

# Toxic Faith

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It seems hard to believe that people who have answered Jesus' call to a life of freedom could so easily lose the sense of joy and relief they first felt. It's difficult to understand why Christians who have been made free and 'alive in Christ' would choose to return to a kind of spirituality that slowly imprisons the mind and poisons the soul. How does a message that speaks clearly of God's love – a life of salvation in Jesus by His grace – become perverted and distorted, becoming instead a culture of performance-driven expectations, demanded by an unfair and intolerant God?

*"God didn't go to all the trouble of sending His Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again." | John 3:17, MSG*

Yet for many Christians, this is exactly where they find themselves. It may be early into their Christian journey or many years later, but somewhere along the way, their perception of Christianity becomes misshapen and their sense of peace, fulfillment, and relief dissipates.

Religious life becomes exhausting; they feel overwhelmed, emotionally drained and trapped. They may begin to judge themselves or others around them by what they do, what they wear, what they say. They become consumed by rules, preoccupied with fault and blame, and heavily focused on performance – their own or others'. Something that was meant to empower them and set them free has rendered them powerless – they are stuck, with no way forward and no way out.

The simple truth of being 'saved by grace through faith alone'

has been turned on its head, becoming 'the gospel of acceptance with God through performance'. Their simple faith in Jesus as the only source of life and acceptance with God has become toxic. Or perhaps, sadly, they never had that simple faith to begin with.

## Toxic Faith

Toxic faith is a destructive and dangerous relationship with a religious system, not with God, that allows this system to control a person's life in the name of God. It is a system where another gospel is preached – not one of freedom and liberty and acceptance through grace, but one, in reality, of enslavement to rituals and rules.

Seeking God's approval on the basis of your own religious behaviour is toxic faith. Anything that adds to our standing in the eyes of God, apart from the performance of Jesus on the cross, is legalistic teaching. A true and meaningful relationship with God can never be sustained on this basis.

This deconstruction of faith is not just a problem that modern Christians struggle with. The first-century church at Galatia also dealt with this issue and the damage caused by this 'false gospel' is catalogued throughout the letter written by Paul to the Galatians.

The tone of Paul's opening words is one of incredulity at the situation in which the Galatians find themselves.

*"I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel – which is really no gospel at all." | Galatians 1:6, NIV*

The Greek word used here for 'desert' means 'to defect'; and it's a defection, not from a denomination or doctrine, but from 'Him who called you by grace'. It's a severing of the

real and personal relationship a Christian has with God. And it's a distortion of the gospel Paul first preached to them, Christ's gospel, of forgiveness of sins by grace – by Jesus' performance – and not by their own. In fact, Paul says, it's really no gospel at all.

Paul takes the issue the Galatians are dealing with very seriously. When a spiritual life of grace and rest is replaced with a life of imposed works, it's a hugely serious issue.

But what was happening in Galatia for Paul to be so up-in-arms? What induced him to tackle the situation with such passion, to the point of stating the following words, not once but twice?:

*“Even if we or an angel from heaven should preach a **gospel other than the one we preached to you**, let them be **under God's curse!** As we have already said, so now I say again: If anybody is preaching to you a **gospel other than what you accepted**, let them be **under God's curse!**” | Galatians 1: 8-9, NIV*

## Law Versus Grace

Paul had been converted from a life steeped in [religious tradition](#) and law, a life that gave him privilege, prestige, and power. He had used that power to persecute the church of God, systematically destroying it, until one day He was confronted by the risen Jesus, and a message that was radically different to everything he thought he knew.

Paul learned that God was not an impersonal force to be used to make people behave in certain prescribed ways, but a personal saviour offering life and freedom through the saving work of Jesus. Paul discovered 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** – that of being ‘saved by grace through faith alone and not by works, lest any man should boast’ (Ephesians 2:8-9).

This is the gospel that He originally preached to the Galatians and which they had gladly received. Yet, it is with dismay that he hears that religious leaders of the old school had come into the church, reintroducing old ways, law-keeping, and an abundance of religious rules and regulations. One of these religious rules was the rite of circumcision, which they were insisting Christians should undertake. Circumcision, in that time, was the ultimate act of external religious performance, and was being promoted as added ‘proof of spirituality’.

*‘Yes’, they would have said ‘faith in Jesus is important and you absolutely must have it. But it’s **not enough**. In order to find positive standing with God, you must also be circumcised’.*

In other words, there was a group in Galatia propounding the idea that right standing with God depends on what Jesus did **plus** additional ‘spiritual acts’ that are undertaken. This is completely in opposition to the message of the cross, that salvation comes through Jesus’ performance, not our own:

*“For Christ did not send me to baptise but to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power. For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.” | 1 Corinthians 1:17-18, ESV*

*“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” | 1 Peter 2:24, NIV*

This ‘different gospel’ was a serious perversion of God’s gift

of grace and a not-so-subtle manipulation of the relationship between the individual and God. No wonder Paul was furious.

*“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 Collision Of Grace And Spiritual Performance**

The word of God is living and active, and, like a powerful sword, it cuts right through [to the heart](#), judging the thoughts and purposes contained therein. It can be used as an instrument of grace, by reminding us of God’s love and showing us how to bring order and purpose to our lives.

In the wrong hands, however, or wrongfully used, the word of God can be used in ungraceful ways, as a means of shaming others into performing someone else’s agenda, in the name of God. In the hands of performance-based people, it can be used as a weapon in order to pressure people into acting differently or to get rid of them if they do not. It can be used to lay burdens on men ‘too difficult to bear’.

*“Woe to you experts in religious law as well! You load people down with burdens difficult to bear, yet you yourselves refuse to touch the burdens with even one of your fingers!” | Jesus, Luke 11:46, NET Bible*

The appearance of Jesus on the Jewish scene was a dramatic collision between grace and spiritual performance. The conflicts the Pharisees initiated with Jesus were usually over minor issues such as fasting (Mark 2:18), sabbath keeping (Mark 2:24), eating with ‘unclean’ people (Mark 9:11), or

attitudes towards civic duties, like paying taxes (Matthew 9:11) – all performance-driven markers of supposed spirituality.

The Pharisees ‘majored on minors’ because precise details of religious life were their passion, but in doing so, they were actually inverting spiritual values. They made uncompromising stands on matters of no particular spiritual importance, while issues of greatest significance were minimised.

Jesus called them out on their hypocrisy in the gospel of Matthew, where he says:

*“Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices – mint, dill and cumin. But you have neglected the more important matters of the law – justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former. You blind guides! You strain out a gnat but swallow a camel.” | Matthew 23:24, NIV*

Jesus, in contrast, set out the essential way that a person finds [right standing with God](#):

*“I am the way, the truth, and the life. No one comes to the Father except through Me.” | John 14:6, BSB*

*“I am the gate. If anyone enters through Me, he will be saved. He will come in and go out and find pasture.” | John 10:9, NIV*

*“Jesus said to her, “I am the resurrection and the life. He who believes in Me will live, even though he dies.” | John 11:25, NIV*

*“And there is salvation in no one else, for there is no other name under heaven given among men by which we must be [saved](#).”*

| Acts 4:12, ESV

Jesus is the only way to find right standing with God. The name of Jesus is the only means by which humanity can be saved. Jesus' performance, not our own, is what secures this extraordinary gift of grace.

Christians must not be drawn to extremes in a misguided zeal for religious purity but pay attention to the essentials that Jesus so patiently explained. We must be on guard to avoid systems that employ the use of 'formulas' and 'doctrines' to press good people of faith into conformity with a system instead of conformity to Christ. Particularly, we must be on the lookout for cultures that promote or enable power posturing, performance preoccupation, unspoken rules, and a lack of balance.

*"God's steward, an overseer (leader) must be above reproach – not self-absorbed, not quick-tempered, not given to drunkenness, not violent, not greedy for money. Instead, he must be hospitable, a lover of good, self-controlled, upright, holy, and disciplined. He must hold firmly to the trustworthy message as it was taught, so that by sound teaching he will be able to encourage others and refute those who contradict this message. For many are rebellious and full of empty talk and deception, especially those of the circumcision, who must be silenced." | Titus 17-10*

*"Leaders are given to the church to protect the flock from legalists, who push religious performance as the means of right standing or favour with God. In Paul's letter to Titus, he says that the rebellious men **must be silenced**. Unfortunately, in many churches, not only are the leaders not protecting the flock against those who push religious performance, they are the pushers and in bondage to performance themselves." | Johnson & VanVonderen*

Jesus had no interest in setting up rigid religious and social guidelines for his followers. He chose instead to major on the significant agendas of the kingdom of God. Paul confirms Jesus' way of living in his final words to the Galatians:

*"For my part, I am going to boast about nothing but the cross of our Master, Jesus Christ. Because of that cross, I have been crucified in relation to the world, set free from the stifling atmosphere of pleasing others and fitting into the little patterns that they dictate. Can't you see the central issue in all this? It is not what you and I do – submit to circumcision, reject circumcision. It is what God is doing, and He is creating something totally new, a free life! All who walk by this standard are the true Israel of God – His chosen people. Peace and mercy on them!" | Galatians 6:14-16, MSG*

*"Then you will know the truth, and the truth will set you free." | John 8:32, NIV*

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**Toxic:** 'Mid 17th century: from medieval Latin toxicus 'poisoned', from Latin toxicum 'poison', from Greek toxikon (pharmakon) '(poison for) arrows', from toxon 'bow'. (Oxford Dictionary). 'Containing or being poisonous material especially when capable of causing death or serious debilitation' (Merriam-Webster Dictionary). **Faith:** 'Great trust or confidence in something or someone.' (Cambridge Dictionary)

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# Traditions: Good Or Bad?

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

*“Wait! It’s tradition. He always waves at the gate.”*

## What Are Traditions?

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

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

The word “tradition” derives from the [Latin](#) *tradere* literally meaning *to transmit, to hand over, to give for safekeeping.*

Traditions are, then, often important customs, stories or information, passed down from generation to generation as a means of safekeeping those beliefs or customs. They may have been originally passed through oral communication including methods such as storytelling and poetry, rhyme and alliteration.

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

*A woman was preparing the evening's roast dinner and divided the large piece of meat into two smaller, equal portions, placing them in separate trays in the oven. When her husband asked her why she did it that way, she replied that she actually didn't know – it was just the way her mother had always done it. That got her thinking and later that evening, she phoned her mother to find out the reason behind the two trays of meat. Her own mother didn't know either, it was just what **her** mother had always done. They decided to phone the woman's grandmother and, when asked what was so important about dividing the meat, she laughed and replied. "oh, nothing. I just never had an oven large enough to fit my entire portion of meat on one rack. Dividing it in two simply meant I could fit it all in my oven at the same time."*

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

Even amongst the animal kingdom, traditions can be observed. Behavioral traditions are seen in groups of fish, birds, and mammals, such as orangutans and chimpanzees. In fact, chimpanzees will actually transfer traditional behavior

from one group to another (not just within a group).

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

## **Traditions: Good Or Bad?**

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

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

## **What Does The Bible Say About Traditions?**

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

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

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

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

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

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

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

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

*"I hate, I despise your feasts, and I take no delight in your solemn assemblies. Even though you offer me your burnt offerings and grain offerings, I will not accept them; and the peace offerings of your fattened animals, I will not look*

*upon them. Take away from me the noise of your songs; to the melody of your harps I will not listen. But let justice roll down like waters, and righteousness like an ever-flowing stream.” – Amos 5:21-25, ESV*

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

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

*“I praise you because you remember me in everything and hold fast to the traditions, just as I handed them on to you.” – 1 Corinthians 11:2, CSB*

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

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

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