanity had no contribution in any of this. The Bible is very clear that salvation is given freely, as a gift, and is never attained by works.

*“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.”
– Romans 5:1-2, NIV*

Paul the Apostle was a champion for the need for a grace-led, faith-full life. He had been converted from a life steeped in religious tradition and law, a life in which a man could become 'more righteous' before God than his fellow man, simply by achieving greater adherence to law. Yet Paul learned that right standing with God was not to be achieved through law-keeping – and in fact was impossible to be achieved this way – but by personal belief in God's promises. Paul learned of the true gospel and He speaks of it often throughout his letters in the New Testament – that of being 'saved by grace through faith alone and not by works, least any man should boast' (Ephesians 2:8-9).

Paul is very adamant that justification – that is, “right standing with God” – is by faith alone. What are we to make then of the words of Paul's contemporary, James, who writes “As you can see, a man is justified by his deeds and **not by faith alone.**” (James 2:24). It seems, at least initially, that these two men are in contradiction with each other.

Justified By Deeds And Not By Faith Alone

In reality, James and Paul are actually in complete harmony and a closer look at James' letter not only gives us a better understanding of what *faith really is*, but also warns us of the sobering reality that *information doesn't always equal transformation*.

Paul wrote his [letter to the Galatians](#) addressing the growing idea at that time that right standing with God depended on what Jesus did **plus** additional 'spiritual acts' that are undertaken, that we are made "right with God by **what we do**". This is performance-based Christianity and Paul reaffirmed to the Galatians that anything which adds to our standing in the eyes of God, apart from the performance of Jesus on the cross, is legalistic teaching and counterfeit Christianity.

James, when writing his letter and speaking of 'what we do' is concerned with counterfeit Christianity of another kind – the unauthenticity of a life that is 'Christian' in name only. He is tackling another dangerous distortion of the gospel of grace, the idea that believers can 'continue in sin that grace may abound'. That the new life is the same as the old life, the only difference being that a person has become 'saved'. That is to say, that nothing about the way the believer behaves or lives after being [saved](#) is necessary to change, that verbally expressing our faith in Jesus is enough and that we don't need to 'do better' because God's grace covers all our shortcomings anyway.

The truth, James says, is that *yes, we are made right with God by believing and professing our faith in His promises. Yet, it cannot be real faith, the faith that counts with God, unless its demonstrated by an active, loving response to God's grace.* This is, as Paul agrees, "faith working through love." (Galatians 5:6), demonstrated in a Christian's life by 'what they do'.

James starts his letter by asking an important question:

“Do you think you’ll get anywhere in this if you learn all the right words but never do anything? Does merely talking about faith indicate that a person really has it? For instance, you come upon an old friend dressed in rags and half-starved and say, “Good morning, friend! Be clothed in Christ! Be filled with the Holy Spirit!” and walk off without providing so much as a coat or a cup of soup – where does that get you? Isn’t it obvious that God-talk without God-acts is outrageous nonsense.” – James 2:17-24 MSG

He goes on to reiterate his meaning in the plainest of language, saying “Just as the body is dead without breath, so also faith is dead without good works.” (James 2:26, CSB).

Works Are Essential Evidence Our Faith Is Real

The kind of faith that is real, saving faith is shown to be vital, living and demonstrable in action.

To illustrate his full meaning, James gives two examples from the life of [Abraham](#), whom he describes as ‘the friend of God’ (James 2:2). The first was when God promised Abraham a great line of descendants, even though at the time Abraham and his wife were both old and childless. Abraham didn’t doubt God for a second and James cites this faith (Genesis 15:6) as “reckoned to Abraham as righteousness.” Abraham believed God was ‘good for His word’ and this is why, James says, he was justified.

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

was justified. He says, "Abraham **believed** God and that faith was credited to him as righteousness." He and James are both referring to the same event in Abraham's life and are both drawing the same conclusion – that Abraham was 'made right with God by his faith.

However, James goes on to reference a second event in Abraham's life, found in Genesis 22. Here, God is testing Abraham, looking for the kind of works that show Abraham's faith to be not just words but real and living – demonstrable in action. This is not the same kind of justification which gave Abraham right standing with God, but rather a test of Abraham's original profession of belief. Was it the living kind of faith which produces a genuine response or a dead faith that has no effect on life at all?

James therefore has a different meaning in mind than Paul when Paul concludes that people aren't justified by works. James is answering another question entirely: **Does the ongoing and final reckoning of our righteousness depend on works as the necessary evidence of a true and living faith?** The answer to that question is an unequivocal yes!

If you were to ask James and Paul, "How does a person obtain right standing with God and receive '[the righteousness of God](#)'?", both men would answer "As a gift of grace. Trust God, believe His promise and that faith alone will be counted as righteousness."

However, if you asked them, "Does our final right standing with God depend on works of love?", Paul will answer "No, not if by 'works', you mean deeds done to show that we somehow deserve God's blessings" (his point in Romans 4) but James will answer "Yes, if by 'works', you mean evidence of a faith that is alive and active in a believer's life". Both are in agreement with each other, based on those definitions.

Works, in the way that James defines them, prove that our

faith is real. When James says that we are not justified by faith alone, he means that the faith which justifies or makes us 'right with God' does not remain alone but bears the fruit of the new, spirit-led life. Any other kind of faith is counterfeit, in reality, dead, and completely useless.

What Does Living Faith Look Like?

"Dear friends, since God so loved us, we also ought to love one another." – 1 John 4:11

Living faith is really another name for [discipleship](#); learning to replicate the pattern and example left by Jesus in both word and action. Paul concludes his letter to the Galatians by discussing this very thing, making it clear that being called to 'freedom in Jesus' is not an excuse to do whatever we want, but rather 'freedom to serve one another in love' (Galatians 5:14). It's in the **believing** and **doing** that faith is made alive, vibrant and visible.

James agrees with Paul in this, again referencing the life of Abraham:

"Wasn't our ancestor Abraham "made right with God by works" when he placed his son Isaac on the sacrificial altar? Isn't it obvious that faith and works are yoked partners, that faith expresses itself in works? That the works are "works of faith"? The full meaning of "believe" in the Scripture sentence, "Abraham believed God and was set right with God," includes his action. It's that mesh of believing and acting that got Abraham named "God's friend." Is it not evident that a person is made right with God not by a barren faith but by faith fruitful in works?" – James 2: 21-24, MSG

Depending on God and accepting His gift of grace – truly accepting it – will radically transform our lives. It will challenge everything we do, our belief systems and possibly

even misplaced prejudices about others. It will compel us to behave justly to others, with impartiality, even though the world around us might not be just or impartial. It will compel us to do better and be better, not so that we 'earn God's favour' but so that our faith can be seen as a reality, not just a matter of empty words.

"But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives." – Galatians 5:22-25, MSG

Awareness of, and responding to the love of God is at the heart of our Christian lives. We are who we are, first and foremost, because of God revealed in Christ. Yet if our 'loving union with God' doesn't result in a living faith, shown by our good works to others, then, as 1 John 4:7-21 says so eloquently, our love for God **simply isn't real**. This kind of faith is a counterfeit Christianity and nothing more than a corpse.

This article was first published on 11 June 2019

David's Story: God Sees The Heart Of Us

[David](#), the shepherd boy-turned-king and famous author of the Psalms, is perhaps one of the most complex characters in the Bible. At times, he displays examples of great faith, leadership and spirituality. Yet, these admirable qualities are often starkly contrasted against the deplorable choices and wicked actions for which he was responsible.

How can God have cause to say of him *"I have found David, the son of Jesse, a man after mine own heart, who will do all my will."* (1 Samuel 13:14, Acts 13:22)? How could God say this about a man whose actions at times seemed deeply in contrast to the will and character of God himself?

Examining the **why** of this statement tells us so much about how God really sees us and, in turn, how we should see ourselves.

God See Beyond The Valleys

In the vast landscape that is our life, there are moments of grandeur, like lofty mountain peaks. And yet there are valleys too, times when we find ourselves in low and desperate places. These are the times when we find ourselves making poor choices or bad decisions or, like David, being responsible for actions that are completely wrong and offensive to God.

Among the list of David's failures is found adultery (2 Samuel 11:4) and murder (2 Samuel 11:15). He was less than an exemplary example as a father (2 Samuel 13:15-22), and at times, as a king. It could be difficult to see what God saw or loved about this man, when collating the different snapshots of his life.

It seems contradictory that the very thing that God commended David for – his heart – is the very place in which these evil choices find their root.

“For out of the heart come evil thoughts: murder, adultery, sexual immorality, theft, false testimony, slander.” – Matthew 15:19, NLT

Yet God sees beyond the valleys. He deciphers the intentions of our heart and looks past the lapses in our spirituality or even those sins we find most heinous. In a certain sense, our mistakes matter less than our motivations. He is more interested in who we can become than in who we are now and this is exactly what He saw in David, the potential and the will to **do** better and to **be** better.

This is why He was able to look into David’s heart and see something of Himself there.

That David was considerably flawed is unquestionable. His love for God, however, is not. His ability to be deeply touched by truth and show genuine remorse for his wrongdoings is what God loved about him. That he **wanted** to do right, even though he often didn’t, is what God took notice of. He displayed a truly penitent response when confronted with the reality of his decisions and his many psalms are evidence of his beautiful, contrite spirit.

Despite Our Flaws, God Still Loves Us

The Bible doesn’t seek to gloss over David’s mistakes. He could have been easily painted in quite a different light; recorded for history as a glowing example of virtue and goodness. Yet he wasn’t and that, in itself, is telling.

God wants us to learn something very important from David’s life, his choices and his mistakes. God wants us to learn that despite all our flaws and weaknesses or even despite the worst

things we may have done, God is able to see into our hearts and love us for who we really are.

We see God's love displayed in the most ultimate way by the provision of His son as the saviour of mankind. God didn't send His son to die for a world of righteous men and women. In actuality, God knew how deeply flawed the human race was, yet still He sent [Jesus](#) to die for humanity. He knew what we **could** become and what He hoped we **would** become, and that was enough.

“For at just the right time, while we were still powerless, Christ died for the ungodly. It is rare indeed for anyone to die for a righteous man, though for a good man someone might possibly dare to die. But God proves His love for us in this: While we were still sinners, Christ died for us.” – Romans 5:5-7, NIV

Does this mean that we can do what we like, because God loves us anyway? Not at all. Paul the Apostle answers this question in Romans 6:1-2 where he says *“Of course not! How can we who died as far as sin is concerned go on living in it?”*

Just because God will forgive us, doesn't mean we should provide Him endless opportunity! Just because God's gift of grace has been given, doesn't mean we should abuse it.

Choices And Consequences

Did David “get away with” the terrible things he did, just because God loved him? Absolutely not. God's universal law of choice and consequence, established in Eden, still played out in David's life.

David suffered great loss, political instability, serious dysfunction within his family and heartbreaking betrayal by his peers, as a direct result of his actions. God didn't shield him from these or remove them from his life, even though He certainly had the power to do so.

Just like David, we are [responsible for the consequences of our choices](#) and must learn to live with them. Yet, we can be confident that God can see to the heart of us too. That He is still working in our lives, despite our failures, to [bring us to Him](#). And that He alone assesses our motives.

“All the ways of a man are clean in his own sight, But the LORD weighs the motives.” Proverbs 16:2, NKJV

How Should We See Ourselves?

It's very easy to judge ourselves from the valley floor. We may be living with deep regrets about choices and decisions we've made in the past. We may feel judged by others and feel that no-one really knows us or understands our motives. We may even doubt God's love for us and His ability to forgive us.

The deeply personal message of the Bible is that God **does** love us. He doesn't judge us on our moments of failure or weakness – He knows and understands that we're human. He surveys the landscape of our life, both the highs and lows and is able to weigh that all in the balance, seeing to the heart of who we really are.

“Then hear from heaven, your dwelling place. Forgive and act; deal with everyone according to all they do, since you know their hearts (for you alone know every human heart)” – 1 Kings 8:39, NIV

God doesn't want us to remain in the valleys. He is ready and willing to help us climb out of them. We have a remarkable gift of grace and forgiveness offered to us, through Jesus, and it is God's power in our lives that can bring us up from the valley floor and on to the mountain heights. Like David, our hearts will sing the song of ascent:

“I lift up my eyes to the mountains— where does my help come

from? My help comes from the LORD, the Maker of heaven and earth.” Psalm 121:1-2

Paul the Apostle likens the gift of grace to treasure in jars of clay. This treasure is God’s glorious light that has shone in our hearts, illuminating what lies within and giving us the light of the knowledge of the glory of God in the face of Jesus Christ. It’s grace that teaches our hearts to trust God and relieves our fears. And it’s grace that will lead us home. Amazing Grace – how sweet the sound! How precious it is!

“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.” 1
Corinthians 4:7

This article was first published 28 May 2018

True Religion

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

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

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

rules, regulations and beliefs that form part of that particular religion.

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

What Is Religion?

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

Yet the ancient and medieval world understood the word *religio* quite differently. For the ancients, it carried a meaning of *individual virtue of worship*, never as doctrine, practice, or actual source of knowledge. In Hebrew, the language of the Old Testament, there is no precise equivalent of the English word *religion*. The Greek word *threskeia*, used in the New Testament, is sometimes translated as religion, however, the term was more correctly understood as ‘worship’, well into the medieval period.

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

Religion, in itself, is a modern, western concept and it was understood in quite a different way by those who lived in the ancient world. Today, religion would perhaps be explained as a system of rules or practices governed by certain beliefs. The

ancient world would have viewed this concept as law and saw *religion* quite differently; as the idea of worship or reverence of God or the gods, careful pondering of divine things and piety, or diligence.

Religion Has A Bad Reputation

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

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

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

What Is True Religion?

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

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

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

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

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

"Now men began to worship God, not only in their closets and families, but in public and solemn assemblies. The worshippers of God began to distinguish themselves: so the margin reads it. 'Then began men to be called by the name of the Lord' – or, to call themselves by it. Now Cain and those that had deserted religion had built a city, and begun to declare for irreligion, and called themselves the sons of men. Those that adhered to God began to declare for Him and His worship, and called themselves the sons of God." | Benson Commentary

Another commentary has this to say:

"The name of God signifies in general 'the whole nature of God, by which He attests His personal presence in the relation into which He has entered with man, the divine self-

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

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

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

"Anyone who sets himself up as "religious" by talking a good game is self deceived. This kind of religion is hot air and only hot air. Real religion, the kind that passes muster before God the Father, is this: Reach out to the homeless and loveless ('the fatherless and the widow') in their plight, and guard against corruption from the godless world." – James 1: 26-27, MSG

Jesus put it in another way:

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

And again, in Hosea:

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

What True Religion Isn't

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

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

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

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

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

religion that Jesus demonstrated every day.

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

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

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

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

Avoiding Church Burnout

(Not a reader? Take a listen instead ↓)

Burnout is a state of emotional, mental, and physical exhaustion. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands, whether real or

perceived. Eventually, you find you literally have nothing left to give, either emotionally or physically. This state often leads to a range of issues including anxiety, depression, insomnia, anger and ill health.

Church Burnout

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

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

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

Wrong!

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

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

We don't have the same strength or 'spring-in-our-step' in our

older years as we did when we were younger.

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

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

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

A Church Is Only As Healthy As Its Members

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

If, individually, the members are exhausted and overloaded, the church will display signs of exhaustion too. It will become unbalanced, unhealthy and stunted in growth. It's also important to remember that **we** don't grow our church – God does the growing. Sure, we all have our part to play but no single person is responsible for, or indispensable to, God's plan for the growth of a church or community.

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

What Does Church Burnout Look Like?

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

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

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

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” – Matthew 11:28-30, NIV

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

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

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

Tips For Preventing Church Burnout

- Emphasise grace over works in your personal life. Concentrate on who you're ***being*** rather than what you're ***doing***. Remind yourself that we don't earn God's blessings by the amount of work we do. He wants us to lead healthy, balanced lives where ministry service is a joy, where giving becomes as simple as *doing because it has been done for us*.
- Make time for regular recreation. These are the times when you can pause, reset and renew. Without recreation, burnout is inevitable.
- Know your limits and set reasonable, achievable boundaries for the work you take on. Giving of yourself is a valuable and worthy service, but sometimes giving isn't always possible or profitable. If you need to say "no", then do so, with **no guilt attached**.
- Remember that the work is God's, not your own. Seek His guidance and help when you consider your responsibilities and commitments within your church.
- Learn to put [first things first](#). Being involved within your church community is a valuable part of a fulfilling spiritual life – but never at the expense of your time with God or your family. Set priorities and look for ways to involve your partner or family in church activities. Be willing to occasionally say no to low

priority church activities when they conflict with quality family time.

- Listen to your body's warning signs, such as headaches, backaches, dizziness, insomnia, and unexplainable fatigue. Learn to slow down and be less anxious. **You can only do what you can do, right now** – nothing more.

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

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

Abraham | Father Of The Faithful

(Not a reader? Take a listen instead ↓)

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

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

Who Was Abraham?

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

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

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

It was a wealthy, prosperous and advanced city, with culture, religion and social structures firmly established. This cradle of civilisation was also the seat of a vigorous polytheism, chief of whom was *Nanna*, the Sumerian-Akkadian moon god.

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

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

The Call Of Abraham

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

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

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

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

He left all this on the word and promise of God (Genesis 12:1-3). He chose to enter into God’s story and this choice was the turning point in his life. It was a risky decision from Abraham’s perspective, based only on trust, and it is this extreme act of faith that enabled God to count him righteous (“justify” him) and guaranteed him the title of father of the faithful. He *“trusted God to set him right, instead of trying to be right on his own”* (Romans 4:1-3)

Paul, when commenting at length on the life of Abraham (Romans

4), does not say "Abraham *worked* for God and therefore was justified." Neither does he say "Abraham *undertook acts of love* and, because of this, was justified." or that "Abraham *made progress in character reformation* and therefore was justified.

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

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

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

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

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

It certainly wasn't built on His 'correct doctrinal understanding' of God. It was trust *in* God. The reality is that when he left, he had no idea where he was going and, likely, a limited revelation, at the time, of the God whose call he was responding to. He simply *entrusted* his story into God's safekeeping and believed that God was good for His word. This is the definition of belief.

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

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

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

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

Abraham Becomes A Father

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

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

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

Abraham – The Friend Of God

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

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

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

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

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

intimate relationship of knowing and being known.

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

Epilogue

What did Abraham find in a strange and unknown place?

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

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

Having faith or believing isn't measured by an exhaustive list of facts we say we agree with but rather the act of entrusting our lives to God [through the work of His Son] and acting and living in a way that shows we believe His promise to be true.

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

The solid rock of confidence in Christ must be the starting point of a Christian's faith, not an extensive list of facts

to which they may give agreement, but their heart possibly remains unconverted.

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

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

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

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

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

Further Recommended Reading

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

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