



# GOSPEL *for* LIFE

## **The Lies that Bind Season 5, Episode 2 Transcript**

### **[00:00:01.120] - Announcer**

Welcome to the Gospel for Life Podcast. We help churches make disciples. Now, here's your host, Darryl Dash.

### **[00:00:19.020] - Darryl Dash**

Today, I'm excited to talk to another book author. Can't seem to get enough of authors who've written good new books. The guy that I'm talking to today has written a book called *The Lies That Bind*. A fascinating topic, we're going to get into it in a minute. His name is Chris Quiring. Is that how you spell your name? Is that right?

### **[00:00:39.530] - Chris Quiring**

Well, it's correct. It's actually a Russian name. It's Kavirik in Russian. There's an Anglicization. I just say whatever makes you happy, go for it.

### **[00:00:47.130] - Darryl Dash**

How do you usually?

### **[00:00:49.180] - Chris Quiring**

I usually say Quiring, but Quiring is pretty common too.

**[00:00:51.800] - Darryl Dash**

Okay, so Chris Quiring, we're going to go with that. He is the lead pastor of Dresden Community Church in Dresden, Ontario, which is... I looked it up. We were just by there about a week ago, and it's only about two and a half hours from where I'm sitting right now. As I mentioned, he is the author of a new book called *The Lies That Bind*. He's pastored for over 20 years, and his bio says that he was dragged, kicking, and screaming to a youth conference as a teenager, but God grabbed him and never let him go. He's a pastor, a conference speaker, and an author, and he has a passion to bring the unchanging truth of God's word to our everyday lives. Chris, so good to have you on the podcast today.

**[00:01:36.100] - Chris Quiring**

I'm so glad to be here, Darryl. Thanks for the invitation.

**[00:01:38.360] - Darryl Dash**

You are a Canadian. You're from out west originally. How did you come to Ontario?

**[00:01:44.500] - Chris Quiring**

That's an excellent question. The short answer to a lot of the stages in my life is God's calling, because I don't think I ever would have wound up in Southern Ontario if he hadn't called us here. But the professor at the university that I went to, he had been a part of a church in Chatham. Are you familiar with Chatham?

**[00:02:00.190] - Darryl Dash**

I am, yes.

**[00:02:01.330] - Chris Quiring**

His home church that he grew up in was looking for a pastor, and he recommended me as a candidate for it. Through about a year to a year and a half of me not quite being ready and then finally being ready and applying, we made the 2,000 kilometer move to Southern Ontario.

**[00:02:15.210] - Darryl Dash**

People who aren't familiar with that part of the country, it really is one of the hidden secrets, place of beauty. Tell us a little bit about Dresden. What's it like to live there? What's the community like?

**[00:02:27.310] - Chris Quiring**

It's a farming community. Actually, there's a lot of industry, but farm has been one of the anchor industries here. We're surrounded. You're not far from anything. You're an hour from Windsor, an hour from London, just over an hour from Detroit, two hours from Toronto. You're really close to a lot, but it's a great, beautiful community surrounded by two great lakes within about 20 to 40 minutes drive on either side. Some wonderful people and just a great place to raise a family. There's not a lot of reasonable places left in Canada to raise a family in terms of housing costs and everything. It combines accessibility and location with a lifestyle that you can actually afford. For that, I am truly grateful.

**[00:03:06.970] - Darryl Dash**

Yeah, that's really good. It is a beautiful area. I'm hoping to come out that way to Chatham to visit a friend, I think, in August. I'll be in your neighborhood. Maybe I'll look you up and we can grab a coffee.

**[00:03:16.770] - Chris Quiring**

Hey, that would be fabulous. I know just the place.

**[00:03:19.750] - Darryl Dash**

Chris, what made you decide to write a book about lies?

**[00:03:23.760] - Chris Quiring**

That's a great question. I think for me, as a pastor, and you would know this, Darryl, is that you watch your people all of the time and they come to you when they hit a crisis

point. They come to you when they have a problem they can't solve. They come to you when they have a question that needs answering. What I started to notice with a lot of people is the types of problems that they had, they were very similar from person to person. The names and dates and situations were changed, but the problems were similar. I began to feel this feeling like that continuity wasn't just by accident, that there was something there that God wanted me to see. As I dug deeper and counseled people over the last couple of decades through their issues, you start to get a real heart for people. It gets sometimes even a little frustrating because you see them repeating the same mistakes over and over again, but they don't realize that they're making them and they don't realize the emotions that drove them there. I think part of it for me was that... Do you remember that whole idea of a holy discontent?

**[00:04:17.200] - Chris Quiring**

Are you familiar with that phrase? Yes. It was something that came out of about 15 years ago. Bill Heibels talked about it, and it's that thing that you can't stand watching anymore and you have to throw yourself into the fray to fix. The heart of this book really was to help people see the causes, the root spiritual causes for the problems that they're fighting and battles that they're in the middle of every day. In the book, I talk about this process. I call it recognition training, where you try and encourage people to recognize and identify the issue that they're facing, trace it back to where that source is in their life and replace it with the truth of God. It's a three-step process that I began to learn myself and try to teach other people because each time they came to me, I had this deep conviction that if they only saw what I can see from my vantage point, if they only saw the way that this untruth or this lie was wreaking havoc on their identity or their relationships, I really believe that they could fix this themselves without even having to come to me or repeating that same cycle.

**[00:05:14.890] - Chris Quiring**

Yeah, it was born out of a holy discontent where, especially over the last few years, all of the division and dissension that we've all lived through and watching the church just rent in two and various places. That conviction just grew more and more that we need to learn to discern these lies and have truths that we're believing. Because I really think the enemy is having a heyday with a lot of us. That was the heart behind this book.

**[00:05:36.180] - Darryl Dash**

It really comes from your experience as a pastor caring for people and, of course, a friend as well. I'm sure that it comes out of many of the relationships you have, but it sounds like primarily as a pastor.

**[00:05:47.410] - Chris Quiring**

Absolutely, 100%. There's an autobiographical element to it, too. I tell a lot of stories in the book about my own life, probably because you are as close as anybody as an expert to your own situation. But I've unwittingly fallen in some of the same traps and lies myself. I think in hindsight, it took some of these situations years for me to learn what was really going on inside. Once I learned that, I was able to deal with those situations so much better. There's an autobiographical element to it, too, because lies by nature are hidden from us. We wouldn't believe them if we knew they were lies. Even the smartest among us still wrestle with un and half truths that we believe throughout the years.

**[00:06:27.540] - Darryl Dash**

I was going to ask you about this. When I think as a kid, I had this idea that Satan was obviously real and not an imaginary character. But I almost pictured his attack as being something that you'd see from The Exorcist, where it would be like the lights would flicker and it would be this, somebody would foam at the mouth and-

**[00:06:47.980] - Chris Quiring**

Head spinning.

**[00:06:49.130] - Darryl Dash**

That's right. What I've discovered is actually, most of the time in our lives, it's going to be subtler than that. It's going to be true lies. Jesus talked about that, that he's a liar and a murderer. Why do you think it is that Satan chooses lies as his primary strategy against us?

**[00:07:09.040] - Chris Quiring**

I talk about this early in the book, but one of the convictions that was the underpinning conviction for the rest of the book comes in one of the early chapters where I say that the most dangerous enemy is the one you can't see. I think that that's true. Even if you look at Song-Su's *The Art of War*, it's the same thing there as well. He talks about divide and conquer as one of the primary tactics. But also, he spends chapter upon chapter just from a modern warfare perspective, talking about how important it is to know your enemy. As has been said many times over the last few decades, that if the greatest trick the devil ever pulled was convincing the world that he didn't exist, then he can operate primarily from the shadows and almost operate with this immunity. If you knew he was there, you would fortify the defenses. If he appeared before you with a flaming hair and a red pitchfork, you would spend the rest of your life digging deep into the word of God because you would see the spiritual battle that was playing out right in front of you. But when it happens in the shadows, when it happens in obscurity, there is this malaise that overtakes many of us, this defenselessness instead of defensiveness.

**[00:08:13.890] - Chris Quiring**

Our posture, drastically changes. I actually think it's brilliant on his part, is to lay as low as possible, and you lob attacks and Grenades from inside the trench. Most of us just aren't prepared. I think that's the ultimate challenge is that awareness is the first thing that we need to grapple with if we're going to win these battles in our everyday lives.

**[00:08:39.850] - Darryl Dash**

You have, of course, talked about the three steps you've already brought them up of identifying and tracing and replacing. I wanted to ask you maybe just to delve a little bit deeper into the first one. I don't want to make you repeat the whole book here, but what are some ways we can actually identify some of these lies in our lives? Because, I mean, By the very fact that they're lies and maybe we believe them, it's really hard to spot them as being lies, right? We've bitten the lure and we're accepting them as true. So how do we actually spot that they're lies?

**[00:09:12.850] - Chris Quiring**

That's a great question. I think it's a multilayered answer to that one with a few essential tools that we can all use. The simplest of which, and I know you hear this all the time if you're in church, but is to get to know the word of God. There is absolutely no more effective weapon in our fight against the lies of the enemy than to get to know the word of God. It's not just that we use them as an active weapon, which we can talk about at some point in time in our discussion. But it's also that when you are so used to what the truth is, the minute you see an imposter or a fake, you recognize it instantly. There's this old story about, I don't know if you ever watched Catch Me If You Can and the whole counterfeit world that exists out there of checks and cash. But there's an interesting story that talks about how FBI agents are trained to spot counterfeit money. They aren't trained necessarily how you would think. You don't necessarily have a list of the top counterfeiters around the world. You don't necessarily have a list of forgery techniques.

**[00:10:03.110] - Chris Quiring**

What they do is they teach them to spend time with and to feel and move the way a dollar bill snaps back, the way that it feels like a texture under your finger, the color and the light, the way it reflects and refracts. They train you to spot the fake by training you to be so familiar with the real thing that any time you come up against something that isn't, you notice it intuitively right away. I think from a foundational level, the way that we learn to spot the lies of the enemy is to become so saturated with foundationally grounded in rooted in the word of God that when we see those lies, all of a sudden, this discernment part of us trips and we may go, Wait a minute. There's something about that that's not right. That's not what God said. That's not how we said it. There's something about this that doesn't ring true. I don't know. Did you ever watch the Robin Hood, the animated classic Robin Hood?

**[00:10:50.680] - Darryl Dash**

No.

**[00:10:51.800] - Chris Quiring**

They made a children's version of it, and they have a character in that called Hiss. This character is a snake. He's a talking snake. It's a funny thing my kids used to watch. But every time he talked, he would talk with a hiss, sing s's. You could hear that character from the other side of the room. You would always know when he was speaking. When it comes to discernment, I've had this experience, maybe you have before too, where you'll hear someone come forward with an idea and you don't necessarily know what's wrong about it, but you know something's wrong. You couldn't necessarily write a 10-page paper or catalog all the errors, but there's something about it. Those s's his when that person talks. There's something that doesn't fit. The more familiar we are with the word of God, the more that we're able to spot those hissing s's, those areas where discernment kicks in and goes, Wait a minute, something about this isn't right. Hold on. Whether it's the individual or the idea that they are putting forward. I believe that that's one of the fundamental areas that we need to anchor ourselves into. I think the second is learning this whole word and idea of discernment, learning what it's like when God speaks to you.

**[00:11:53.580] - Chris Quiring**

When we're learned to talk to tell the difference between the Holy Spirit and evil spirits, between something that's from God and from someone else. Part of that happens in community. I think the Anabaptists are really good at this. I have some friends from that tradition. Part of it is when you have people around you who are close to you, who keep you accountable, who speak into your life, who watch you live this following Jesus lifestyle, they don't have the same blind spots that you do. They can look at your life with an incredible perspective that you don't have and almost instantaneously be able to tell you areas where you might be falling off or missing or walking away from the path that God has called you down. A strong, tight-knit community of people who not only care about you but also are willing to call you on your stuff, it makes a huge difference when we're trying to call out these lies. I say you got to name it to tame it. You've heard name it to claim it. But in the book, I talk about how essential it is for us to name it to tame it when it comes to these lies.



**[00:12:52.880] - Darryl Dash**

Yeah. I really appreciate you bringing up the whole area of needing other people because we have blind spots. No matter what, I can't see all the lies I'm believing. I need other people to help me with that. I really appreciate that. Absolutely. You talked about the his, the s, and it makes me think of Genesis 3, which I know you talk about in the book. It's a passage that, of course, probably you've preached, I've preached. I can't believe how, as I read the passage, how apt it is. It just seems like such a good description of the whole process of questioning. Did God really say? It goes on. I think in the book you even mentioned even giving Satan an audience, even beginning to hear him. But then as we read the description, the woman saw that the tree was good for food, that it was a delight to the eyes and the tree was to be desired to make one wise. Man, just how attractive sin is. Absolutely. It looks so compelling. It looks like I have to have that. Then she took of its fruit and ate and gave some to her husband, and he ate and the eyes of both of them were opened and they knew that they were naked.

**[00:14:02.960] - Darryl Dash**

Just that whole process of like, Man, I'm giving something an audience that I shouldn't. Then it looks so attractive. Then we partake of it and we're instantly disappointed. How does this teach us about the whole process of believing lies? That story just seems to be so full of truth and wisdom. What does it teach us about our everyday experience of believing lies?

**[00:14:26.700] - Chris Quiring**

Absolutely. I write a chapter on temptation because we assume that the devil's only weapon against us is temptation, and that's not even remotely true. That is one of a large quiver of arrows. But temptation is one that we're all familiar with, whether it's chocolate cake or a boyfriend you know you shouldn't see or entertainment that you know isn't good for you. We all know what that feels like. One of the things I was laughing when you were talking about that, because if you think about this just in an everyday life situation, if you were ever walking down the street and you saw a snake hanging from a tree and that snake started talking to you, the best thing that you could do is run. Run as far and as fast as you can, because you got to ask yourself, is any good going to come from this situation? Is anything positive ever going to flow out of a

conversation that begins with, and then the snake said? I think when it comes to that absolutely foundational story, I think you hit the nail on the head. The story at which the whole gospel rests. The whole gospel rests on the first few chapters of Genesis.

**[00:15:23.730] - Chris Quiring**

I think for that story, one of the things that I take away from that is don't talk with the devil. Don't get into a conversation with temptation. My conviction is a lot of us, we feel trapped in situations where we're in the cycle of sin and then shame and then repentance, and then we fall right back into the sin, the shame, and repentance. It's this cyclical thing that repeats over and over again. I think for a lot of us, if you were to sit us down and say, Well, how did it happen? You say, I don't know. I said no. I resisted. I said no. I think what this story in Genesis teaches us is sometimes we say no, but we say no too late. Sometimes we like to hear temptation out. We want to consider it. We want to weigh out the pros and cons. We want to decide, do I don't want to do this? I think the story of Eve and the serpent reminds us that the minute you start down that trail, you give the enemy time to weave his web of deception. It's like a fog that rolls in. The longer you engage in that discussion, the longer you consider, the longer you toy with the idea of saying yes to something you know you shouldn't, the more likely it is that you're going to get caught in the spell.

**[00:16:26.980] - Chris Quiring**

One of the examples I use, too, is it's almost like a snowball at the top of the mountain. If you had a snowball that started to roll down on the top of a rocky mountain, how easy is that to pick up? A child could do it. But if you let that thing roll and roll and roll and gather steam and momentum, by the time it gets to the bottom of that mountain, it has all the inertia of a locomotive, and there is no way you're going to slow that thing down. I really deeply believe that temptation functions the same way. Sometimes we think to ourselves, we know that God promises us that he will give us a way out of every temptation, there is a way out. That's a New Testament promise. But sometimes we don't realize that that exit was right at the beginning of the conversation where we could have chosen to say, No, I'm not heading down this path. I'm not having this discussion. I'm not going to weigh out the pros and cons. With Eve, her entire story would have

been different if she just kept walking. I think that's the thing that blows me away, if she just kept walking.

**[00:17:21.000] - Chris Quiring**

That's one of the things that I draw out of that just powerful, powerful story. The other one, I think, too, when it comes to temptation and just the way the enemy works, is to be aware of who you're dealing with. If you understand, as scripture paints out, you already mentioned that Jesus calls him a liar and the father of lies. When he speaks, it's all he knows to do is to lie because that is his native language. If you know you're dealing with a liar from the start, you won't be tempted to trust him. Yet so many of us hear some of these invitations, and we think, Well, maybe this time he's telling the truth. Maybe this particular lie has some substance to it. But if you know who you're dealing with, you're far safer than you would be otherwise. Yeah, I think the two things I would walk away with from that are don't talk to him. By him, I mean temptation and the lies in our culture around us. The other one is don't trust him.

**[00:18:13.870] - Darryl Dash**

Don't.

**[00:18:14.260] - Chris Quiring**

Trust the things that he says because, like you said, they will be empty. They're like a promise in a year of election. He's a snake oil salesman, a charlatan. It was empty the last time. It's going to be empty this time, too.

**[00:18:25.990] - Darryl Dash**

Well, that leads me to my next question is, why when we found that the temptation leads to emptiness, why are we so seduced by it the next time? I often think of a fish that's caught on a hook and then thrown back in the water and sees another hook and bites it again. Why are we so stupid like that?

**[00:18:47.160] - Chris Quiring**

That's a tremendously good question. I think if we knew the answer to that, I think it would solve thousands of our problems. I think there's a Biblical answer to that, and I think that there's probably an emotional answer to that. Biblical being the dominant foundational one, emotional being one that still matters is still a part of who we are as created human beings. But I think the Biblical answer to that is what the Bible calls the flesh. I mean, so much of who we are was trained in a way of life that was in direct opposition to the way that God called us to live. We were saturated in it. We were surrounded by what the Bible calls the world. We're constantly fed messages every single day that you know what God told you? That's ridiculous, that's ancient, that's outdated. What you really need, what you really deserve is this, something to partake in, some little joy, pleasure, some satisfaction. I think our flesh is just so deeply tied to a way of life and opposition to God. It's why the New Testament calls us not just to deal with it, but to crucify it.

**[00:19:46.690] - Chris Quiring**

That part of us doesn't just have to reform. That part of us has to die. I think until we face that head-on, a lot of our attempts to overcome temptation and the lives that we face are going to be empty and short-lived because that part of us, this is war, right? That's the language of the New Testament, and that part of us really does need to die. I think we've been just from a Biblical perspective, the flesh has been so trained by an old way of life, it is tremendously hard to shake. I think the enemy is rather good at what he does. The world and the way that they lie to us, the types of deceptions. Like Charles Spurgeon has once said that true discernment isn't just knowing the difference between right and wrong. It's knowing the difference between right and almost right. I think that that's why so many of these lies pass muster for us, is that we don't realize that there's a kernel of truth in that, but we allow ourselves to be deceived that that's enough to let the whole thing pass. Part of it really is. I think it's the flesh.

**[00:20:39.120] - Chris Quiring**

Then from an emotional standpoint, the longer I've been in ministry and the longer I've been in relationship with people, I just think that we are wildly emotional creatures, especially in today's day and age. I'm worried that 90% of the decisions that we make

on an everyday basis are emotionally based rather than logically based. I feel like when we're faced with a decision or a discussion or something tough, most of us don't sit down and lay out the pros and cons and then go to people that we trust and respect. We simply feel something and that drives us towards, usually in a way we don't understand, a decision that we make because we have a need and we desire to meet that need. Emotionally, we just make an instinctual reaction. In many ways, truth is the deck is stacked against us. Without the truth of the word of God and the ministry of the Spirit inside us, I don't think we'd stand a chance. Yeah.

**[00:21:28.560] - Darryl Dash**

Satan's had millennia to craft his... You don't own his craft, and he's developed a very good strategy against us. Apart from God's help, we don't stand a chance for sure. Well, you talk about 10 different lies in the second part of your book, and I just want to touch on a couple of them. One of them, I don't know that we usually think of it as a lie, but I think you're very perceptive in calling it that. It's discouragement. You point out something in there that often used the acronym HIT. When we're hungry, isolated, or tired, H-I-T, then we're more vulnerable to, I would say, discouragement, but other lies as well. I think that's very perceptive because sometimes I look at the discouragement or temptation or whatever, and I think I need to battle that. I don't actually realize that to battle that effectively, I've got to actually make sure that I'm not exposing myself unnecessarily to conditions that make me vulnerable to that. Speak to me a little bit about that HIT acronym. How does being hungry, isolated, or tired make us more vulnerable to discouragement or maybe even otherwise?

**[00:22:44.590] - Chris Quiring**

That's a great question. That acronym has meant a lot to me in my life as well. It's part of the reason why I included it in the book. Think of it this way. Do you remember the last time that you went grocery shopping? Do you remember the last time you went grocery shopping while you were hungry?

**[00:22:55.670] - Darryl Dash**

Yes. Chips look very, very good.

**[00:22:58.950] - Chris Quiring**

I mean, there are studies to back this up, but you don't even need the studies to know this. That when you go grocery shopping hungry, you make different decisions. For one, you choose things that are more appealing from an esthetic standpoint. Visually, you choose things that are higher in fat and salt and all the things that make your brain light up. You also buy more than you would normally. I think that's just a really concrete example of how appetites work. When you are hungry, all of a sudden you are in a deficit. There's an element of your life, a God-given need, he made us to eat. It's all good. But you are already operating from a deficit. You have to work twice as hard to overcome that because your instincts are going to draw you even further towards those things that aren't necessarily good for you. So hunger. Now it's easy to talk about food because we've all experienced it. But they're not just physical appetites for food, we have sexual appetites. We have desires for entertainment and relaxation. We have desires for a high or a hit of some adrenaline. Whenever you're in a deficit in one of those areas, you become way more susceptible to the lies of the enemy.

**[00:24:02.870] - Chris Quiring**

Isolation is another one. When you are lonely, there's so much literature out there that talks about how one of the main triggers for pornography and lust in people that struggle with it is loneliness. It's not just a desire to do something fun. It's this aching loneliness that they try and self-medicate towards. Tiredness, if we're going to go back to food here, it's a perfect example. When are you most susceptible to bad food decisions? It's nine o'clock at night, right? That is the snack hour at our house. I'm pretty sure we're not the only ones. You can eat well during the whole day, but you get worn down to that point in the evening where it's hard to make those decisions. From a spiritual standpoint, I think the same things apply. When you are in a state of deficit in any one of the God-given needs, which is not wrong in and of itself, you need to be extra careful that you are thinking clearly and making wise decisions because everything else looks a little more appealing and a little less dangerous when one of those appetites is acting in a state of deficit. Even pastors, there's a statistic out there that says that the most dangerous time for a pastor for temptation is Sunday afternoon and Sunday evening.

**[00:25:06.840] - Chris Quiring**

I bet you anybody who's outside ministry would not understand that. They would think that that's backward somehow. But if you've ever preached and you've given of yourself your time, your energy, your emotion, you have poured out what God has given you, you're not thinking overly clearly in those moments, and you're prone to discouragement. A lot of pastors talk about writing a resignation letter on Sunday, putting it in their drawer, but making sure not to hand it in on Monday morning because you just get you get lonely, you get tired and you get hungry. For me, it's like this warning bell. I used to give myself a little spiritual checkup when I was growing up every once in a while. I'd be like, How am I in these areas? Do I have good people around me? Am I sleeping well? Am I hungry? Where are my appetites at to see? Am I doing the things that I'm supposed to, like reading the word and worshipping? That usually gave me a pretty good idea of whether or not I was in a good or a bad spiritual place when I was willing to go through those things.

**[00:25:56.220] - Chris Quiring**

I mean, discouragement is just one of those things where... Have you ever wrestled discouragement before? Like most pastors that I've talked to have.

**[00:26:03.150] - Darryl Dash**

Not always, but yeah, once in a while, for sure.

**[00:26:05.870] - Chris Quiring**

The times that I have that for me has been one of the most challenging of The 10 Lies in this book was the discouragement piece for me. Just given my wiring, it was a season early, early in ministry where things just weren't going how I thought they would. What I found was the strangest thing happened. After I took a good vacation, 9 out of 10 times that cured my discouragement. It just sounds so simple, so physical. Duffy Robbins used to say, Sometimes the most spiritual thing you can do is something unspiritual. It sounds heretical, but what he just means is sometimes the most spiritual thing you can do is to go for a walk to get a good night's sleep and to have a healthy dinner, get a little bit of exercise, a little bit of community and a little bit of rest, and you all of a sudden

realize that your whole world will begin to make a little more sense. Your emotions will start behaving more predictably and more scripturally. For me, I talk about it in the book. It's just illustrated through the story of Elijah just so beautifully, how he comes to God.

**[00:26:54.930] - Chris Quiring**

He's worn out. He's just had the victory on Mount Carmel. Now he's lying under a broom tree begging God to kill him because Jezebel is out for his blood. You just look at that and go, How in the world can you go from that mountain top to that valley in 24 hours? But God's treatment for him, what does he do first? He gets him to sleep and he gets him to eat in the opposite order. Then he wakes up and then he feeds him again and gets him to sleep. God knew he wasn't going to get anywhere with him until he had some rest and he had some food. I think for a lot of us, we need to mind our physical state because we are physical beings as well as spiritual beings.

**[00:27:26.300] - Darryl Dash**

Absolutely. Yeah, that's good. Well, another lie that you talk about in the book is distraction. I want to ask you, how is distraction a lie? Tell us how to solve that problem. I'm hoping you've got three quick tips because, man, we're all distracted, but this is the age of distraction. I read last... I heard last week that I think the average Gen Z has a 22nd attention span according to the woman who was speaking. So, yeah, solve this distraction thing for us. How is it a lie and how can we fix it?

**[00:27:57.430] - Chris Quiring**

In three minutes or less, right? Please. The lie and distraction is a clever one because it's a subtle, through-the-side door lie. The lie is this, that it doesn't matter what you do with your time and attention. Somewhere along the way, Christians are just as guilty of this as those outside the church. We've bought into the lie that when I give God my 1 hour a week, or if you're at a Christian-formed church, 5 hours a week for two nights, right? But when I give God my allotted number of hours, then I have done my due diligence and the rest of the week is mine. What we don't realize is how you spend those couple hundred other hours during the week have a tremendous impact on your spiritual, your relational, your emotional, and your mental health. The lie is simply that, that it doesn't matter what you do with your time and attention because ultimately what



you consume and what you pay attention to will determine who you become. What you give your attention to will ultimately determine who you become. A lot of people may balk at that, but I think scripturally, there is so much evidence and experientially too, that that's the case.

**[00:29:01.370] - Chris Quiring**

It's almost these days, if you go anywhere, you can see it, where people you wait in line. I was just in San Francisco, and everywhere I went from the moment that we left from Toronto to San Francisco and back, everywhere I looked, people were buried in their phones. Every airport terminal, every moment on the plane, even in beautiful places that we were at, you would look at the Golden Gate Bridge in the background and half the people are sitting there staring at the phones with the occasional look-up to take a picture. I think that this lie that we believe is tremendously dangerous in the digital culture that we live in. Because if the enemy can't drive you off the path that God is calling you on and he can't tempt you off, he will distract you in the middle of it. You'll stop chasing the future that God has called you into. I use a bunch of different examples in the story, but the anchor text for me, it really is the parable of the weeds. When I look at our lives and our hearts, the one for me is the different types of soil.

**[00:29:51.090] - Chris Quiring**

I'll just fast forward. The one that I struggle with is the weedy soil. The good seed of God gets planted in what is good earth, but there are weeds that grow up, distractions, worries of this life, of the eyes and the flesh, and they grow up and choke out the good that God is doing in you. That's really what the danger for a lot of us is. It's not that we don't love God, and it's not that we don't give him his hour on Sunday, but for the rest of the time, we're so distracted, it's hard to even pay attention or hear from him. I think diagnosing the problem is the number one thing. Some of the studies that I looked into, every four minutes we check our phones all throughout the day. Every four minutes. The average teenager spends between six and 8 hours a day on their phones, plus the amount of time on their tablets. It's just a colossal amount of our days that we are just losing into these little rectangles that we carry around. I think the first awareness is everything. That's the theme throughout the book. First of all, you need to realize that what you do in your off hours is not incidental to your Christian life.

**[00:30:45.020] - Chris Quiring**

It's a distinct part of your... It's your digital discipleship. Do you want to be disciplined by YouTube's algorithm? Do you want to be disciplined by culture at large, or do you want to be disciplined by the word of God and the people of God? You have to make that decision and choose to spend your time according to that. Baked within that, I think some of the answers, they're not all that surprising. But the disciplines of old, the staple disciplines that have been a part of the Christian life for the last 2,000 years, there's a reason why they have been so steady and consistent. I really think they are the antidote to the distraction that we all experience. The first one of which is silence. Silence is unheard of in our modern day and age. Nobody leaves more than a second to allow themselves to become bored. Yet silence has this purifying effect on not just the mind, like physically and not just the emotions, but our spirit as well. I'm always drawn back to Psalm 46:10, Be still and know that I am God. I have read that verse a dozen or 100 times in the middle of nature and just had it hit me like a flood or a ton of bricks.

**[00:31:50.710] - Chris Quiring**

Because when you finally embrace silence, you all of a sudden can hear God's voice better. Because sometimes I think that God will not shout above the noise. I've been convinced of that in my life. God will not shout by and large unless there is something incredibly important he wants to tell you. He won't shout. If you are so noisy in all the other areas of life, you won't be able to discern that still small voice that the scriptures talk about that Elijah heard as he came out of the mouth of the cave, how God often speaks to us. So silence, just finding time in the day where you are silent. The second discipline I talk about is solitude. The idea of being alone, and that's a terrifying thought for most people these days to be away, not just from human beings. I'm convinced that the next generation is not so sure how they feel about face-to-face interaction, but away from the digital avatars that we spend time with. Away from your Facebook and social media feeds and Snapchat and all that stuff. I find that solitude has that same purifying effect on our soul, where all of a sudden we train ourselves to hear the voice of God and hear what's really actually going on inside of us as opposed to the den and the noise that surrounds us.

**[00:32:54.120] - Chris Quiring**

If we would take time for silence, take time for solitude, it would make a massive difference in our everyday life. We have a few rules around our house where you don't have phones at the table. We take phone-free time at the table. That's one of our decisions that we have made to foster real relationship on our house and to avoid distraction. In our house, our digital devices, they go to bed before we do. I shut the Internet off for the whole house, basically, at 9:00 PM. I almost get lynched and mobbed by my children. But it's like we have made an intentional decision to set apart that last period of time of the night for just unplugging from the world at large. I know some people that do one day a week off their phones. It's getting harder and harder these days to do, but I know some people that do that. If we go on vacation, we unplug that way for a week. If we're camping, we pull out. In each of those times, it's that silence and that solitude. Really, what I'm calling this last area is fasting. I know biblically, if you're from a purist standpoint looking at scripture, the only real example of fasting in scripture is from food, right?

**[00:33:56.760] - Chris Quiring**

That physical appetite is the only real fast that's talked about in Scripture. But principally, I think that you can extrapolate that principle to fast from a variety of things, what a lot of people do during Lent. I think a lot of us would benefit immensely from a fast from digital devices, if nothing else, to expose how deeply those ingrained patterns and desires are inside of us. It becomes much more like a monster you can't control than a minor little habit that you think, if I wanted to, I could stop. Yeah, if we could embrace a little bit of the monastic lifestyle, if we could just reach back a little while, silent, solitude, and fasting, especially for my digital devices, I think it would do wonders for us. I really mean this our mental, our spiritual, and our physical health.

**[00:34:43.470] - Darryl Dash**

Well, there's so much more in the book. I wish I could ask you more questions. The whole last part of the book is on fighting how to use weapons against the lies. I really do encourage people to pick up the book because there's lots more in it. But I want to just quote part of it. I really appreciate it in the lie of accusation. I don't have a question about it. I just thought it was amazing. I'm just going to quote it. You said, Early in my

walk with Christ, I learned the truth I've never forgotten. When God sees you, all he sees is Jesus. He doesn't see any of your mistakes, any of your sin, any of your past shortcomings. When God sees you, all he sees is Jesus. Jesus perfect righteousness, Jesus' perfect obedience, Jesus white robes and unstained garments. Man, that's so rich. I know I know that truth, and yet it was so good for me to read it again because I'm not sure deep down that I completely believe it. I believe it, and I'm praying the Lord had helped my unbelief, so I would believe it more. Man, I really appreciated those words.

**[00:35:43.720] - Darryl Dash**

Chris, I wanted to ask you a couple of personal questions as we get to the end here. Sure. I try to ask these questions of every podcast guest. What are you learning these days? It doesn't have to be book learning, just like what is God teaching you these days?

**[00:35:59.240] - Chris Quiring**

That's a great question. Let's see, what have I been reading? I just picked up Craig Groeschel's book called *The Power to Change*. I've been digging into some of those questions about our daily habits, like the things that we do on an everyday basis and how much they accumulate and change the direction of your life. I was at a conference in Sacramento. That's the one. That's why I was on the West Coast. He spoke at that conference all about, Sometimes we try and change, but ultimately, instead of trying to change, we should simply start training to change. I remember hearing it once, and at first I dismissed it thinking, Oh, that's just like semantics. But I went home and I processed it a bit more. It really began to speak to me that sometimes the answer to a lot of our problems is simply to start changing our daily habits because that will accumulate. Like, Andy Stanley talks about how decisions are summative, they're cumulative. Each individual decision in and of itself is usually not a life-changing moment, but they add up over time. If you want to change the direction of your life... Sorry, if you want to change the destination of your life, you have to change the direction that you're pointed.

**[00:37:03.930] - Chris Quiring**

I think I've just been really digging deep into that whole concept of if I want to lead, he talks about leadership, then I should stop trying to lead and start training to lead. If I want to change on the inside, I should stop trying to change from an emotional level, just from a willpower level, and start training myself to change. I'd start focusing on whatever is true, whatever is right, whatever is noble, pure, excellent, and praiseworthy. If we simply started training for the future outcome that we wanted instead of trying for it, I think we would be far more successful in our everyday spiritual lives. That's good.

**[00:37:35.020] - Darryl Dash**

What is encouraging you these days?

**[00:37:38.790] - Chris Quiring**

What is encouraging me these days? Just from a local church perspective, I've just been encouraged just to see the passion in people's eyes and hearts for church and community, especially community. I don't know if you noticed, but COVID was a bit of a difficult time for a lot of people. From the division, the disconnect, the isolation, the discouragement, it was a bit of a for a lot of people to climb. I think it's just been really encouraging as of late to see the fire come back for some people, to see the light in their eyes, to see them prioritizing truth and community and being together and worshiping this whole thing that we maybe had took for granted beforehand about being in a room with other believers and worshiping together and getting to know them. I think that's been a real encouragement for me in my own life. I think I've just been encouraged to... One of the things that God has just been reminding me is to... It has to do with that identity thing, but I'm a very driven person. One of the catchphrases for me in my own head is someone will be like, That was good.

**[00:38:41.020] - Chris Quiring**

I'm like, Well, not good enough. I have this a bit of a perfectionism side to me. I guess I've been just encouraged by God reminding me that my goal and job in life is obedience, not necessarily any type of success. For the moments that I'm able to grasp that, it's been a real encouraging thing for me. It quiet. It's a fairly noisy voice in my

head that I just appreciate. The few times, I'm not very good at it, but the few times I can listen, it really helps.

**[00:39:12.760] - Darryl Dash**

Well, it is really good to talk to you, Chris. I always appreciate talking to another Ontario pastor. I really hope that I get to meet you in person one day soon.

**[00:39:21.920] - Chris Quiring**

Love that.

**[00:39:22.670] - Darryl Dash**

Thank you for your book, *The Lies That Bind*. It's an encouragement. I hope that people read it and benefit from it. I think it's a good book and one that will help a lot of people. So thank you for writing it.

**[00:39:32.550] - Chris Quiring**

Awesome. Thanks so much, Darryl. I appreciate being on the podcast with you. I had a blast.

**[00:39:36.110] - Darryl Dash**

Good stuff. Talk to you soon.

**[00:39:37.950] - Chris Quiring**

We'll see you.