

Unbiblical Teachings on Prayer and Experiencing God

How Mysticism Misleads Christians

by Bob DeWaay

To a Christian, praying to God is privilege, a blessing, and a Biblically defined responsibility. We are called to pray. But a genre of literature exists that I call “prayer secrets.” Practitioners claim to have discovered new avenues of prayer that can create power, excitement, success, and even new revelations from God. These “prayer secrets” add unbiblical practices and claims to prayer in the hope of spicing up the topic to make it more interesting. And this is not a new development; mystical practices have been brought into the church under the guise of prayer since medieval times.

However, since these teachings change in form and packaging, I will review three books about prayer and “experiencing God” subjectively. What they have in common is a form of pietism that promises better things than to go before the throne of grace to find help in time of need, as well as other basic Biblical teachings on prayer.

***Experiencing God* by Henry T. Blackaby**

Blackaby’s book, co-authored by Claude King, promises readers that they can come to know God by experience and come to know God’s will beyond what is revealed in Scripture, thereby living out a life full of adventure.¹ Blackaby promises his readers that they will, among other things, learn to hear God speaking to them and

learn to identify God's activities.² He promises to alleviate their problem of being frustrated with their Christian experience.

Experiencing God does start out with some basic facts about the gospel and has a place for people to check to indicate that they have made a "decision for Jesus." I am glad he told his readers about such things as sin and repentance but am disappointed in the "make a decision for Jesus" approach. We have addressed that elsewhere.³ But having checked the appropriate box, the reader is quickly ushered into the realm of subjectivity that permeates Blackaby's approach from beginning to end. For example, we are urged to evaluate our "present experience with God."⁴ However, I have known people who are totally deceived and in bondage to false doctrine who are very excited about their experience with God, so such evaluation doesn't do much good. For example, I once met a pastor who just returned from the Toronto laughing revival and was so very excited because he had seen "God" cause people to bark like dogs and quack like ducks. That is just one example why what one thinks about his own "experience with God" is immaterial. What we need to know are the terms God has laid down for knowing Him and walking faithfully with Him.

In Blackaby's theology, the importance of God's self-revelation through the Scriptures is de-emphasized while personal experience is given priority. He writes, "We come to know God as we experience Him. God reveals Himself through our experience of Him at work in our lives."⁵ I am not disputing that God is at work in our lives if we have truly been converted. But, like other subjectivists, Blackaby de-emphasizes specific revelation (Scripture) and puts unwarranted emphasis on general revelation (what can be observed in the created order). Our personal, spiritual experiences are unreliable. People observing general revelation and interpreting their own spiritual experiences in light of it have created the host of the world's false religions.

For example, Blackaby writes, “Find out what the Master is doing—then that is what you need to be doing.”⁶ Here he suggests that by observing what is around us and studying human history we can determine God’s will. He further suggests that God reveals His will by some process in history—that He hasn’t revealed it once for all. But this subjective approach cannot reveal God’s moral law which is His revealed will. Someone’s estimate of “what God is doing” is likely to be based on their own prejudices and inclinations. Let’s look at another example. Consider a person who believes the social gospel. If they see a situation where social services are being provided, they will conclude that they are witnessing “what God is doing.” In the previous example of the laughing revival, that pastor was a charismatic. His thinking led him to believe that anything that appears to have a supernatural cause done in the context of a Christian meeting must be “what God is doing.” So he saw people behaving oddly in such a context and joined it so as to participate in God’s activities. Subjective evaluations can lead to falsely attributing things to God that in fact are not from God.

God’s providence unfolding in history is what we actually observe. But providence contains good and evil. We cannot know what God’s revealed will is by observing providence. We can only know His will through inerrant, infallible, special revelation—Scripture. Even our dreams and inner impressions are part of providence and they too are a mixture of good and evil (and indifferent). They do not reveal what God is doing or His will for our lives.

Blackaby fails to distinguish these categories, and thus uses stories of God revealing things to prophets and apostles in the Bible to suggest that these experiences should be normative for us. For example he includes a section about Moses, not to prove that Moses was an authoritative spokesperson for God, but to prove that God expects all of us to gain revelation like Moses did. This is false, and we have shown it to be false in a recent article.⁷ In the

Moses section of his book Blackaby writes, “His desire is to get us from where we are to where He is working. When God reveals to you where He is working, that becomes His invitation to join Him.”⁸

Such a search for “where God is working” makes no sense. God is working always everywhere as He holds all things together by “*the word of His power*” (**Hebrews 1:3**). Blackaby’s concept “where God is working” is vague. Is he talking about geography? God’s revealed will is to preach the gospel to all people everywhere. God works through the gospel to convict the world of sin, righteousness and judgment and to convert those who will be saved. There is no place off-limits, and this great work of God is not limited by geography. Blackaby’s kind of thinking causes people get on airplanes scurrying to the latest hot “revival.” But how do they know God wants them in Pensacola, for example, chasing a spiritual experience rather than preaching the gospel where they live? The simple answer: they don’t.

Blackaby’s book is filled with claims that we all need personal revelations from God, that these are binding upon us, and that if we do not gain these “words from God” we are going to fail God and live frustrated and empty lives. He claims that we are to obey these words seemingly without question: “When you do what He tells you, no matter how insensible it may seem, God accomplishes what He purposed through you. Not only do you experience God’s power and presence, but so do those who observe what you are doing.”⁹ This is simply wrong and is a version of works righteousness.

All that I can possibly know as God’s binding, authoritative will is what God TOLD me (Scripture) not what God “tells” me (subjective ideas that may or may not be from God). It is abusive to bind people to non-authoritative, fallible words (even insensible ones) and tell them that obeying such words is the key to God’s

presence in their lives. This, in my opinion, is an attack against the gospel. We have the promise of God's presence because of what He did for us through the cross, not because we have become mystics following ideas that enter our minds which we decided might be from Him. But Blackaby reiterates, "Obey whatever God tells you to do."¹⁰ So, on that point I think I'll choose to follow his advice based on what I know God has told me in the Scriptures. I know God told me not to listen to people who teach false doctrine; I am going to obey that and not listen to Blackaby.

Beyond promoting these personal revelations as laws to be obeyed (as if they were God's revealed moral law), he further claims they are also infallible: "When we come to God to know what He is about to do where we are, we also come with the assurance that what God indicates He is about to do is certain to come to pass."¹¹ This is another problem, because the only things certain to come to pass are those God has predicted in Scripture. Personal revelations that we think might be from God are not certainly from God [we can't be sure they are] and they will not "certainly come to pass." Blackaby calls this type of word "revelation": "When He opens your spiritual eyes to see where He is at work, that revelation is your invitation to join Him."¹² Subjective impressions are now to be considered revelation? This approach could lead to every imaginable error.

Blackaby makes personal revelations not only binding (they must be obeyed) and infallible (certain), but he also declares that they are necessary for everyone's spiritual well-being: "If the Christian does not know when God is speaking, he is in trouble at the heart of his Christian life!"¹³ Furthermore, he says, "If you have been given a word from God, you must continue in that direction until it comes to pass (even twenty five years like Abraham)." That means that if someone should get one of these "words from God" and if it actually was not from God, he would be obligated to follow

whatever foolhardy, insensible path the “word” led him down. Such teaching, in my opinion, is foolish and abusive to the flock.

God physically appeared to Abraham many times as “the angel of the Lord.” Abraham received special revelations. We don’t. We do not have the same certainty that our subjective impressions are “the word of the Lord.” Amazingly, Blackaby sees the problem with his approach but still presses on with it: “If you have not been given a word from God yet you say you have, you stand in judgment as a false prophet . . . [cites Deut. 18:21-22].”¹⁴ EXACTLY! That is the very claim I made in the last issue of *CIC*.¹⁵ If these personal words from God are taken as binding, and we speak them to ourselves and they are not totally accurate, we have become false prophets to our own selves. Blackaby evidently agrees, yet he pushes on.

The flaws of Blackaby’s subjectivism are rather obvious when you examine his claims objectively. God’s revealed will is not found by subjective experiences, but in Scripture. Looking around in the world hoping to discover “where God is working” is impossible since God is always working everywhere as He providentially brings history along toward His ultimate purposes. We will be fooled by our own prejudices because we think “God working” must look something like whatever our religious inclinations tell us it will look like. Furthermore, he has elevated fallible words that may or may not be from God to the level of infallible Scripture and elevated every believer to the status of Moses and Abraham as recipients of special revelation. Following his approach is not how we “experience God.” We cannot not know if we are experiencing God in any way other than to come to Him on His own terms, by faith. When we do, we are assured that God is with us no matter what experiences we have.

***Body Prayer* by Doug Pagitt**

Doug Pagitt, Emergent Church leader, wrote a book (coauthored by Kathryn Prill) that claims that using various body postures can bring people closer to God and deepen one's life of prayer.¹⁶ Here is an example of some of the claims of this book:

Engaging the body in acts of being present with God, including certain ceremonial practices, opens us up to God in new ways. People of faith in ancient times understood that such physical acts and practices as rest and worship, dietary restrictions, and mandated fabric in their wardrobes were of great value to their faith and life.¹⁷

The problem is that the Bible says that these types of practices are of NO value:

If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, "Do not handle, do not taste, do not touch!" (which all refer to things destined to perish with the using)-- in accordance with the commandments and teachings of men? These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence. (Colossians 2:20-23)

Furthermore, creating dietary restrictions for religious reasons is called a "doctrine of demons" (1 Timothy 4:1-5).

Pagitt claims that we can connect with God through body prayers. He calls his approach a “deeper” form of prayer: “This book is meant to be a companion and a guide into deeper forms of prayer; this book is not a specific prescription of how prayer must be done.”¹⁸ I appreciate that he does not claim that these postures are mandatory. But that introduces an important question—if his postures are not mandated by Scripture (and they are not) how can they be “deeper” than the sort of prayer the Bible does teach? Such claims are the problem with all the “prayer secrets” books. Why is praying to God in the manner taught in Scripture so inadequate that people need to discover new practices that are superior to those Jesus and His apostles taught? Would God withhold something so good and important to all but those spiritual innovators who discover the secret? The Bible says, “*Seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence*” (**2Peter 1:3**). God did not forget to reveal to the Biblical writers key practices we need.

Pagitt teaches the same “breath prayers” that we have discussed in other articles:

As you begin to pray, close your eyes. Then inhale and exhale with deep breaths. Put your hands in a comfortable position—consider turning both hands palms up. Notice the tension in your head ... and let it go as you take in a deep breath ... and then exhale. Notice the tension in your shoulders and let it go, again by breathing in and then out. Notice the tension in your stomach and let it go. Move down your body doing the same.¹⁹

Concentrating on one’s breath is a way to achieve an altered state of consciousness. Jesus told us to ask the Father in His name,

which we can do when fully conscious and requires no prior stress relief practice.

Some of the postures are similar in that they seem more like a technique for self awareness. One is pressing fingertips together: “There is a theory that pressing each fingertip to its corresponding fingertip activates a certain portion of our brain. Also, it is one of the gentlest ways to feel our own pulse.”²⁰ Doing some of these practices is even confused with reconciliation which one comes through the finished work of Christ received by faith:

Start in a sitting position. Then use your arms to push your body up so you are standing. Inhale deeply through your mouth. Let your shoulders fall, release any stress in the top of your legs, and let your hips fall forward. Feel pressure on the bottom of your feet—and in that space alone. Keep breathing deeply. Allow the deep breaths to prepare you and arm you for the work of reconciliation.²¹

Reconciliation does not happen through some physical process, but through Christ’s blood atonement which we have received by faith (**Romans 5:9-11**).

It is not surprising, given the theology of the Emergent Church, that Pagitt’s approach is infused with theological immanence at the expense of transcendence. He writes, “So we extend to the rest of the world this hope: that good will be saved and increased and that God’s dreams will be done on earth as they are in heaven.”²² Pagitt claims that we are co-re-creators of the world: “God is never finished with creation, and God is never finished with us. We are constantly being re-created, and we are invited to join God as co-re-creators of the world.”²³ There is no cataclysmic, future judgment of the cosmos in the theology of most Emergent Church

leaders. Rather God is working in the world to transform it into a better place through the processes of history.

Pagitt's terminology reflects a rather panentheistic worldview that is infused with God in some not totally explained way:

There is a rhythm to life. We find it in the ocean tides, in the rising and setting of the sun, in the beating of our hearts. And there is a rhythm of God—a rhythm that encompasses life, both the life we can readily see and the unseen life of the spirit. The rhythm of God beckons us, guide us, and dwells in us.²⁴

This highly immanent theology implies that God is in the creation to be discovered, and not as the transcendent One who can only be known by His self-revelation in the authoritative Scriptures and in Christ who came in the flesh and ascended into heaven. Pagitt says, "As those who are created in the image of God, we are endowed with this rhythm."²⁵ Since all human beings are created in God's image this is a universal statement, not limited to those who have been converted through the gospel. He continues, "We can find it [the rhythm of God] step into it, and live in it. This is the kingdom of God — to live in sync with the rhythm of God."²⁶

Sadly, the processes of "body prayer" described in this book reflect a theology that is gleaned not from authoritative Scripture but from creative efforts to create a version of prayer that is in keeping with the sensibilities of the postmodern culture. Key ideas that the Bible teaches about prayer (coming to God on His terms, grace for sinners, how we have access to God only because of the blood atonement, that God hears Christians who ask according to His will, etc.) are missing from this book. The techniques and teachings found in the book are not taught in the Bible. So the bigger question is whether God has spoken and revealed how we can come to Him or whether the means of access to God are

discovered in the creation. Pagitt and his co-author leave us searching for the “rhythm of God” in the creation by means God has not ordained.

***Prayer Quest* by Dee Duke**

The subtitle to this book is “Breaking through to your God-given dreams and destiny.” Duke speaks of our dreams and God’s dreams throughout his book. In the Bible God gave dreams to certain people. Those dreams, if interpreted by an infallible prophet, revealed God’s will and God plans. In the Bible, the dreams were from God, but they were not God’s dreams. They were the dreams of the people who dreamt them (for example Nebuchadnezzar’s in Daniel 2). Here we have to add a point of clarification: Only the dreams that are interpreted in the Bible by God’s prophets and spokespersons can be considered to authoritatively reveal God’s will.

The term “dream” in English can mean “hope for an ideal future,” as in, “I have a dream.” This denotes the hope for some better state of affairs that may or may not come into existence. Duke, in his book, is clearly not using the term in the Biblical sense as a dream a person has that has been interpreted by an authoritative prophet. Instead he says, “He calls us *now* to dream His dreams, to ask Him daily to display His power.”²⁷ Duke is speaking of a hoped for future when he uses the term “dream”:

Welcome to the reality where dreams come true! God has a dream, and it is certain to happen just as He imagines it. He has placed the stamp of His image on our souls, so that we also dream great

dreams. As we learn to passionately share and enjoy God's dreams, we will see Him work in amazing ways . . ."²⁸

This statement involves some serious category problems. Supposedly God's dream is His imagination about the future. We (all humans evidently because all humans are created in God's image) can dream like God. Either this is anthropomorphism run amok or some seriously bad theology. God is the one who says this about Himself: "*Remember the former things long past, For I am God, and there is no other; I am God, and there is no one like Me, Declaring the end from the beginning And from ancient times things which have not been done, Saying, 'My purpose will be established, And I will accomplish all My good pleasure'*" (**Isaiah 46:9, 10**). God does not dream, He decrees. God calls things into being and works all things according to the counsel of His will (**Ephesians 1:11**). He doesn't imagine a potential future that may or may not happen.

Concerning us, the only thing we know about what God "dreams" (using Duke's terminology) is what is revealed in Scripture. Our own dreams about what we would like the future to bring are not going to make God do anything. Duke says, "This book is intended to help you learn to walk so intimately with God that you will see Him fulfill His dreams in and through you."²⁹ This brings us back to the typical "prayer secret" genre of Christian writing.

Supposedly there is some key to "intimacy with God" that is not based on the once-for-all finished work of Christ, not based on availing ourselves of the means of grace by faith, but based on our own level of personal piety and the use of practices not revealed in the Bible.

Duke asks his readers, "Do you feel as though you've given up on dreams you had when your faith was new?" The implication is that our "dreams" (i.e., hopes for an ideal or optimal future) somehow

authoritatively reveal God's will and that we must make these come to pass by some process. But our ideas about what we hope life will be like are nothing more than ideas and may have nothing to do with God's purposes. Our dreams are part of providence, but providence contains good and evil. Duke is treating personal imaginations about the future as if they were infallible guidance to be nurtured and followed. But personal dreams are not God's moral law.

Here is a further definition of what Duke means by "dream,"

A dream is a desire felt so strongly that we think and meditate on it constantly until we see it in our mind as clearly as if it were reality. A dream believes that what is desired will happen; it is accomplished by anticipation and positive expectation. People who dream tend to be upbeat and enthusiastic.³⁰

This is a very much the type of mind over matter thinking that has enjoyed popularity in self-help circles.

He gives people some practical guidance on releasing their "imagination" in prayer: "Envision yourself embarking on a day trip into the presence of God. . . . Envision yourself approaching God in His glory."³¹ This is strikingly similar to guided imagery. He gives more examples of how to manage your dream time with God, including making lists of dream notes. This is a journey into the subjective realm under the guise of "prayer."

Much bad teaching comes into the church by route of mysticism, subjectivism, and having faulty theological categories. In previous articles I carefully defined categories to help my readers avoid these pitfalls. Risking redundancy, I must again assert that there is God's revealed will in Scripture as well as God's providential will (containing good and evil) that is revealed as history unfolds.

Though Duke wants us to dream God's dreams about the future, he admits that these dreams we might have come from various sources. He lists thoughts from God, your own thoughts, thoughts from the world, and thoughts from Satan.³² His readers are supposed to sort through their dream notes to find ones that they think are from God. But how? God's future providential will is not revealed and cannot be known until it unfolds in history. Our dreams about the future cannot be determined to be from God by any means available to us because they are not revealed in Scripture.

Duke reveals his lack of Biblical understanding when he cites the scripture, "My sheep know my voice," as proof that we can figure out which of our dreams is God's voice. That passage in John 10 is about those whom the Father has given to the Son and who consequently will respond to the gospel and follow Christ, not about listening to various subjective voices in our heads and trying to figure out which one sounds the most like Christ.

There is no need to belabor how bad this book is theologically. It starts from a series of faulty premises and bad theology and builds from there a concept of prayer that is not taught in the Bible. The term "dream" as he uses it is basically the idea of one's imagination. The Bible tells us about those who speak in this manner: "*Thus says the Lord of hosts, 'Do not listen to the words of the prophets who are prophesying to you. They are leading you into futility; They speak a vision of their own imagination, Not from the mouth of the Lord'*". (**Jeremiah 23:16**).

That a publishing house like Navpress produced this book shows how little discernment there is in the evangelical movement these days.

Conclusion

God has not left us to fish around in the world of spirits and subjective experiences to know Him and speak to Him. God send His Son, who pre-existed as God and with God, to be born of a virgin and live in history in the flesh. The apostles heard Him, touched Him and saw Him (see **1John 1:1-3**). He died for sins on the cross, shedding His blood to avert God's wrath against our sin. He was bodily raised on the third day and He bodily ascended into heaven where He sits at the right hand of the Father. Before He left He promised His followers that they could ask the Father anything in His name. He inspired eyewitnesses to write His inerrant words so that we would know the truth from Him. The Bible promises us that He hears us. It doesn't give us a set of techniques to hear inner voices and call these techniques "prayer."

The mystics are confident that their extra-biblical techniques and extra-biblical experiences are certainly from God and are making more pious Christians than those of us who only have prayer as taught in the Bible and the Word of God to go by. Having discovered the secrets to increased piety and "intimacy with God," they write books so that others can become similarly "enlightened" and be saved from their "ordinary" Christian lives. Dear readers, they are selling you a bill of goods. They are not infallible apostles and prophets, they do not speak authoritatively for God, their theology is unbiblical, and their practices are not ordained by God. I have touched on three examples of this approach but there have been literally thousands of them in church history. The simple application is this: do not listen to them. They can only deceive you; they cannot make you more holy or pleasing to God. Only the finished work of Christ and His ordained means of grace can do that.

Listen to the radio series on this topic [here](#).

Issue 99 - March / April 2007

End Notes

1. Henry T. Blackaby & Claude V. King, *Experiencing God* (Nashville: Broadman and Holman, 1994). For simplicity, I will refer to Blackaby as the author with no slight intended to King as the co-author.
2. Ibid. 4.
3. <http://cicministry.org/commentary/issue73.htm>
4. Blackaby 5.
5. Ibid. 9.
6. Ibid. 48.
7. <http://cicministry.org/commentary/issue73.htm>
8. Blackaby 55.
9. Ibid. 61.
10. Ibid. 63.
11. Ibid. 128.
12. Ibid. 129.
13. Ibid. 132.
14. Ibid. 140.
15. <http://cicministry.org/commentary/issue98.htm>
16. Doug Pagitt and Kathryn Prill, *Body Prayer*, (Colorado Springs: WaterBrook Press, 2005) For simplicity I will refer to Pagitt as the author with no slight intended to Prill as the co-author.
17. Ibid. 3.
18. Ibid. 8.
19. Ibid. 11.
20. Ibid. 36.

21. Ibid. 53.
22. Ibid. 103.
23. Ibid. 27.
24. Ibid. 127.
25. Ibid.
26. Ibid.
27. Dee Duke, *Prayer Quest*, (Colorado Springs: NavPress, 2004) 11.
28. Ibid. 15.
29. Ibid..
30. Ibid. 26.
31. Ibid. 28.
32. Ibid. 29.

Unbiblical Statement: God Promises Happiness. Although there are promises of joy found throughout the Bible, never once does Jesus promise that following him means that we will have total happiness in our circumstances. In fact, he declares the very opposite.Â

Unbiblical Statement: God Will Never Give Us More Than We Can Handle. Pastor Wellman writes that nowhere in the Bible does God state that we will never have to endure hardships past the point of what we can handle. In fact, we already learned above that God actually says that we will experience trouble in this world. Many Christians use Paul's writing in 1 Corinthians 10:13 to back up this false statement. In the verse Paul writes, "No temptation has overtaken you that is not common to man. He "prayed to God always"; but, while praying on in patience, probably little thought that one day an angel would be sent to tell him, "Your prayers and your alms are come up for a memorial before God" (Acts 10:2 - 4). But if you wish God's estimate of His people's prayers, see Revelation 5:8, "The four living creatures and the twenty-four elders fell down before the Lamb, each having a harp and golden bowls full of incense, which are the prayers of the saints." That is what they are. Golden bowls contain them; they are as the fragrance of incense before