

“HELP! Conspiracy Theories Are Ruining My Marriage!” 37 Questions to Consider

(July 14, 2026)

FRANK:

Ladies and gentlemen, last week I went to Utah for a couple of days to the preliminary hearing, just to give moral support to Erika and her team. None of us who were witnesses that day were, the day of the murder were actually allowed to go into the courtroom.

So I just stayed back at the hotel with the other witnesses and, watched some of the proceedings and waited for Erika and the team to come back to talk to them and comfort them. You know, it tore me up every day to hear about her crying in the gallery when certain things were said or done.

A few times, of course, she had to leave for obvious reasons, and she didn't want to hear anything about the actual physical nature of the murder. I get it. I don't want to hear about it either. One of the most chilling things that came out of the preliminary hearing last week was that Tyler Robinson said he wished that he hadn't, he hadn't done it, that he hadn't murdered Charlie.

Now I can only wonder if he... If he meant because it was wrong to do, or he meant he was upset that he got caught, that he wish he hadn't done it, because he got caught and now is going to have to face the consequences.

It appears anyway. This is just a preliminary hearing. It's just to find probable cause. And the judge will decide whether probable cause exists on September 1st. We all know the answer is absolutely it does.

But of course, he has to go through the formality. And if you're wondering why the judge has been so cautious and he has continued to defer to the defense in so many different ways, it's



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because in order for you to appeal a decision, you just can't say, well, I don't like it, I'd like a retrial, I don't like the result.

You have to find some problem in procedure that the judge made in order for you to say, the trial's invalid for this particular reason or for that particular reason. So it appears the judge is trying to be overly cautious so as not to be overturned on appeal.

That's wise to do. In some cases, though, he seems to be going overboard in that direction. In fact, he always seems to want to split the baby. You know, someone will object, and instead of saying sustained or overruled, he'll say, well, sustained in this regard, overruled in that regard. We'll see where all this goes.

But some of the evidence that was presented, as you have seen, and then I'm gonna get to your questions, by the way, I have a couple questions to get to, one of them related to this. We've seen video of Tyler Robinson on campus. We've seen video of him fleeing. We've seen a rifle, a screwdriver, and a towel all have his DNA and that of his roommate or roommate/lover on it, Lance Twigs.

And I saw one person on the stand say it's less than one in a trillion that Tyler Robinson's not the person on here. We've seen text messages that include a confession. We've seen a note left behind that includes a confession.

We've seen testimony from his roommate and lover that includes a confession. Also the fact that he was etching bullets with evil messages on them. His roommate admitted that. Also the fact that Robinson cried and said he wished he hadn't done it.

So we've got confessions in three different ways. The texts also show motive, that he thought Charlie was a hater, and some hate can't be negotiated out. We've also, the texts also show that Tyler Robinson said he left the rifle in a certain spot and that is exactly where it was found by police.

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And all of this shows premeditation. So quite obviously there is probable cause for a trial. And look, if we're being realistic and we're dispensing with all the formalities, it sure looks, as Jonathan Turley of George Washington University said, this is a slam dunk conviction.

The only question is, is he going to go and his team going to go to the prosecution and try and plea it down and say, okay, I'm guilty, but don't murder. We can't murder a true killer. Don't kill me.

If he truly did murder Charlie Kirk, then he does deserve the death penalty, especially because he's met some standards in the law that, as I understand it, anyway, get the death penalty. One of them is, is putting children in danger and another has to do with his hatred that led to this crime.

Now, I'm a believer that all crimes are hate crimes and there are no love crimes, so that one's a little odd. Also, it could be seen that if Charlie was murdered for being a Christian, that could add to the weight of the sentence that he could actually get the death penalty for this.

We'll see where all this goes. But I got a question from a very concerned husband that came in, just about as the trial was, the pre-trial hearing was over. I'll leave the man's name out of it, but this letter or this email that he wrote me might be the situation in your home right now if you're divided over what's going on.

Here's what he wrote. First, thank you for the work you've devoted your life to. I have learned a great deal from your ministry over the years, and I deeply appreciate the way you defend the Christian faith with reason, evidence, and compassion. Your work has strengthened my faith and helped me answer difficult questions. I'm writing because I'm at a point of desperation and I'm hoping you might offer some biblical wisdom or practical advice.

My wife and I are both Christians, but over the past several months she has become deeply influenced by Candace Owens recent content regarding you, Israel, and a number of broader conspiracy related topics. She has come to believe that you are dishonest, and you are a false teacher and even that you are involved in criminal wrongdoing.

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She also believes that there are vast hidden forces controlling world events, governments, media, and churches. From everything I've studied over the years, I've reached a very different conclusion. I continue to believe you are sincerely serving Christ through apologetics. While I don't think any human being is beyond criticism, I know I'm certainly not.

I have not seen credible evidence to support the accusations that are being made against you. What concerns me most isn't simply that we disagree. It's that these beliefs have become central to our conversations and are creating an ever widening divide in our marriage.

Almost every discussion eventually, eventually returns to these subjects and it has become increasingly difficult to have peaceful conversations. Let me pause right here. This reminds me of the proverb that talks about one of the things God hates, and that's someone who causes dissension among the brothers.

All right, let me continue. I've tried listening carefully. I've tried asking questions instead of arguing. I've tried examining the evidence together. None of it seems to help. The more evidence I present, the more convinced she becomes of the evidence itself as part of the deception. It's like, yeah, there's no way of winning here, right?

In fact, if you think that all evidence is part of the conspiracy, there's no way of getting outside of that to show that the conspiracy isn't true. There's no way of unfalsifying that. That's the problem, or falsifying that, I should say. All right, let me continue with this gentleman's question.

As Christians, we're called to seek truth, to test everything, and to remain humble. I'm struggling to know how to do that while also preserving my marriage. I'm not writing you to ask you to defend yourself personally. Rather, I'm asking how a Christian husband should respond when someone he loves becomes convinced of claims that seem resistant to evidence or meaningful dialogue.

How do I continue loving my wife well, without constantly arguing or silently affirming ideas that I sincerely believe are false? I've also wondered whether there can be a spiritual

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component to this kind of situation. Scripture speaks about deception, discernment, and spiritual warfare.

But I want to be careful not to simply label someone I love. I don't want to respond with pride or anger. I want to respond with truth, grace, patience, and wisdom. Man. This, this, lady has a very thoughtful husband. Let's just say that. He goes on to say our marriage is under real strain because of these differences.

And I honestly fear where this could lead if we cannot find a healthier way to communicate. If you happen to read this and have a few minutes to offer advice, or someone on your team could point me toward a message, article, or resource that addresses situations like this, I would be sincerely grateful.

Thank you again for your faithful ministry. May God continue to bless and strengthen you and use your work to draw people to Christ. Excellent question and a hard, hard problem here. I'm just... I like this man's attitude that he wants to love his wife, but he's wondering how can he deal with his wife who seems to be immune to evidence, that no matter what evidence you give someone, they...

It's... To them, it's more evidence of some sort of conspiracy. There's no way to falsify that belief. So maybe... What I did is I, I sent him a bunch of questions that he might want to ask and then sincerely listen about. And maybe some of these questions can help you think through what's been going on.

And if you're at odds with somebody you love who is on a different side of this, maybe these questions can help. I don't know. I'll just offer them. One question I might ask immediately is, what evidence would you need to see to know that the conspiracy you believe in is false?

What evidence would you need to see? Because look, if Tyler Robinson really did murder Charlie Kirk and he acted alone, the evidence that you saw in the pre-trial hearing is quite damning. Is all that evidence the product of a conspiracy?

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I would just ask that question. Let me go to some of the questions that I specifically sent him, and I'll start with this one. Remember, he's asking this to his wife. So you might say, honey, if someone murdered me, your husband, would you want Candace to treat you the way she's treating Erika?

And just see what she says. Now she may go into this big rant about how Candace is looking for justice and forget all that for just a second. Let's just concentrate on Erika. Erika Kirk, the widow. Why is she insinuating that Erika Kirk and her organization is complicit?

What evidence does she have for that? Would you want her to jump to that almost immediately after the murder? Would you want her to jump to you almost immediately after the murder? Second question. If, God forbid, Candace's husband was murdered, would Candace want Erika to treat her that way?

Number three. If you witnessed a murder of your friend and best student, as I did, would you want Candace to treat you like she's treating Frank and Charlie's other friends? Number four.

Are you presuming people are innocent until proven guilty, by the way, I'm just offering questions here. I may make a few statements, but it's just questions. Just questions to think about. Number five, what's the only way we can achieve justice?

Is it by speculation or by evidence? Number six, what are the three motives for any crime or any sin? There's only three major categories of motives. What are they? I'll offer an answer here.

It comes from 1 John, chapter two, verses, I want to say 15 and following. All that's in the world is the lust of the eyes, the lust of the flesh, and the boastful pride of life. Sex, money, and power are the three great motives for any crime.

So if you're going to suggest that someone's guilty of a crime, you've got to find one or more of those three motives. We've talked about that at length on this program. Number seven. What motive did any of Charlie's friends and employees at TPUSA have to even want Charlie dead?

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Did they get sex, money, or power for wanting him dead? He was their friend and very effective leader. Number eight, what motive does Candace have to do what she's doing? Look, I'm not judging her motives. I'm just asking the question. Number nine.

Look, I'm just asking questions here, ladies and gentlemen. Number nine, why do eyewitnesses differ on details about almost every event, especially traumatic events like murders? And number 10, are differences always lies?

If you want the answer to that, ladies and gentlemen, listen to the podcast we did last week when I responded to specific Candace Owens conspiracy theories. Because differences are not always lies. Number 11. The differences among the eyewitnesses prove the eyewitnesses were involved in the murder or that a conspiracy exists.

If that were the case, every single crime would be a conspiracy. Because eyewitnesses always differ on the details. That shows their authenticity. They didn't get together to iron out all the details. You know, people notice different things. They notice when, especially in a traumatic event, they may notice certain things, and they may not notice others.

They may focus in on certain things. Number 12. What are the requirements necessary to pull off a successful conspiracy? Conspiracies do occur, but what are the requirements to pull off a successful one?

If you want to know the answer, J. Warner Wallace, in his book *Cold Case Christianity*, talks about some of the requirements to pull off a successful conspiracy. Normally, it's got to be... I'll just mention a couple of them, not all of them. It's got to be a small group of people, because the bigger group of people, the more likely you're not going to be able to hold the lie together.

Secondly, it's got to be people, or it's better if people are more closely related because you're not going to rat out your mom or your dad or your brother or your sister. Number three, you can't have a lot of pressure. If you have a lot of pressure, somebody's going to break. Turns out that the requirements.

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And there are others... The requirements for a successful conspiracy don't appear to be part of the Charlie Kirk murder, but anything's possible. The question is, what's reasonable? What does the evidence show? Number 13.

If your response to evidence is that all evidence is fake because it's the product of the conspiracy, how could you ever discover you were wrong and you wound up letting the real murderer go?

How could you ever discover that if no matter what evidence is presented to you, you assume that evidence is fake? You're assuming what you're trying to prove if that's your attitude about things. Number 14, should you accuse people of murder without adequate evidence?

Number 15, why does the Bible require at least two witnesses for a conviction? Number 16, why does God threaten to kill those who abuse widows and orphans? That's Exodus 22:22, by the way. Number 17, why does Deuteronomy 19 prescribe the death penalty for those who falsely accuse someone of murder?

I know this is Old Testament law. It doesn't apply today. It applied just to ancient Israel, but God wanted to protect innocent people so much that he would give the death penalty to a person who falsely committed somebody else of murder. He would give the death penalty to them.

Oh, you're going to convince... You're going to falsely accuse someone of murder. We're going to kill you. You can't have that. You can't have these false accusations. Number 18, why do, why do we have biblical evidence of demonic activity since the murder, since 9/10? First of all, we had a murder.

Since then we've had lies, accusations, and slander, seeking to steal, kill, and destroy. That's exactly what Jesus and the apostles call Satan. They call him a murderer who uses lies, accusations, and slander because he's seeking to steal, kill, and destroy.

People don't believe in the demonic. But how could it be more obvious than this case? We've had a murder, and all we've had since then pretty much is lies, accusations, and slanders,

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seeking to steal, kill, and destroy. Yes, there is a spiritual component to this. Yes, this is spiritual warfare, as the husband who wrote in suggested.

Now, you don't have to accuse your wife to be involved in this but maybe make her aware that this is indeed going on. It's quite obvious because all of the biblical prohibitions against doing what Candace and others are doing are being ignored about witnesses, about false accusations, about abusing widows and orphans, about accusing someone falsely of a crime.

In fact, Number 19, why does the Bible warn against gossip? Because people are destroyed by it. Number 20, what is the danger of following personalities rather than evidence? In fact, we talked about that in the podcast last week.

Are you really following the evidence or are you following a personality? If you're following a personality, it doesn't matter what the evidence is. If you're always going to side with the personality... And by the way, we're all fallen as personalities. The only true personality we ought to be following without question is Jesus.

Everybody else is flawed. We should test... Or we should maybe put it another way, Ronald Reagan's famous phrase, we should trust but verify, always verify.

So there's a great danger in following personalities. They may blind you to the evidence. Don't follow me. Don't follow Candace. Don't follow other personalities out there without the evidence. Always check people by the evidence. By the way, I've noticed that one of the, one of the criticisms of me that has come up since last week that I didn't really notice was someone said that I was Face Timing somebody for nine hours from the time of the murder all the way till they got back to the hotel.

Because I was on Megyn Kelly's podcast a week or so after the murder, and I mentioned that I had the podcast or I had the FaceTime on until I got back to the hotel. What I meant to say was the hospital. It would be impossible for me to be on FaceTime to the hotel.

We didn't get to the hotel until like, eight or nine hours after all that. I just misspoke. I said hotel when I meant hospital. You, you, you may think I'm lying about that.

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Yeah. Look, I'm not. I have this condition known as 64. Have you ever said something? I've said it. I've said stuff from the stage, and people after I get off the stage, they go, you know, you said this. I go, no, I didn't mean to say that. In fact, when I was at TPUSA at the, at AmFest this past year, I was talking about this stuff, and I talked about how people are attacking Charlie's widow.

And instead of saying his widow, I said, her widow. My wife, after I got down, said, you know... You said her widow. I said, what? I didn't mean to say her widow. How did I say that? Man, the older I get, the more I do that, the more I, I, I say things, I'm thinking something else, and I say the other thing.

And look, if you don't want to believe me, that's fine. Don't. I'm just saying this happens, and it happened to me. There's no way I was on FaceTime for nine hours. When I got back to the, when we got to the hospital, that's when I hung up the phone. That's when I called Jack Hibbs. That's when Seth Dillon called me because he heard about what had happened. And so that's a complete misunderstanding. My fault for saying hotel rather than hospital.

But don't follow personalities. Follow the evidence. Let me ask you this. Here's question number 21. Why isn't the defense team of Tyler Robinson making any of the claims Candace makes? Hint. Because there's no evidence for them. Why haven't they called Candace as an expert witness?

Number 23, what is the difference between a possibility and evidence for a possibility? We covered this in the last podcast as well. Anything's possible. It's possible that Charlie was killed by aliens. It's possible. What evidence do we have for that? It's possible we're living in the matrix.

This whole thing is a dream. Possible. What evidence do you have for it? And number 24, why is there so much evidence against Tyler Robinson? Oh, he was a patsy. At one point, Candace Owens said he wasn't even on campus yet, and we have all this video evidence he was on campus.

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And now she's trying to say, well, he's too tall, or he's not too tall. He's not tall enough. It wasn't really Tyler Robinson. Lance Twigs, who has immunity, says, it's Tyler Robinson, who is his lover, says, no, that's Tyler Robinson.

He's wearing this shirt, the sunglasses the same, looks like him. He said, well, it's a little grainy, but, yeah, I think that's him. And Candace Owens somehow says, no. It's not him. In fact, is the defense team saying the guy in the video is not Tyler? No, they're not even saying that. Candace Owens is.

What evidence do you have that all the evidence against Tyler has been fabricated? For what motive and by what means did they fabricate all this evidence? Who possibly could do all this? Number 26. If a foreign government wanted Charlie dead, why didn't they just kill him privately with no witnesses, not in front of thousands with cameras rolling?

And were Charlie's views more likely, or I should say, more friendly to Israel or to Muslim countries? Regardless of what you think about what Charlie was thinking at the end of his life. I know what he was thinking because I was with him and we had a meeting with Israeli officials the day before he was murdered.

Charlie was trying to get better at answering questions related to Israel and Hamas. But some people are trying to say, oh, he's turning on Israel. Let's say for the sake of argument that he wasn't as friendly to Israel as he once was. Was he more friendly to Israel or to Muslim countries?

Clearly Israel. So why...? What motive would Israel have to kill Charlie? And if Israel did kill him, why haven't they killed prominent commentators like Candace and Tucker Carlson who are very hostile to Israel? Why?

Because they can't. Yeah, Mossad. Mossad could do so, I would think. If you're saying that they killed Charlie, why can't they kill other people who are far, far, far more hostile to Israel than Charlie or anybody else like him ever was?

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Number 29, what does it take to hold a successful conspiracy together? I already mentioned that one. That's a repeat. Okay? You probably don't know, but it's very difficult to hold a conspiracy together. Sometimes they succeed, but it's hard to do it. Number 30, if Tyler is innocent, why did he turn himself in?

And why did his parents urge him to turn himself in? And why aren't they screaming right now, if he's innocent, you've got the wrong guy. Parents aren't saying that. He's not saying that. Defense isn't. Defense isn't even saying that. Number 31, why did he confess in three different ways? By text, by note, and in person to Lance Twigs. If he didn't do it, why did...? Why? Number 32, we're almost done, folks. Just asking questions.

Why has Candace changed her story and contradicted herself repeatedly? I played a clip in the previous podcast put together by a gentleman by the name of... Let me get his name here. Nathan Livingstone, I think. In fact, we'll put a new one he just did.

I think he's at Milk Bar TV on X. We'll put a new one in the show notes. I won't play it here. There he is, Nathan Livingstone. He has, the headline of this is people are finally waking up to the fact that Candace Owens is a total BS Artist.

BS Artist. No, she's not a Bible study artist. Here's six minutes of her being a compulsive liar. If there is any doubt left, this is according to him. Well, maybe Candace can answer some of these. Again, I'll be charitable. Fine, go through them and answer.

But he's got her dead to rights on several things here. We'll put that nearly six minute video in the show notes. Excuse me a second. So you can see it and make up your own mind.

Number 33, why didn't she stop after saying she would stop if Erika said stop, which she did on at least two occasions. Why did Candace keep trying to run Erika down and TPUSA down? Why? She said she would stop if Erika told her to.

She didn't. Number 34, why does Candace never quote the Bible? She claims to be a Christian, never quotes the Bible, but instead she accuses me of using the Bible to control minds.

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Well, there you have a couple options here. Your authority can be yourself or something outside yourself. I don't trust myself to always come up with the right answer. That's why I trust the inspired word of God. And that's why I'm quoting Bible verses to you.

Because we ought to live our lives according to what Jesus and the apostles said, not just what we want to be true. Now, look, I'm not a perfect Christian. I don't get everything right. But I find it quite odd that whenever the Bible's brought up, Candace runs away or mocks it, or denounces it rather than says, well, maybe I could be corrected by that.

Number 35. Just a few more friends. Just. Just. Just asking questions. What would convince you that Candace is wrong and Tyler Robinson really killed Charlie? What would convince you? And if Tyler Robinson really killed Charlie and was working alone, would you believe it?

If the answer is no, there's... There's no evidence. It's kind of like asking the question, if Christianity were true, would you become a Christian? If the person hesitates or says no, why even give them evidence? They're not open to evidence. They have their minds made up.

They're not open. And if we're going to achieve justice, don't we have to be open to what really happened? Look, I'm open to it. If there's a conspiracy, I want to know it. I just haven't seen any evidence for it. Finally, what if you're wrong?

What if you're wrong? What if you've been deceived to think something is true when it really isn't? Who knows? Maybe Candace is deceived. She might really think what she's saying is true. I don't know how because she's changed her story so many times. But let me give her the benefit of the doubt.

She thinks she's really in the right. Even if she is in the right, the way she's going about it, the means by which she's getting to the end, is not the way you move forward. You don't falsely accuse people without evidence or accuse people without evidence, but that's what she's been doing.

You don't run down widows who had no motive and every motive to want to keep Charlie alive. You don't do that. What if you're wrong? You know what happens? You've ruined lives by

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slandering innocent people. That's why the Bible and common sense requires corroborated evidence for such serious charges.

We haven't had any. We've had a lot of speculation. Very little or no evidence. Anything's possible. Not everything is reasonable. The most reasonable conclusion, and we'll discover more in the trial we just had a pretrial hearing, is that Tyler Robinson, working alone, murdered Charlie Kirk because, as he said, some hatred can't be negotiated out.

He was a radical leftist that had been indoctrinated to think that Charlie Kirk, who just wanted to answer questions about Christianity and about politics, somehow hated him because he didn't agree with the transgender lifestyle.

Well, you don't love people by telling them what they want to hear. You love them by telling them what they need to hear. And yet he called, Tyler Robinson called Charlie Kirk a hater, when, in fact, how could you hate anybody more by murdering them in cold blood for just answering questions on campus? How could you hate anybody more?

Yeah, it's sad we even have to talk like this, that people are actually, actually running widows down, people who just witnessed a horrible murder, who were friends and employees and relatives of Charlie. But somehow those people need to defend themselves when they had nothing to do with this.

If we ran investigations like we should and assumed that people were innocent until proven guilty, this we wouldn't be here where we are today. So we'll see what happens in the trial. We'll see if there's anybody else involved in this. Doesn't appear to be at this point, but you never know. And we'll just keep moving forward. Continue to pray for Erika, if you would, and her team, because they're under a lot of stress a lot of strain.

They're handling it well. They have the Holy Spirit, but it's hard to go through this. You know, spending five days in a courtroom listening to this over and over again, reliving it all. Not something I'd want on my worst enemy. But that's what Erika had to do and those close to Charlie had to do.

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All right, I have a question. This is another heavy question I'm about to deal with. Before I get there, I do want to mention that *The War on Reality*, the book which so much of what's been going on is a war on reality, is coming out in early September.

But if you pre-order it now, if you go to the waronreality.com and pre-order it, you're going to get the chapter. One of my favorite chapters in the book is on Marxism, because that undergirds everything that's been going on in our society for the past several years. If you'll get that free chapter right now, even though the book comes out in September.

So go to the waronreality.com and the waronreality.com. Pre-order the book and then it shows you how to get the free chapter right away. And this book is not only, I think, insightful. Look, I'm not the only author. I'm not tooting my own horn. My co-author, Phoenix Hayes, is very bright, very brilliant, and very witty and funny. So despite the fact that we're covering some very heavy topics, this book is an enjoyable read. In fact, Natasha Crain just sent us her, her, her endorsement.

She said I laughed out loud several times. So although we're covering hard issues and difficult issues and issues of dystopia, where the whole world's going to dystopia unless we can turn this thing around. It's a fun read and you might as well enjoy when you're reading about us all traveling toward dystopia.

And that's what this book does. So check out *The War on Reality*. Also want to mention this is going to be one of my favorite courses of all time. It's called *The Bible You Never Knew*. Jesus is on the road from Emmaus. He's resurrected. The two people he's walking with don't know he's resurrected.

And he says to them, the entire scripture, all the scriptures, the Old Testament, it's all about me. And they're like, what's all about? And then for about two, two and a half hours, he explains to them, even though it's not recorded, Luke just says, here's what he did. He explains to them how all the Old Testament is about him.

All the Old Testament is about him? Would you need if someone gave you two, two and a half hours to say, tell us where Jesus is in the Old Testament? Would you need that long? I mean,

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before I started studying this, I might need 10 minutes. I got these prophecies here. They, they point to Jesus, but you would not believe how many people, how many events, how many prophecies, how many things that go on in the Old Testament are actually pointing forward to Jesus in very dramatic ways.

And once you see these things, you can't unsee them. So if you want to be a part of that course, go to crossexamined.org, click on online courses, you'll see The Bible You Never Knew. If you take the premium course, I will be with you live on several occasions for Zoom Q & A's, but there's only a limited number of seats for that.

So go there now and sign up and I hope to see you there. Okay, now I got a question here from... I'll keep his name out of it. He says, I've been a Christian for a number of years now, and I've struggled with many things. But this is one question that bothers me a lot.

Number one, how do I know I truly repented? From what I understand, repentance is needed for God's forgiveness and thus salvation. I know that the word repentance means a change of mind, but I often ask myself, have I really changed my mind? I struggle with extreme loneliness and depression my whole life.

As a way to distract myself and take time out from all the pain, I'd watch explicit videos. I won't go any further, but he's into porn. I've been doing this since I was 11, and after becoming a Christian at around 18, I still do it. It was worse then, but still bad now at least once a day to every other day.

So I often wrestle with the question of have I truly repented? As it's been four years and I still rely on it. I used to cry and pray to God in my pain early on, and it used to help. Now I cry to him, and I just feel like God's done with me because I still haven't truly repented yet.

I feel so empty and my soul feels rotted within me. My problem isn't have I done enough to earn salvation, but have I done enough to convince myself or God that I've truly repented? Well, sir, let me say this.

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I did write this gentleman back, but I'll relate some of what I said to him here in the podcast, because I thought maybe it'll be helpful to other people. I said to him, you wouldn't be writing me if you hadn't repented. Your struggle indicates that you have the Holy Spirit, like Paul writes in Romans 7, that you still do what you don't want to do.

Paul says, what I want to do, I don't do, and what I don't want to do, I do. And this is after Paul has become a Christian, according to the progress that you go through when you read the Book of Romans, you know, he starts a condemnation, then he goes to justification, then sanctification.

We're talking about sanctification right now. In the logic of the Book of Romans, Paul is a believer when he's struggling with sin. And so I gave him some specific things to do. But before I do, this question came up when I was in Idaho, maybe about last November, and this got a lot of play on social media.

Let me play you the clip, because I got the same question from a young lady for a different reason. Here it is.

QUESTIONER:

I wanted to ask a really personal question, which is, how do you help someone overcome the fear of not being saved or going to hell or just not being good enough?

[FRANK]:

Why do you ask that?

QUESTIONER:

I feel like. I'm not sure. I just feel like no matter what I do, and I know it's not about what I do. It's never been about that, but I just feel like... I just feel like I let God down every single day and I know what I should be doing, but I don't do it. And I just... I guess I question my salvation sometimes.

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FRANK:

Okay, let me suggest that if you're struggling with sin, I wouldn't question your salvation. I would question your salvation if you were sinning and you didn't care. Right.

Someone who has the Holy Spirit can't stay in sin and not feel convicted about it. Because what the Holy Spirit does is it convicts you of sin. It's one of the things the Holy Spirit does. He convicts you of sin. If you're living like hell and you are fine with it, you're probably going there, okay?

Because there's plenty of people that say, oh, Lord, Lord, yeah, we did this in your name, and that in your name. And Jesus is going to say, away from me, I never knew you, because they said they were Christians, but they really weren't. Not that living the Christian life makes you a Christian. Living the Christian life is a result of you being a Christian.

Right. As Martin Luther famously said, you're saved by faith alone, but your faith is not alone. It's accompanied by good works. And so if you're worried that you're sinning, that's a sign you have the Holy Spirit, not a sign you don't. So it might just be that your psychology is such that you beat yourself up more so than you should.

And if you trust in Christ, if you believe that Jesus has been risen from the dead and you confess with your mouth to that fact, as Romans 10:9 says, you're saved. Okay. Sanctification is another thing. Sanctification is this process that we all go through, an up and down process, but hopefully we're becoming more like Jesus being conformed to the image of his Son. Does that make sense?

QUESTIONER:

Yeah.

[FRANK]:

All right. All right. Thank you, Charlotte.

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QUESTIONER:

Yeah, thank you.

FRANK:

You would not even be concerned about sin if you didn't have the Holy Spirit. And so the question now is, how do you yield to the Holy Spirit during times of temptation so that you can achieve victory over sin, even if we never completely achieve it until we're in heaven with God, because we still have the sin nature.

How do we crucify the flesh, in other words? I think part of achieving this victory is taking steps to focus on Jesus and to make it more difficult to give into sin. Let me point out first about how to make it more difficult to get involved in sin.

Billy Graham's organization, years ago, had something called the Modesto Manifesto, and they were in Modesto, California, and they realized there were three things that could derail their ministry and derail their personal lives, too. And those are the three things I mentioned earlier.

The motivations to sin, the motivations maybe even to murder, sex, money, and power. So what they did is they put guardrails around themselves to avoid those three temptations. They would never be in the presence of another woman who is not their wife alone. That would deal with the sex issue.

Now, it's more complicated today because back then, they didn't have internet and internet porn. Okay, I get that, but we'll get to that in a minute. Secondly, when it came to money, they didn't handle the money. They had somebody else handle the money. And number three, when it came to power, one example of that was, you know, you might.

You might have this tendency to want to overinflate or exaggerate your crusade that you did. And they said, we're never going to do that. If the cops said there were 20,000 people there, that's what we would say. We would never exaggerate that.

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We'd let them tell us how many people came to our events. And by doing that, BGEA for 70, 80 years now has pretty much had no scandals that I can think of because they lived by the Modesto Manifesto.

We do the same thing here. We try and live by the Modesto Manifesto. Don't put yourself in a position where you can sin. Now, how does this relate to pornography? Well, first of all, let me, let me give you some possible things you can do. Right now, are you in a church and a small group? Particularly a small group, because a small group can hold you accountable.

So do you have a Christian brother in that church or small group, a mentor who will ask you questions and can hold you accountable each week? Because if you have no one to hold you accountable, if you have no one who can ask you those hard questions... Did you look at porn this week?

Did you do X, Y or Z this week? If you have no one to hold you accountable, it's going to be more difficult for you to remain faithful. But if you do have someone, it's going to make it easier. Have you ever read the book 'Every Man's Battle?' There's been an updated version of that book.

That book maybe came out 30 years ago. I think there's a more recent version of it. Go to Amazon, see if you can find it. It has to do with pornography. Do you have filters on your computer and your phone that you cannot get around? And if you don't, you need to get them. I know people that have gotten rid of their iPhones, they just use flip phones.

They don't want to be on the Internet. They want to avoid it because their commitment to Christ and their commitment to their spouse or commitment to people they love is more important than being able to surf the Internet. If they can't control it, if they think it's too much of a temptation, then get rid of that.

Get it out of your life. Do you study the Bible? And do you pray to know Jesus personally? And I sent him a, and maybe we'll put this in the show notes too. I sent him a 30 minute talk I gave a number of years ago down at my friend Chip Bennett's church.

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Grace Community Church. Some people found it very helpful. Had to do with the attributes of God and those attributes of God. When you really realize who God is, he's not an old man in the sky. He's not, you know, man on a cloud with a beard.

He is the uncreated creator, the uncaused first cause. His attributes are limitless. And I use, as the Bible says, the heavens declare the glory of God. I use facts about the universe to help you realize who God is, what the nature of God is.

And once you realize that, you get a sense of his awe and sin actually becomes more difficult. And you might want to also watch the movie The Passion. You know, Mel Gibson's movie from 20 years ago, he's going to release a new one next year, a two parter.

But a lot of people got saved by watching the Passion and also got a deeper sense of the price God paid, Christ paid, to take our sin upon himself. And when you get that sense, it's going to again make it more difficult to sin.

You won't want to sin. And then you've got to read and memorize passages from books like Philippians, where Paul was writing from prison. I mean he's been in the most difficult situation we could ever imagine.

And if you, if you memorize passages from that book and other books, those thoughts will come to your mind when you're tempted to sin. Let me also mention this. My pastor's first pastor said this years ago. He used to say to his children this, and I think this is true.

God could say the same thing to us. There's nothing you can do that will make me stop loving you. There's nothing you can do that will make me stop loving you. Do you know that if you're a true Christian, you've accepted Christ, you have the Holy Spirit, God never punishes you because he's already punished Jesus.

There's nothing you can do that will make him stop loving you. He doesn't punish you. He may discipline you. Look at Hebrews chapter 12. He disciplines those he loves, but it's not punishment. He's already punished Jesus. So God's arms are always open, so to speak, because you can't help him by praising him.

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You can't hurt him by cursing Him. He's an infinite being. We're the ones that get the benefit of worshiping him or the detriment of cursing Him. But he wants what's best for us because he loves us. So don't think, oh, no, God's really mad at me today.

He can never accept me back. Look, God is always displeased with sin. And he's always pleased with trust in him, with faith in him. But there's nothing you can do that will add God's love, more love on you, or nothing you can do that will take God's love away from you.

He always loves you. He's... Think of the prodigal son parable. Both of those, both brothers in the parable are lost. Not just the one that goes off and spends his money and on fine, on wine and prostitutes and all that.

No, he's lost. But so is the brother that stays home that thinks God owes him. They're both lost. God is always open to repentance. He always wants people to come back with open arms.

Doesn't mean you won't have natural consequences of your sin. If you continue to stay involved in porn, you're going to have difficulty having a real relationship with a real live woman. You ever wonder why you see all these ED commercials maybe over the past 20 years?

We're talking about erectile dysfunction all the time. What? Too many men addicted to porn. They can't have a normal relationship. You're going to destroy your ability to have a relationship. Those are natural consequences. That's not God punishing you in a specific way.

Those are just the natural consequences of what you're doing. So if you want to have a real relationship with a real woman someday and honor God at the same time, then go through some of the steps I mentioned, get some accountability, certainly. And some of the other steps I mentioned and bring yourself back with the help of the Holy Spirit and with help of accountability to a better situation with the Lord.

This is sanctification. It is not justification. If you've accepted Christ, truly, you're already justified. This is the sanctification process, which is often messy and difficult, but we have to do our part and, and yield to God's Holy Spirit.

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That's what Paul says in, Romans chapter... I want to say it's chapter six. You've got to know that God has saved you. You've got to apply that to your life and then yield to the Holy Spirit that God gives you. It's not easy, but it can be done, and it should be done.

But God loves you regardless of your behavior. You're saved by grace through faith, not of work, so that no man should boast. All right, friends, it's been great being with you again. I hope to see you here next week. God bless.

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