

askRPC

Top Posts

compiled by /u/dream-hunter

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Top most upvoted posts made in the subreddit /r/askRPC in a single PDF file

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Best Regards,

[/u/dream-hunter](#)

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0 upvotes - RPC is 90% Christian and 10% RedPill -- can the mods create a new sub please that is the opposite ratio? (i.e. 90% RedPill and only 10% Christian that welcomes "dark triad types" openly with loving arms?)	435
0 upvotes - Why are bad-Christians censored from this subreddit and from the main RPC subreddit?	436
0 upvotes - 26 y/o male	437
0 upvotes - What's the best way to lose 50 pounds while building muscle?	438
0 upvotes - First OYS / A Bit of Background – Where do I go from here?	439
0 upvotes - Why does RPC hate feminism?	449
0 upvotes - May I be unbanned from this subreddit please?	450
0 upvotes - The Core Formula	451

College student dealing with progressive Christianity

15 upvotes | March 1, 2021 | by [teardownthewalls](#) | [Link](#) | [Reddit Link](#)

Progressive Christianity is hitting college students hard.

I've been told by older Christian guys that they "don't know how much they can take the Bible literally" because it says that women can't speak at church (if you actually research this, Paul was saying that uneducated women should not speak at church. At the time, women were not educated in the word of God, and they were speaking out in church and it was causing confusion).

I see a lot of girls putting "she/her" gender pronouns in their social media bios next to a Bible verse. (Interestingly, it is mostly straight, white women. I am not going to make a generalization, but that is what I have witnessed)

It is not enough to love everyone, regardless of their identity and actions. If you do not affirm homosexuality, then you are homophobic.

The pro-life group is one of the most hated groups on campus. I've even seen some Christians attacking some of the views.

People are afraid of speaking and doing truth (AKA THE BIBLE) because they are more concerned about "hurting feelings" than obeying God.

Large amount of virtue signaling on social media instead of actually serving and loving others.

Christian organizations are getting "canceled" or kicked off campus because they do not let LGBTQ+ identifying/affirming students serve in leadership positions.

I think at the heart of it all is that people are not taking the word of God as THE truth, the divinely inspired truth. They want to change Biblical beliefs to make it more relevant to today's culture.

As I continue my college journey, I see more of this type of behavior entering my social circle. It saddens me and I find it harder to see these Christians the way I want to. I do not mean to be black-pilled about this, but it is a lot different from years ago.

I would appreciate a post about our approach to this

Have some fun this weekend. Here's a comic strip for you all.

12 upvotes | September 20, 2019 | by [Red-Curious](#) | [Link](#) | [Reddit Link](#)

<https://adam4d.com/help-im-trapped/>

Not perfect, but it addresses most of the comments made about us on the recent SubredditDrama post that was made about us.

What are some small, practical ways to fight the influence of feminism at my Churches?

12 upvotes | March 28, 2021 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Stats: 24M, 6'2", 190 lbs, 15% bf. 265 deadlift, 245 squat, 105 OHP, 160 Bench

Finances: Young Professional in STEM field

Reading: 75% of sidebar, NMMNG, 12 Rules for Life

Spiritual: weekly Mass, Bible study, daily prayer time, talk fairly regularly with friends about faith and figures like Jordan Peterson, Carl Jung, etc.

The churches that I've been involved in the past few years have definitely had their fair share of members trying to incorporate feminist ideas into our Bible studies and other events at Church. Systemic gender discrimination and never holding people accountable for their sins would be a few examples. In the secular RP community, the pervasive attitude is that society is too far beyond repair and we should just "enjoy the decline". This doesn't sit well with me. Part of my mission is to help develop a strong, tight-knit church community where the true Word of God is taught, and certain Bible verses such as Ephesians Ch5 and 1 Timothy Ch2 aren't cherry-picked around. What are some small ways I can begin to help do this?

Egalitarianism as a sin on the same continuum as homosexuality

11 upvotes | October 18, 2019 | by [Proverbs 31 2-3](#) | [Link](#) | [Reddit Link](#)

I've been reading a book recently called "Defending Marriage" by Anthony Esolen. His book is a series of arguments against homosexuality. In one of the early chapters, he pointed out that egalitarianism (believing there is no essential difference in authority or hierarchical role between husbands and wives) and the general push in culture we see towards androgyny or under-differentiation of the sexes is a logical stepping stone that can lead someone to accept homosexuality. If a woman can be the leader in her home, can preach in church, what else can she do that a man can do? Oh, how about marry? How about have sex with a woman?

One of the podcasts I've been listening to (I think it was one from It's Good to Be a Man) also raised a similar point, and the two made the connection for me.

Egalitarianism is not just a lifestyle choice in marriage. It's not just a point of doctrinal distinction where civil minded Christians can disagree. It's a sin. The sin of egalitarianism is on the same continuum as homosexuality - it distorts and disrupts God's intent for relationship between men and women, between husbands and wives, and it distorts marriage's reflection of Christ and the Church, and humanity's reflection of God's image.

Part of the problem is that egalitarianism urges men to become soft and effeminate, while it lauds women in become brash, proud, and controlling - but scripture tells men and women not to be like this, indeed to be the opposite - men to be strong, courageous, and women to be quiet, gentle, submissive. Egalitarianism isn't just "Let's all get along and play well with others." It's actively reversing what God says.

Does anyone have any good resources on this idea? I tried making up my own term for the sin of homo-exousia (same authority) but got no hits. Searching for links between homosexuality and egalitarianism comes up with some things like this article from the Journal of Biblical Manhood and Womanhood (<http://cbmw.org/wp-content/uploads/2013/05/8-2.pdf>).

Is it weird for me to require a virgin or nobody?

11 upvotes | March 23, 2020 | by [da_independent_varia](#) | [Link](#) | [Reddit Link](#)

I don't know why. Maybe it's the territorial side of being a man. But I find it unacceptable for me to be partnered with a girl with a sexual history. I've gone out on dates and it feels like 10 out of 10 times they talk about their exes or make fleeting remarks about how they used to do something or say something. It already feels like a competition. Maybe I'm going after the wrong girls.

When I share this side of me with my guys or say something about it girls, they say it comes from a deep seeded insecurity and guys laugh and me and say that's not possible. And that I need to get my head out of fairyland and realize I'm going to be alone my whole life if I don't just settle. I know, RP says no such thing and it's the lonely old man myth.

How to create sexual tension/make conversations man-to-woman as a Christian?

11 upvotes | June 2, 2020 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Stats: 23M, 6'2", 190 lbs, 17% bf. 250 deadlift, 225 squat, 105 OHP, 155 Bench

Finances: university student in STEM field

Reading: first 5-6 posts on RPC sidebar, NMMNG

Spiritual: pray rosary daily, Bible study once a week, talk fairly regularly with friends about faith and figures like Jordan Peterson, Carl Jung, etc.

With the last several girls I've dated, the romance has always fizzled out right before the LTR stage (so after multiple dates). I was doing a lot of things well: leading the interactions, making jokes/banter that had her laughing, bringing up conversations about faith, etc. I think a big factor was that I wasn't creating enough sexual energy/tension that can make dates so exciting. I honestly have no idea how to lead a girl in this direction of a conversation, and what the boundaries are as a Christian. I need some advice or resources on this, because I feel clueless on this and need to figure it out.

I did hold hands & kiss some of these dates, but the physical escalation felt kind of forced because I didn't create the proper mood. In the end, one of us would end things because there just wasn't enough chemistry or compatibility. And no wonder, if we're talking about everything else but not addressing our physical attraction to each other, then we're basically just friends.

Dating Scene in the Church

11 upvotes | February 8, 2021 | by [LilSweetBoi](#) | [Link](#) | [Reddit Link](#)

I have seen on more than one occasion, of Christian women in their late 20's or early 30's talk about how there are so many single Christian women in their church and that Men are simply not asking them out. They try to frame this as if these women are simply hidden gems that Christian guys should find and date/marry.

But trying to look at this through an RP lens, it kinda got me thinking that they might be trying to simply tell men to "man up" and marry these women. It also made me think, "Well if these women are just not being asked out by men, then there might be something wrong with the women." It kinda made me think of the post on side bar where it says "They can be Single, Hot, or Christian, pick two."

So I was wondering what you guys thought might be the reason for this phenomenon, how should an RP Christian approach this? Some might think that it could be a ripe harvest to spin plates on, but even in my experience, when you go to a Christian singles community, you might find some attractive women but not much. I don't want to sound like a jerk but that's my opinion.

What are your thoughts?

Has anyone dealt with an STD they got before they became a strong Christian?

11 upvotes | March 19, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

I feel stuck

10 upvotes | August 12, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I'll be honest, I'm trying my best to work on my mission, hit the gym, make money, increase my skill set.

But I'm exhausted. I feel stuck and don't see much fruit being harvested. It's a waiting game and I just have to repeat the same steps day in day out.

I ask God about this and ask for direction or intercession but He's silent. I study the word multiple times daily.

I yearn for the moment where my goals have been achieved and I've got a happy family with a good wife but I'm not sure when that'll happen or if that's Gods will for me.

I knock and knock but the doors stay closed. I don't understand why I feel lost and stuck.

I can't mingle with the partying crowd because I feel guilty and I know I'm different from them. I can't partake in the things they partake in.

Secular women smell the virginity off me - one girl asked me if I was one during a hangout. That was strange to hear.

I've been putting myself out there but it's been failure after failure, maybe that's why I feel like crap lol.

Good people are hard to come by and that's one of the worst realizations I've come to.

You are literally choosing whether to partake and be like everyone else or be the minority and settle for scraps. And that disappoints me because I expected some reward for my diligence.

I'm sure there are other young men and women that feel the same way but I doubt they're on askRPC. I guess I need some encouragement?

Had Drinks with a Girl Last Night: She Had a Strong Frame

10 upvotes | August 20, 2020 | by [Red-Pill-Redemption](#) | [Link](#) | [Reddit Link](#)

Stats: Bench - 200lbs 4x10, Squat: same. Mile time: 7 min. Height 6'1". Age: 28, Read and pray daily. Job: Teacher. BF: 15%.

So I had drinks with a girl(24f)(HB8) last night, and right away I could tell she had a pretty solid frame and a healthy sense of how humor works. She was a STEM major, which totally made sense because I could also tell that she approached the world in an emotionally unattached way. I kid you not, every joke I made she agreed and amplified, looking at me in a dead serious way. I was dumbfounded lol. I honestly laughed a ton. For one because her jokes were funny. And two because of how crazy it was that she was outdoing me in humor. There was also resistance when I suggested a location change.

Upon reflection of my date, it really made me take a step back and question the strength of my frame and what I'm doing wrong. I felt a bit emasculated, cuz truthfully her frame was stronger than mine.

Have you guys ever experienced a girl like this before? If not, how would you have approached this situation.

Any practical tips on frame strengthening would also be helpful.

Thanks!

Using Kanye as an ice breaker

10 upvotes | November 4, 2019 | by [AlanNoles](#) | [Link](#) | [Reddit Link](#)

Over the weekend I have used Kanye's new album as an icebreaker to start conversations about the Gospel.

One it lets you know if they consider themselves to be a Christian or not. This gives you a point of reference and determines how you will lead the conversation from then on.

Because it's such a hot topic right now it spurs the conversation about "your faith" and "their faith" easily and it's not just a out of the blue question. Use it while it's HOT.

How to Hide Your Porn

10 upvotes | October 5, 2019 | by [cdnrpc](#) | [Link](#) | [Reddit Link](#)

I don't have skin in the game on this issue anymore, it's been about 3 years since I've had a desire for porn...

But there seems to be a fairly common piece of advice here to not share your porn struggles with your spouse.

I get that a spouse is not a good idea for an accountability partner as there's too much incentive to lie. However, is hiding this struggle from your spouse the right way to operate? I've heard suggestions to tell her something along the lines of "I have a struggle with pornography, but I deal with that with an accountability partner and I don't think you need to know anything more than that".

If my wife told me "I struggle with flirting with men for emotional validation and romance novels but I'm working on it and that's all you need to know"... I'd strongly consider walking.

what's the RPC way of handling this idea?

Discipline or Desire?

10 upvotes | July 24, 2020 | by [DeChef2](#) | [Link](#) | [Reddit Link](#)

Discipline

I don't think anyone would argue that having discipline is a bad thing. Discipline creates consistency, and consistency is where progress is made.

Even though you might not want to do something in the moment, you can push through that with strong discipline.

Desire

But desire takes away (most of) the need for discipline. If you want to lift weights every day, then it's not hard to lift weights every day because that's what you want to do (assuming you have the time).

Also, because it is your desire, you will be motivated to push yourself and progress quickly. You don't have to worry about pushing through any initial resistance because there is none.

Desire and Discipline

Even if you do have the desire to get stronger, there will inevitably be those days where you just don't want to do it. So while the overall desire is there, you just don't want to do it that one day.

That's where discipline kicks in. You get off the couch, go do what you had initially planned on doing, and once you get started, you remember the desire. It's easy from there and you have a good workout.

Where does this break down?

While I've been using fitness as my example, this definitely doesn't just apply to fitness but to many areas. So here are my questions:

- What if you don't have desire?
- Can you accomplish something out of sheer discipline? and
- Do you *need* desire to actually accomplish something?
- Should we *only* operate off of desire?
- How much discipline is the right amount?
- Is there a point where you have *too much* discipline? (edit: these two referring to discipline but no or minimal desire)
- Is there a point where you are *using* too much discipline? (Slightly different) (edit: also
- (edit) Is it okay to constantly use discipline to do something you don't want (timeframe: weeks to months or more) or should you recultivate the desire that was there first?
- (edit) If you don't have the desire anymore, should you recultivate it or just use discipline?
- (edit: thought from [u/Torn4_025](#)) Is it possible to have discipline without desire?

Don't worry about answering every single one of my questions, they are more to help you get a sense of everything I'm wondering about.

And if you want some serious brownie points, you could also answer *how does this relate to our faith and having a works-based mindset as opposed to a desire-based mindset?*

Is Church attendance a command from God?

10 upvotes | July 31, 2020 | by [OrlandoTheAxe](#) | [Link](#) | [Reddit Link](#)

Coronavirus restrictions have made church attendance cumbersome and muzzled corporate worship, so I haven't been going. Singing through a mask is gross and unhealthy. Sacraments are perceived as disease vectors. Fellowship is impaired by social distancing, and the government-mandated limited capacity means nobody I know goes anymore.

So why go at all? All of the benefits of church attendance can either be fulfilled by online resources and my Bible study group. And I can still financially support ministries online as well.

Questions: What does the Bible mandate that we do church-wise on a regular basis? Do we *have* to go to church?

Here is what I found in my own research:

The 4th Commandment (Exodus 20:8-11) *We must rest on the Sabbath*

Hebrews 10:24-25 *We must not neglect meeting with other believers*

1 Corinthians 12:12-31 & Ephesians 4:11-16 *As part of the body of Christ, we must build up the body through ministry with others*

Ephesians 5:19-20 *Address each other with psalms, hymns, and spiritual songs. Sing and make melody to the Lord in your heart*

I think I can do all of these things without walking into a building every Sunday morning. If you think I can't, call me out so I know. If you think I misinterpreted a verse, let me know about that too.

Bonus Question: Are we biblically commanded to listen to sermons?

RPC and Chronic Illness

10 upvotes | May 4, 2021 | by [macdonald_the_old](#) | [Link](#) | [Reddit Link](#)

I'm a long time lurker of most things redpill. But I think this is my first post. Married ten years, four kids. We have a decent marriage, though I still have a ways to go in learning how to truly lead well. My wife has a genetic issue that has led to chronic pain and fatigue. While many things about being a good husband, lover, leader, etc. don't change, we have a number of challenges that I haven't seen discussed anywhere. The combination of redpill, Christian, and chronic illness seems to be especially rare.

Does anyone know of resources (blogs/podcasts/books) that address these kinds of situations?

Continue to pursue dating or not?

9 upvotes | August 28, 2019 | by [sywonsmumu](#) | [Link](#) | [Reddit Link](#)

Stats: 5'10" 130lbs 16.6%bf I'm a runner. 20 yrs old.

I've read everything in the sidebar, the stuff regarding women.

Anywho,

Reading the sidebar and implementing those things have helped my dating life but nothing serious ever comes from it. I feel like I am too young to seriously date anyone my age and also too young to date anyone older. With already low chances with Christian daters, it's very hard to date.

Where do I start now?

Should I start approaching attractive men? It has always been something I did not want to do because I think if I do that then I will be too forward. I also feel like there's a weird holding tank that I am in and I know others are too. That it is very hard to date seriously until somewhere around 25 because of the stigma, frustration, and risks dating younger.

I don't wanna age like milk for the sake of it but I don't know where to look anymore. I've tried the dating apps and with the filters but some people still hide behind the Christian name.

I've prayed a lot but haven't fasted about this. I don't know what else to do or where to look. Where should I look? Or would it be better to put this on the back burner for now?

Root of bitterness

9 upvotes | November 2, 2020 | by [msaluta86](#) | [Link](#) | [Reddit Link](#)

I've read the sidebar, reading through No More Mr. Nice Guy. As I read through and notice patterns within myself, and come to understand the truth in Genesis 3, see just how manipulated I've been, and take a 10,000 ft view of myself and my marriage, I'm finding it very difficult to not have a completely closed heart to my wife. I've been gaslighted for 10 years, having my reality distorted in her favor, and I've been complicit. I'm frustrated with myself as well, but my runway is so short right now, and bitterness has rotted so deep, that my patience for even small things is gone.

For those who's marriage was already a struggle, who then became aware of the matrix, how did you survive the gut check of reality and not end up hating your spouse?

FR/Discussion: Race and marriage

9 upvotes | January 13, 2020 | by [UpTanks](#) | [Link](#) | [Reddit Link](#)

Before we begin: I don't really care who you get with, God is more important. I just wanted to put this out there as a cautionary thing.

This is a topic that's quite sensitive and I realize many in the present day church are inside interracial marriages and are mighty servants of God. But for a long time I've sensed that this is a topic that we shy away from, and as a result people are getting into relationships without deeply thinking about the long term ramifications. Which leads to unnecessary suffering, confusion and often regret.

As I'm sure a lot of us do, we have relatives who are half this and half that. In our situation, my side is fully European and the other is Asian/European. Their family is staunchly faithful, but the physical differences are glaring to say the least. We recently got together and I had a great time with them, but what stood out to me was the insecurity. They essentially have to make a choice about who they are and who they identify with. Most of them sway towards Asian culture/friends and some of them European, but it was sad when my younger cousin said that they "didn't quite fit in 100%".

Now I want to reassure everyone with the fact that race plays no role in salvation as explicitly outlined in the following:

After this I looked, and there before me was a great multitude that no one could count, *from every nation, tribe, people and language*, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice:

“Salvation belongs to our God, who sits on the throne, and to the Lamb.” - Revelation 7:9-10

But I love the diversity that God created, I love all my cousins and I love the different peoples. And because of this, I wouldn't join together in marriage with someone across racial boundaries.

Fellas, I strongly consider that the race you are born with is a gift from God and is not to be taken lightly, but to be treated with a **healthy respect**, while at the same time **not idolized**. There are many more reasons not to intermarry. It saves you so much unnecessary BS and most of all, you get to give your kids something that goes back centuries and has been consecrated by God. So no matter who you are or where you come from, be fruitful and multiply - **wisely**.

How long did you wait till the next pregnancy?

9 upvotes | December 17, 2020 | by [yagop1](#) | [Link](#) | [Reddit Link](#)

Just had my first child. A son. I'm having a ton of fun being a dad and I am full of joy and motivation in my fitness, studies, and job. Wife is doing great as well. It truly is a blessing. We want more children. I'm game whenever (of course). But the doctors and online articles seem to think we need to wait at least a year before second conception. I don't know about that. I can't say our culture is good for encouraging fertility and family fulfillment, so I default to skepticism. There's also the fertility "time limit" for women to consider since we're in our late twenties. But I wanted to know what worked for RPC? Did you do the waiting or did you just hop right into the next pregnancy right away?

MRP talking about dissolution of the secular subs. What about us?

9 upvotes | June 28, 2020 | by [Praexology](#) | [Link](#) | [Reddit Link](#)

Mods, any idea on the direction we'd take if RP subs all go belly up? RC, RNRC, RPW any of you got a website we'd be available to migrate to?

Edit: If need be, I can try to put something together but I'm bad with computer stuff.

Edit2: Chuck said this and satisfies the question.

"We set up an alt platform last year. The mod team is discussing the details and more will be forthcoming very soon."

"After discussion with the rest of the mod team, the plan is that our YouTube channel will be the place to go. If any of our subs get banned we will announce the next step in a video format. So if you haven't subscribed yet, now would be a good time to do so. "

Sort of a boner “problem”

9 upvotes | July 7, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

25 yo. I’ve been doing nofap. No porn. No gf or fwb. I workout 4-5 times a week. Might be tmi but looking for advice.

I don’t have any problems with my D but today alone I’ve had over 10 boners. Some boners rage on for over an hour.

I don’t think it’s a problem but the horniness levels are crazy and difficult to keep it on the low. Last night I randomly woke up at 1am and couldn’t fall asleep for over an hour waiting for my boner to go away so I took some Advil pm to fall asleep.

My mind is not consumed with naked women, I’m just working and hitting the gym.

Any advice on how to deal with this energy in a clean way? How did Paul deal with it?

How to prevent or assess sexual incompatibility in a potential wife?

9 upvotes | December 24, 2020 | by [one7thing](#) | [Link](#) | [Reddit Link](#)

Stats: 6', 154lbs, Finance: 27k , 20s

Lifts (rookie numbers): SQ: 155, BP: 125, DL: 165

Recently started a strength training routine.

I've been reading Christian relationships stories, and I have noticed how Christians who didn't fornicate before marriage found out after getting married that they weren't sexually compatible with their partner.

Is there any way to prevent or to assess sexual incompatibility in a potential wife?

How many still attend church

9 upvotes | February 25, 2021 | by [sea-tease](#) | [Link](#) | [Reddit Link](#)

I found MRP/RPC about a year and a half ago. I knew nothing of RP at all. Attended church faithfully since around 2000. Same church for over 12 years for context. I went through the whole thing...anger stage, OYSd for about a year at MRP. Huge life change and overall righted my ship, self and marriage. Typical RP montage. I have barely been able to digest church anymore with an RP mindset. It's so subtly anti male. I have three boys and I barely want them to go.

I guess I am curious how many here still attend or just do their own thing.

I was called soft by a girl I used to simp for

9 upvotes | November 10, 2021 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

Just wondering how to react to this. There's this girl I used to have a crush on, and my behavior toward her was not exactly RPC. I'd text her out of the blue just wondering how she was doing, and I'd act overly nice around her. I cringe thinking about it. I've made a lot of changes to myself in the past year, worked out a ton, eliminated words like 'sorry' from my vocabulary, stopped texting her (she basically ghosted me anyway), became more confident and started replacing compliments with teasing in my interactions with girls. Of course I haven't arrived yet, and I'm still actively trying to figure out what my mission should be and what God has called me to. Long story short, I still hang out with this girl in a group setting a lot, and recently she tried categorizing her friends and, after categorizing my best friend as a frat boy, she categorized me as soft. Of course, no harm intended, but she still sees me as a weak, simply boy trying to get her attention. Should I be bothered by this? Should I learn from it and just move on? It seems the saying 'she'll forgive you for being a dick but never for being a pussy' (sorry for the language) is true.

Stats real quick: Lifting - 6 days a week, trying to add in legs after an injury but mostly upper body right now. 3x8 bench press 160lbs, 3x9 bicep dumbbells 35lbs, 20 pull-up max... Spiritual / mental - I've been depressed recently, a lot of self loathing and self doubt (hence the post) in my friendships and grades. But I'm still spending time reading the Bible or praying every day, and God still occupies my thoughts a lot. Mission - my mission is still to figure out my mission. I've been very influenced by the late singer Rich Mullins recently, and I want to identify with the poor and the poor in heart. I want to do something authentically human for God.

Encouraging leadership in with non-rp husband

8 upvotes | October 30, 2019 | by [Wistful_wife-](#) | [Link](#) | [Reddit Link](#)

I am a woman, I did not overtly see anything that prohibits me posting here, apologies if so. Tldr at the bottom.

I have been married to my husband for 10+ years, he is not into rp. I am not fully aware of everything trp from a man's perspective (I intentionally stay out of those discussions usually) but I do generally agree with (most) of the ideals, as it pertains to what I personally want in my relationship anyway.

I can make a very long list of wonderful things about my husband. He treats me and our children wonderfully and is in many ways a dream man. I am grateful for him, I appreciate him, I love him, and I make sure he knows this often.

However, our relationship is seriously devoid of passion, physical affection, sexual chemistry, and attraction. We are having somewhat scheduled sex but it is very difficult for me to force myself into it and honestly that gets worse every time I "muscle" through it. I make an effort to always say yes, but I can't force my feelings and he knows this. Unfortunately this has gone on a very long time and we're in a vicious cycle where I don't enjoy it, he knows I don't enjoy it, and everyone is feeling pretty hopeless. I am (secretly) shocked and appalled that he continues to want to have sex with me in this state and at this point I can barely stomach being touched sometimes. I feel absolutely terrible about this but I don't know how to change how I feel, only how I act or what I do.

I think there's some difference in "taste" of what we each want in bed that I didn't really know about myself when we married. He knows about this. But I believe our issues are both multifactorial and connected, and without sitting here and listing all his faults I honestly believe 80% of our problems boil down to the fact I badly need him to lead both me and our family in just about all aspects of our lives (including faith), and that he needs to develop some self respect. Regarding our faith I'm not really sold that he is truly interested in growing his relationship with Christ, we both came into our faith as adults. He doesn't talk much at all about God and he does go to church but that's about it.

I know my part in this is in submission and respect. I've picked up Laura Doyle's work and I am trying. I'm not perfect and I can give a big list of improvements I need to make, but I've changed enough to where we had quite a long conversation yesterday that amounted to him being beyond frustrated with me basically noping out of running the show. I told him I would tell him if I wanted or didn't want something, and I'd share my opinion if asked and if I had a strong opinion but that I am tired of metaphorically "driving" everything in our marriage and that I had complete confidence he could do it and that I was fine not going anywhere until that happened.

I believe he is at least peripherally aware of trp, he is definitely aware of how I feel regarding wanting him to be more of a leader, I'm not sure if he doesn't agree with trp principles or possibly just doesn't care enough about our marriage problems to change anything. We overall have a good life and relationship, we get along well and have lots in common. I suppose another possibility is him being afraid of me or my reactions. I have been ugly to him in the past, mostly over my frustrations over this same subject, and I know that is going to take time to undo, if I can even undo it. I would not even blame him if he did not want to be married to me anymore. I'd be upset but I would understand.

I'm at a loss, and frankly I'm struggling a lot with this and with my faith a bit because I know we are

not to divorce but this has gone on so long and it is just this impasse. I have grown and changed a lot over our relationship and I feel like I'm being unfair to him. I have no idea what I can even do at this point except keep praying that one or both of us will change.

Tldr: my question would be: how can I encourage my husband to "swallow the pill" or at least parts of it.. Without telling him what to do? Or, possibly, can I "game" my own mind and body into being happy and attracted to him as things currently are? Insight and experience are much appreciated, or further reading that I can do that is appropriate for a wife.

Amused Mastery, Outcome Independence, Agree and Amplify, Frame, etc.

8 upvotes | October 21, 2019 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

It seems to me that when one's frame/will is subjected to the Will of God, then the more that one will exhibit these traits. However, I'm trying to understand how they are interrelated as they are not separate from each other per-se.

How could one understand these concepts in a biblical way?

When, if ever, is lying acceptable?

8 upvotes | February 21, 2020 | by [Sigma-Angel_of_Death](#) | [Link](#) | [Reddit Link](#)

This had become a major issue with my fiancé and I, especially to me, in light of Revelation 21:8. She thinks that if you "lie" for the sake of a joke or a surprise, for example, it is different from lying, and is not a sin. She has also lied about me to protect her parents' opinion of me (they are Russian Baptists, if that means anything in this context). However, when I asked her on the couch weeks ago if she had done a certain thing (not sex) with her ex-boyfriend, she looked me straight in the eyes and lied to me, fearing my anger, and I only finally dug out the truth yesterday. My concern is, maybe the "little lies" for surprises etc. And the "moderate" lies (which I'm quite sure are sin) for a "good cause" like protecting my reputation are numbing her conscience, and leading her to tell serious bold-face lies when there is a strong enough motivator. And also for myself and others, it is important to have a clear understanding about what is sin and what isn't. So, can someone drop some biblical RPC wisdom on me here about where to draw the line?

Is working/investing during 20s worth it?

8 upvotes | May 24, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Many people my age are pretty much jobless right now or work and then spend to have fun all the time versus save money. But they are having fun and creating memories.

While I do have fun and try to stay active, I definitely work and save money more than I use it. But is it worth investing my 20s to be late to the party by the time I hit 30?

Will there still be people to hangout with? What will life in 5 years look like?

Am I just preparing myself so I can get myself a girl that got tired of riding the CC?

Could some of you older dudes spare some wisdom?

At this point I've got my savings up enough to buy a house, no debt whatsoever, no car payments. I just hit the gym, church, work, learn new skills and repeat. I'm working on my mission brick by brick.

Will there be a climax? I know I won't arrive but I'm waiting for the harvest. I hope I'm making the right decisions and not wasting time.

Problems with my Family.

8 upvotes | June 5, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

Okay. So I never thought I'd ever have to post something like this. And I recognise that this isn't RPC specific but I don't know where else to go.

I've just had a big fallout with my entire family, ending with my father calling me a 'racist white supremacist likeable to hitler' after passionately articulating, expressing and defending my views (like any self respecting man would do) on current affairs. My mother and brother pretty much agreed with him, neither coming to my defence in any shape or form.

Just to let you know, I am absolutely NOTHING of the sort, I am a bible reading Jesus loving Christian with no views linked to anything remotely racist or hitler. I'm just shocked that my own family would even suggest that. I had to leave not because of the views being expressed, because I always encourage healthy and proper debate. But after being labelled that by my own family, I don't know where to go or what to say.

Any thoughts or help would be much appreciated. I'm happy to answer questions as well.

Thanks in advance.

Long Edit: after getting some rest and trying to make sense of what happened, here's what was said (it got messy towards the end).

First debate:

Dominic Cummings (UK politician) 'broke lockdown' to drive to a park in the north of England. I disagree with what he did and how he tried to cover it up, however I argued that he did not break any rules of 'law' (even though the lockdown rules enforced by police are unlawful anyway), because at that time in the U.K., you were allowed to travel long distances, and Cummings did not come into contact with any of the public. So he didn't breach social distance rules either. However everyone has been harassing this man, the media, people egging his house, sending death threats and the whole nation essentially calling for him to resign.

For that I was labelled an idiot despite labelling the facts. I don't like the man and he did lie to try and cover it up so I tried to find some common ground with Dad but no.

Second debate:

A labour MP (same as a democrat) went to the black lives matter (BLM) protest in London, with 10,000 other people, not wearing a mask, breaking social distancing rules. Apparently this is somehow ok because he went 'for a moral cause' while Mr Cummings didn't (even though he didn't break any rules).

I called him (Dad) out for blatant hypocrisy. It sets a terrible precedent that if you do something 'morally superior' then it's ok. The media has been celebrating this guy and BLM protests. I said the labour MP should resign because he broke ALL lockdown and social distance rules. Nope, I'm still an idiot.

Third debate:

a labour (democrat) government in my country (the U.K.) would be a DISASTER for

everyone. 50% taxes on earners over £60k, 50%!!!!. Huge amounts of public spending. Censorship. 'Socialism' which is a precursor to communism. Distribution of wealth. ANOTHER Brexit referendum (because they didn't win the first one, so they'll keep having referenda until they get the result they want). Closing down of free speech and a pro abortion government.

Now I don't support the current government either because they're pretty hopeless. But the fact that my dad is openly supporting this 'socialism' is mind boggling. For sharing my opinions on that I was called hitler.

Fourth debate (where things got messy):

(what I said) BLM protests in London are in full breach of all lockdown rules and such problems do not even exist in the U.K. in the British police force. The liberal media complex and universities has indoctrinated and influenced everyone to believe that all white people are racists and that this country is 'systematically' racist towards BAME (black and minority ethnic). I also said that anyone with even mildly conservative/right wing views are shut down immediately, even though the FACTS and statistics show that this is not an issue whatsoever.

The death of George Floyd abhorrent and should not have happened. We agreed on that at least. But I said that it is wrong for the U.K. to import issues from other countries that just don't exist here to try and push some liberal narrative that anyone who doesn't believe or support the cause is a racist white supremacist, which is what my dad proceeded to call me.

I told him to look at the stats. In LABOUR controlled areas, crime is high, more specifically black on black crime. The police only killed 2 people last year, one of which was the terrorist who massacred people on London Bridge! I said to him that the main reason that BAME communities are in such poor conditions is because they are being kept like that by the poorly run LABOUR constituencies so that they can have voters. Again, I was labelled racist.

I said that police should not be bowing down to BLM and that the only things they should be bowing down to are Jesus Christ and God. That made me a racist once again.

I said that people that shut down speech for speaking up against BLM or calling out the clear facts because I'm white, are in fact the racists. Because we can't say anything bad about them, yet they can protest and loot shops of hard working law abiding citizens. Out comes the 'racist white supremacist likeable to hitler comment'.

He said to me that I'll get shot for having the views that I do. I said back that I will gladly lay down my life for my views on everything and the word of God, than give in to the indoctrination of the leftist satanic society. And I was called stupid for that.

I could go on but at that point it started to get messy. At no point did I say anything racist, anti Semitic or anything that would compare me to someone that murdered millions of people. I asked him 5 times whether that's what he really thought of me, his own son, and he said the same thing.

I told him that I couldn't have a debate with someone that just called me that every time I would speak, or for holding views that 'go against the grain'. At no point did I also throw any labels at my dad, because that would be totally disrespectful.

How would you remedy self hatred?

8 upvotes | June 4, 2020 | by [OrlandoTheAxe](#) | [Link](#) | [Reddit Link](#)

BACKGROUND:

While self hatred may appear to be the correct response to a person who continually falls short of expectations, it doesn't actually generate any positive change. In theory punishing yourself for your shortcomings can produce self-discipline. In practice, self-hatred and punishment ultimately lead to a person becoming frustrated, then downtrodden, then impotent. Failure begets more failure, and you lose the ability to envision a way out.

Self hatred is also unglorifying to God. This [GotQuestions link](#) covers the topic quite well. To summarize:

- Self hatred is not the attitude of a redeemed individual
- It is resentful to the God who made us
- It is a focusing on the past instead of striving towards our calling as Christians
- It's rooted in a living for worldly ideals or not realizing the full nature of redemption through Christ (or both).

QUESTION:

My question is: **How do you fix self hatred?**

HOW IT PERTAINS TO ME:

I hate myself because I am the source of all of my problems. If you excised my brain and replaced my personality with a computer program, you would have a wildly successful individual. I can see how my choices have created the problems I now live with, but I don't appear to learn from my mistakes. I fear that I am unregenerate at my core and that my behavioral changes are merely skin deep.

I believe that a person's true nature shows itself when he is under stress. Strip away everything from a man, and the true self will be the only thing that is left. I don't like what I see when I fail or lose something I value.

I don't want self-delusion tactics that only treat symptoms. I want to treat the cause. Potential and belief are nothing without results.

My (26F) husband (31M) is not interested in going out of his way to pleasure me if he gets nothing in return.

8 upvotes | June 28, 2020 | by [Fantasiadreamcicle](#) | [Link](#) | [Reddit Link](#)

My (26F) husband (31M) is not interested in going out of his way to pleasure me if he gets nothing in return. I would very much like to be pursued more during sex, but it seems sex only happens when I pursue him or if he gets something out of it. Sometimes I will just give him a BJ and want nothing in return. It would be really nice to the favor to be reciprocated every once in a while. I would really like for my husband to make me orgasm without be having to do anything to him. So for example. My husband is out of commission right now due to a surgery. I am wanting to have sex with him, but feel like he won't want to pleasure just me because he cannot get anything out of it. I guess ultimately I want to be pursued and feel valuable enough for him to want to pleasure me without anything in return, but I just feel like I'm not worth it to him to waste his energy on that. I want my pleasure to make him happy. ./

How to prevent being taken advantage of

8 upvotes | July 6, 2020 | by [yagop1](#) | [Link](#) | [Reddit Link](#)

I've recently dealt with an issue where a personal trainer tried to take advantage of me by working out with his friends during our slotted time. I went straight to the manager and told him to give me a different trainer or I'm quitting. Instead, he sent the trainer back to me without clarifying what was happening. And the PT showed obvious signs of being angered and flustered: giving non-apologies, slamming weight plates, changing the workout, and rude "encouragement." I quickly ended the session and tried to distance myself - he followed so I asked for the manager again. Seeing as how the manager even seemed hesitant to speak with me away from the PT, showed me he wasn't on my side. And now, I'm working to get my money back and avoiding this gym chain.

I reflect on what had happened and I believe a lot of people make an instinctive calculation and decide what they can get away with. His extreme reaction being the result of his realization he had made an error. But I've been through this several times in my life. A coworker stealing my stuff and attacking me from behind after I confront him, resulting in me becoming ostracized. A subordinate threatening to assault me, resulting in both of us being fired.

The common denominator is me. I can tell myself I can stand up for myself and I have. But there must be something about the way I carry myself and interact with these people that make them think they can take it too far. My coworker could have stolen from others but he chose me. I would rather the situation not escalate at all because when it does, the "manager" for my scenarios take the easy wrong over the harder right and side against me. And it ends up feeling like I need to avoid groups or places ie-the kid of the guy who threatened me going to the same BJJ as me, so I quit.

I've been listening to psalms while working out. Are there any passages that could help shed light on mitigating this kind of situation?

Locked down and lacking motivation

8 upvotes | July 26, 2020 | by [UpTanks](#) | [Link](#) | [Reddit Link](#)

Stuck in a bit of a slump at the moment fellas. For those not privy to the situation in Victoria we had freedom for a month, then got sent back into a stricter lockdown and masks are now compulsory at all times outside your home.

It's been 3ish weeks and I started out well but have quickly ground to a halt. Waking up late has been an issue, but it's more a symptom of the fact that I don't burn enough energy 5/7 days a week. In those 2 days the school I work at has a stadium that I sneak into, so I get a good 2 hour workout and shoot around after clock-off.

But the rest of the week is just me rolling around all day doing barely anything. My motivation is real low despite being in the thick of my mission.

First thing I'll do is move my workstation into the old cubby house. It's pretty busted and full of spiders so fixing it up should keep me occupied for the short-term. Another option is to try take on a cheeky extra day at school.

Zoom Uni starts next week so this should also help lol.

Idk, I did well during the first lockdown but I'm so over it at this point. Especially now that we know it won't end anytime soon. How have you guys gotten on? Stayed on track? Struggled in similar ways?

When vetting for a potential LTR, how would I test a girls Faith in God?

8 upvotes | August 5, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

In a world full of many who claim to know God and say all the right things and even lead ministries in church.

What are some good questions I could ask a girl I may be interested in?

I've tested a few girls by sending them sermons and questioned what their Faith is to them and to be honest, it killed the conversation or the answers were very generic and surface level.

Which I take as a red flag. I've been with someone who had "potential" but that potential stayed stagnant for years and I never noticed a change in Character or actions.

If I pray for patience or another virtue, I get tested by many trials until I receive the fruit of the spirit. There are tangible changes that I notice within my character.

The girls that have good character or so it seems are usually unattractive. What gives lol

What does it mean to be "set free"?

8 upvotes | August 9, 2020 | by [Praexology](#) | [Link](#) | [Reddit Link](#)

What does "set free from sin" mean. (Romans 6:18)

Obviously we are not immune to desire sin, as half the blokes here are coomers but still, I believe, are saved.

It doesn't appear to justify our actions, suggesting that now that we are saved that immorality, debauchery, adultery are still counted as sin. (1 Cor. 5:11). *Though am open to discussion on this.*

What are your thoughts?

Does Hebrews 10:26 mean I am going to hell?

8 upvotes | May 5, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

I have definitely sinned deliberately after receiving knowledge of the truth. Should I just give up in life? I should live it to the fullest because Hell is in my future....I want to be dead now.

Do I (27F no kids) have to be indefinitely single after leaving an abusive, fraudulent marriage?

8 upvotes | March 29, 2021 | by [Yosemitayyy](#) | [Link](#) | [Reddit Link](#)

I'm 27F, Christian, and have been divorced for a year after a <1 year marriage. I'm in a weird place re: divorce/remarriage. My ex-husband has never been open to reconciliation after I physically separated, and the pastors I've spoken with (mainline Catholic + mainline nondenom) have explicitly told me that they don't think I'll go to hell if I date or maybe remarry. But it's a weird spot to be in and I find objective opinions--not friends, family, etc.--can be helpful in trying to discern what to do next.

In semi-brief: I met my ex in college; he went to church and called himself a Christian. I fell in love, loved his family and some of their values, and we got through 5 years of dating. I was able to maintain physical boundaries pretty well (2 years were LDR and I was doing a college sport, which helped immensely). After I moved closer to my ex, we got engaged. He quickly became controlling (hypercritical, telling me he'd break up with me if I didn't move in with him, blocking me from seeing family/friends, telling me that my memories of events weren't right). He also put on a lot of sexual pressure. Something felt off in my gut, but I have a general "hard work and commitment can fix anything" mindset and thought that I might be the "problem." In the month post-wedding, I found out that he invited someone who tried to assault me in college to our wedding (after I begged him not to); he said that he didn't have any spiritual connection with his faith ("it's just nice guidelines and good traditions"); and he said he'd never been romantically in love with me. He admitted to hiding these things and manipulating me to make sure I went through with the wedding, but he rationalized it and mocked me. To the end, he refused to apologize for anything. The sexual pressure got way worse, he made sex really rough, and he enjoyed insulting me during sex (imagine wanting to submit, but every time you do, you feel a bit less human, and then when you try to talk about it, your husband denies doing it or tells you that you're too sensitive). There was more going on, but overall it was bad. I went to solo counseling and got a nondenom pastor and the Catholic priest who married us involved, my husband refused to engage, and tldr; after I separated myself and went to live with my parents, my ex decided to stonewall me for months. I eventually filed for divorced and we've had no contact in the year since the marriage ended. The Catholic Church has annulled the marriage.

I've spent the last year dealing with my own fault and trying to get a clean conscience before God. While my ex was deceptive and cruel (and probably has narcissistic personality disorder, according to a pastor), I got so focused on making the relationship work that I ignored warning signs, let my shame control my decisions (since he took my virginity, I thought I "had" to marry him), and forgot to actively listen to God. I can see where I should've acted differently and not married him. But while I believe in reconciliation and God working in bad marriages, I spent over a year scared of getting pregnant with my ex. I knew it was very likely that he'd continue to be physically rough with me while I was pregnant, and the idea of bringing babies into that dynamic broke my heart. The need to get away felt almost primal.

I've healed a lot and am in a good place. I've been living with my parents, and they have a healthy Christian marriage. My dad is the perfect male role model, bar none. I supported myself independently for four years before my marriage, and now I'm in grad school with an exciting job offer. I'm refocused on my fitness, health, friends and family. I respect that some men won't want a divorced woman under any circumstances (I've also wrestled a lot theologically with remarriage,

talking to multiple pastors)--but I've decided to not completely block myself from the possibility of meeting a strong, truly Christian, kind man. I have no problem with leadership, I just want to feel generally safe with "the leader."

Tips on Avoiding Sexual Temptation as a Young Single Man?

7 upvotes | December 30, 2019 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Obviously, an integral part of the Christian belief system involves avoiding masturbation, pornography, and pre-marital sex. I'm a college student now, and I'm committed to focusing on my career and personal missions now and once I graduate, which means I'm unlikely to be married for at least several more years until I can devote time to a spouse and family. This is a situation some of you might share, since the average marriage age for men in the USA is now just under 30 years old. For most of human history, people married in their teens, so there wasn't this huge gap between when men started experiencing sexual desire, and when we were able to act on it within Church teaching. I'm looking for advice on how to avoid sexual temptations and distractions during that gap I mentioned above. I've gotten my pornography use and masturbation under control, but my sexual urges have now gotten much stronger since there's no "outlet" so to speak. Biologically, our bodies keep producing sperm that we have an intense desire to get rid of. So at the very least it can be incredibly distracting at times from studies/work/etc, and at the worst can cause extreme temptations. Also, The main TRP sub also suggests avoiding masturbation & pornography, with the implication that you will eventually start having casual sex and no longer need it. So it's hard to glean advice from them on this issue.

So what **can** you negotiate?

7 upvotes | December 13, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

28yo, wife 31yo. 5'7" 146# ~15%bf

Squat 5x200#, Deadlift 5x250#, Bench 4x150#, Overhead Press 4x105#

We've all heard it a thousand times: You can't negotiate desire.

Okay. Got it. Lifting/running for six months. I'm the hot guy at the gym now. Wife is super submissive compared to before. She seeks to please me consistently in everything except sex.

However, we're still climbing out of our dead bedroom. She still has a lot of emotional ties to how badly I behaved sexually towards her when I was a fat, beta, blue-pill dumb-dumb.

I get it. I can't negotiate *whether or not she **wants** to have sex with me*.

Yet, now that she has desire, it seems like she's not sure what to do with it (and scared she's gonna get burned again by the old me). It seems like we need to negotiate *the when/where/how of establishing a healthy sex life as a married couple*.

[u/Deep_Strength](#) shared some really helpful advice. My wife and I went out for coffee and opened the door to some really good, intimate conversations. As I move forward, what should I be on the lookout for? What are some red flags? What are some good signs?

Before you ask: So far these conversations have followed the same Captain/First Officer dynamic that we use in all other areas of our life. She's on the one hand desperate for my leadership in this area but also holding onto self-protection because of how extremely vulnerable sex requires her to be.

How to overcome awkward self consciousness?

7 upvotes | October 10, 2019 | by [Rifleshoot](#) | [Link](#) | [Reddit Link](#)

So at my office, there are a few attractive women I see in the hallway, but one in particular that catches my eyes. She's definitely post wall, and I don't feel much attraction to a woman that is much older than I am. However, she has a very clear boob job, enlarged to the point of absurdity. Strippers would even say that it's overkill. So when I walk past her in the hallway, it's awkward because I try not to stare, but then I get self conscious about intentionally looking away, and it all just becomes way too awkward. It's similar to that feeling I get when I walk past a disabled person and I don't want to act like I notice it, but I don't want to act like I'm ignoring them either. Anyone got any tips on how to manage this sort of awkwardness?

Ok, I'll bite: To confess my cheating or not?

7 upvotes | August 27, 2019 | by [Finuul](#) | [Link](#) | [Reddit Link](#)

Stats:

- Physical: 14% BF, benching 275-ish, squatting close to 400 (haven't tried to max in a while)
- Reading: I've read the entire TRP/MRP/RPC sidebar and apply most of what I've found to be useful.
- Mission: make disciples and all that.
- Spiritual maturity: See below.

Okay, so I've really screwed up. Like, a LOT. I was the typical TRP guy who was stuck in a crappy marriage. I was ready to divorce, then discovered MRP and figured I'd give it a shot.

My wife and I have always been Christians, at least in name. She more so than me. When things got bad, I started cheating. Often. I'm clean - no diseases or anything. Mostly short hookups, ONSs, FWB, etc. I travel for work so my wife is mostly clueless. She thinks I played the "good Christian" part.

Well, a little over a year ago I started figuring out how to have a fulfilling sex life with my own wife, and things started turning around enough that I decided to stop cheating. [u/Red-Curious](#) posted something on askMRP about how duty sex doesn't exist (yeah, I had to go to cedditi because some butt muncher mod removed it for not following some mysterious writing guidelines that he refused to explain?) and it resonated a lot with how I started bringing my sex life back with my wife.

Long story short, I've been faithful ever since. Gave up cheating. Don't need it anymore. Not that I couldn't. It'd be easy to go back. I just don't want to. I've got more important stuff to worry about now that I've rededicated my life to Christ.

Here's the thing though. My wife is totally clueless. Part of me wants to think she's AWALT and must have cheated on me too and I'm just clueless as well. But her hyper-purity-culture "church made me think all sexual thoughts were sinful" past really convinces me this is unlikely. I was generally good at hiding my tracks, but I doubt she'd have that capacity, especially with kiddos running around her all the time. Telling her will likely ruin our marriage. But I also don't want our marriage founded on a lie.

I can't tell if this compulsion to want to come clean is from the Spirit, even if it ruins everything, or if it's just church culture trying to make me feel shame and guilt for my past actions that Christ has since freed me from. And if Christ freed me and forgave me, why is it for my wife to get all screwed up over this when Jesus and I are past it?

On Frame: Punishing Your Wife

7 upvotes | August 27, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

I had a failure in frame on Saturday.

My wife and I had some disagreement. I don't even know what about anymore. She started to become disrespectful and challenging my authority.

So, I told her, "I'm going for my run now" instead of later that day like I had planned.

On that run, I made sure I came to the end of that workout so that I had an extra-long walk home.

Why?

To withdraw my presence from my wife to punish her. She wanted me around, and I changed up my entire workout routine to try to make her feel bad.

In hindsight, this was stupid for a couple of reasons:

1. I didn't just withdraw from just her but also from my two kids - on a Saturday.
2. I completely wasted nearly half an hour with that extra walk home, time that could have been used profitably.
3. The *only* reason I did this was that I was trying to yield a response in her: guilt, disappointment, etc. (a very "nice guy" move).

That's not frame. Not mine. Not Christ's. It's foolishness.

I'm glad I went for the run. I'm glad I did it when I did it. However, the extra bit tagged onto the end was not representative of who I want to be.

I wanted to share this moment with you guys to help you avoid doing the same sort of thing.

Advice for a young man considering mission

7 upvotes | August 28, 2019 | by [notsoSlimShadyIV](#) | [Link](#) | [Reddit Link](#)

Disclaimer; this post is not short, I lack brevity. Details have been included because I felt they were needed, and also just can't stop writing once I start.

22 y.o. | 6'0 | 195lb | 15% b.f. | b.p. 60 kg | Single

Reading: whole RPC Sidebar, NMMNG, TRP (before discovering RPC)

Finances:

- 35k UK Student debt - works very different from the US, consider it more like a Graduate Tax, but still requires *some* repayment. Otherwise no debts or significant outgoings.
- Some savings in the bank, starting marketing/copy business so a consistent income will take a while to accumulate, living at home for the next year to save ££££.

Spiritual:

- Prayer 3x a week (Needs improvement, I know)
- Bible 3x a week
- Getting much better at memorizing scripture, I believe Bible Memory App was referred on here? (Ty to whoever mentioned it)
- I have been very blessed to see *two* close friends come to faith and be baptized in my last year of University. I wasn't anything special at the time, just very open and honest about my own testimony, they (by G-d's will) did the rest.

I'm gonna partially dox myself here by giving my general location, as it's relevant to the post. I'm from Bristol, UK. I've moved back here for the next year or so after University. Not to demean the experiences of other guys in similar situations, but Bristol is especially liberal and degenerate. Imagine a British Berkeley, for those living in the US. It's a shame because otherwise, the city has a lot to offer, as far as the UK goes.

Though I am happy to be proven wrong, I find the possibility of meeting a wife here to be very slim. Few girls here are genuine Christians, and many of the ones that proclaim to have very questionable views on the big Qs like Gay marriage, abortion etc. Finding a (socially) conservative, attractive Christian girl here really is Unicorn territory. I'm not asking to meet the female Carl Jung, but most of the girls at my past Churches seemed to have had little substance, and I struggled for chemistry with any. Unfortunately, it's actually driven me to a point where I find most British girls repulsive, even if they just *look like* they are from my area, which has made me a primarily (but not exclusively) "grass is greener" type. It probably doesn't help that the average girl here puts on enough foundation to build Nicolae Ceaușescu's Palace of the Parliament.

Thus, my (relatively limited) dating history has been exclusively brown in the four years away from Bristol, to prove the point (I am white, just to clarify). This is a shame, considering there were some wholesome (albeit mostly reserved "Becky" type) white Christian girls at my University, who I felt guilty for not being attracted to. I'm far from a "Chad" (cringe at using that unironically lol), and am very aware of my own faults, so I hope this doesn't come across as arrogant.

I'm happy to be single for the next few years, that isn't a concern, 22 is not old. The idea of being single for life is a HUGE concern. I don't believe I have the "gift of singleness". The syntax/semantics of this phrase confuses me, as some people say this (based on scripture) indicates

that being single in itself is a gift, while others say that it is referring to the *ability* to stay single for use in ministry by G-d. Clarification on this would be very helpful, both for myself and others in similar situations.

Either way, I do believe my mission is better served with a FAST woman by my side.

However, I understand that marriage is not the silver bullet to sexual temptation, but there is no doubt that a healthy sex life does mitigate the effects. Nor is it the cure for loneliness, but there is no doubt that a *good* woman and well-raised children are (normally) good company to a man.

My mission is simple, minister to people of a certain "Abrahamic" faith that I will not name, and anyone else who I happen to meet along the way, through the mediums of business (marketing and eventually small/medium business consultancy) and MMA. Having been to the Middle East on a couple of occasions, I am seriously considering moving there by 2021 to pursue this mission. This would be a country on the Med, just not sure which one yet.

My question is as follows; is it morally wrong, or unrealistic to hold that hope that I might find my wife *during* my mission in a country like this? Is that a distraction to the purpose of the mission? Is it wrong to have what is effectively wife-hunting as a peripheral motivation for moving abroad, so long as my mission takes precedence?

All thoughts are very welcome, and I am happy to answer any Qs for clarification, to the best of my ability.

P.S. Not sure if this against the rules (Mods please remove if so) but I am an IRL friend of u/Chazza_Lazza (from Uni, not Bristol). My sincerest thanks for your responses to his post. Also, apologies for the cucked nature of my first post on r/RPChristians. I was so ashamed of it that I chose to delete it, but I did take the advice given from that to heart.

Advice on moving forward with Christian dudes who are bp?

7 upvotes | December 11, 2019 | by [UpTanks](#) | [Link](#) | [Reddit Link](#)

Since the men's group I'm starting will be part of an existing entity (some campus fellowship) I need to have some oversight. I approached this individual first since of the workers I had the best connection with him. Recently we went through the outline of what I'd like to do and he thought most of it was good but questioned the book I was using: [u/Deep_Strength's Biblical Masculinity Blueprint](#). He instead recommended that I read [God's Good Design by Claire Smith](#), which seems to be alright.

I asked him for his thoughts on male headship and submission, he said we need to sacrifice ourselves for women as Christ did for the church. Putting their needs ahead of ours etc. I get where he's coming from but in practice this kind of thinking can be misconstrued and dangerous. Its not a big deal at this point, and I have a gut feeling that if I can explain rpc properly then he would come around.

Still, what are some of your experiences with bp christian men? Successes and/or failures?

Is ego the number one thing sitting in the way of the effectiveness of Organized Churches?

7 upvotes | February 20, 2020 | by [Praexology](#) | [Link](#) | [Reddit Link](#)

Obviously I'm going to say yes, why would I be on this sub otherwise?

But I wanted to share some thoughts I've been having recently to see if anyone else had opinions thoughts or ideas on it. Pardon if it seems scattered or like the points are not connected very well. I have only about 45 minutes before a training.

(When I say Church, I mean Churches around me.)

1. The Church is using secular language, and in doing so removes Christ from the metric that acceptance should be measured.

I've heard it said "Obesity is the only sin a Churchgoer will never be criticized for." Is having an unhealthy, cumbersome *fat* body enticing? Probably not.

Recently my wife and I were watching a video about some guy who, with his computer, digitally created some black model and was likely profiting heavily off this imaging, the catch: she didn't exist. Race commentary aside, one of the things that regularly came up was that if these digital models are accepted it will continue to exasperate the body image problem for people who are impressionable.

In Church I regularly hear people talking about learning to love themselves, and there seems to be a big push from administration to do this. What is so wrong with people feeling unsatisfied? I'm asking this rhetorically, but why are people so scared of the pain?

I'm asking this genuinely: Why is the Church so ready to alleviate the pain of self dissatisfaction with moralism, or theology sans Christ's expectations of us.

2. Church leadership is terrified of criticizing(read: correcting) their leadership which has resulted in the only seemingly successful Churches being the equivalent of country clubs.

I'll admit I may just be fire and brimstone on occasion, so take this with a grain of salt.

On a smaller scale version of Church, the Youth Group I participated in Youth Leaders would regularly discuss drinking and partying during the half hour following group. Regularly there would still be youth kids there. When I brought it up, the only thing the Youth Admin did was an equivalent of "hey, you should stop talking about this. " Not even a "Hey, this is obvious sin. Pick it or us." It's nonsense.

Why is the Church so okay with poor leadership, especially when it comes to shepherding 'at-risk' sheep? Sure, the kids loved it, they felt *cool*, but who cares? The point isn't numbers, the point is actualized faith.

3. Churches that do align their values to a more scripturally accurate agenda are scared to admit.

I think this specifically comes up with practicing premarital sex and financial responsibility.

Right now there is only a small small handful of Churches near me that will speak negatively on the sin of premarital sex. Specifically gay sex. Even fewer Churches will speak out against their congregation managing their finances poorly. Why is there nobody willing to have conflict?

As another personal story, as a child my family was pretty poor. We had a house but were quickly

reaching foreclosure. My Mom and Step-Dad were apart of a few different small groups, and despite there being a few keyholding Church Leaders nobody once ever called my parents out to stop. They understood my parents were struggling financially but instead of saying "Wow, you are really poor stewards of what God has currently given you, why do you expect to be given more?" We'd get heapings of "God provides." Yeah, but if you don't take care of what he gives you, you'll still fail. God let's people fail.

Does it all boil down to ego? Is that why RP and the Bible share so many fundamental ideologies? Kill the ego, die to yourself. So that you can live in Christ?

Thoughts?

Nofap and christian life.

7 upvotes | February 13, 2020 | by [its_well_said](#) | [Link](#) | [Reddit Link](#)

hey guys, Im 20 years old, I'm physically fit, and I go to the gym 3 to 4 times a week (I have been going for 2 years and a half by now), I work 44h a week, currently searching for a church to connect with brothers in Christ. I was raised in a pentecostal church, assembly of God, my dad was the pastor, very demanding but not in spiritual questions, but no further, God saved me when I was 17 y.o. Since then I've read many books, and developed certain maturity and I've been learning still, as every christian, people see me as too mature for my age because I think differently from young people, and focus more on my responsibilities. Im starting my business now, trusting in God that He is with me in this process, reading the bible everyday. Anyway, when I was saved I had problems with porn, I used to be addicted to masturbation, then a friend told me it was sin, and we prayed to God set us free, the first year and a half of my conversion I just relapsed couple times, but then I met this girl and we started dating when I was 18, she was very committed to the church, and we planned courtship, but it didnt go well, you know how we young people are right? haha, anyway, after I started dating her, I started to relapse more often, and then I broke up with her for other reasons, since then Ive been struggling with this. Im not addicted, but after a week without masturbate, I get really horny, even though I get many benefits (energy, being hipper, aggressive) I get very tense, stressed and horny towards every pretty girl I see, and sometimes I look at them and thoughts come into my mind. Then 2 months ago I started dating a girl very committed to the Lord, we know each other since we were 10years old, she is faithful, loyal, available and teachable. I live in U.S. but she is in brazil now finishing her studies on college, what I dont mind much, when my mind is not horny like crazy. We visit each other every 6 months and spend 2 weeks together, (we are virgins, no sex happening) and our families are Christians and support our relationship and our plans, we plan to marry when she finishes the college, until then Im getting things done and ready for us here. Thats my background, for you guys to know that Im not an irresponsible kid and not to give me simple advices such as "man up", "grow up", anyway. My question is, how can I get free from this trap thats to be horny like a monkey after 8-9 days on nofap? I masturbate not watching porn, but I know is sin. I don't accept advices telling me that masturbation is not sin, I want ways to persevere. the problem is that my body gets really tense, and sometimes I stay more than 1 week without night pollution, my mind gets crazy thinking about girls that I see on places, and also I think about going to brazil to stay with my girlfriend (I know is stupid but is really hard to think straight when your libido is on the highest level) please, I need advices from mens that are mature, and are in good relationship with the Lord. With honesty I ask for help, and I need honest advices. God bless.

How much does virginity matter for a marriage? Should I consider n count a red flag?

7 upvotes | January 30, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Obviously n count matters but I mean if it's 1 or 2.

Tried everything, deep in 11 year porn addiction

7 upvotes | March 30, 2020 | by [StrivingforTruth116](#) | [Link](#) | [Reddit Link](#)

Hey guys, to keep it short. I've been struggling with porn and masturbation since I was a young child. I'm at my wits end and I want to stop. Recently I've hit a new low and looked at stuff that was absolutely disgusting and it scared me to see what could be the end of the dark hole, I want off this ride but my brain is too messed up?

Any practical steps? any other man who freed himself through Christ? I fasted for three days, no food just water, it helped and as soon it ended I binged (shameful, I know)

(Aside from pre-marital sex with a LTR that was heading towards engagement, one of my biggest regrets as I thought she was the "one" but I wised up from that trainwreck of a relationship)

To get back on track, I'm desperate, I don't want this desire to cause me to act out again.

I know what is required but I fail to do it. I think I do it to escape the loneliness and emptiness of my life as I desire intimacy with a women but I think this is just due to conditioning my brain from a young age to use porn.

I've fallen and I hate what I let myself become. I just need help, I fear that I may end my life if my sin brings me down any further in the future as I do not want to act out sexually (by this I mean commit any sexual act with another person or against myself) in any way.

Do any of y'all practice martial arts? If so, which one(s) did you choose, why did you choose it, and how do you see it impacting your faith?

7 upvotes | December 17, 2020 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Stats: 24M, 6'2", 185 lbs, 14% bf. 250 deadlift, 225 squat, 105 OHP, 160 Bench

Finances: 65k/yr

Reading: first 5-6 posts on RPC sidebar, NMMNG

Spiritual: pray rosary daily, Bible study & Church once a week, talk fairly regularly with friends about faith and figures like Jordan Peterson, Carl Jung, etc.

In my experience, it is rare to see dedicated Christians also be proficient in martial arts or fighting of any kind. I think one reason for this is that many Christians (especially men) are already weak mentally and physically, and as such would not be inclined to martial arts.. Another is that fighting or watching fighting is viewed as un-Christian in some circles, due to its violent nature (Fr. Mike Schmitz released a video a few years ago titled "Why Watching MMA Strips Human Dignity".)

I recently started training Jiu Jitsu due to its technical nature and prevalence in many MMA competitions (I'm planning to learn some type of striking eventually as well). Also, more broadly, I had zero combat sports experience and wanted to learn how to defend myself properly. So far I've felt that discipline, humility, and confidence have all improved as a result of my training (which helps grow my faith), and I'm curious what experiences you guys have had.

How should we run a household post industrial revolution?

7 upvotes | April 15, 2020 | by [KongKing13](#) | [Link](#) | [Reddit Link](#)

I recently read an article by a red pill leaning Christian guy about duties of men vs women in a Christian household. He brought up a great point that I am not sure how to rectify in my mind; but essentially the bible was written thousands of years before the industrial revolution and a household was a place of production. This means your main place of business was in your home with your wife and children, and families were to work together to produce. After the industrial revolution this has all changed, we have the stereotypical view of the 1950s family where the husband goes to the office and the wife stays home and cares for the household. This sort of breaks the natural order of a biblical household in that the man and woman are no longer working side by side, in a way the man is alienated from his household and the wife is alienated from her husband. Furthermore men largely do work for an organization that is not his household whether it be a corporation, a large partnership or the government. I can't help but thinking that households are to some extent less practically useful than they once were, a man could work for a corporation to earn his living and maintain his place of residence without the help of a wife or children. My question is how should a man in the modern era reclaim the model of a biblical household, should a man strive to work for himself instead of a large organization like a corporation? Should a man strive to work in his home near to his wife and family? Or how would it look to take the modern work culture of going to the office away from the family and also maintain a biblical household of man and wife working together in a natural way?

Pain of birth Vs epidural

7 upvotes | April 14, 2020 | by [yagop1](#) | [Link](#) | [Reddit Link](#)

I've recently found out my wife is pregnant shortly after my fathers passing. It's great but it's a lot. One of the painful things my mother went through was my birth via C section, saying it was worse than my brothers natural, drug less, birth. My wife is pretty adamant about getting an epidural and attempts to pull the "I'm a woman so shut up" card on me (which doesn't work, pregnant \neq right). But I'm nudging her to the natural birth side. I'm not some hippy but I see that the epidural increases chances of needing a C section, longer labor, blood dilation, and stifling hormones. And each "side effect" just includes, guess what, MORE drugs. Generally, it seems to me the drug business is a self licking ice cream cone model. I understand God gave woman the pain of childbirth, but I think it's a gift, and I don't subscribe to media implying God does anything to curse people "just because." I've read about these "advantages" to a natural childbirth and I'd like to avoid the pitfalls that come about from a drugful one. What's your experience with this? I'm open to hearing from either side. I've read unsubstantiated things like drug less birth/ sex after birth decreasing chances of postpartum depression and it's easy to get off track with everything going on in life.

What should divorce laws actually look like? And contracts necessary? And prenups?

7 upvotes | May 6, 2020 | by [SammyBelskus](#) | [Link](#) | [Reddit Link](#)

RPC and the broader RP (and especially MGTOW) have a big problem with our current legislative process regarding divorce (alimony and such). Men complain about 'divorce rape' and it is either too easy or too hard to do it. A plethora of reasons.

Now, what do you think the laws regarding divorce should be? I'm on the side of 'divorce and remarriage are never justified other than remarriage when the spouse dies or divorce when an unbeliever leaves' and I guess think divorce should be outrightly banned or consist of a very rigid long process. I plan on getting a covenant marriage whenever that day comes around. Some people don't even think you should sign any paper.

So that leads me to my next question: is a legal marriage contract necessary? The idea of the naysayer is something along the lines of 'what matters is the covenant that is established between you, God, and your wife so why bother getting something from the government?' There's a lot of different angles. Alimony could be a divorce incentive. But also, no legal binding could be one when you're on thin ice. Also, there are prenups. Can I get your thoughts?

How to heal from previous relationship?

7 upvotes | May 16, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I dated my ex for 3 years. It went well until I came across TRP and it slowly but surely created doubts about the relationship and me. I began to fear and doubt I wasn't good enough because her SMV was higher. I became insecure and all my insecurities started spilling out onto her.

Months later, I started internalizing TRP/RPC and began making improvements and lifting. I tried using dread and setting up boundaries I hadn't setup previously as this was my first GF and I had no idea how to handle a relationship.

Ultimately, I found out she became my idol or oneitis. I asked God to give me direction with this relationship and I heard an audible voice tell me to leave. I kept this a secret from her and tried to hold onto the relationship but that message kept creeping in. This was around the 1 year mark of the relationship. I wanted to stay with her and I'll be honest that I was infatuated and clung to her.

All of the doubts, insecurities, and "Gods" message pretty much caused me to break up with her 3 times within those 3 years. She always came back and accepted me back until she didn't the last time. She couldn't take anymore heartbreak. She never initiated a break up.

This hurt my ego bad and I spiraled out of control. I became needy and clingy and searching for her and tried to control the situation. I once believed she was my soulmate. I was chasing her for a whole year after she rejected me. It became a super toxic situation and she unleashed all forms of narcissistic/manipulative traits during the chase. I was gaslit among other manipulation tactics. She finally revealed her true self as she was one of those quiet ones who always kept her thoughts on the inside.

I was BETA to the bone. I was the typical nice guy. And it burned me bad.

She turned the great memories I had of us into something horrible. I started believing her as my mind went for a rollercoaster ride.

Since then, I have realized my mistakes, I've read up on manipulation and read "red pill" books like WISNIFG and NMMNG and the Rational Male. I hit the gym and I've tried clearing my mind up.

But currently, I realize I am still damaged. I still have some form of oneitis and the "dream" of us being together. The ideal life. We never had sex but did mess around the bases throughout those times. I'm an HB8 and she was a 9.

I am left with a large dark void in my life. I feel like I will be alone forever. God used me and her to bring each other back to Him. I didn't think it'd be temporary. This experience paralyzed me. My goals and aspirations took a back seat as my goal of starting a family with her died. I lack motivation to start on my goals again besides the gym - obviously, no gym during quarantine.

I wish I had never met her. I wish my memories were erased. I don't keep in contact with her on Social Media nor by phone. I still have our pictures but I don't look at them. I returned all the gifts she gave me. I left the church community where she still attends. I feel like the last 4 years have been a waste. I caused pain and received pain.

I truly don't know where to go from here. I've prayed prayed and prayed. I'm at the point where I really don't care about money. I've donated a lot. I feel as if I've got nothing to lose which I am actually very happy about.

I just feel like a shell. Apologies for this victim puke. I just want to heal, move on, let things go, make wiser decisions with courage next time. I'm not sure if marriage is an option anymore for me. Is this was sadness or depression feels like? I'm not sure because I still hang with friends and do fun things. It is definitely different not having a girl by your side. I take full responsibility for my actions. I have trouble being attracted to girls below a 7. I'm just not physically attracted to them even if they're good and helpful.

I don't really need affirmation or approval. I really just need advice how to overcome this giant. I don't wanna go see a therapist.

The Gospel and White Privilege

7 upvotes | May 18, 2020 | by [Continuous-Metanoia](#) | [Link](#) | [Reddit Link](#)

Stats

- body fat: 15%, Height: 6'2", weight: 190, lifts: Gym opens again next week = woot!, age: 26
- Reading: All the sidebar
- Finances: Current job: teacher, income quality: 51k/year, future prospect: Hopefully seminary in 5 years, debt issues: hopefully debt free in 4 years
- Spiritual: Fallen off spiritually the last few weeks. Currently resetting my schedule with spiritual disciplines

Context

I work in a predominately black school, on a predominantly black team. Last week our team leader opened up the floor to discuss the recent Ahmaud Arbery shooting. The boundaries of the conversation were pretty vague. I'm still not really sure what we were supposed to be talking about. Some were speaking about how they felt about the shooting, others were discussing their experience as a black person in 2020 America, still others talked about how this would be perceived through the eyes of our students.

I remained silent throughout this whole conversation, and my silence was not well received by the group. Towards the end of the conversation, many people made covert accusations that if you're not speaking about this event then you are complicit in institutional racism. I was the only person who didn't speak, so you can see the new reputation I've gained. Essentially, if I enter into the conversation then I had better say exactly what they want to hear. If I'm silent, then I'm thinking exactly what they don't want to hear.

Advice/Resources?

The reason I didn't speak is that I genuinely do not have an informed, succinct stance on the issues of white privilege and systemic racism. Not that I don't have strong opinions. I do, and most of them agree with Ben Shapiro's line of thinking. However, I do not possess a nuanced approach when entering into these conversations that has a gospel impact.

Any advice on how to approach future conversations would be great. (I was also covertly threatened that if I don't speak in the future, I could lose my job.)

Also, if you know of any resources, that would be welcomed as well!

Thanks

Social Media

7 upvotes | May 30, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I saw my old Christian friend that was baptized alongside me now posting and creating videos on tiktok with less and less clothes on. This was a girl. It's a slippery slope and soon she'll just have a bra and thong on. Her father is the pastor of the church.

I'm not going to do anything about it because we all make choices and this isn't my responsibility. In my opinion, she amongst other women are prostituting themselves on social media for attention, likes, comments and followers. Some people do get sponsorships or career opportunities if they get enough clout.

As this becomes more prevalent in society, is there something we should do?

Do we let it run it's course and just focus on our own marathon?

Is this Satan tempting people to gain worldly things while selling out their soul so to speak?

What are your views on prenups with Christianity?

7 upvotes | May 31, 2020 | by [Everglade301](#) | [Link](#) | [Reddit Link](#)

I've read various marriages christian and non-christian regretting not having a prenup.

I also know that churches absolute hate prenups because it's "setting up for failure".

Prenups are like buying insurance if something goes wrong.

Teenager Seeking Christian Advice

7 upvotes | July 4, 2020 | by [okijaodfjsjjisad](#) | [Link](#) | [Reddit Link](#)

I pray and read the bible almost every day, yet I can't feel the presence of God. Is not going to Church the problem?

My father just works and watches TV. He isn't a good role model and can't give good advice. I wish my parents were Christians.

My friends have fallen into leftist or right wing ideologies or video games. We have nothing in common. Maybe it's all me and not them.

I often fantasize about girls as if I was in a romantic book or movie.

Is it bad that I pray to be more attractive? Some may think confidence is the only way to get girls, but that has been debunked by several studies linking facial attractiveness and initial attraction. A 8, 9 or 10 isn't going to marry an average looking dude (unless one has social status).

For the last four months, I have attempted to follow a schedule, tweaking it many times. I am never able to stick to one. Nothing is changing. My skills are exactly the same from a year ago; I'm not growing. I keep watching porn and masturbating multiple times a day.

I long for love, affection, and comfort.

I long for a deep meaningful friendship (do they even exist?) or just a connection.

I long for a mentor or a father

What do I do? How can I feel love and comfort from God?

Maybe some of it will disappear as my teenage hormones calm down. I hope so.

"Watch Jordan Peterson" or watch any other internet dads --> They all give obvious advice

"Toughen up" --> I tried to suppress the desires but I keep crawling back to it

"Lift and workout" --> I sprint once a week and have been doing a pushup routine consistently for 22 days straight. Yeah, I'm faster and stronger, but it's not fixing the problems I have.

Thanks for the replies in advanced. Reddit may delete this account as spam.

[18M] Finding my mission, premarital sex, faith. I need life advice, how do I move forward from all of this.

7 upvotes | December 27, 2020 | by [DanTactical](#) | [Link](#) | [Reddit Link](#)

I am male, recently turned 18.

Mission: Finish military service, Study for a couple of years for the medical school entrance exam and finish medical school, specializing in medical microbiology and virology. I don't need a woman to accomplish my mission.

- **Stats:** 180cm tall, 68-69kg, workout five times a week(currently on pause due to lockdown and an Injured finger),
- **Reading:** I have only read the sidebar in [r/asktrp](#), I plan to read the sidebar hereafter writing this post.
- **Finances:** Currently a student.
- **Spiritual:** I pray every night and when I need guidance, I meditate every day, I only share my faith with my close family.

I don't know where to start really but this will be a kind of long post.

I've been lurking on RP subreddits for about a year now and found this subreddit but only skimmed through it. I was not that focused on my faith and didn't practice it a lot during that time. During this trying year, I have gotten closer to god and I am now working on implementing RPC and faith into my life. I have only read the sidebar on other RP subreddits and plan on reading the one on this one as well but anyway, back to the reason I am writing this post.

Ever since I was a kid I have been self-conscious and depressed, I have a father who has been very absent in my growing up. The longest conversation I have had with him(we don't even speak the same language really since my Arabic is bad) was probably less than a minute long. I was raised around women (3 sisters, one brother) and mostly by my mother who was abusive but eventually learned that taking out her anger on me was wrong. I am still trying to forgive her but I don't know if I ever can. I realize why she was angry and stressed, raising five children essentially alone with a job that doesn't pay well is extremely stressful and probably wasn't what she wanted in life. Anyway, I digress.

I grew up with no father figure and not much faith in my life (mom didn't have time to drive us to church anymore when I was around 12 or 13, the nearest church is 80+km away) putting myself down and even being told that I will amount to nothing. After entering high school I eventually learned to respect myself and I am not as self-conscious anymore and then found RP which I embraced well. At this point, faith wasn't really in my life and I did what any dumb teenager does, I had premarital sex and convinced myself to do it twice and that it was okay and having sex before marriage was dumb. I severely veered off my path and started drinking and using cannabis(I have stopped both now). Around 4-5 months ago I started to slowly incorporate faith into my life again and realized what I did was wrong and even though I have prayed for forgiveness from God, I find it difficult to forgive myself and sometimes the thought that my life as a Christian is now done because of it slips into my thoughts. I think maybe after moving to my own apartment I will go see a therapist, as my life is extremely messy and I don't have anyone to talk to about it, that's why I seem to be

venting on this post as well. Maybe in the future, I'll be able to forgive myself for it, but right now, I don't think I can.

All of this winds its way back to me finally realizing that going to medical school and becoming a virologist is what I want to do. I have always wanted to become a doctor, but have excluded that thought from my mind and have always subliminally put myself down and told myself that I'm Inadequate and don't have the intellect to be able to do it. Last night I thought about my faith and my future for hours on end and realized all of this and planned it out and genuinely know I can get into medical school. I've had the "butterflies in my stomach" feeling since last night from the excitement of going through with this, and maybe the fear of it as well. I am terrified as well of the amount of work I'll have to do. I'll start studying for med school now and during my military service which starts after I graduate high school in a few months. I live in Finland and we have conscription which is why I have to complete military service.

I don't have a male role model let alone a Christian one in my life and I ask that you give me advice on what I should do regarding some of the stuff I have said. I guess while I'm here, I ask for advice on how I can become more faithful and advice regarding relationships in the future. I know having premarital sex was extremely bad so I ask for advice on how I am supposed to move forward.

As a disabled guy, I'm having some trouble abstaining from Porn and pre-marital sex.

7 upvotes | May 13, 2021 | by [Bruh-Nanaz](#) | [Link](#) | [Reddit Link](#)

I have an ongoing debilitating health issue without a cure (it's extremely rare, think full-body and organ arthritis/inflammation) and am struggling with sexual temptation. I'm finding it difficult to stay away from porn and my nympho ex-girlfriend on account of the sense that I'll never have a satisfying married, let alone sexual relationship because my body is falling apart.

It's been revealed to me by the holy spirit that I have idolized sex, marriage and the female form, but I almost don't care, I feel so resentful that this illness happened to me and that I will likely never be able to hold my own children in my arms, or get to experience sensuality with a wife.

I wouldn't say I'm deeply depressed, as letting go of this desire has been difficult but not impossible... yet part of me is saying "fuck it why shouldn't I jerk off to VR porn or hook up for some insanely hot sex with my ex, this is the only time I will ever be capable.."

I try to take care of myself, I eat Keto-style, make my own balms and medicines, and stretch 1-2 times a day (exercise is physically impossible). I'm not even all that bad looking. But still, the idea of a single, sexless, wheelchair bound future is just not at all appealing. I feel like there's no reason to not indulge, aside from doing what God has asked of us, to abstain from sexual immorality and fornication. Having been given this hand of cards to deal with, I kinda dgaf.

What should I do?

Question about Critical race theory in churches

7 upvotes | April 28, 2021 | by [The_EvilMidget](#) | [Link](#) | [Reddit Link](#)

I moved into my current area a few years ago and found a local church that is somewhat large for the area, but certainly not a megachurch (with which I have a long list of issues). Everything I've heard from church leaders and the pastor has been very theological sound, and my wife and I like this church a lot.

However, with the recent national hysteria regarding the BLM movement, riots, and renewed discussion about race relations, my pastor has (on only a couple occasions) prefaced his sermon with a message that seems to me to be bordering on critical race theory. If you are unfamiliar with what I'm referring to, this is the "white guilt" message that if you are a white person you are inherently racist and partially to blame for the problems of society.

The pastor has not said anything denigrating to white people as a whole or anything full on CRT like that, but he did go on for a few minutes about the need to recognize that we are all sinners (I agree) and that may come with a degree of internal racism (I'm hesitant to accept that). He went on to lead us in a prayer asking for forgiveness for any role we've had in the racism in our country.

I've heard many churches pressing this much more strongly than mine. I feel like my explanation of what happened sounds much worse than it actually is. But it still made me uncomfortable with how close it seemed to be to what we often hear from those who push critical race theory.

So my question is: am I overthinking this? Is what he said reasonable or is it a sign of potential worse things to come within the church? As I said, my wife and I love this church and want to stay a part of it, but I can't support a church that is teaching CRT.

TL;DR My pastor recently gave a short message that, to me, seemed borderline critical race theory/white guilt. How should I handle this?

UPDATE: I spoke with my deacon and this is the answer I got. I think it puts to rest a lot of my concerns. I'm editing out the personal names and name of the church in interest of not doxxing myself:

For starters, it's great to hear other people who are serious about doctrine. I'm the same way. That's actually how my wife and I ended up at [CHURCH IN QUESTION] . We were in search of a doctrinally sound church.

[SENIOR PASTOR] is a great guy. Very serious about theology and doctrine as well. I can testify that the elders are all very aware of CRT and it's dangers and 100% stand against it. [ELDER NAME] (one of our elders) actually gave a lecture a few Sundays back after one of the services on the dangers of CRT and how [THE CHURCH] will be responding. So you're in good hands, bro! There was a period where I was worried about the same thing as well.

I talked with [SENIOR PASTOR] and the elders to get a better feel for where they were coming from. Their emphasis on racism recently is coming from 2 places.

1. It's a culturally relevant and hot issue right now so [SENIOR PASTOR] is going to address it biblically and speak into what the culture is trying to say. The culture is advocating CRT (as you're aware) and he wants to shield people from it.
2. But secondly, he so emphasizes race sometimes because he is passionate about [THE

CHURCH] looking like our community. Because [MY AREA] is very diverse, our church should represent that or it means we aren't reaching our community like we should be. So it isn't about diversity quotas or saving face, etc.

Hope that helps! If you did want to discuss with someone further, I'd recommend [ELDER PREVIOUSLY MENTIONED]. He's an elder and very informed on CRT. Him and I have discussed it quite a bit actually.

Help me hate pornography

7 upvotes | April 15, 2021 | by [paveldatsyuk2502](#) | [Link](#) | [Reddit Link](#)

I've realized that I don't have enough hatred for pornography. I don't have a gag reflex toward it. I don't view it with disgust the way that God does. In fact, my flesh loves it. What are some ways that you have come to have a healthy hatred of pornography?

What is Godly, masculine worship?

7 upvotes | August 14, 2021 | by [FrRustyShackleford](#) | [Link](#) | [Reddit Link](#)

Hello all,

I think that much of contemporary Christian music is feminine in lyrics and music. What are some masculine songs/artists/music styles appropriate for communal worship?

Engaged Christians & Premarital Sex

7 upvotes | December 18, 2021 | by [Turbulent-Library192](#) | [Link](#) | [Reddit Link](#)

Thank you for any advice. My fiancé and I (both early 30s) are engaged, date is set, we are getting married this summer. Since our engagement, my fiancé is putting a lot of pressure for sex. We are both Christians, I am a virgin, he is not, and waiting is very difficult for both of us. I do not know what to do anymore or who to turn to. I am active in my church, but communicating with other married women there is very challenging because of COVID. Also, not everyone is comfortable talking about sex, regardless of how close they are to you. We do kiss and make out, but are doing our best to stay within boundaries. I now see that his boundaries are moving a lot, since he has more frequently mentioned more sexual activities and cohabitation. In our most recent conversations, I get a sense that not moving my boundaries along closer to his needs leaves him feeling both hurt and disrespected, and that is absolutely not my aim. I am not trying to be frigid, but I know that this is going to be a slippery slope for both of us. However, when I tell him this, he says that my choice for virginity is selfish and was done without considering the man I would end up with. I am far from perfect, 5' 8, 170 lb, not a looker at all, just lucky to have met my spouse. I go to the gym four times a week, try to live healthy, stay healthy, cook for both of us, pamper him as best as I can. I love my relationship with God, and find that on this issue, I am faltering. I am not the kind of girl that gets offers for relationships frequently, I have no intention to leave him, and I hope that he does not give up on me before our wedding. I love my fiancé dearly and want this to work, but I need help. Thanks for letting me know if you have any suggestions or guidance.

My friend wants to marry more than one woman

7 upvotes | September 20, 2022 | by [canofdeath007](#) | [Link](#) | [Reddit Link](#)

Before our recent conversation that led me to creating this post. My friend told me to read content on RPC to improve my odds with women and to improve myself as a man for Christ.

Now from what I have read here it seems the core of the message is become a strong man for God. Serve to expand God's kingdom by sharpening other men to build them up and spread the gospel. And that attraction will naturally follow for a healthy marriage as God created it to be. Including the fact it should be between one man and one woman.

My friend however now rejects the idea of limiting himself to one woman. He doesn't believe in being a sniper for dating or marriage. He instead claims a man should always be a shotgun. So he is going to marry more than one woman to maintain dread. Since he burns with passion and understandably can not resist the impulse to have sex for the rest of his life.

I told him Jesus Christ in scripture outlined clearly the Godly standard is one man becomes one flesh with one woman. And that 1 Timothy 3:2 should be our standard for marriage.

My friend answered with Ecclesiastes 7:28 and said the women of modern times are done. Meaning he basically expects them to commit adultery. For they will not truly respect a husband that actually commits to them alone. And will covertly see you as weak no matter how much power or wealth you gain. If you are not willing to dump them in a hot second for another woman. His biblical answer to this is to marry at least two if not three women to deal with this reality.

I pressed him on this until he flat out told me trusting a single woman with all your eggs is foolish. And that he wants at least some biological offspring that don't end up getting the shaft by some woman that decides to upend it all. With divorce and the family court system.

I am not blind to his grievance. I understand where he sees this as there are a lot of broken family's now. It's even considered normal by too many in church. When this culture should be condemned for the damage mass at will divorce has brought upon society. And since things are only getting worse instead of better. Could my friend's solution actually be correct?

I ask this question because if he is wrong then no one other than men here can correct him. As he will not accept correction from any pastor or other Christians on the issue.

But if I am still blind in some way here. If he is actually correct. Then my question is how on earth do I in my walk with God. Actually on a pragmatic and spiritual level manage to deal with two or more wife's?

Infallibility of the Bible?

7 upvotes | March 18, 2021 | by [thewrestlingnord](#) | [Link](#) | [Reddit Link](#)

Hello,

I have been lurking RP Christians and this sub for a few months now, I have never posted (I read the rules for this sub and did not see a requirement to post stats or an OYS, I will add that if necessary). From what I have gathered, it seems that there is a belief among these communities that the Bible is 100% true-- as in it is literally the word of God with no mistakes present. This seems to be justification for much of RP Christian theorem, as there are plenty of verses supporting the idea that women, although spiritually equal, are subservient to men and should not be educated too much. If this is the case, and the Bible should be followed exactly as what is written, how do you account for the following:

1. The thousands of ancient manuscripts have differences between them. There are literally thousands upon thousands of differences between ancient sources between the 2nd-5th century. The vast majority are extremely minor (a word or two), others change the entire meaning of a passage. Why is the Bible we have today considered the true Word when there were differences in the text much closer to when Christ lived?
2. Most manuscripts were written in Coptic Greek, Jesus and his followers most likely spoke Aramaic. I'm assuming very few people today are trained in this language. With the translation of any text, there will always be context and verbiage lost. If this is the case, how can an English translation truly be the Word of God when meaning is lost?
3. Reputable scholars-- both Christian and non-Christian-- have come to wildly different interpretations regarding the texts of both the Old and New Testament. I constantly see many members of this subreddit discuss the need for reading the Bible to become a strong spiritual head of household. How do you know your interpretation of the text is the "correct" one? Do you read and study other scholars? Or, is it simply a belief in *Sola Scriptura* and whatever conclusion you come to is spiritually driven.

I would consider myself a non-Christian, but I devote time every day to studying the Bible or scholarship related to Christianity, as the subject fascinates me. Stumbling upon RP Christians helped rekindle my interest a few months ago.

Thanks.

Advice for a convert ?

6 upvotes | August 26, 2020 | by [Datanami](#) | [Link](#) | [Reddit Link](#)

It seems to me that everyone here comes from a Christian background and discovered TRP along the way.

It was the opposite for me. I wasn't raised in the faith. It is only after finding and applying The Red Pill, spinning plates for 3 years (n-count over 50), that I found Jesus Christ.

Obviously I have a hard time to stop spinning plates, and I'm not sure I really want to honestly...

RPC statements about marriage sounds an awful lot like unicorn hunting to me. I still think marriage is doomed.

Has anyone had the same background as me, and if so, how did it turn out for you?

Confession & Repentance?

6 upvotes | November 3, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

Fellas. Today. I relapsed.

Early, early this morning, I masturbated while fantasizing about another woman.

This afternoon, I masturbated to porn - for the first time since May.

Confessing and repenting before God is the obvious step. I, too, have read Psalm 54. Plus [this excellent sermon by Tim Keller](#).

What I'd like feedback on is what does any confession/repentance before my wife look like? I know what it looked like in my BP days. I spilled my guts and she just kinda looked at me blankly, not feeling bad, sorry, sympathetic, or anything (never any rage or anger like other wives). Usually a somewhat indifferent, "Uh... I forgive you."

Then I have several men in my life through my church to confess to and ask for prayer. Guys who have the habit of holding me accountable to shape up instead of commiserating with how they also fail in sexual sin. Are there any BP cycles I might not be aware of there, too?

Indonesia to outlaw sex outside marriage

6 upvotes | September 19, 2019 | by [RedPillWonder](#) | [Link](#) | [Reddit Link](#)

Well, this is different.

Indonesia is about to pass a law that outlaws sex outside marriage.

Indonesia is poised to pass a new penal code that criminalizes consensual sex outside marriage

Fornicators beware.

“The state must protect citizens from behavior that is contrary to the supreme precepts of God,” said Nasir Djamil

If passed, it applies to foreigners as well.

However, asked whether tourists in Indonesia could face jail for extramarital sex, Taufiqulhadi said: “No problem, as long as people don’t know.”

The new law would also include a 4 year prison term for women who have an abortion (exceptions for medical emergencies or rape) and also fines for some people who promote contraception.

The bills includes stiff penalties (their phrase, not mine) for insulting the president’s dignity.

Duly noted.

Reading this reminded me of a TRPer who said he was a beta, had become Chad and slept with a lot of women, and after all was said and done, he sadly reflected on it all and wished there was forced monogamy.

Looks like Indonesia is trying.

Vision for a Biblical Church

6 upvotes | September 4, 2019 | by [NoFaithInThisSub](#) | [Link](#) | [Reddit Link](#)

If you were to start a Church/Home Fellowship from the beginning, what would you want in that group?

I've been approached many times in the last few months to either join 1 or start one.

I know what i would like to see - male leadership only, 5 Fold ministry, Solid Biblical teaching, preaching and doctrine. Miracles signs and wonders, the casting out of demons. The releasing of people into their calling.

What would you want to see?

Any tips/resources for evangelism in the west?

6 upvotes | August 27, 2019 | by [_divi_filius](#) | [Link](#) | [Reddit Link](#)

I usually find it quite easy to witness to people when they have some sort of concept of religion/God/Spirituality. The same is also the case with people who have some manner of crises (breakup, divorce, addiction, severe depression etc.)

However, I live in Europe and it has become increasingly common to find people my age, in their 20s who lack any and all context regarding religion/spirituality. Many cases, due to mainstream entertainment, it's become cool to look down on Christians as weird/less intelligent/ misguided etc.

My Question: What are some ways I can simplify the gospel to reach out to such people without giving them the same old wishy washy feel good stuff they forget after a few minutes? I'm aware my life is my greatest testimony, but I mean beyond that, when relating with complete strangers who don't know me.

Cheers :)

Separating the sexes in church

6 upvotes | August 28, 2019 | by [fschmidt](#) | [Link](#) | [Reddit Link](#)

How can anyone take a religion seriously that doesn't separate the sexes in service? Such a religion is obviously cucked. If you attend such a religion with your family, you are promoting degenerate values to your family. Traditional Christianity did separate the sexes.

<https://johnbelovedhabib.wordpress.com/2014/12/03/the-early-church-tradition-of-separate-seating-ancient-practice-not-a-cultural-anomaly/>

<http://www.bibleviews.com/separateseating.html>

The only uncucked religions that I know of are Islam, Orthodox Judaism, and traditional Anabaptism. I can't understand why an uncucked Christian would attend any service other than a traditional Anabaptist service.

<https://www.youtube.com/watch?v=BRty645Iis8>

Do I Have a Covert Contract?

6 upvotes | December 24, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

28yo, 5'7", 146#, wife 31yo, 3yo boy, 1yo girl

Overhead Press 3x115#; Bench 3x155#; Deadlift 4x255#; Squat 3x205#

I had a conversation this evening with my wife where I shared that I think a friend's marriage is much worse than I thought it was. At work, he made a casual comment about how "Ya know, when you've been married for six years and have four kids, you don't really have sex anymore."

I intended to share this with my wife to emphasize why I want to reach out to this couple. They're coming over for dinner later this month. My wife, though, went into excuses mode: "Well, it's exhausting to have that many kids. Sex is different and doesn't happen as often - if at all," etc.. I got the vibe she was excusing her future self from sex more than she was empathizing with my buddy's wife.

Sure, I'll take your advice on that if you like, but what I really wanted to say is that it brought to my attention:

I don't want to have more kids because I'm afraid it'll be the end of my sex life.

Those of you who know me know I've been climbing out of a dead bedroom this year. It's been a long, long journey, but we're making progress. We had sex last week. I took an entirely new approach to it, and it was perhaps some of the best sex of my life.

However, I'm concerned that as soon as my wife gets pregnant again, we'll lose all that progress. I hope to get to a place where we're at 2-4x/wk. It feels futile that all that work might be for nothing. On our family planning timeline, we'd like to get pregnant again in February.

Has anyone else walked this road? What advice do you have? What Scripture speaks to these concerns? I'd like to have at least two more kids, but I don't want to go back to a dead bedroom. The thought honestly makes me feel a little sick. The feelings of rejection and loneliness are still pretty close to home.

How to deal with disrespectful tones?

6 upvotes | September 30, 2019 | by [Rifleshoot](#) | [Link](#) | [Reddit Link](#)

My wife and I were out running errands Saturday. She made several comments over the course of the afternoon that just carried a disrespectful tone to them. On the surface, they would be considered “helpful suggestions” but with the way she said them, it was clearly meant to be degrading/disrespectful. I let the first couple of comments like that slide, not thinking anything of them, but the last one was overt enough that I turned to her and told her she needs to watch her disrespectful tone. She tried to backpedal and say she “didn’t mean it like that”, but I reminded her that she’s made several disrespectful comments over the last couple of hours in that way and that I wasn’t going to be talked to that way. Was this the appropriate way to handle that, or was there a more tactful way to approach it?

A place for your questions and off-topic discussion.

6 upvotes | August 26, 2019 | by [Red-Curious](#) | [Link](#) | [Reddit Link](#)

The range of questions and discussion topics addressed here is intentionally broader than what's permissible on RPC proper, though not boundless. Questions must relate to our faith OR red pill praxeology in some way. It doesn't have to be both, and we'll try to be relaxed with the scope of how tangentially related the question may be.

Politics? Culture? Sociology? Random theological question that has nothing to do with the red pill? Go for it. Just follow the rules and be respectful.

We may even allow completely off-topic things from time to time, if the question is worth anyone's time. Want to know how many guys here prefer dark beer over edible urine? Who knows. Just ask the question and don't pout if it gets taken down.

- Questions on politics from a red pill lens? Go for it.
- Theological curiosities, [r/TrueChristian](#) style? Right on.
- New idea you want to flesh out before posting on RPC proper? Let's hear it.
- Just want to get to know guys in the community better? I'm up for simulated fellowship.
- Feel like bashing on the feminine imperative? Follow the rules and you now have a platform.

However ...

- Here to screw with people or just to puff up your ego? Get out.
- Repeating a topic that's already been addressed ad nauseam? Go comment in the other thread.

Going forward, RPC proper will be reserved for:

- Substantive content that incorporates BOTH red pill and faith-based elements.
- Field Reports
- Serious advice threads (no mental masturbation on hypotheticals)

Extreme FOMO

6 upvotes | September 29, 2020 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

It's been a while. Okay. Stats:

29yo, 155#, 5'7", 16% BF, wife 31yo, kids: 4yo boy, 2yo girl

Lifts: Bench 2x170#; Squat 5x230#; OHP 2x130#; Deadlift 6x270#

I've been around RP material since March 2019. Found RPC sometime in May/June 2019. Started grinding the sidebar. Hit the gym. You know the drill.

Only recently did I discover that I have some real issues from my past that have manifested in codependent behaviors (beyond, I think, what NMMG covers). I'm currently working with a ministry to dive deeper into that, even after a few sessions, God is doing something new in this area of my life.

In addition, I've taken up a noFap 90-day hard-mode reset. With the wife in her first trimester of pregnancy, sex is off the table. I used that as an excuse to start looking at porn again. It became a habit. I felt convicted it was finally time to do the hard thing and take seriously the neurological wiring a lifetime of casual porn use has had on my brain.

Focusing on those things, I hadn't been on RPC much. But I decided to check out the latest. I stumbled across [u/wildhusband2019](#)'s post [No Oral Sex in Marriage](#). It sounds very familiar to the situation in my own marriage. Then, I went on to read [u/rocknrollchuck](#)'s and [u/tret2270](#)'s comments.

And then it hit me: *Extreme FOMO*. Deep, panicky, anxious FOMO.

I closed out Reddit, did some email to distract myself. The wave passed in about 10 minutes.

I remember feeling this way back when I first found TRP. I felt a little bit of FOMO off and on since then. But this time today was way more intense.

The only time outside TRP I've felt this way this intensely was back in college, it was clear a neighbor dude across the alley was getting some action from his GF (they left the windows open). I was at that time still a virgin with no prospects. I felt a similar deeply anxious, panicky FOMO. Ended up watching porn and masturbating to relieve the internal tension. I'm sure there have been other occasions I felt FOMO like this, but that one sticks out the most as the most memorable.

Has anyone here gone through anything like this? What does it mean?

How do you personally stay motivated to read the bible?

6 upvotes | November 2, 2020 | by [MechanicInternal75](#) | [Link](#) | [Reddit Link](#)

I noticed that there has only been 1 post in the last 10 days sorting by new (unless mods have deleted some that I may have missed) so I thought I'd respectfully ask how do you stay motivated to read the Bible?

It's something I struggle with and just thought I would see what others have to say!

Thank you for reading.

Death in the family

6 upvotes | February 18, 2020 | by [yagop1](#) | [Link](#) | [Reddit Link](#)

Gents, I just received news that my father died in an accident. For those of you who have experienced this, please lend me some advice on funeral arrangements. He and my mother are in Korea. Well likely need to transport his body to America. I am in the military as well. My family now depends on my decisions this point on. Any tips are appreciated. Thank you.

How to Overcome Bitterness?

6 upvotes | February 12, 2020 | by [OrlandoTheAxe](#) | [Link](#) | [Reddit Link](#)

I'm running into issues in my career where the leadership wants me to go back to graduate school to finish my degree. I left about halfway through after a bad experience that involved safety and ethics issues, among other things. Since I'm still angry and bitter about it, I can't clearly evaluate opportunities to go back to academia. It's enough of a problem that I have to watch myself when I speak about it because I'll end up on a rant when I should be STFU-ing.

This question may also be relevant to redpill newcomers who are typically a bit jaded towards women and relationships. I've heard this period called the "anger phase," but there's plenty of people (most incels and some MGTOWs) who seem to stay there. There's definitely a plank in my eye here too.

So what are some actionable steps to overcoming bitterness and moving forward?

Seriously doubting my faith - Where do I turn?

6 upvotes | March 1, 2020 | by [hopeunseen](#) | [Link](#) | [Reddit Link](#)

I'm having serious doubts about my faith - But I feel like I can't talk about it with other Christians as I don't want my doubts to affect their faith either. But I'm so close to walking away...

Recommendations? Where should I go with this?

28yrs old, married 3yrs, working on RP for about 2yrs, born into a Christian household, went to bible camp as a kid, youth camp counsellor as a teen, bible college studied for 2.5yrs

For most of my Christian life I've had doubts about God. Mostly over things like his seeming absence from my life, even though I've prayed earnestly that he would reveal himself, speak to me, allow me to know his Spirit etc. I've tried to live a righteous life, studied the bible, done all the right "christian things" but to no real avail. The doubt and disconnect between what I see God promising and doing in the bible and what I see happening in the world around me remain.

Around 18yrs old I was deep in doubt and went to a Christian conference where Lee Strobel was speaking and had just come out with The Case For Christ - Finally I felt some of my doubts and questions were addressed, and so I continued on in my journey

Fast forward 10 yrs, bible college, and a whole lot of life in between, and I'm doubting more than ever. Re-examining The Case For Christ there seem to be so many counter arguments to everything Lee brings up, and the more research I do the more I'm doubting.

All my life I've tried to know God, sense his Spirit, and live the way he wants. But never have I experienced anything other than emotional feelings during worship at church (which by themselves I can't trust, as I could get similar emotions at a Coldplay concert or watching a movie)

I don't want to post a bunch of questions on here that might lead others to doubting, as that would be counterproductive... But I need some help or I'm not sure if I'll be able to figure this out on my own.

Thoughts appreciated!

Any thoughts on the YouTuber "Mrs. Midwest"?

6 upvotes | March 11, 2020 | by [isaiahsixtyone](#) | [Link](#) | [Reddit Link](#)

I am not sure if anyone knows her or has seen some of her Youtube videos, but she vlogs mainly about being feminine.

[Mrs. Midwest's Youtube channel](#)

Text advice - Setting up date?

6 upvotes | February 2, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Hey everyone,

Got set up with someone by friends at Church today and got the phone number. She and I had some small talk and then she got some coffee and talked with some other people and then she came over to me as she was about to leave for work and said it was nice meeting me. I got her number and texted her a couple hours later saying “Hey —, it’s — from Church, nice to meet you.”

She sent me back a “Hey! Great to meet you too 😊 ☐”

Is it too soon to set up the date after this short exchange, or should I have small talk and then set the date up?

How should Christians manage depression?

6 upvotes | January 21, 2020 | by [Torn4_025](#) | [Link](#) | [Reddit Link](#)

So I made a goal last new years of being more positive and it helped, but it's no cure. Because faking it can't last forever. I really thought getting off porn would save me from this dreaded emotion. I should be over the moon that lust no longer controls me. Yet I was/am still depressed and even got angry with God for this. Actually I was boiling with dark toxic mind blinding rage that had me ready to cruse him out. It was like this for days and overflowed into thinking the very worst of God. It would have resulted in spoken blasphemy if I didn't resist the burning temptation of speaking against God.

A night then came where I loved this rage because it felt better than the depression I was experiencing and sadly that wasn't a new temptation for me. That night temptation for telling God the worst my mind could think of nearly consumed me. Then I remembered how awful staying this angry was in my past and fell on the floor crying to be forgiven. I did my best to repent of this foolish anger, but I surely crossed a thick line with the amount of rage toward God I had.

Really I wasn't sure about posting this here since I no longer plan on attempting marriage in the future due to totally lacking sex drive this whole month. That and depression among Christians often brings up conflict about if a consistently depressed True/real Christian can happen or not with many saying it means they were never saved. I've been diagnosed with depression a number of times in my life from childhood to adulthood, but never really believed it as I thought it could be fixed if some part of my life improved. That gave me the hope to deal with it, but now I just don't know anymore.

Does Marriage Lower your SMV

6 upvotes | April 4, 2020 | by [KongKing13](#) | [Link](#) | [Reddit Link](#)

How can we rectify God's command to marry when marriage is one of the fastest ways to lose respect in the eyes of your girl. Before marriage her idea of you is very exciting, but once she lives with you and gets to know you as a person who has short coming she comes to respect you less. Marriage also makes your space turn into our space, and in many times your kitchen becomes her kitchen. What do we do with this?

What else can I pray for?

6 upvotes | April 8, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I feel like I've ran out of things to pray for. Somethings I've prayed for and I was given them other things I've prayed for 15 years and nothing's changed.

I'm currently at a point where I don't really know what else to pray for. I've given thanks to all that I have and where I am in life. I've prayed for other people. I've prayed for personal/family matters which sort of go unanswered majority of the time.

I know prayer works, although having patience can be difficult.

What else can I pray for? I want to talk to God but lately I've had nothing to say. I've kneeled for hours to listen and never got anything.

Am I too comfortable? What do you during these "droughts"?

I'm even tired of asking or requesting things because the silence is demoralizing. I feel like a spoiled kid just asking for things like it's my birthday. Im runnin on empty.

Why did you chose to incorporate the belief system of the red pill community into your life?

6 upvotes | December 24, 2020 | by [I_Took-This_Name](#) | [Link](#) | [Reddit Link](#)

Hello! I am really curious why you personally chose to share most of the views of the red pill community. I haven't found a similar post in this subreddit, so I thought I would ask it my self. Don't know if I should do it in this subreddit or the main one, I may try the other one if this attempt fails. Anyway, I am thankful for every answer.

Should I give my Dad a copy of NMMNG?

6 upvotes | April 26, 2020 | by [UpTanks](#) | [Link](#) | [Reddit Link](#)

Dad is a great man but like most of us, he certainly could improve a few behaviours when it comes to communicating with mum and my sisters. But I'm fearful if he reads the book that he would get offended lol.

Has anyone here had any experience in introducing their Father to this kind of material, or RPC in general?

Advice

6 upvotes | May 15, 2020 | by [thisisgarbage10](#) | [Link](#) | [Reddit Link](#)

I (25f) am new to the idea of RP and I'm interested to know your perspective on a wife's emotional needs.

Some background on my life: I grew up with a father who was very ignorant of people's emotions, particularly my mom's, and I know she and my siblings have been hurt a lot over the years by his insensitive words and actions. He usually apologizes after raising his voice and cursing, but it has always felt like he did that because the bible says to do so and not because he really cared about our feelings. Overall, he's been a good provider for all of us, but I can't imagine marrying a man with a similar low emotional awareness.

My dad has slightly tainted my view of men and I'm sometimes afraid a guy, even a Christian man, will only be interested in me for sex. I know that perspective would ruin a relationship, so I'm currently holding off from dating just so I can work through past hurts.

I really don't want to be treated by my future husband in the same way my dad has treated my mom; how can I avoid such a guy and what qualities should I look for in a man?

What is a biblical perspective on a man's responsibilities to his wife?

Do you think a man is responsible at all for his wife's emotional well-being? How should he care for her?

Finding an RP Christian Woman

6 upvotes | May 24, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

So I (20m) have been matching and talking to women (christian/non-christian) through online dating. The majority have been great and some have turned into plates. However when the questions of faith come up (for the Christians I talk to) all of them so far have very liberal BP views (equality etc... the usual liberal stuff) which is fed to them by secular society and modern church groups. It's probably a lost cause trying to change their views to RP, as my focus is my life plan and mission anyway. I'm thinking that this might just be isolated to online dating.

How do I go about finding someone with views more inline with RP? Are they really that difficult to come across for young RP men like me? Or am I looking in the wrong places?

Why is it so important to repent?

6 upvotes | June 19, 2020 | by [da_independent_varia](#) | [Link](#) | [Reddit Link](#)

I feel like I'm nominally a Christian and I feel like I'm so far from being sanctified. I struggle with the same things that most young guys struggle with.

If anyone is able to, could you relate why repentance is an important step in growing in your faith and why it's so important if we want to improve our position in Heaven?

Churchians vs Christians

6 upvotes | June 26, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Personally, I don't know many people besides the widows or men/women who have experienced many hardships even in my church that are actually Christian based on their character and actions and have an active prayer life.

It seems many men and women are engaging in relationships that are actually unequally yoked.

What are some differences between the Churchians and real Christians we could watch out for as red flags?

I'm a 25M

Skill in responding in a Christ-like way to this that is rooted in truth and integrity?

6 upvotes | July 3, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Hi RPC,

I'm a 24 y/o male that is around 6'2" weighing around 155 (15% body fat), lift/run 3 days a week for around an hour and a half each time. Bench: 160, squat: 120, curl 30's for 10 reps), anyways...

I went on a first date yesterday with a woman and it was enjoyable for me so I sent her a "It was fun getting to know you :) Let's do it again soon!" that evening and I just received a "Yeah I had fun too! Before we hang out again I want to let you know that I'm not interested in dating right now. Just wanted to make sure and be clear with that. I'm glad to make a new Orthodox friend ☐"

So I know I'm being friend-zoned and my goal was to pursue dating her if she wanted to. What's a good way to preserve my Christ-like integrity in response to this message?

I know radical honesty is key, but I know I also can't force attraction.

Any advice brothers?

I can also give more information on the date if need be, but I don't think it's pertinent to the present moment.

Dating While Progress Still Needs to be Made

6 upvotes | July 10, 2020 | by [TheInventor49](#) | [Link](#) | [Reddit Link](#)

Stats: 19M, 5'8", 121 lbs. Readings: RPC sidebar, No More Mr Nice Guy Mission: To become a disciple capable of making disciples by gaining wisdom through biblical and intellectual pursuits, confidence through building a solid body and frame, and putting myself in a place where the gospel is needed (STEM field).

Before I begin with the question, I should let you know I understand exactly where I should be focusing: **lifting and gaining weight**. I have plans to hop into the gym right away as soon as my school starts in a month and opens its rec center. (I don't do home workouts and there isn't a gym nearby that I can easily get to). I already have gained some weight since my last OYS, although it's probably not muscle.

Anyway, I am wondering whether I should "go on dates" in light the advice given by [u/rocknrollchuck](#) in my [last OYS](#). At this point, I don't know whether to follow that advice or not based on some of my assumptions.

In my opinion, you need to have a strong frame, physical build, and mission in order to have the confidence and mentality that is necessary to attract women. This seems to be in line with the advice given by many to hit the gym and developed a mission first and foremost in response for some asking for relationship advice. These attributes make dating much more worthwhile as you are more likely to attract and hold onto better females.

So, given that, would it be best to avoid dating entirely? The thoughts behind this being: why would I spend my time casually dating when I know at this time I am not prepared for it, where I don't have a mission that I'm committed to, and understand the vetting process? In addition, I don't consider myself "the prize to be won" yet, since I need that solid foundation.

On the other hand, should I still consider myself the prize, regardless of what stage I'm in, as is the idea also held by many, including in the Book of Pook which I have glanced through? The implications of this would be dating for fun to build game while still lifting and pursuing mission, and learning the vetting process through the dates I go on. This also seems beneficial.

For me, the problem is I don't see how casual dating is part of a mission when I can just pursue a relationship with Christ by myself. But some benefits are still there, which confuses me, especially when I see others on this sub casually dating.

My question boils down to determining the purpose of dating. I also wonder if I have a misconception about something, if I'm over thinking this and it's simply my choice, or if you think I'm giving excuses to not talk to girls haha.

In marriage, how much control should the man have and act upon?

6 upvotes | July 31, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Not married but what is the ideal level of control the man should be exercising?

I've seen Christian families destroyed by the husband trying to tame his wife and control her after he discovered her cheating which resulted in divorce.

I'm not sure if this problem could have been averted if proper vetting was involved and/if the husband was top tier.

When is control good and when is it bad?

I know you can't fully control someone's actions and they will do what they crave regardless. But what can we do to not be in this position?

When do I first kiss a woman when beginning to date her? (27M)

6 upvotes | August 5, 2020 | by [LongjumpingCampaign5](#) | [Link](#) | [Reddit Link](#)

I apologize if stats are required for AskRPC, I wasn't sure. I haven't included them for now. Began taking my faith more seriously in recently years. I am now committed to following Christ and finding a woman who does the same.

I've been on two dates recently with a Christian woman who appears to have a solid relationship with Christ. The first date we sat on her porch and the second I was able to get some solid kino in (arm over her shoulder while watching a movie and sliding my hand down her back as she got up). She seems very receptive to my kino and gave me some casual kino in return.

I realize the answer is maybe just to continue to judge her body language and receptivity and go for it when I think it's appropriate, but how do I know when to go for the kiss? It's simpler to know with non-Christian woman in my experience.

Or is all this cogitating on my part just a symptom of being in her frame?

What are some signs that my church is catering too much into this feminism aspect? If my church has become too feminized, is there a place where I can find red-pilled churches or something in my area?

6 upvotes | November 25, 2020 | by [vinnievu141](#) | [Link](#) | [Reddit Link](#)

I read a comment to a post that tells me one method on how to tell if my church has succumbed to this toxic feminism, to check out sermons based on Mother's Day and Father's Day. I have just checked it on my churches, and realized that there is a Mother's Day sermon, but no Father's Day one. This seems like a red flag to me, and causes me to be concerned. One of the other churches I attend is led by a female senior pastor. She doesn't seem to preach anything that belittles men, but this leadership seems to be a possible red flag (aren't men supposed to be the leaders like said in 1 Timothy 2:11-15?). Are there any other signs I should be careful about while I read the Bible and try to apply it in my life?

For the 2nd question, where can I find red pill Christian churches near me?

Should Christian's take antidepressants?

6 upvotes | February 18, 2021 | by [trapper_bub](#) | [Link](#) | [Reddit Link](#)

My parents, sister, ex and friends have been pushing me for years to take SSRIs and I refuse on the grounds that they're a bandaid where stitches are needed.

I feel like the solution to my own depression will come in finding salvation and I dont believ that comes in a pill for but actually in becoming a real Christian man which I am far from.

Idk, what are your thoughts?

Any Experience With Carnivore Diet?

6 upvotes | January 31, 2021 | by [coachdad8](#) | [Link](#) | [Reddit Link](#)

Stats: 40 years old, 185lbs, 10% BF, 20+ years lifting heavy, 12+ years as CrossFit athlete.

Mission: Make disciples in my community as a coach, neighbor and mentor. Raise Godly children who also make disciples.

Reading: 90% of the MRP and RPC Sidebars. 100-400 series several times.

Spiritual: Daily Bible reader and prayer, saved since childhood.

Got my "nutrition cert" from Robb Wolf on the Paleo Diet around 10 years ago. As a lifetime hard-gainer, Paleo diet helped me with performance and health and I gained some significant muscle to reach 185lbs. To hit 200lbs, I added a gallon of milk a day and ate large pizzas covered in olive oil which made me feel like crap and is not sustainable.

Around 3 years ago I gave up caffeine, alcohol and all sugar including fruit. I switched to the Vertical Diet which is meat-based with a large portion of white rice and felt even better as most vegetables rip up my stomach, the exception being lettuce which I grow hydroponically. The Carnivore Diet supposedly works well for people who have trouble digesting plants like myself.

Does anyone have experience with the Carnivore Diet? I've heard diarrhea the first week, extreme libido increase, better mental clarity and autoimmune disease suppression. Did you experience any of those results? Did you gain muscle or did you see any changes in the gym with strength or soreness?

The book makes a compelling argument that plant lectins negatively affect *certain* people which stems from research going back to the early 2000's from Robb Wolf and others but has recently picked up more support. If plant lectins are one of the reasons I have difficulty gaining weight despite a clean, protein-based diet with a solid sustained lifting program, I'll gladly give them up. But I'd also like to know what to expect from guys who have done the diet. Most of the reviews I see are from a weight-loss perspective not from a lifting or athletic perspective.

Question regarding the "How to Lead" section of the RPC sidebar

6 upvotes | April 29, 2021 | by [FearInoculum37](#) | [Link](#) | [Reddit Link](#)

I've been reading up on the sidebar recently due to falling into old "nice guy" habits. I stumbled upon the "How to Lead" section (because I want to be a better Christian man and I find leadership fascinating). I read it and it was very thought provoking and good stuff.

I read one of the comments in that particular thread and it put into words the challenge I have been facing for years when trying to lead. Here is the part of the comment I am referring to:

Nobody likes to be told what to do. Nobody likes to be told how to do it. Nobody likes to be told they're wrong. And I agree that this might be one of those areas where RP and Christianity to mix well. Yes, women want to be led, but they don't want to feel like they're being led. Men want to follow strong leaders, but they don't want to feel like they're being forced to follow. I don't believe we discuss this idea enough in RP.

My question is, how do you delegate without making someone feel like they are being told what to do? How do you get someone to follow you and your vision without it feeling like they are being forced into it? To provide context, I am not just talking about women. I am talking about leading both sexes in general in a group situation. It is quite the balancing act and any help would be appreciated.

Note: I read the rules of the RPC sub and it states to provide stats for your thread if you are in a relationship. I didn't do so because I didn't think they were relevant to my question. If I need to, I will edit my post and provide that information if necessary.

Thoughts on Evangedating

6 upvotes | March 16, 2021 | by [Yalenvrun](#) | [Link](#) | [Reddit Link](#)

Stats: Single, 21 yrs old, 6'1 160lbs

Is evangedating discouraged?

Am I weak for not being able to handle a woman's mouth?

6 upvotes | May 1, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

Tell me for real am I being a beta by having my feelings hurt? We are not supposed to show our true feelings but only a strong "frame"? If this is true I feel like its a really hard task for me. I am supposed to be an actor around this woman?

Finances 50k-60k 6'0 225lbs and 20-25% BF Bench 200 and squat bodyweight only due to injuries. But I'm running at least.

I've read the sidebar about one time, I probably need to read it more. As you see I still have questions about what "frame" is. I've read the book How to Win Friends and Influence People. Sometimes I don't always read my Bible because I'll fall asleep listening to sermons or something and for some reason I put Bible reading on a low priority when I know I have a long work day and it makes me feel guilty. I don't feel like my search for God comes first in every day and usually comes in the middle of my day or in the last part of my day.

Prayer life is usually very strong but feels dead the past few days. Trying to believe that God still cares in this direction

Christianity has incorporated a lot of secular beliefs into their sex/gender perspectives. Christianity has been increasing feminized.

6 upvotes | February 24, 2022 | by [sensorysparrow](#) | [Link](#) | [Reddit Link](#)

The 2 sentences in the title are straight from the sidebar under "who_we_are_and_why_we_are_here"
Where can I find more info about this?

Im a depressed wife who has let herself go... And my husband isnt attracted to me anymore.

6 upvotes | September 11, 2022 | by [ckdkckskci](#) | [Link](#) | [Reddit Link](#)

So, my husband just told me he does not find me attractive like he used to anymore. I always had mental health issues due to severe childhood abuse, but my mental health got far worse after I got married due to marital issues and other interpersonal issues I encountered. I am not saying if you have mental health issues you are allowed to be lazy and stop doing things you are responsible for, but it eventually got incredibly challenging for me to basic things like cooking for the family and keeping up with personal hygiene. I am always ridiculously exhausted because of never getting decent sleep, and even when I do get some sleep I get terrible nightmares. During the day, I deal with flashbacks and mood swings which makes the exhaustion even worse. I brush my teeth twice a day everyday but i wash my hair and shower once a week, maybe twice. I know, its really gross. I am on medication because of morbid ideations, and I also see my therapist regularly. My therapist did say my condition will likely take many years of treatment to get better because of the nature of the condition and the severity of it. I gained quite a bit of weight due to eating junk food a lot and not working out anymore. My husband is unhappy that I lost all my curves and just a squishy rectangle now. I can see that I am fat now, too. I gained most of the weight in my midsection, and my butt and breasts got saggy presumably because I lost a lot of muscle while gaining fat. He also mentioned how I am always in ugly frumpy clothes and never wear makeup or style my hair. I know what he is saying is all true, too. I know he must be disappointed that I am no longer the woman he married, but him telling me how much I changed and how he is no longer attracted to me hurt me so badly. I know its not my husbands fault that I got ugly, but it just feels like Im getting pushed to the edge more and more. Perhaps this is just coming from a place of hurt, but now I feel like perhaps my husband never truly loved me if he cant find me lovable because of how my looks changed. How can I get over this hurt feeling and recover my health and apparence?

What constitutes sexual immorality for divorce?

6 upvotes | March 24, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

Okay so you have a man and a woman who are married. How is sexual immorality defined in marriage? Is it actual touching that is grounds for divorce? As in the male has sex with a random woman. Now the married woman can re-marry inside the church freely without fear of sin? Or is it adultery for the woman to remarry?

How do you overcome anger and frustration?

6 upvotes | March 5, 2021 | by [YoucantTHCme](#) | [Link](#) | [Reddit Link](#)

Question: Do I lack self control if anger and frustration are problematic for me? How do we know that the fruit of the spirit exists in our lives? What's the difference between the self control that humans exhibit verses the self control that the holy spirit gives? Do I need stats for a question like this?

Stats: I dont lift due to major injuries but im still pretty strong (muscle wise, joints are bad). Probably going to jump on HRT before I hit the gym just to be safe. Im fat by bodybuilding standards. 233 lbs 6 feet tall.. Had dreams of being an athlete that where crushed by injuries, I feel as if my life is rather worthless as an injured person and I honestly deeply regret working out, my body is racked with pain.

I remember before my injuries the gym is how I dealt with stress. Now I smoke to help with the constant joint pain from working out. HGH, Deca and Testosterone seem promising but I can't afford this until I start work soon. Set to be making 75k+ a year as a Marijuana Processor and also doing freelance work for the sister companies my family is in the process of starting. I honestly hate saying that. I used to work for \$11 an hour at Taco bell. I was proud to work there and call myself the shift manager. I dont know what it means to be red pill or blue pill? I think I'm Blue Pill? I used steroids all throughout my youth and you couldn't keep me away from fights or the gym. So I think I used to be red pill back then, before I was a serious Christian. The bible had taught me that we should not judge ourselves based upon looks, for it is vanity. And other verses like a man's days are numbered and decided by God ect. So I feel like I completely lost trying to be "healthy" or have motivation for working out as a Christian. Health Choices don't matter if the number of our days are decided by God. Im not healthy because I had kale blueberries and steamed chicken breast with brown rice and I religiously avoid fast food. I'm healthy because God keeps me that way no matter what I consume. At least that's what the Bible tells me.

Does this mean that I used to be red pill and then I turned blue pill?

The Bible says that we are to love our wives with the same way Christ loves the church. If we believe that Christ serves the church and forgives the Church of any wrongdoing then husbands must also serve our wives and forgive our wives of any wrongdoing. Christ literally sacrificed himself for the church so we are to be the same for our wives. Can anyone say that this is biblically incorrect?

I hope this is a good explanation of my stats. But I believe my prayer life is very well. I am not sure how I can possibly improve here. The only thing I'm not doing is praying out loud in the streets with strangers.... and that does happen just not very often now, I spend most nights babysitting. I have Scrupulosity that has causes me to only read a few chapters of the Bible a day. Bible reading causes negative compulsory voices to become very loud. Currently practicing methods of coping so that I can endure more and be a happier person.

I quit reading the sidebar when I started feeling like a loser who used to be red pill but turned blue for "Jesus". Someone tell me I'm looking at this all wrong.

How fine is the line between a man's frame and a woman's frame?

5 upvotes | September 2, 2020 | by [metal_and_fire](#) | [Link](#) | [Reddit Link](#)

For example, a guy I know from college went into a STEM field. He is now married and working a steady 9-5 job that he likes. His wife owns a photography business, and he has become a significant partner in her business, assisting with shoots and stuff in his free time. Additionally, they are raising one biological child and several foster children, and any free time not spent with his wife's business is completely consumed raising the kids. Unfortunately, I don't know him well enough to get his honest opinion of the situation, but does this sound like a man with a solid frame? Or is he living in his wife's frame?

To put it another way, what would have to be true for you to be the guy in this situation and not be living in your wife's frame? Is it a matter of him making the choice vs her making the choice? ("You run your business and I'll help out") Or is being a "helper" of this sort not acceptable in any circumstance?

How to handle Stress and Bitterness when Obstacles make the mission impossible? Psalm 22:1-8

5 upvotes | September 16, 2020 | by [BrogetaDaSupaSwole](#) | [Link](#) | [Reddit Link](#)

Background: I found a christian article about venting was for fools citing [Proverbs 29:11](<https://churchleaders.com/pastors/pastor-articles/168537-mike-leake-it-ok-to-vent.html>), and it made me wonder: If venting is unchristian (and is anti redpill since venting equates to whining making it not only the opposite of being stoic but also perpetuating self weakness).

If we as men and as Christians are to carry our emotion just to ourselves. How do we handle stress when it becomes overwhelming? How do we handle feelings of injustice when we see a pattern of being cheated and helpless?

How can we manage injustice, the anger and pain of being cheated by employers, contending with medical malpractice, abusive family relationships, and the bitterness of decade long regrets? How can we endure quietly when every step forward is followed by two steps back?

If venting is bad, and by being a wretched sinner; we having not yet attained the comfort of the holy spirit. How do we cope and resist the temptations of our past vices that were so soothing?

Context: I have one problem after another that piles into my life, that always sets me back on achieving my mission. Usually in the form of financial distress, medical issues, and being slapped around my the medical system when trying to get those medical issues treated.

Like many I come from a dysfunctional family who have a range of problems from abuse, to Narcissism, to alcohol abuse. I learned from my father to simply bottle my emotions and I believe that by bottling my emotions I contributed to some of the medical issues I now face.

The only constructive way I know how to handle stress is to do sprints or work the heavy bag. I am recovering from a work injury that makes boxing and lifting both No Gos right now. I have still been kicking the heavy bag and running but I do not feel the same release of pain and anger.

I used to listen to a lot of black and death metal, and now restrict myself from any bands that talk about dark stuff or commit blaspheme. Its hard because venting anger and sadness usually made me feel better.

I used to drink and smoke to cope and haven't for several years but the stress still eats at me.

I do not hear God when I pray to him. My best guess of him responding to me is sometimes I get gut feelings on something I pray about. However I only get these gut feelings 1 in 20 times that I pray about something if that.

I have isolated a lot the past few years and let my life be overtaken from jobs that I would jump around working 50-60 hours a week, with some lifting and martial arts hear and there.

I have no freinds, and no support network with my family. I have been doing my best at monk mode but feel like I keep getting flat tires and am not making progress to my goals. The main one being to

buy property which I have been scrimping and saving for but being hit with all these medical bills makes me inelligible for the mortgage that I just secured so now I have to prematurely break my mortgage.

I feel no comfort from the holy spirit, even though I gave up most of my vices. The last vice that I struggle with is porn and anger (though I do not act on the anger).

I have been NoFap and NoPorn but when the stress becomes unbearable I go somewhere private and scream my head off and have a fit to release the emotion. Sometimes its not enough and I break and go back to watching porn and feel guilt and shame.

Please help, and God bless.

Is John Eldredge considered red-pill by this community?

5 upvotes | September 8, 2020 | by [Datanami](#) | [Link](#) | [Reddit Link](#)

I've just finished reading *Wild at Heart*, which my priest recommended to me. I think it's a very good combination of Christianity with red-pill knowledge, and was very surprised to find zero occurrence when looking for it here and on the main sub. Any thoughts on this author?

Finding the "one"

5 upvotes | December 2, 2019 | by [NoFaithInThisSub](#) | [Link](#) | [Reddit Link](#)

~"She's a unicorn and not AWALT."~

Now with that nonsense out of the way, i have found i believe someone to marry. Yes shes AWALT and no unicorn.

I read /u/RedPillWonder guide about [RMV Checklist](#) (which you should all read). She definitely does tick of many of those good points.

Ok bro's here is the checklist of good things:

1. Holy Spirit filled (super important).
2. Was impressed by me on a day i took zero notice of her, like did not even know she was there, and she was standing right under me, literally. She has said i have impressed her multiple times.
3. Likes me, as in, actually likes me for me, my touch, my company, my beard, my voice, my honesty.
4. Loves me teaching/leading her, i must have given her like 100 points from the Bible so far, she has received most of it.
5. She was guarding my back (spiritually) several times.
6. is a home girl, i would not have found her without church network
7. I explained about my mission, authority, male leadership, and even understand and accepts my harsh way of dealing with foolish behavior. so far she is totally on board.
8. I have set boundaries, and she is following them so far.
9. Loves my muscles. Gentlemen, let me tell you, underlying big muscle's (I'm not even ripped) is a MASSIVE BOON. If you are not lifting, stop reading right now, go and get a free 5x5 online program, and tonight go start. She loves the size of my back and traps and shoulders, also triceps, biceps and forearms.
10. Never been married or had kids.

What else should i be looking out for?

Thanks wise counselors.

Boundaries and Boundary Enforcement

5 upvotes | October 18, 2019 | by [cdnrpc](#) | [Link](#) | [Reddit Link](#)

- Stats: 5'11, 20%, Bench 1RM - 209, Deadlift - 335, Squat - 270, OHP - 130, Chins X 5 BW, Dips x 6 + 10lbs
- Reading: 100s, 200s, 300s, 400s, NMMNG,
- Finances: Entrepreneur currently in business start-up, left a 6 figure job about 2 months ago, on way to six figures here in next 6 months.
- Spiritual: Weekly church with small leadership roles, small group, occasional fellowship with Christian brothers, near daily bible reading as of last 2 months or so, lead family in prayer a few times a day.

Reading an OYS about boundaries has me churning/thinking. How does one set boundaries, and enforce them in a modern marriage? Pornea (however you interpret that) is the only biblical grounds for divorce, and my wife at least can earn a good living on her own. That leaves me basically with time and attention.

In the past, I can think of a few times I feebly attempted to set very reasonable boundaries that my girlfriend (now wife) blew past. If I'd had any backbone, I would've (and should have) walked. But here we are, 5 years married. She doesn't/hasn't violated my flimsy boundaries in a long time (probably because I am a stronger and more attractive man than I was), and she simply has less opportunity.

When we were dating (long distance for about 6 months of it), I had boundaries around drinking (no more than 3 drinks in an evening, no shots). She simply hid that she was getting sh*t-faced while she was overseas. When I found out, I of course did nothing. In future, she just brought her social binge drinking out in the open, and I began to occasionally join in on that sinfulness instead of standing firm. Again, hasn't been an issue in several years but it's still a flimsy boundary not meaningfully enforced.

Later on while dating, she was upset I was not giving her enough attention and started lining up an orbiting co-worker for a branch swing. I told her if we were going to stay together, shut down all contact or I'm out. She just down-regulated the contact but kept him in orbit... and I of course stayed.

How do I reset boundaries now? Do I have a frank conversation out of the blue (hey, I've changed and now here's my real boundaries, and here's the real consequences) or wait until an issue begins creeping up to reset. And really, what consequences can I possibly have besides my time and attention? (Although these may be enough now that I am at least a bit more attractive and have a bit more abundance).

I'd love for someone to paint me an example of how this successfully plays out.

NMMNG thoughts. Stop initiating or initiate often while following MAP.

5 upvotes | September 10, 2019 | by [BourbonandBirdies](#) | [Link](#) | [Reddit Link](#)

Stats: 30yo, 6'2", 225lbs, 20% BF, lifting 4x per week, Bench: 225x5 Squat: 305x5 DL: 350x5

Reading: NMMNG, Sidebar (RPC and MRP), Starting WISNIFG.

I just finished NMMNG and it has really opened my eyes. It was a great read and packed with so much information. Since my RP awakening, I have been stepping my dread game up. No rambo, just slowly working it in with my wife. After reading a lot of RP material, I hear a lot of suggestion on how to initiate often, then keep your OI and move on if denial occurs. I started this at first. I then read in NMMNG where he says to "take a hiatus" for a lot of good reasons. I assume this would be more "monk" mode. Not to use churchianity terms but from a Physical Touch perspective, it is all the way down on my wife's priority list. She has never been one to be physical and her family isn't either. My thought was maybe going ahead and withholding affection will get her hamster spinning and also get her back to craving physical touch more. I have been working on this for a while now. No more "pecks". I only kiss her when I want and if I believe I want to. No more "I Love You" just because I'm walking out the door. I say it only if I truly mean it. Frankly, it hasn't been very often as of late. I throw some game and kino in every now and again but she is often repressed by me touching her. I mentioned in another post that she has not been in the camp of "we need to start from square one to get our intimacy back". One example would be last weekend we were on the couch. She wanted me to massage her butt. I did it because I wanted to do it not because of the ask. I then worked my way down appropriately and softly. She acted like she didn't mind but then totally flipped the switch and said: "I don't want you to get the wrong impression". I didn't get butt hurt, kept FRAME, went to bed. She apologized the next morning and was surprised I wasn't butt hurt. It worked.

I obviously just started in my journey so I know there is a lot of work left to do before she responds. Just wanted to get your opinions on to initiate often or just take a hiatus and keep working on myself?

Self-conscious about things I cannot change immediately.

5 upvotes | September 9, 2019 | by [Awayhethrows1961](#) | [Link](#) | [Reddit Link](#)

I lost a lot of weight and, despite lifting 4 times a week and packing on some muscle, I'm still left with some loose skin and gnarly stretch marks. I also have a ton of acne scars all over my chest and stomach from years ago. This has all made me super self-conscious about taking my shirt off in front of people in general, but especially girls. I refuse to take my shirt off at the beach or go in the pool. I'm currently in an LTR going on 3 months and I can tell she is sensing I have an issue with taking my shirt off - for example, her parents have a pool and I always have an excuse not to go in even when everyone else is.

I'm assuming the play is to NOT mention my insecurity around these issues and seek to improve them somehow, but what do I do in the meantime?

For reference of how terribly my skin is, I've here's a before/after of when I lost weight (still working on losing and lifting):

<https://imgur.com/a/7idVpyR>

Getting better "game"

5 upvotes | September 10, 2019 | by [nattybbthrowawy](#) | [Link](#) | [Reddit Link](#)

Stats: 21yo, 5'6", 150lbs, 15% BF, recently broke my collarbone playing rugby and might need surgery

Haven't lifted in like 4 months, but here where I was: Squat 5x225, Bench 5x155, OH Press 5x105

Read: Rationale Male, Roosh V Game, No More Christian Nice Guy, Why Men Hate Going to Church

I have a stereotypical jock bro attitude, so I have a hard time in social situations because I am oblivious to people's feelings and say what ever is on my mind. I also find it hard to gauge people and in return have a very hard time "gaming" women. If I don't feel the conversation, I will just end it nicely and talk to somebody else. I have no idea about IOI's or any of that stuff. I have read Roosh V's book on game about how to basically ramble on about pointless stuff to sound interesting. This doesn't sound very genuine at all and I would hate to do it. Does anyone have good tips on being a better conversationalist and having better "game." I would appreciate book recommendations as well.

Thanks

Is it unethical for me to pull at Bible study?

5 upvotes | December 26, 2019 | by [50shadesofsigma](#) | [Link](#) | [Reddit Link](#)

Little background. I am a 28 year old with a lifelong interest in physical activity, pulling birds and religion (Christianity). Recently I have started watching more Jordan Peterson videos to do with ethics and his case for the values enshrined in Judeo-Christian theology. I just started a new job where I am expected to behave ethically at all times so that was especially attractive to me. Through a bit of looking around town I managed to fall ass-backwards into a fully fledged youth group hosted by an American missionary with tons of beautiful nubile young women who seems to be entranced anytime I open my mouth. I don't get these reactions anywhere else and very few of the other guys get such reactions. We've expressly been told that this could happen but that we were to resist any such temptation. But this seems like a golden opportunity, what should I do?

Difference between congruence-test and genuine need for help or a task

5 upvotes | October 7, 2019 | by [GinoMan2440](#) | [Link](#) | [Reddit Link](#)

I've notice that there are times my wife will ask for things from me and sometimes I can see that it's a congruence test (Honey, grab my phone please? No. You have legs, go get it.) but other times she asks for help in ways that seem legitimate (uhhh, help, help, help? What's wrong? The baby just spat up on me, can you get me a wipe? *grabs wipe for her*). Is there a difference? or are these both examples of congruence tests?

I should add, that I generally have no problem with doing a simple favor for her like grabbing her phone, but I recently listened to Donovan Sharp's podcast about rescuing your marriage and he mentioned that you shouldn't get it mixed up that you still have to be a good dad (and I would imagine, by extension, a good husband) but at the same time, I know my wife congruence tests me but it's hard to discern for me as of now which is which.

A wife struggling with sex in her marriage

5 upvotes | November 9, 2020 | by [hellokitty2233](#) | [Link](#) | [Reddit Link](#)

Female 25 145lbs, not sure bf%, though not overweight, I am curvy and husband is satisfied with my body. Married 4 years.

I was excited to have sex with my husband when we first got married, the excitement quickly lessened after a month of marriage. Sex with my husband has been less than satisfactory and after 4 years, willingness and servitude on my part, I'm not really excited about it anymore.

Background: I did not grow up following Christ, I led a promiscuous life before I got saved. Sexual immorality has always been a sin I struggled with, but I was porn free and sex free for about a year and a half before marrying and meeting my husband. I was very excited to have sex with my husband when we got married. It was very blissful at first, but once the "honey moon phase" was over, it was no longer fun and all about pleasing my husband.

I did genuinely enjoy delighting my husband. I still do find moments of joy in that. I love seeing that I can make him happy sexually, and it turns me on as well. My husband is also attractive to me, though he could improve in some areas. The problem that I am having is that I never feel like I'm on the receiving end of pleasure. I want to cry just thinking about it as I feel starved.

Early in the marriage, my husband was not interested in making me orgasm or he did not know how to. This led to us having regular sex where 80% of the time he would orgasm, and I would maybe 20% of the time. I would silently cry in the shower after sex while i cleaned up because I was deprived. Early in our marriage I did express frustration to him to my dismay. I know now that may have made him feel inadequate and given him no drive to want to try to be better. I suggested books, podcasts, me coaching him through the process of making me orgasm. He was uninterested in any of them. I felt a deep sense of shame that I was 'ruined' because I could not respond to his touch. The deprivation and my sinfulness led me back into pornography. :(My husband was also watching pornography which added a huge slap in the face to me.

After porn, I started bringing fantasy into the bedroom. I basically started fantasizing about things I would see in porn while having sex with my husband. This allowed me to orgasm, and also give my husband a false feeling like he was doing something right. :((I know, not the right thing to do). I have gone through periods of months of no porn and struggling to fight fantasy in the bedroom because I know it displeases God and is breaking the bond I am supposed to have with my husband sexually.

The only way I have an orgasm in the bedroom is through my own manual stimulation or fantasy. I so deeply desire my husband to make me orgasm without my stimulation and fantasy. He really has no desire to do so even though he says he wants to make me happy, he just does not know how to.

I have tried communicating with him during sex about what to do to me. When I do, it is totally driven by me. I dictate what happens to me, how it happens to me, in what position it happens to me, to what level of intensity, because that is what he wants me to communicate to him during sex. At that point I feel like I might as well be masturbating on my own. It seems like everything I have communicated in the past goes in one ear and out the other as he relies on me to communicate exactly what I want.

Is there anything more I can do other than be silent and wait for things to get better?? It has been 4 years and I want to have a fulfilling sexual lifestyle with him. He shows no interest in making me orgasm, only turning me on a bit never to bring it to completion.

You can also tell me I am being a selfish wife and sex should 100% be about serving the other person. I tried that approach and maybe my selfishness has gotten in the way again.

Proactive ways to increase Faith? I wish I could see God moving in my life.

5 upvotes | February 18, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

When I first became a Christian I could clearly see how God moved in my life. I had much more clarity and could see him guiding me clearly. Now it seems like I'm in a fog.

Is there anything I can do on my part to increase Faith and see God move like before? Some things weren't even miracles just clear warning signs or open doors. I miss His presence.

I've been learning a lot biblically and have been gaining much wisdom. Maybe I'm in a valley right now or maybe this is just a season, idk.

I have been slacking in prayer, I'll admit that. Which makes sense. The reason being is I've gotten comfortable with routinely going to the gym and work (making a decent salary) and occasionally hanging out with friends and going to church.

Anything I can do to get out of my comfort zone? I'm looking to grow and increase my Faith and see God live in my life.

Could you provide advice or maybe a testimony on your experiences?

Is this a good idea... ? Need outside perspective.

5 upvotes | February 10, 2020 | by [hopeunseen](#) | [Link](#) | [Reddit Link](#)

TLDR - Should I move across the country in the hopes that the family and community there will be helpful for my depressed BPD wife?

I'll try to keep this as brief as possible while still giving enough context...

My wife and I moved to California 2.5 years ago. It's been a rough go and our marriage has essentially been on a downhill road since day 1 of the honeymoon 3.5 yrs ago. Found RPC about 2 years ago but although I've attempted to apply what's on here, I haven't seen a significant turnaround in our marriage... Still pretty much a dead bedroom, wife has no attraction and very little respect for me.

My wife is diagnosed BPD, sleeps until noon every day, hasn't had a job since she finished school in 2016, and is on medication for depression. She's been to a half dozen counsellors over the last few years with no lasting results.

It's been a confusing road trying to figure out how much of this is a direct or indirect result of my leadership (or lack thereof) as a captain, and how much is simply preexisting / will continue no matter how much I improve myself and my leadership.

Alright point of this question - Right now we're in California, she doesn't have any close friendships or community or work here.

My in-law's parents have suggested we move into their carriage house in Virginia, which would

A) Allow us to save the \$2500/m we're paying for rent right now

B) Give her a supporting network of family nearby

C) Give her access to her old church where she got saved, had community and was previously was on staff - And where she could start volunteering and maybe get a job again.

I'm hesitant because it seems like a bit of a repeat of why we came to California in the first place.. Similar theory back then...

We thought the sunshine might help, there was a church there we were excited to be a part of, her family was going to be moving out there to start a business etc...

The sunshine is nice but not a magic pill. The church didn't work out. Her family is no longer moving here.

Who is to say this won't pan out the same?

But at the same time

>My work is online so I can do it from anywhere.

>My hobbies are equally available there as they are here

>I don't have any church I'm super tied to right now as the last couple months I've been really turned off by the blue pill propaganda / inspirational rather than scriptural messages I've been hearing at every church I've visited as I've looked for a new church home.

>Not paying rent for a while would allow me to invest more and also give more freedom to work on the new business startup I've been planning out and step into my mission.

>My friendships here are "meh" level right now... The couple good guy friends I had recently moved

away anyways.

Other than moving expenses and the hassle, there doesn't seem to be much to lose by trying.

So on paper, there are lots of reasons to do it, and not many reasons to stay... But sometimes we're blind to what is right in front of us, so I'm hoping I can get some outside perspective from you guys.

Should I move us across the country in the hopes that the family and community there will be helpful for my depressed BPD wife?

STATS

153lbs, 5'6, prob 10%BF

Workout 3x per week + soccer 2x per week.

Here is a pic as I think that's easier... <https://imgur.com/a/OnRs6WU>

I'm no Chad and clearly still have work to do.

Church - Attending every week. Speak to friends about faith when I have the chance. Not serving right now as I've been looking for a church with a pastor who dives into understanding and teaching scripture instead of just inspirational messages... and it's been surprisingly hard to find.

Read my bible daily. Not actively discipling my wife - Need to do better in this area

\$\$ make about 100k per year, but living in California that's like 50k anywhere else lol.

I've read the full RPC sidebar and most of the books (other than for singles stuff)

Goals for first date?

5 upvotes | February 8, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

We are going to a bar to play some pool, darts, ping-pong etc.

I've heard that keeping the 80/20 rule with talking is a good metric and playing games, etc.

Any tips y'all have for first dates?

Best book in the bible to start with for a non-believer

5 upvotes | April 3, 2020 | by [AlanNoles](#) | [Link](#) | [Reddit Link](#)

I know this has probably been answered before but I could not find it on either page on Reddit. 3 of my non-saved friends (who believe they are saved but have not repented and put on the new) have agreed to do a bible-study with me on Sunday so I was trying to find a good place to start. My instinct is Matthew since that is my favorite book in the New Testament and it is where I started as well.

My plan is to make it interactive and ask them questions about different aspects while steering the conversations in the right direction.

Any advice on how to lead a bible study would be appreciated. This is my first time going through the bible with someone other than my wife.

Myers Briggs Personality - Are any of you INFJ's?

5 upvotes | April 4, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

If so, how have you seen your frame differ from other personality types - in thought, emotion, and actions + how you implement ChristianRP?

What's the RPC perspective on steroid/sarms use?

5 upvotes | December 19, 2020 | by [cubedcoffee99](#) | [Link](#) | [Reddit Link](#)

I've been looking through post history on here and RPC (and sidebar), but it doesn't seem like this is an issue that's been directly addressed.

There are definitely some grey areas. I'm not sure if, for example, a "therapeutic-dose" protocol of TRT to treat hypogonadism would qualify as a purely aesthetically-motivated use of a substance. There have also been clinical applications of GH with pubescent kids, giving them a couple extra inches in height for adulthood.

Do you believe in the core attraction principles of the red pill?

5 upvotes | April 16, 2020 | by [IsAllThisReal](#) | [Link](#) | [Reddit Link](#)

Here is one of the top of posts there, and I am curious what the consensus here is on some of these points:

https://www.reddit.com/r/TheRedPill/comments/5fihmu/how_to_get_laid_like_a_warlord_37_rules_of/

- 1) Women are attracted to you because you have a stronger frame than they do. That's all. There's nothing else to it.
- 2) Women would rather fuck an ugly guy with a strong frame than a handsome guy with a weak one
- 10) Women will test you brutally when they want to sleep with you
- 11) Fight Club analogy Getting a hot woman into bed is like the hazing scene in Fight Club where the new recruits are lined up outside the door. Tyler berates the recruits with personal insults. "Too old, go away." "Too fat, go away." He forces them to stand outside for days. He tells them there's no possibility they're getting in. Most give up. But the few who stay are ultimately invited inside. Seducing the hottest women is the same. It's a WAR OF ATTRITION. Women will fuck pretty much any guy who's around at the end of the night so long as he has a stronger frame than she does. But you have to stick around. You can't leave when she insults you or acts like she doesn't want to talk to you. If you do, you're failing her tests. We'll get into the mechanics of passing these tests in a moment. First we need to talk about inner game, which is the basis of out-framing anyone.
- 16) Be her cheat meal You can be a "4" and she can be a "9". If the circumstances are right, she'll fuck you so long as there's no downside. Why? Because sex feels good. Even the hottest, slimmest yoga bunny pigs out on pizza every once in a while. It's human nature. We're not strong. We're weak.
- 18) Cultivate a "reality distortion field"
- 20) Passing tests is where ALL attraction is ultimately generated.
- 29) You are TOO HIGH VALUE Yes, you read that correctly. When you're getting "rejected" by girls, it's because YOU'RE TOO HIGH VALUE FOR THEM, and it makes them nervous and self-conscious.

Just want to get a sense of what people think of this content.

EDIT: I posted this because it literally made me laugh out loud. Its one of the most delusional, ridiculous posts I have ever seen, and it got 4000+ upvotes on the main sub... WHAT!???

I just realized this is the number 2 post ALL TIME there...

Bible Study with Wife?

5 upvotes | April 13, 2020 | by [Scrooge_McPatriot](#) | [Link](#) | [Reddit Link](#)

Is there a Bible study (free or for sale) that RPC recommends as something to lead for your wife? I want to lead her in a study, but the amount of material available is overwhelming. I want to be able to structure and schedule something that becomes part of our routine. I'm not a lifelong Christian, so I will be learning as well through this. Thanks.

Defining My Mission Statement - OYS follow up.

5 upvotes | April 18, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

Last OYS:

https://www.reddit.com/r/RPChristians/comments/g1tqwl/oys_where_progress_is_made_041520/fnmw291/?context=3

209 Post:

https://www.reddit.com/r/RPChristians/comments/7duoaw/209_developing_and_articulating_your_mission/

So I spent some time reading [u/Red-Curious](#) 209 post from the sidebar to start defining a real mission statement for my life that I can pursue. I followed the framework on there and I've come up with the details to fill out the sections.

VISION:

'I'd like people to respect me and what I say. I'll have plenty of money/wealth but I will live frugally and well within my/my family's needs, not lavishly. I have a successful business and a loyal set of followers (disciples I guess). I want to lead and leave an impact.'

CALLING:

My 4 Values.

- Wealth (Physical and Emotional).
- Spiritual Fulfilment.
- Contribute/Fight against a cause.
- Have good health/family.

Characteristics.

Charm, Creativity, Passion, Patience/Emotional Resilience, Physical Strength, Leadership Skills, Intelligence, Discipline, Charisma, Common sense.

How I interact with people.

Educate, Teach, Lead, Love, Serve, Inspire, Motivate, Encourage.

MISSION STATEMENT (Draft):

'My life purpose is to use my creativity and intelligence to become someone who inspires and leads so that I can educate and motivate people to move the Word toward new spiritual generations that glorify God and create new disciples in the future.'

That's the draft at the moment, and it sounds good to me and it resonates. I'm looking for some feedback on this, maybe how I could narrow it down. Also if anyone can advise on next steps to narrow down *how* I'll go about taking action and ownership of my mission (perhaps some short examples) that would be great.

Thanks!

How important is compatibility for marriage?

5 upvotes | April 23, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Compatibility in values, personalities, hobbies, politics, role expectations, goals, etc.

What are the prerequisites to start seeking marriage?

5 upvotes | May 8, 2020 | by [OrlandoTheAxe](#) | [Link](#) | [Reddit Link](#)

A man who cannot lead himself will also not be able to lead a woman. If you are going to set sail in a marriage, there are some basic things you need to be able to do to run the ship. Our society has too many drunk captains, who ignore this fact and end up in divorce.

My question is: **What are the prerequisites (performance metrics) that a man needs to meet before seeking marriage?**

SOME CAVEATS TO CLARIFY THE QUESTION

- YMMV *I don't expect the forum to define exactly where the line is*, but I think we can all acknowledge the fact that there *is* a line (even if it is somewhat subjective). Stats matter; that's why Rule 2 exists. I'm seeking a way equip the romantically impaired folks (me) with a way to *approximate* for themselves where the lines are.
- Prerequisites can easily be misconstrued into a *Toolbox Fallacy*. This fallacy creates artificial prerequisites to an action as a form of procrastination. It is the false belief that you cannot start an action until you have some nebulous item in your metaphorical toolkit.
- Dating before you're ready shrinks your dating pool. Once someone develops a paradigm of who you are, it takes a lot of work to change that paradigm. Failures in dating create negative paradigms, not just with the girl you date, but with her social group as well.
- There is a balance between gaining experience and burning through your dating pool. Experience is important, but you have to make it count.

If there's a vetting process for potential spouses, there's a vetting process for you too.

Does anybody battle daily depression at looking at the current moral state of affairs?

5 upvotes | May 16, 2020 | by [da_independent_varia](#) | [Link](#) | [Reddit Link](#)

I try my best to not pay attention the world, especially as i get older. But it's gotten to the point that i'm so out of touch with what is hip and cool, that i'm finding myself feeling alien to the world. And i'm still young.

I don't know if i'm going crazy, but i've been doing strict censorship with any material that i have exposure to. I'm finding most movies, shows unwatchable. Most books are unreadable from a fiction perspective.

Socially, before the quarantine, i'm finding most of interactions being stilted bc most guys are blinded by their fleeting passions. And inside I can't even tolerate that dudes think about creepin' behind their girls backs, and are just looking for their next instant grata in the form of a chemical high or shortlast thrill. Part of me understands that it's fun, but surely they can see the big elephant in the room in the form of a question. What's next?

And forget about dating. The quarantine is exposing us like crazy, with internet data coming out is showing us how far we've fallen from God's light.

I know that we're supposed to be on a mission and so intently focused that these mere peripheral thoughts just fall further on the outside, but please tell me i'm not alone in saying that this world is very depressing.

Praying with my wife

5 upvotes | May 26, 2020 | by [Wranglers74](#) | [Link](#) | [Reddit Link](#)

Not having been raised in a praying family, and overall unaccustomed to praying with anyone at all, I am struggling with the best way to pray with my wife. It seems if I pray for things that are personal to me, I will come off as weak and/or broken. If I pray for her, it will come off as preachy or my trying to change her. If I pray for us, then I am still trying to change her. If I don't pray for any of these 3 things, then I care more about anything and everything else.

I'm losing my patience and feeling like quitting the prayer, but I don't want to let Satan win this war.

Praise and Prayers set to music

5 upvotes | June 8, 2020 | by [Zemirot](#) | [Link](#) | [Reddit Link](#)

Hello. I'm a musician and Christian. I feel I've been called to do something with my gift for the guitar. My plan has been to set parts of the bible to music, I'm especially interested in the psalms and John as they're so poetic. I had another idea tonight that maybe people would want their prayers and praise set to music. Music has been used from atleast David til today to add emphasis and bring the emotional aspect of the words to the forefront. To bring about that tangible Spirit, that's brings tears to the eyes. I want to do this and I think I'm called and gifted to. I would be doing this completely free for however long I do this and if it gets popular I'd accept tips. But I would say never feel obligated or bad for me if you don't tip, that's not what I want. I want to fulfill my calling and receive my blessings from God.

If theres anything in particular you want from the music: a certain style, certain key, use your own personal melody, any directions at all, just ask. My recording equipment is passable and my singing is decent, but let's say you don't want my recording but rather just the music so you can play it yourself. I can get you tabs or sheet music too. Whatever you want. So I think that sums most everything up, feel free to message me. Also, I understand prayers are highly personal, I will do everything to respect that.

Introducing a friend to the red pill

5 upvotes | June 14, 2020 | by [Tpetplayr](#) | [Link](#) | [Reddit Link](#)

So, I've been having conversations with a friend of mine that I met 6 months ago. In those conversations, he talks about how much trouble hes in financially, and how his wife is in charge of the finances, how she buys whatever she wants and then complains when hes not working, or buys something he needs for his business. He doesn't have good money management skills either, but he says it's not about the money, and that he's scared of losing his wife. (2nd marriages for both of them.) I tried to tell him, it's his responsibility to lead, and get his house in order, but I'm not married, and he says I just dont understand, but when I get married I will. I responded with Adam and eve, and AWALT and how Adam was to lead, and he abdicated to eve, and now we're here. He agreed, and it seemed to make since to him, so I'd like to slowly lead him down that road.

I would like to slowly introduce some red pill thoughts. What article do you guys think would be helpful to share with him for an introduction? (I'm thinking copy and paste, so I dont freak him out with RP immediately.) I told him just briefly about the captain/first mate analogy, and that made sense to him.

Does TRP kill love?

5 upvotes | June 24, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Pretty much title. I don't think I'll ever "love" again or at least the way I thought love was supposed to be like.

Next time I get a girl, I'd pretty much just desire her sexually and to create some babies and start a family. I don't think I'd love her emotionally if that makes sense. I'd treat her right and respect her and be kind but definitely won't be bringing flowers every month.

Is this a bad way to think? Is my perception of love incorrect?

lifting partner?

5 upvotes | July 4, 2020 | by [uzaquebrantado](#) | [Link](#) | [Reddit Link](#)

Stats: 5'11", 28yo, single, 150lb, 15% BF. Bored to death of AthleanX home workout. Finances: grad school scholarship, I pay all my bills and support my mother with it. 3 Bible chapters/day, 30m/day minimum of prayer.

Hey, guys:

Gyms are opening here my city and I want to start checking them out. I want to start doing Strong Lifts 5x5. Never lifted before in my life. Should I get a partner so I don't get crushed by a barbell when I'm exhausted in the last rep of the set? What are the advantages and disadvantages of having a lifting partner?

Thanks!

Staying humble and RPC

5 upvotes | July 9, 2020 | by [NoFaithInThisSub](#) | [Link](#) | [Reddit Link](#)

how do we stay humble and RP, how are these 2 reconciled

any scripture, methods or advice is appreciated.

I want to be the opposite of arrogant and proud.

Parents of RPC, have you encountered a scenario where your alpha son and another wannabe alpha boy cannot co-exist as anything more than acquaintances?

5 upvotes | July 24, 2020 | by [soundwavecollector](#) | [Link](#) | [Reddit Link](#)

STATS

- Mission: to shepherd my wife and children to Jesus Christ, and to shepherd my businesses' clients as well.
- 43, male, married, four kids (12-3 yo)
- 169 lbs, 6'1", 19% bf
- NASM certified personal trainer who crafts my own workouts at home. I do not incorporate max lifts of the Big Five into my training so I do not have the specific data RPC requests. (As a trainer I find that request myopic and anemic; it's one spoke on an entire wheel of ways to measure fitness)
- Reading: 2 Chronicles, today's date Proverbs chapter, Grace To You radio podcast, "Warbreaker" by Brandon Sanderson audiobook. I am in a season of life where books are consumed via audiobook only. My time is divided to give reading Holy Scripture, alone, a day's priority. And after 20+ years of Christian advice books, I'm not interested in them right now.
- Finances: I co-own two profitable, debt-free, self-funded businesses that support my family and six employees.
- Spiritual: I lead my family's daily time in scripture (Acts, atm) and prayer. Two of my four are regenerate through Christ Jesus! The first hour of my day, every day, is set aside for prayer and Bible study/reading.

TL;DR • Parents of RPC, have you encountered a scenario where your alpha son and another wannabe alpha boy cannot co-exist as anything more than acquaintances?

My oldest son is 12 (on the cusp of 13) and my family is new to the area we now live.

My family homeschools and we co-own two home-based businesses. I am around my kids a lot. Way more than the average American father. I have great, solid relationships with all of my kids. (2 boys, 2 girls)

There are other families who live in the same neighborhood but only one who will let their kids out to play, due to COVID fears. That family has a boy who, like my son, is an alpha.

At first they spent a few weeks going through time together with the other kids and had what I saw as a healthy non-violent battle to determine neighborhood kid alpha status.

But then things took a turn for the worse when the other kids turned on my son with a cheap shot to the head when my boy wasn't looking.

I confronted the kid's dad face to face. Kid tried to play it off as a joke but ran into their house crying like a little beta bitch.

After that, the kids saw my son as leader but this other kid just couldn't handle it. At a small gathering to break in another neighbor's new pool, the beta boy held my son underwater while the

moms were chatting.

My son broke free, hit him and basically shook the dust off of his sandals with that kid with my consent.

The problem is that the beta boy IL has lived here his whole young life and my son (and his three siblings) are very new. So what few kids there are who play outside have sided with the beta out of solidarity with the familiar. Even though their parents try to keep beta boy and his sibling at a distance.

Things have settled to us just living a good life as a big family and the neighbor kids don't come around for my oldest kids. They do have a friend who lives in town but we're in the country and so this isn't a casual thing. All meetups need to be coordinated which I hate.

For now, I am mostly at peace with the fact that my family is very happy as a unit and I like how my sons and daughters are developing.

Yet I do want more friendships for my oldest who is about to enter his teens.

What advice would you offer?

Thoughts on this argument between me (29M) and my (26) GF?

5 upvotes | February 8, 2021 | by [Flintaress](#) | [Link](#) | [Reddit Link](#)

About me:

[Mission] To share the gospel through my novels & to preach the gospel and disciple the believers and non-believers who God will send my way so that they may know him, glorify him and in turn share the gospel

[Stats] 5'11, 70KG, Body fat at about 15%. Bench press max: 100 kg for 3 unassisted reps but who knows now as gyms have been closed for almost a year here due to covid so I turned to calisthenics.

[Reading] RPC sidebar, NMMNG, NMCNG, TRM.

[Finances] I've launched my own business so we'll see what my sales are by the end of the month.

[Spiritual] I pray and chat to God daily. Became a Christian around 2012 but it's only been around about two years since God's started revealing a ton of things to me on the spiritual side of things.

Story time:

So my girlfriend (we'll call her liz) informs me a few days ago that this past Saturday, she wants me to accompany her to a hospital appointment. I tell her that I will. She calls me Sat to remind me not to be late whilst I'm working out so I get to her place at the agreed meeting time. She lives 40 mins away.

Upon arriving, she informs me that her neighbour is chilling with at hers which honestly annoyed me. Nothing against the neighbour, she's a cool gal, but every time I visit the girlfriend, the neighbour is there too and today, I'm not in the mood to socialise. So my girlfriend tells me that she hasn't checked the app to see if the appointment's cancelled or not. She checks it (when she had all day to do it), sees that it's a substitute doctor taking the appointment and chooses to cancel it right there and then.

So I've just come all this way for an appointment that is not happening and my time is valuable. She offers me to grab a glass of wine with her and her friend. I reject it and she asks if I'm annoyed. I tell her that we'll talk later. When it's just me and her, I explain why I'm annoyed, she doesn't understand stating that it's not her fault that she had to cancel. I also told her that from now on, I'd also like it if she could clear her house of people before I show up so I don't have to socialise if I'm not in the mood as I'd do for her. She got ultra defensive and argued that I should accept her friend which isn't my problem here.

We argue about it and I leave. Didn't talk to her all yesterday. Spoke to her in this evening as she wanted me to come over as she felt demons in her house and was scared. Called her, prayed together and asked, "You still pissed about our dispute?" she replies, "Yes. And I won't move on until I get a sincere excuse from you," and I'm here thinking "What? I should be saying that to you."

Now, I know that I lost frame during the argument as I got angry. But unless I'm missing something, there's no way I'm going to say sorry when I'm not the one at fault, I feel that it would set a bad precedent. So, do I ignore her for however long this plays out or try to fix things some other way?

Christian Books for Wife

5 upvotes | November 9, 2020 | by [5_Solae](#) | [Link](#) | [Reddit Link](#)

What are some good biblically based (seems like a prerequisite, but apparently it's not) Christian books for women? My wife expressed interest in *The Esther Anointing* by Michelle McClain-Walters. From what I gather, this author is associated with the NAR, and I'd rather encourage my wife to read biblically based content. We aren't Calvinist, but I've listened to Allie Stuckey a bit and was thinking her new book, *You're Not Enough*, is probably decent. Any suggestions?

Methods you've used to teach your children?

5 upvotes | November 6, 2020 | by [WhereProgressIsMade](#) | [Link](#) | [Reddit Link](#)

I've been trying to figure out how best to teach my 10 year old son and 12 year daughter key concepts when they're old enough such as:

1. Abstinence. Consequences of promiscuity.
2. Healthy Biblical Masculinity & Femininity.
3. Biblical roles for husbands & wives.
4. Attraction
5. Nature of men & women (polygamy/hypergamy)
6. Much more, but those should give you an idea

I've started on #2: biblical masculinity and femininity using Bible passages and we've had the birds and the bees talk with each of them. Just wondering if there are any kids' devotions, Bible studies, etc. that you guys have used. I found the Five Aspects of Man / Five Aspects of Women have a version aimed for 10-14 year old girls, so I've been thinking of getting that for example. It seems solid from what I can tell, but won't know until I got it and read it all before my wife or I start it with my daughter.

Wife is not RP, not a hardcore feminist, but she does have some feminist perspectives. She does let me have the final say on decisions when I find it necessary. I don't see that she would object to anything I taught directly from scripture or Bible based materials that don't go into all the RP terms and nitty gritty. I'd rather stay away from anything that rants about feminism or goes all out on an anti-feminism crusade. TBMBP would be too much at this point for example.

Mission: WIP. For now, concentrating on disciplining my kids before they go to college, and breaking out from being a complacent husband & father for years. I am thinking and praying about how to expand my mission and looking for opportunities, for example: possibly leading a small group or disciplining other men.

Stats: 42M, 177 lbs, 22% body fat, 5'9", 320 lb deadlift, 255 squat, 170 bench

Reading: RPC & MRP sidebars, TMMSLP, TBMBP, starting NMMNG

Finances: Career is mature, stable, and earns enough. Minimal debt (house is paid for), retirement and college savings are on track

Spiritual: Personal: Devotions & prayer almost daily. Lead the family in: praying before dinner, memorizing 1 new verse per week and reviewing existing ones, attend church weekly + discussing the message, and working on reading the New Testament

Will I go to hell for sinning?

5 upvotes | April 7, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

Specifically divorce

Churches In NOVA?

5 upvotes | June 18, 2021 | by [novathrowaway9293842](#) | [Link](#) | [Reddit Link](#)

Been a casual reader of the main sub for awhile. I recently moved to NOVA and am having a hard time finding a church that isn't either closed, woke, or requires vaccine in some way. I know it is a liberal area but it's not as liberal as the city I moved from. Does anyone know any solid churches in the area?

I am 25 and divorced. I would appreciate prayers.

5 upvotes | June 22, 2021 | by [Virtual_Sea6933](#) | [Link](#) | [Reddit Link](#)

I got divorced because my husband was physically abusive. I eventually became suicidal and that's when I decided to get a divorce. We tried couple's therapy, friends and the church were involved, and a police report was made too, but none of that made him stop being abusive.

I have no children, and I was married for about a year.

I always dreamed of having a godly family. I still want marriage and children. But I feel like those are no longer something I can dream of having because I had been married before.

I don't want just any marriage, I want a really Godly one with a good Christian man. Other people told me that no high caliber Christian man would want to marry a divorcee. I also can see why a high value Christian man would not choose to marry a divorce woman. Being young, a virgin, and no past trauma is preferred, and I am nothing like that anymore. I am 25, no longer a virgin, and left with a lot of emotional scars.

This makes me think perhaps I need to let go of the dream of starting a family and perhaps start thinking about how I can spend the rest of my life as a single woman in a God-honoring way.

I am very disheartened because being a wife was always my biggest dream. I put a lot of effort in being a good one too. All of the single men from church wanted to marry me when I was single. I got asked out by literally all of them. Why I chose to marry my ex out of all of them I am not quite sure. I don't come from a Christian home, and I am guessing I subconsciously was attracted to somebody who reminds me of my biological father. Now I feel like I am going to constantly think about the could-have's and would-have's for the rest of my life.... I would have been a wonderful wife... I could have made a man very happy... I could have raised Godly children... etc.

I would appreciate your prayers and advices.

48 Laws of Power

5 upvotes | August 3, 2021 | by [LilSweetBoi](#) | [Link](#) | [Reddit Link](#)

I got this book a few months ago and kinda just laid it on my shelf for a while. I knew it would be interesting, but I was a little wary of reading it. Most of the laws are common sense, but some are quite manipulative and deceitful. I have spent a good chunk of my life in search of truth, (which was a very attractive part of the Gospel, that it's an absolute truth) but I also found Red Pill concepts also. Red Pill concepts are known for pointing out the sad but true and darker sides of human nature. I am starting to see some of that in this book. I have researched on Christian reviews of the book and all I get are just "The book is evil!". Well I don't want to take advice from some Blue Pill Christian blogger. I do want to understand the harsh truths of human nature. The best book for understanding people is the Bible. But I wanted to get a RP Aware Christian point of view on the book.

I have an interesting situation at my gym I need your help with

5 upvotes | August 12, 2021 | by [StonewallBongson](#) | [Link](#) | [Reddit Link](#)

I recently picked up jiu jitsu, it's all around been very beneficial to my health, mindset, and being so tired you feel like you're gonna pass out after is a great time to lay on the ground and pray. However, my gym, and from what I understand most, have a tradition of bowing to the mat and bowing to a picture of Royce Gracie before and after practice begins. As a Christian, I can't help but feel like this is bordering on if not just outright idolatry. What do you guys think? I was planning on telling my coach I can not do this next time I go, but I wanted to check here and see if this is really a necessary thing to do or if I'm overthinking it.

Balance between the man being the spiritual leader vs. finding a partner who will push you to become a better follower of Jesus?

5 upvotes | August 14, 2021 | by [teardown_thewalls](#) | [Link](#) | [Reddit Link](#)

This was something I was thinking about recently in regards to finding a partner. I recently heard someone say that Christians should find partners that push them to be better followers of Jesus. Sort of obvious, but it kinda got me thinking.

I don't have "a list."

The only things I try to look for in a woman is if she is pursuing Jesus and if I am attracted to her. However, the "pursuing Jesus quality" kinda covers a lot of things. In my experience, I've been friends/ acquaintances with a lot of girls who go to church and all but very few of them made me think to myself, "man, I've got to step it up more. I've got to memorize scripture more and work on [this] more." And in general, it seems hard to find the girls who blatantly are pursuing Jesus recklessly. Even with women I serve with, I feel like a lot of them tend to get distracted from following Jesus recklessly.

I feel like when I see these Christian women, i tend to think "it seems like she is following Jesus, but she needs to work on some things. If I were dating her, i feel confident I would be able to guide her better spiritually." However, i feel like this sort of thought pattern could lead me to "dragging" someone in a relationship.

What are your thoughts about this balance?

Just to me clear, its not like I am worrying a ton about all this. I am focused on my mission in the Kingdom. When I see someone along the way, she can join me.

RPC's Solution for 'Dopamine Addiction'

5 upvotes | November 14, 2020 | by [soundwavecollector](#) | [Link](#) | [Reddit Link](#)

Originally asked in the comments of another post. After some thought, I believe it's worth it's own post.

Stats: 44 / married 16 years; together 19 years / 4 kids (13-4) / I keep a strict daily Bible reading discipline and teach the Word to my children and wife every evening / I don't read non-fiction outside the Bible / 17% bf / NASM certified personal trainer / former morbidly obese (325+ lbs) / Reformed Christian (aka Calvinist)

How does one address and recover from a dopamine addiction?

I was just telling someone this week how my experience within the church and laying bare my known faults has resulted in a lot of diagnosis, mockery, and "thoughts and prayers," but little to no forgiveness 70x7, reconciliation, or just brotherly help.

So, what's a guy to do in this situation from the RPC POV? Specifically.

How common is it for Christian couples to have sex before marriage?

5 upvotes | January 23, 2022 | by [KnownLedgesIsPowder](#) | [Link](#) | [Reddit Link](#)

Idk if it's bc of Reddit but I was wondering how common it is and if it's generally assumed that Christians are having sex before marriage? I ask this bc I see a lot of threads in other Christian subreddits where it seems like a generally accepted attitude that it's ok to do it.

What demographic would a woman with little no pre marital partners exist in the most?

5 upvotes | February 1, 2022 | by [KnownLedgesIsPowder](#) | [Link](#) | [Reddit Link](#)

I heard it was mid to high income bracket with SAHM mom and family devoted father? What would be the best predictors for a pure woman and potential wife?

Observations that lead to questions I find troubling.

5 upvotes | February 4, 2022 | by [testament_of_hustada](#) | [Link](#) | [Reddit Link](#)

Why does the current church seem to be inept when it comes to teaching men how to be men? Where is the holy spirit guiding our leaders? How come so many of our leaders seem to have no problem capitulating to woke nonsense and feminism? And why does a major course correction on sexual dynamics, which seems primary to healthy marriages in the church(or anywhere), need to come from the wisdom of secular redpill PUA's and the like? What does that say about God?

How should a guy that's slept with prostitutes date christian women?

5 upvotes | November 1, 2022 | by [canofdeath007](#) | [Link](#) | [Reddit Link](#)

This is related to my post here:

https://www.reddit.com/r/TrueChristian/comments/yjcnpg/how_should_a_pastor_deal_with_a_repentant_john/

I realize that paying for sex is a major sin and that the guy I know should not have handled his situation that way. But I empathize with what happened to him because losing hope to the degree he did was going to cause something to break.

The pastor at our church got after this guy and even publicly condemned him for his sin. Much like he did for my friend that decided to court two women for marriage. Something that he decided to leave for another church over.

The difference here is that this guy expected the pastor to keep confidence over this sin and did not. I find it rather distasteful that the pastor would decide to publicly condemn a guy for sin he repented of. But that's not what my main question here is since I got some good answers about my pastor's conduct on this matter already.

What I'm asking here is what should this guy do when talking to women about sexual history?

I know with fornication it doesn't really matter since SMV wise it helps men to admit they had sex before. Since a lot of virgins tend to be the more nerdy guys that talk about video games, books and the bible all the time. And those types repel women to the point they don't get any.

But since this guy slept with a bunch of women without earning it with his own SMV. The question is how should he approach telling a woman about what he did?

Asking because after what's been happening at church the guy doesn't know how best to bring it up. He knows that he wants to be honorable and forthright about what he has done. But doesn't know if getting it over with so to speak is the right thing to do or waiting until the woman can see more than just him being this guy that paid for sex.

Again I know that him lying or keeping this history of sin would be the easiest way to deal with it. However I do not think God would desire for a man to keep such a past entirely hidden from whoever he would marry.

Have any of the other guys on this sub been able to quit the habit of pre-marital sex?

5 upvotes | March 27, 2021 | by [PoisonousButterfly7](#) | [Link](#) | [Reddit Link](#)

[removed]

Gut feeling to leave job & invest in my business full time

5 upvotes | March 24, 2021 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I've had an internal pull for the past 5 months that's been getting stronger and stronger to the point of me not being able to sleep at night.

As I'm typing this out I've been awake in bed for 5 hours. I have been praying for guidance and for God to reveal himself in such a way to give me the green light. I am strictly approaching this from a Faith perspective and will not make an impulsive decision.

I constantly have ideas for my business and I get this nagging feeling in my chest to go ahead and pull the trigger to invest my full attention and time into it.

I've had this business idea for 9 years now and I've been slowly bringing it to life. I'm at the point, though, where I really need to buckle down and get after it.

I know it will be difficult and stressful. I know it's a risk but I also know God is Faithful.

I just don't want to be impulsive about this decision. I still work full time and the job allowed me to save up for this moment.

I'm seeking advice from those who have started businesses before or operate one now.

I don't want this bugging me for the rest of my life and me regretting never taking the risk to go for it. Even if I fail, I'm sure I'll learn from it and move forward onto a different path. I'll fall upward.

If you do not plan, you plan to fail.

A word that has been keeping me at peace:

"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

□□Psalm□ □23:1-6□ □ESV□□

Are there any blogs or youtube videos to give to men on the main redpill subreddit who might have an interest in Christianity?

5 upvotes | March 22, 2021 | by [TenderBrigadier](#) | [Link](#) | [Reddit Link](#)

[removed]

Help dealing with a significant sin

4 upvotes | September 26, 2020 | by [gsrtjrynathfs](#) | [Link](#) | [Reddit Link](#)

I have sinned.

I am a young christian single guy who has gotten involved with a young christian married woman. Sin is a slippery slope, but I'm not going to make excuses or deflect blame for my actions. My relationship with her started platonically, as a friendship with her and her husband. Her and I texted regularly, then messages turned raunchy, then we got physical, not with intercourse, but with rubbing each other over our clothes and enjoying it. I have since made clear to her that we aren't doing this anymore and have stopped all such wrong actions with her. I have repeatedly prayed to God for forgiveness for my actions, but in the week since this happened I have felt sick to my stomach over the ordeal. Despite constant prayer, I still feel very sick to my stomach over what happened.

Without intercourse is this still adultery? Given the deep spiritual pain I'm feeling over the issue, is there something else I should be doing besides begging God for forgiveness and cutting off this relationship, or is the pain just par for the course similar to what David felt after Bathsheba? Prayers for redemption would be deeply appreciated.

How to Settle Disagreements with Pastor

4 upvotes | November 27, 2019 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Hello brothers, I recently found the RPChristian community and I am absolutely stoked about it! Upon discovering TRP about a year back, I felt overwhelmed trying to determine entirely on my own how my faith fits together with Red Pill Principles. What a gift it is to follow Jesus with you all!

Back in September, I started a Men's Small Group for fellow students at my church (a University Parish at a secular school), with the goal of having very informal weekly discussions (1-2 question prompts for 1.5 hours of discussion time) where we could really analyze & talk about ideas, and I could help steer the conversations towards various RP Christian Topics. The group was going amazingly well and had actually grown to about 12 guys, when the pastor called me into his office to say that he was shutting us down. He had given me a warning before, and essentially his reasoning was that since this was an official church function (taking place in the church building and all), church staff had to review and approve of all topics that would be discussed. He routinely expressed concern or disapproval about some topics I wanted to bring up when I briefed him on them (e.g. church teaching on gender differences, homosexuality, or pornography). I think he's worried that conversations about these 'deep' issues will somehow scare curious newcomers away from the church.

My question is where should I go from here? I've talked with my pastor at length about it, and the decision seems final. There's not much I can do about it regardless, since I'm just a student volunteer. I have continued to hold the weekly meetings at my apartment the last few weeks, but attendance has already dwindled down to 3 or 4 core guys. Should I try to keep holding the meetings and/or recruit more guys at the parish, and risk forming further tensions with the staff? Or should I just call it quits on this and try to serve/minister in other ways? I graduate in May, so I'm going to be moving to a different parish soon anyways.

Tips for Utilizing Passive Dread, Isn't It Toothless?

4 upvotes | November 20, 2019 | by [cdnrpc](#) | [Link](#) | [Reddit Link](#)

A few days ago, my wife had the opportunity to meet one of my female co-workers. She discovered she is (not only highly successful but also) young, cute and a little wild. Definitely a "threat" -- my wife feels more dread from girls that give off more of a partier vibe for sure. I noticed yesterday, when conversing with my wife that she was double-checking my stories from work in relation to this girl. She's working to hide it, but definitely a strong undercurrent of dread.

So my first question is--how does one approach these situations in a way that optimizes dread while also emphasizing your own moral character?

- I could downplay or avoid discussing any interactions I have with this woman, or I could build them up more by finding excuses to bring them up.
- I could subtly emphasize ways she is unattractive, or I could emphasize ways she is attractive
- I could actively avoid interactions with her, or I could actively seek them out

Ideally it would be best to treat interactions with attractive women in the same manner as all my other interactions, bringing them up in conversation in the same manner as any other platonic interaction -- but then I wouldn't be making a post about this would I.

Should knowing my wife may "react" negatively to discussion of a girl who is a "threat" cause me to avoid that person in conversation? It certainly has in the past.

Finally, am I misunderstanding dread to think that it's due to the unspoken threat of infidelity? (Some girl is gonna take my man if I don't treat him right)... Because if I'm a man who **would never cheat**, does it really matter if **I'm a man who could**?

DEERing? DAREing? Something else?

4 upvotes | October 20, 2019 | by [Iseeitnow7](#) | [Link](#) | [Reddit Link](#)

Need help categorizing this one. Wife is upset about a great many things. Talking about how she doesn't feel valued because she didn't get her way about going to church at 930 vs 11. In this conversation, she says something about eating last all the time which is patently absurd. She eats last 25% of the time at most. I pointed out that in the last 24hrs even, I held our sleeping son while she ate her whole meal at a restaurant yesterday and cooked breakfast for everyone this morning and everyone was half done eating before I was even done cooking mine. Is this Deflecting or just shutting someone down when they're saying the sky is purple and the moon is made of cheese?

I think STFU wouldn't work here because it implies that I can't disagree with her because she's right. Then not addressing it just reinforces her feelings about how she's so neglected and "always" has to eat last?

How to handle Labor / birth

4 upvotes | October 17, 2019 | by [htownbounce](#) | [Link](#) | [Reddit Link](#)

This is for the dads of this subreddit, or the people who are most familiar with the birthing process.

My wife is giving birth to our first little one in less than two weeks. I'm a little nervous, but I'm doing my best to not let it show and be the oak she'll need during the whole thing. I know every labor is different, but I'll take any advice I can and apply as needed.

6 years into a LTR, but now something is going on with me - Constructive criticism and discussion will be appreciated

4 upvotes | October 18, 2019 | by [sakis_ikr](#) | [Link](#) | [Reddit Link](#)

INCOMING LONG POST DOWN BELOW

Hey guys,

This is my first post here and I would like to introduce briefly myself. I am 26 years old, having a LTR for 6 years now with a girl I really love and care. She is submissive, caring, loving, taking care of me and having me as her priority in most of her choices in life. She is a year and a half older than me, and we get by just great. We pretty much never have fights, and “pretty much” means that we rarely have some arguments that we resolve with constructive discussions and the story ends there. Her upbringing is very feminine and traditional, and that I know because I have met and interacted with her parents countless times all these years that we were together.

I have even been staying at her house – with her parents – many times all these years. Her parents, again, are awesome people and have been so good to me at all times, by hosting me to their house for many days and respecting me so much as her daughter’s fiancé/LTR. She has become my fiancé on 2017, as I proposed to her while in a trip in Rome (I just wanted it to be memorable). Ever since, I don’t really feel a really big difference with how our relationship is, but seems like it’s going even better now than before. I have been knowing the NMMNG principles and other red pill principles for a year now, and am trying every single day to put them into practice for the amelioration of my life. I try to own my shit and succeed in what is my goal. I currently study in a foreign country for my masters, but my fiancé is still living back to our common home country (Both European countries but pretty far, around 3h by plane).

After all these years, never have I indulged myself more in the idea of doing anything with another girl, and that is because my background as a person is very religious (Christian orthodox if that matters to anyone). I was not raised so conservative by my family, on the contrary they think that I am exaggerating the way I see life and how I pursue my religious path. No problem with their opinion, of course, they love me as I am and I know that. It was my own decision to follow such a somewhat strict religious lifestyle. I need to express something more, that is related to my beliefs, and that is the pre-marital sex. I am opposed to it, and my fiancé has been 6 years with me being patient, expecting us to get married and then have sex. We have our foreplay stuff going on, but no sex still after 6 years. I also recognize the fact that she admits that she would really LOVE to have sex with me as she finds me attractive and sexy (her opinion not mine) and am happy about that to be honest, as it seems that me exercising regularly and following a good diet has proven itself to be beneficial by increasing my SMV.

After 6 years, to continue my train of thought, I have come to a dead-end. As I said, I am studying for a year now abroad in a Scandinavian country. I live in a dorm where I have great fun and have met very nice and cheerful people, which make me feel like home (even though it’s my real one). My neighbor in the dorm – next door to me – is a very beautiful Scandinavian (at least in my eyes) girl, aged 22, with which I have a lot of fun every time I meet and discuss with her. Funny thing is, I started applying -for fun- some red pill principles of attraction to her. I do find her attractive, and wanted to test myself if I could make her feel the same for me. Lots of eye contact, amuse and

amplify techniques, being cheesy with “grace” if I could say and so on and so forth. Seems like it worked out veeeery well. All her body cues and actions show that she likes me a lot. The way she also looks at me and from the fact that she allows me to apply kino which seems she is fond of it now and shows no inconvenience in any sense.

The thing is...she has also a boyfriend (2 years now) and knows about my LTR, but still it looks like she wouldn't mind if I would GO for it. At the same time, it's me who faces a big dilemma. I have fallen in loop where I think I can't escape easily, especially when she is around me. I feel immensely guilty at the same time towards my fiancé, as all the signs show that I am in love with that girl now. For the last three days or so, I am trying to find the reason why I fell for this. It never happened in my life so far, and all my brain capacity tries to philosophize and non-superficially analyze why ended up in this situation. I, as a person, always seek the “source” of my actions and am investigating how did this happen. My love for psychology – as a scientific field – but also for philosophy has made to think so many stuff so far, which eventually made me even more perplexed. There are various reasons that made this whole situation to come up in the surface:

1. I found excitement to this girl, that the distance between me and my fiancé can't overcome at least during this period of my life
2. The behavior and personality of this girl attracted me so much that in the end made me to put aside – selectively – my fiancé, and seek to find validation from her
3. This girl might have “awaken” my sexuality in higher rates than my fiancé has managed to do so far
4. I lost interest to my fiancé as she is VERY submissive in general and that creates a higher power dynamic on my side, thus being stable and a leader for so long made me to get bored and tired in some sense.
5. It came a point in my life that my beliefs are completely opposite to what my intuition and soul says to do. I find myself fighting between my rational and irrational (more free from remorse) self. Even if I want to go for the other girl it's gonna be a bummer, and that's because she definitely would love to have sex with me, but I could not give it to her due to my religiocentric life.

What is your take on this, I would really love to have your input. And I will as much as possible on the comment section by creating a constructive discussion that may lead somewhere. Any philosophical and in-depth psychological responses/ideas will be even more appreciated, cause those two realms are my personal favorite go-to for finding answers.

P.S 1 I could write even more, but I am sure it is already tedious to read this post, so excuse me for that but I thought that without being thorough enough no one among you could have a better idea of my situation and my background as a person.

P.S 2 Sorry if I have spelling mistakes, english is not my first language.

Being Supportive on Attitude Issues

4 upvotes | October 10, 2019 | by [g_e_m_anscombe](#) | [Link](#) | [Reddit Link](#)

My husband has been coming home from work feeling a bit dejected about negative feedback from his boss. He's a very smart and capable person, but I've realized he struggles greatly with receiving negative feedback. He has a hard time separating what may be good feedback from bad feedback, but it's also partly an attitude issue. He's smart so the feedback he gets from above may be right only half the time, but to grow he needs to be able to identify when the feedback IS right and prudent. He has a couple of work mentors, but he sees them less frequently. He moved into a new role 7 months ago, but now that he is in a managerial position, his problems seem more emotional than technical. He's great with the technical stuff, but his attitude causes him to take negative feedback way too personally.

I want to be a supportive ear, but I also don't think it's helpful or loving for me to pretend that my husband is completely right on every issue under the sun. Does anyone have suggestions on how to help him have a better attitude and/or mental framing on work?

I was thinking of something simple to inject more positivity like changing from asking over dinner "how was work?" to asking "what was your favorite moment at work today?"

Eating While On Vacation

4 upvotes | October 11, 2019 | by [caterpillar345](#) | [Link](#) | [Reddit Link](#)

I've heard that lifting is not a suggestion... so I started lifting about 6 weeks ago! Roughly following Starting Strength, and making some progress in my strength. Obviously, diet is important to work on in concert, and to that end, I've been doing my best to minimize processed foods and maximize actual food, like steaks, chicken, eggs, vegetables, fruit, nuts, etc. I haven't started tracking anything (one step at a time...) but I have a hunch that I may not be eating enough. But that's probably a post for a different time.

Regardless, I'm about to be on vacation with my family for 10 days. I'll be staying in a hotel room and won't have access to cooking equipment to prepare food like I normally would. There will be plenty of meals eaten out (this is normal and expected). The rest of my family doesn't know I'm working out and trying to eat more healthily and may or may not put up resistance to it. I'm looking for suggestions on ways to eat as well as I can under the circumstances. Dinners and lunches should be OK as I can always order a steak or chicken but breakfast may be the most difficult. Any thoughts?

Lifting Questions

4 upvotes | September 22, 2019 | by [SkimTheDross](#) | [Link](#) | [Reddit Link](#)

38M, 178 lb, 6' 1", 13% BF

Estimated 1 RM's according to [symmetricstrength.com](#)...

SQ - 320, DL - 365, BP - 220, OHP - 135

Currently bulking at 3,200 cal/day with 225 grams protein per day.

Current program is 5/3/1 For Hardgainers

Questions -

- Is it a good idea to have a recovery week every few cycles to lift light (65-70% of training load)? Program cycle is 3 weeks and I've run 5 cycles without an recovery/light week.
- I've got lots of ceiling ahead of me on DL and SQ. I'm getting more than 5 reps on the 95% of training load set. Program says to get at least 5 reps. But, I'm micro loading 2-3 lbs per cycle on BP and OHP. How long should you stay on a program before switching? I'm thinking to stay on this until the weight on DL and SQ gets that heavy that I can't get 5 reps on the heavy set of the cycle after two try's.
- Is testing your 1RM's worth the risk and something to do periodically?
- The program has a 20 rep widow maker set of squats following the heavy set. The WM is done at 65, 70 or 75% of training load. I can surpass the 5 reps on the heavy set, but I'm starting to fail at 16-18 reps on the WM. Is going to failure and set it down on the safeties the better way like I am or de-load the WM to where I can get 20?

How does Christianity affect AWALT & Hypergamy?

4 upvotes | September 19, 2019 | by [Awayhethrows1961](#) | [Link](#) | [Reddit Link](#)

Ever since I swallowed the pill a year ago, I'm becoming more jaded every day. My two biggest hang ups are with the AWALT theory and hypergamy. I'm in an awesome relationship with a God-fearing woman who I've vetted extensively, but all I can do is sit back with the expectation that she is going to be constantly branch swinging and will inevitably leave me for someone better no matter how Alpha I become.

The whole "she's not yours, it's just your turn" really gets to me and makes me not want to get married.

How does Christianity affect these "truths"?

Duty Sex Sucks, How to Proceed?

4 upvotes | September 21, 2019 | by [cdnrpc](#) | [Link](#) | [Reddit Link](#)

Edit for stats: 21%BF, 1rm bench 200, squat 270, DL 335, ohp 130.

Mission: Tell us what it is and why you need a woman's help accomplishing it (I'm being serious). -- I haven't fleshed out my mission, but includes raising awesome, lord willing God fearing family, and utilizing my giftings to share Christ's love and gospel message with those around me

Reading: Which sidebar content you've read (RPC and/or MRP) -Bpp series, nmmng, all the rpc 100, 200, 300

Finances: Current job and income quality, future prospects, debt issues -no debt issues -just left stable full time with around 100K a yr to launch a biz. So far it's successful and on track in growth. Should be matching my income in about 4 months if trends continue.

Spiritual: How mature you are, how often you pray, have quiet times, share your faith, memorize Scripture, etc. --everyday I become more aware of my own inadequacy, pray at least twice daily with family plus spontaneously alone. Read bible 4-5 days a week as of last 4 wks. Evangelism is zip, working on improving my frame here to improve it

I'm initiating, and my wife is full of dread (not the "good" kind though) -- her dread is primarily rooted in the knowledge that I'm willing to leave the marriage over having literally zero sex for months on end.

Didn't intend to have that conversation with her, but she discovered it through my search history so I chose to own it. I'm not going to walk back my stance on that, and she desperately wants more kids.

So, for one reason or another, she's trying to have a better sex life and not reject me or play dumb with me anymore (I can't believe how she literally pretended not to notice my initiations and I accepted that BS for years).

I still account for 100% of initiations.

Around 80% of the time, it's still very clearly duty sex. There are occasions where she gets into it (ovulation time I suppose) and that's actually enjoyable for her and she cums from clitoral stimulation.

The other 80% of the times feel like borderline rape (I've read that post about unhappy wives) -- eyes closed, cringy facial expression, reluctant kiss, angry snaps if I try to touch her breasts.

Yesterday, I initiated. She suggested we watch a bit of tv then shower together, then she'd be down. Obviously this signaled duty sex, not desire. Decided to roll with it, and tried to have some fun undressing her before shower to see if I could move her from duty to enjoyment. As I got more sexual, she snapped at me--not in a "fun" LMR kind of way.

I tried to disguise my butthurt, told her that was a turn-off and I wasn't feeling it anymore.

She apologized and says she doesn't know why she acts like that--asked me to join her in the shower. We proceed to have a very non-sexual shower, followed by some very poor duty sex.

Obviously her actions scream her lack of desire/attraction to me (physically?), her resentment for my willingness to leave, and who knows what else. It's difficult to even stay erect during these crappy lays.

What's the right course of action (right now)--keep initiating? Keep accepting duty sex? Obviously the long term plan is to become more physically attractive, socially attractive.

Is strength training unhealthy?

4 upvotes | September 9, 2019 | by [htownbounce](#) | [Link](#) | [Reddit Link](#)

I went to a physician today for my well-man's checkup and he said that lifting weights is unhealthy and that a lot of weight lifters and football players die at 50 and 60. He said that if I wanted to get bigger that I would need steroids and whatnot. He used Barry bonds as an example. He also said that I would have heart problems in the future. Thoughts on this?

What do you think about courtship?

4 upvotes | September 3, 2019 | by [dcabrerasa100](#) | [Link](#) | [Reddit Link](#)

I was told to ask this question here. A lot of conservative Christians seem to like it but is it effective?

First argument in a while

4 upvotes | August 27, 2019 | by [AlanNoles](#) | [Link](#) | [Reddit Link](#)

This morning my wife's emotions flared up a little higher than normal in an argument similar to when I first started posting in OYS and I am still handling these situations poorly.

We had to take her car to the shop and we both woke up 20 mins early. I was ready to go within 10 mins and she was taking forever so I was rushing her. She gets frustrated and tries to pressure flip the situation so I just tell her I will meet her there and I go.

I get jammed up behind a car accident that happens right in front of me and she actually beats me there by 10 mins and she calls me on FaceTime asking where I am at and hangs up when I tell her I'm 5 mins away.

When I get there I am ever more mad because she is just sitting there in the car when she could have started the process of dropping the car off. I snatch the keys from her and go into the office which takes another 5 minutes.

When I get back to my truck she is sitting in the middle where the seat belt is broken so I ask her to scoot over. She throws a tantrum and throws my stuff on the ground on the passenger side and scoots over.

She then goes on a rant about how I have been treating her badly the past couple of days and especially this morning and she is tired of it.

I say explain how I have been treating you badly? She lists a bunch of things to her and how it makes her feel and I say well I am sorry you feel like that.

"And see you don't even care! You just start acting non chill ant and ignoring me."

This is the only part I DEER, no I just want you to be able to do some things. You could have easily walked into that office and handed him the keys so we could have left the second I got there.

"No this is your situation to handle. You said you would. You scheduled for Monday without asking my schedule, Then you scheduled it for Tuesday and look what happened."

"What you didn't wake up on time to get ready?"

"Oh here we go"

After that I was quiet and after like 30 seconds she starts talking again.

"Even if I didn't get out in time I still beat you there and you left before me. I'm tired of you treating me badly, don't text me all day, I don't talk to jerks!!!"

I just nodded my head. She keeps blabbering on them starts crying because all I am doing is bobbing my head. It is quiet the remaining 5 minutes.

She gets out of the car when I drop her off at work and slams the door.

This is where we are at at the moment.

The main reason I bring this up is because this is actually the first argument we have had in a while and I am clearly still failing tests.

When her emotions go haywire I just need to remember verbal intercourse is optional and to not engage with her emotions. I was angry and it probably appeared in my body language but the main reason I remained silent is because I didn't want to say anything else stupid besides what was already

said.

Some good news and some questions

4 upvotes | November 23, 2019 | by [macmeeler](#) | [Link](#) | [Reddit Link](#)

I've found a proper girl I could actually be with for the rest of my life. The kind of girl that would get a thumbs up from everyone here. Basically a unicorn. Beautiful, genius, hilarious, amazing sense of humor, friendly and kind, virgin, genuine, and only minor dad issues (which she has already worked through pretty well psychologically).

I've worked hard on myself for a couple years to be worthy and deserving of a girl like her. I integrated wiser values into my personality. I gained leadership traits and tons of confidence. I learned to operate from my own frame.

I met this girl at the beginning of the semester and we've been officially together for a couple months now. We hang out almost every day (studying, errands, and leisure).

I've pretty much been in love with her since I laid eyes on her. That's a pretty cliché, over-the-top thing to say, I'm well aware, but I mean it.

I'm at a point now where there are two main things I seek some advice on.

- How do I make her feel more comfortable being the one to initiate physical affection? Is that something too awkward to talk about? She's never been on a date or even held hands with someone before me, so this is all entirely new to her. She's always positive and receptive whenever I initiate some kind of physical affection (and she definitely likes kissing) but she never initiates herself. I guess it's just not how she is? What do I make of this and how should I react?
- I'm having a hard time discerning exactly how much affection I should be showing her. If I'm the prize, I can still adore the beautiful gift that she is, but too much adoration can obviously shatter that frame. I want to tell her I miss her when I'm gone for the weekend, I want to tell her how special she is, I want to tell her I love her, etc. But RP principles and social psychology have ingrained into me to withhold much of that (because women fiend for mystery, emotional longing, a chase, etc.) Can you guys just offer me some thoughts on how to reconcile these principles with a situation where a genuine love is really there?

Requesting a glossary for commonly-used acronyms on r/RPChristian

4 upvotes | September 28, 2019 | by [tsp216](#) | [Link](#) | [Reddit Link](#)

I see a lot of acronyms thrown around on [r/RPChristians](#). I hope it's not a bad idea to suggest that there should be a post that serves as a glossary for that subreddit's commonly-used acronym.

One time I had to do a little bit of digging to find out what "OYS" stood for lol

I doubt God's willingness to forgive me

4 upvotes | September 30, 2019 | by [Torn4_025](#) | [Link](#) | [Reddit Link](#)

The wheels of my life have been falling off and now having more time to dwell upon my faith it's made me depressed. For some background I have had a bible to read since I was 13 and did a sinners prayer when I was 16, but there wasn't any depth to my faith other than not going to hell. It's why I mostly stuck to reading the book of revelation and obsessing with not taking whatever the mark of the beast will be. I didn't think of God otherwise because I figured what I did counted as saved and there wasn't a way to lose that unless I committed that unforgivable sin.

Making things worse for me once my sex drive became an issue I had both natural and unnatural sexual interest, but I favored my unnatural fetish because it appealed a lot more to my flesh and I knew it was possible to deny as being sexual. I haven't wanted to name it because it's so wicked that there aren't many other kinds of sexual desires people find to be more evil. But I am going to confess what this fetish is here because it's destroyed huge chunks of my life.

Since I first experienced arousal I've had a vore fetish and have watched videos of girls swallow bugs, goldfish, mice and lizards alive. Then on the roleplay side of things I also have Macrophilia where something like attack of the 50ft woman is porn to me and this fetish also serves as a platform for my vore fetish. This all has cost me friendships, my grades, getting jobs, keeping jobs and my relationship with God. It's dragged me so far down that it feels like I'm always drowning and there's no rescue plan for a person so far gone. I am so utterly ashamed of myself that even when I first posted on RPC under my now deleted account I didn't want to admit I saw my step sister as a way out of my vore fetish. It's taken more than a week for me to gain the courage to even write post this at all.

I say this because once I turned 17 my life basically went down the toilet as I became very obsessed with video games trying to counter my obsession with my weird vore fetish, but it didn't work. My last years of high school at home were depressing and so was my time in collage. Because in collage it was very common for me to stay up past 3am looking for content as it was never enough. I would often come into class trembling like an addict chomping at the bit waiting until they could get there next fix. No one ever wanted to even say hello as everyone could tell I was messed up and I knew that I was a screwed up person. I haven't made any friends since 10th grade and lost the few I did make over time until being down to one that used to be Christian but isn't anymore.

Things got so bad that in 2016 I was masturbating 3-4 per day and because of my desperation to escape this I started going to Church more than once per month, went to a small group and even started having meetings one on one with a pastor. After 6 months of doing this I got really sick and was bed ridden for 3 months straight. Had some really weird dreams and kept feeling the temptation to blaspheme God. It was like my thoughts were nothing but evil every waking moment. Then one day came where I just couldn't take it anymore and with my tongue I claimed God lied about the Holy Spirit. After my rage passed and I realized what I had said I begged God not to send me to hell. But my own words rang throughout my mind over and over again along with Matthew 12:31-32:

- "And so I tell you, every kind of sin and slander can be forgiven, but blasphemy against the Spirit will not be forgiven. Anyone who speaks a word against the Son of Man will be forgiven, but anyone who speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come."

For weeks I hardly said anything and every waking moment was consumed with thinking about hell.

As my body recovered in that time my mind remained shattered as I thought about how trillions of years wasn't even a drop in the bucket of eternity. How my soul would endlessly burn in a place without light. It was enough to drive me insane, but each time I was pulled back and somehow didn't totally snap.

For many month's I read the bible each day hoping for a verse that gave me a way out. Because who actually want's to accept they are going to hell no matter what they do. I know that I didn't and still don't want to believe that. It's horrifying beyond words even if as a sinner this fate is what should happen for God is Holy and has every right to judge sin.

I was terrified of praying to God least I committed a sin when speaking to him. And mainly prayed for my friend to repent least he go where I was going. I was so desperate to save him that I spilled my guts out and told him I didn't want him going to hell with me. That didn't work of course and only made him hate God even more than he already did.

I did end up talking with other Christians about this and over a years time I thought they might be right about those committing unforgivable sins wouldn't care if they sinned at all. It's just I never told them everything as it sounds crazy and I keep on doubting God is willing to forgive me. Because every time I think of what I said in the past against God and then look at my current sin the last thing I can believe in is salvation. When I hear people say God forgives, all I can think is they don't know me and my depraved heart that lust after such twisted things.

If I went in for professional help for my vore fetish they wouldn't know what to tell me other than to accept it. I believe only God could fix it, but so far praying to be free of this sexual sin hasn't worked. So I am starting to think taking medication to suppress my sex drive might be the only way to deal with this.

I don't know what anyone could tell me because my sins are quite grave and it all really is just as bad as I made it sound. It might be that I really am in the situation depicted in Hebrews 10:26-31 and there is no longer a sacrifice for my sins left. I lust over evil unnatural desires and crave sexual relations with my step sister despite it being forbidden in Leviticus 18. I feel like God has handed me over to a depraved mind and unnatural lust. I can't help myself from thinking it's all just over for me and that I am condemned to hell no matter what I do.

Sorry for the huge wall of text and apologize for any content improper for the sub. Also to comply with sub rules my stats: Age: 25 Height 6'1" Weight: 192LB Bench 180LB

Simple Question, How Do I Know If I am Truly Red Pilled?

4 upvotes | October 22, 2020 | by [LilSweetBoi](#) | [Link](#) | [Reddit Link](#)

I am a beginner in all of these concepts, I have only brushed the surface of these things. I dived into the community about a month or two ago. But my question is basically, how will I know if I am truly red pillled or not? What are some objective factors that would say I am? (I am only 23 yo male so I know have plenty of time, but also plenty of work to do.)

Confessing sexual sin

4 upvotes | November 1, 2020 | by [paveldatsyuk2502](#) | [Link](#) | [Reddit Link](#)

If a husband struggles with pornography is this something that he must confess to his wife, or is it better to handle it and leave it between him and God and/or accountability partner?

Got permission from OP to link this here. Can you give him some advice for his situation? TLDR: His wife does not respect him, constantly throws around the word divorce, OP is struggling with lust, etc.

4 upvotes | November 8, 2020 | by [Fantasiadreamcicle](#) | [Link](#) | [Reddit Link](#)

I've messed up. Marriage on the rocks. Advice?

27 points•[98 comments](#)•submitted 3 months ago * by [superthrowaway30000](#) to [r/Christianmarriage](#)

This is long. Forgive me, I just need some Godly council.

First time background: My wife and I have been together nearly a decade. We have two kids. We've experienced several major issues in our relationship where we could have ended it, but thankfully we have not given up. Every "big issue" comes with her tearing off her wedding ring, screaming divorce, and it being about a million other problems that have accumulated in ten years. Our life is much calmer now than it was in the early years, but the problems, struggles, and things we'd like to change remain the same from year to year. We have both grown individually, and attempted to work on these problems with some success, but I absolutely believe there are things that will surface from time to time that will be lifetime struggles.

For her, it's anger. When she feels out of control, or things aren't changing as she wants or quickly enough, she loses it and injects that venom into anyone close by. As her spouse, it's usually me, and I am verbally abused, screamed at, and overall left feeling worthless and disgusting. There are a million and one things that she'd like to change, from major life decisions to meaningless "annoyances" or pet peeves that bug her. She can never really truly let them go - even if we talk about them and try to work on them. They just stack up higher and higher until the next time we get into an argument, it comes flooding out. She also does this thing where we make major life decisions together, then at a later date she'll put all the responsibility on me because she thinks in hindsight it was a bad decision.

My biggest issues struggle from lust. I, as many men, dealt with addiction to pornography and masturbation before marriage and in the beginning. Thankfully God has used her in my sanctification, and I am free from pornography. We also both agree that we won't tolerate masturbation from one another and be each other's sole outlet. I am 100% on board for this, but it often fails when we end up fighting for extended periods of time or she decides to gatekeep for whatever reason she decides. We are not to deny each other as scripture says, but she doesn't find that practical and adds her own asterisks to that scripture. That being said, I do regularly struggle with lust for other women. Purely a visual thing, and a sin of my heart, nothing more, nothing less. Sometimes she will give me "permission" to masturbate, such as during post birth recovery. Most of the time, I am left suffering because I need release so much more than I am allowed. However, my struggles with any sexual sin increase the more "sex starved" I am from having intimacy with my wife. Truly, I only want her...she's just not available much.

Recently we had an argument where she was annoyed by something I was doing, and I wasn't giving her the apologetic reaction she was hoping for. It blew up pretty fast on her end (I rarely display

anger or raise my voice and am generally pretty chill in conflict). She started ripping into me and doing everything she could say to insult my intelligence and make me feel bad about myself. As she often does, she let me know in her words and actions that she does not respect me.

The repercussions of that were felt for a week or so. My wife has a really hard time with apologizing or making up, so even upon taking about what happened with her later, we still always exist in this state where we debrief and talk about the issue and maybe resolve the issue itself but don't truly reconcile in a heart way. No remorse expressed, no real forgiveness asked for or received.

Since I've been on the couch for a week, my desires for sex are going crazy. The longer I go without, my testicles get crampy. I become aroused very easily. Falling asleep and trying to ignore everything down there becomes difficult. I will have dreams about sex and toss and turn and wake up over and over because I need a release. If it gets bad enough, sometimes I wake up and grab my phone, look for something to lust at, and take care of things. In those instances, I feel very vulnerable. It's easy to ward off temptation during the day when I am thinking or praying. But in the middle of sleeping, I almost feel as if I am in a sexual fever dream and am not thinking about what I am doing at all. Acting out in this way is rare, but it does happen occasionally.

As such, this is what happened. Except I grabbed my phone, and instead of looking for some celebrity or porn star, I tried to look up a couple of the girls that work at the same retail store as I do on Instagram. Girls that I have had a couple lustful thoughts as a man in the past. I wouldn't classify them as even acquaintances. Fortunately, their profiles were private, so I didn't get to see anything, so I put my phone down and relieved myself and went to sleep. I feel incredibly guilty about it still. I would never have done it had I been awake. But I feel ambushed and like the rational part of my brain wasn't working.

I confessed that I "got into trouble on my phone and masturbated" to my wife, but didn't give her any more details than that. She barely talked to me for 3 days.

Finally, we had a conversation last night. We were on track to reconciliation, until she asked what exactly I did or who I looked at. I told her, though did not name names. She flipped, tore off her wedding ring and threw it across the room. Claims that adds a whole nother layer onto it and the adultery I committed. Wants me to get a new job ASAP. We only have one car, and she refuses to drop me off or pick me up again. She would have preferred I just looked at some porn star and not someone I "know," or have ever spoken to ever. She says that if I lusted after a strange woman or one I had said "hi" to before, the latter is instantly worse because I work with her and will see her again. I tried to explain that my sin is the same regardless. There is no relationship, no nothing. I was not having an affair with another woman nor did I want to. It's a picture and not a human being. She claims that because I sought out another women for sexual release, and I have an attraction to said woman at work, it's ripe grounds for an affair. As a guy, I don't fully get it. I went looking for some photos to get off to, they just so happened to be some girls I have said "how's it going?" to a handful of times in my life and that's it. I could have looked for photos of anyone: a girl at work, a girl at church, etc. My sin is still the same and I'm not going to not am I in a situation EVER where that could have room to take place.

We proceed to get into a long discussion and essentially she is miserable being with me. There's a million and one things wrong with our life, wrong with me, and if it wasn't for the kids she would have left a long time ago. Claims nothing ever gets better. I told her that we deal with the same things over and over, and as long as we are moving forward and improving, we are making progress. When

there is a slip up, whether it's her or I, it does erase the progress we have already made. Our average is improving. Whenever I let her down, she is angry with God and completely ignores any prayer or relationship with Him as well. Off comes the ring, it's divorce time.

I messed up, I fully admit that. I do not defend myself in the slightest. I do feel she is interjecting a lot more on top of that, that doesn't exist or could objectively never exist. I can (attempt to) masturbate to a photo of someone I know in real life and not have any other meaning attached to it than that. For her, it's literally the same as if I would have actually had sex with the girl in real life. I fully agree that boiled down the sin is the same in my heart, but the reality is much different.

Is this something I should change jobs over? I don't have a lot of other options, especially ones that work for the whole of my family.

My wife also now insists there is something medically wrong with me, my sex drive, my blue balls, and being so worked up that I wake up in the middle of the night and just go for something like a cave man without any self-control. She insists I am not normal and I need to see a Doctor. Is there something physically wrong with me?

I feel I will never be good enough for her. That I have to walk on eggshells in a way. That any little accidental thing I might do be written on some mental black book of hers and snowball into something nasty next time we fight. She wants to change so much about me, even petty things, it feels like she just needs to find someone new. Beyond things that are legitimate issues and I am working on, I wish I felt accepted and loved for who I am. And I wish there was some grace for when I human. She asks for that when she messes up.

I don't believe in divorce, though this is my second marriage. What do I do? Where do I go from here? About my sinful mistake, but also the inevitability that she doesn't love me for me and claims to just be staying for the kids? Next big issue, she'll tear off her ring and cry divorce like she has so many times before even this.

Please, can anyone give me some Biblical council?

I ask in humility, if I wrong, please help me.

Is the podcast in podcast form?

4 upvotes | December 29, 2020 | by [Straight Brain](#) | [Link](#) | [Reddit Link](#)

I know how to convert videos to mp3 on a one-off basis, but is the podcast online anywhere outside of YouTube, for a longer-term solution to keep up with the show?

I'm on the move frequently, so don't get to watch many videos & they chew up a data plan were I to listen on the road.

Good second date questions for figuring out values?

4 upvotes | February 13, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

First date went well. However, this is my first time dating a Christian while I've been Christian so what are some good 2nd date questions to figure out the other's values?

Wife is 5 weeks pregnant (food cravings)

4 upvotes | February 6, 2020 | by [AlanNoles](#) | [Link](#) | [Reddit Link](#)

Since my wife telling me she is pregnant last Friday, I have been presented with a variety of challenges. On Saturday and Sunday, I was woken up at 4 AM to make her the food she was craving (one night it was a waffle, the next it was steak). Over the weekend she was craving wings twice (40\$ total), on Monday she goes Moes at work (10\$), and then she bought Chinese for dinner (20\$). Granted these have lasted for multiple meals but her cravings are getting out of hand. This morning I got fed up because I saw she spent 10\$ on some Jamaican food (I noticed on Mint since our bank accounts are linked for financial purposes).

I confronted her about this over text (about an hour ago) and told her this is getting out of hand and I am setting a food budget with her tonight. Granted, I understand that women have cravings during pregnancy and all of their senses get intensified as well as they start liking certain foods they did not like and hating foods they used to like (based on smell, taste, etc.)

She tried using the whole "But I am pregnant thing again....I cannot control what I want to eat, IDK what I want to eat until 30 mins before I eat it, I am stressing her out, it is hurting the baby, I made her cry at work, etc.

I can handle the additional hormones (basically just seems like a 9-month long comfort test so far), but if I cannot set an immediate boundary with this early I know it will get out of hand and will affect our savings plan.

I also still want to be considerate, but within reason. I can workout 100\$ a month if she craves different items that often, but 80\$ in one week is crazy to me. I have not told her this plan yet and she is throwing a tantrum over text, but this is what I want to present tonight as well as other things. The past three nights she has also refused to cook saying she does not like the smell of food cooking and if I want to eat I need to make it. (Our old dynamic was she cooks and I clean the dishes after we are done eating). Granted I know that fatigue is common in the first trimester but part of me also feels like she is milking the situation to be lazy and spend money.

I know other members on RPC have gone through dealing with a pregnant wife before so I was also wanting to get some input on how you handled this and other things I should expect etc.

How has God humbled you?

4 upvotes | March 5, 2020 | by [da_independent_varia](#) | [Link](#) | [Reddit Link](#)

I was on top of my game and ready to break out and reap the benefits of a person who was not only mentally strong but physically strong. My health was my wealth.

Got hurt, and have spent the last two years a fraction the person I was. Felt depressed and felt that all my hard work was for nothing. In hindsight it was good bc I was ready to sin heavily.

Grief of loss and moving forward

4 upvotes | March 5, 2020 | by [yagop1](#) | [Link](#) | [Reddit Link](#)

My father died a couple weeks ago suddenly from a motorcycle accident. Fortunately my brother lives near my parents and he was able to help for a while. My wife and I are both military and she was able to get some time off to come help out and was just an amazing teammate. And now that my brother is going back to his job, it's just me and my mom mostly. My mother is taking this appropriately hard. She is still in her fifties so she had a lot of hopes and dreams with my dad now that they're finally well off after decades of backbreaking work. He spent thirty four years in the army. I'll be here for her to move because of some visa stuff (they live overseas) but afterwards, I need to report back and it'll just be her all alone. Right now, there's a lot of admin work to be done all day every day because of her situation. She also has cancer. I need to set things up for her to the best of my ability. My question is, how do I help her grieve and move forward? Calling every day, grief counseling, financial and administrative support are all I will be able to provide for the time being. I am gently outlining some things to look forward to: I am transitioning out of the military soon into a more hopeful career field and I'd like to take my wife with me to start a family. I truly wish my children could have experienced my dad. I am thankful to God to have blessed me with such a good christian man. But that doesn't mean my mother can't experience that same life and love. But now she'll be alone to tackle this grief and cancer. And she refuses to move back to the states with me. How do I support her in these times?

I am not sure if I should marry my fiancé - advice needed, new to RPC

4 upvotes | March 15, 2020 | by [isaiahsixtyone](#) | [Link](#) | [Reddit Link](#)

/r/askRPC/comments/fivfx1/i_am_not_sure_if_i_should_marry_my_fiancé_advice/

I have always been quite interested in the red pill theory but I only very recently got completely sold. My current fiance is not that redpill, he is somewhere in the middle I would say, so he must be the closest to being purple pill. We are planning to get married in June this year and we got engaged in January. I definitely do not want to change him and make him conform to what I believe in. But I dont really want to leave him either. I suppose if I were the one wearing the trousers in this relationship things would have been much easier but being the one whos supposed to play the female role I have no idea what I should do.

What are your thoughts on Plan B and other contraceptives?

4 upvotes | March 18, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Is plan B a form of abortion?

Are there repercussions of contraceptives besides emotional mood swings & hormonal imbalance?

Do they hinder you spiritually?

Are all missions related to becoming a Pastor or Missionary? Or can it be anything?

4 upvotes | January 25, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

WISNIFG - the 1st assertive right through God

4 upvotes | January 10, 2020 | by [TheMute88](#) | [Link](#) | [Reddit Link](#)

I've started re-reading WISNIFG as I believe my assertive skills are weak I need to spend some time working on them first. I was reading through the 1st assertive right which the rest of the rights derive from and was thinking about it in the context of God.

Being the own judge of your behavior and actions I think is important for building your frame and learning how to say no without guilt but I struggle with the concept under God. Shouldn't I consider God's judgement and frame as my guide instead of my own?

While I do need to become more assertive and build my frame, I have to consider God in all I do. Another element I need to get in tune with. I think ideally I would be acting as an agent of God within his assertion, but also as my own self in my assertion (if that makes any sense). Before I've had to summon up courage with thinking the spirit is with me in "this" (whatever interaction/situation) although I forget to do this too often. Rewiring my beliefs like my authority in the spirit will help me naturally do this I think.

Am I thinking about this the right way?

Self Defense and killing

4 upvotes | April 1, 2020 | by [abbolutelythewootley](#) | [Link](#) | [Reddit Link](#)

With the talk of SHTF in our current climate, I wanted to tackle something.

I'm very pro 2A, but it just dawned on me recently, am I actually allowed to take a persons life in self defense, or battle, and still be able to be considered born again and saved by God? Self defense can be subjective, such as perimeter shooting to defend your house perceiving a threat (when that offender may be unarmed), or being woken up to someone in your room with a visible weapon pointed at you and/or loved ones. My mindset on self defense killing before I decided to accept Christ into my life was always shoot to kill and ask questions later.

Now, I am interpreting that it is OK to defend, but we are still not supposed to kill. I appreciate any guidance from anyone on this who has some good wisdom on this.

Choosing and Developing Hobbies

4 upvotes | April 26, 2020 | by [Praexology](#) | [Link](#) | [Reddit Link](#)

Decided to post this in askrpg because I'm not sure if it'd be right on the main sub. Might make it into a more thorough post if there is interest.

I'm going to try to make this not long winded, so if it feels unfinished or if you have questions please let me know. This post originated because I've been noticing a severe lack of understanding in developing hobbies during OYS posts. Hobbies are a great step forward if you feel stuck in a job, or feel like your evangelistic opportunities are slim. Investing in a new activity deliberately might be the thing that turns it around. Hopefully this brief guide helps.

So I want to take a minute and make and outline some of my philosophies for "Hobbies" and how to evaluate if you are wasting your time with yours.

For simplicity's sake, I've generalized hobbies into 5 categories.

1. Physical Activity/Health ex. Weight lifting
2. Financial Gain ex. Picking up scrap metals and selling them.
3. Artistic Expression ex. Cooking, art, music.
4. Social Exposure/Networking ex. Volunteering
5. High Mental Stimulation ex. Reading, taking classes

I have personally found that people who have two or less hobbies quickly plateau. I strongly recommend juggling 3 and each hobby needs to be a combination of at least 2 of the 5 generalizations. (The only exception I make is if you consider going to your own home gym a hobby.)

Three different examples of this being applied: (I will try not to make big stretches with this)

Cooking - It can be an artistic expression, it can very well help concurrent with any physical activity you do, and if you put your mind to developing those skills it can be very mentally stimulating.

Offering Physical Training - Satisfies both Financial (getting paid to train someone) and can help you stay in shape.

Participating in a Local Nerd Convention - Dress up (or down) and get excited. Go the extra mile with your crazy outfit. Then *MEET PEOPLE*. Those connections might be invaluable for a plethora of reasons.

If you have hobbies that are only 1 of the generalizations I would be pretty shocked if it couldn't be altered into making it two, or that there is a variant that already exists that could be two.

The inverse is, if you don't know how to get better at a hobby, adding another facet is a good way to increase your proficiency at it.

For example, if you are really really into drawing but you never share it at a show, or try to sell it (or heaven forbid you never try to learn how to draw better) either kill that passion, or turn it into something that is more than some pathetic hidden guilty pleasure.

"But Praex, what does this have to do with RedPill, or Christianity?"

To say it as briefly as I can, labeling your hobbies under a few of those 5 generalizations can help give you purpose and focus to a hobby. In regards to Redpill it will give you opportunities to test out the material you are suppose to be internalizing.

For the aspect of faith, it is having focused hobbies allows you to use them as a means for furthering your mission and growing your sphere of Godly influence. Passive hobbies like uninspired television watching doesn't add to those around you, nore does it paint the image of God on you. If you have to change a hobby to be more involved in it, to developpe it into something that challenges you more, there will be more opportunity to influence others and to lead them.

I'm curious as to what other hobbies you guys here have, if you have a moment (which I'm sure some of you might have due to the Q) I'd be curious to read a short snippet of it and how you're investing in it.

Men are the prize

4 upvotes | December 5, 2019 | by [NoFaithInThisSub](#) | [Link](#) | [Reddit Link](#)

do we see this in scripture? I know TRP preaches "we're the prize", yet "its only our turn".
How do we relate this back to scripture?

How do I get my husband to workout and eat healthy?

4 upvotes | May 12, 2020 | by [HumectantMenace](#) | [Link](#) | [Reddit Link](#)

I came across a YouTube Channel called 'The Delray Misfits,' and find myself increasingly drawn to this channel, not because I have any respect for these men, their behavior is kinda gross to me, but the show revolves around men lifting weights and having locker room talk and I believe I'm so drawn to it because it's some energy that I feel like I am missing from my life because my husband does not workout.

It's easy for him to get away with it since he is very tall and has a nice physic, but I know that won't last forever.

I want him to be big and strong to protect me. Its kinda sad when I fear that another man could overpower him since he doesn't workout anymore.

Partially, i feel like this is my fault, he did all of this stuff before the marriage and now with "the stresses of life and marriage," he feels too stressed to do it.

I really overcompensate with doing work around the house, cooking most meals and I also work full time as well.

I honestly have kinda accepted that he probably won't ever do this and I'll eventually end up completely repulsed by the idea of sex (I'll be older too so I won't want him to have sex with an old hag), I just kinda feel hopeless right now. Im 26 and he's 30.

Also, he is generally unhealthy, although he looks good he eats like shit, and in return, his ejaculation is not an attractive taste to me....this is TMI but I've been with other guys who id consider healthy and it was much more enjoyable to 'swallow.' Ugh sad to say but true.

I really cannot keep pretending to be attracted to him and I know the attraction is going to fade even more in years to come...

I'm afraid I already know the answers to these questions, that he won't change. I am just looking for some glimpse of hope...:(

How to Deal with Helicopter/Overprotective Mother?

4 upvotes | May 12, 2020 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

From as early as I can remember, my Mom has been an extreme micromanager of me and my sister. She refused to let us take any risks or responsibility growing up. Obviously learning to take risks & responsibility, make mistakes, understand consequences, and face fear is a huge part of growing up and I feel like I missed out on a lot of that. The past few years I've been at University I've really been trying to sort myself out, basically get to know myself & understand my values and pursue those. I still have some fear and anxiety left over from my childhood, but I'm firmly on the pathway to doing better.

However, I still face issues with my Mom from time to time. She still tries to call almost everyday and manage aspects of my life. For example she'll try to tell me what to eat and tries to get my homework schedule so she can constantly remind me about due dates and stuff. These are things I need to be able to manage myself (and am more than capable of doing so). I am also worried about my little sister who is still in high school (she already has pretty bad social anxiety as a result of this parenting style, doesn't know how to interact with people or manage her own life). I try to set boundaries to explain all of this to her, but she takes any slight criticism as a personal attack and it ends up in a big argument where I have to fight tooth&nail to gain the tiniest sliver of independence. I also try to talk to my Dad about it, but he's a pushover (to put things nicely) and will sometimes sympathize with me, but I know he is never going to impact any meaningful change on this.

I don't want to cut contact as I believe in Honoring thy Father and Mother, and especially for my Dad's sake I want to be a part of their life. Also they are covering about 1/3 of my yearly tuition and I seriously don't want to be ungrateful for this. I guess I'm just looking for any advice on this type of situation.

When Paul writes that we shall sin no more post-salvation, why do I still want to? Why doesn't life steer towards good?

4 upvotes | May 9, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Why am I still being tempted to sin even though I'm saved? How come life steers in the opposite direction of where I want to go?

For example, I don't want to have sex with hundreds of women for the sake of lust. I want one women and to start a family. (Plenty more examples but chose this one)

So why doesn't my life lead me to the right woman so I can do what is right? Wouldn't it be much easier and noticeable for non-believers?

"Hey, this guy is always happy and looks successful and has a great wife and family. How did he get that? Oh he's Christian? Maybe I should look into that"

Idk, just seems like no matter how much good I want to do. No matter how genuinely my heart wants to do great things and help others and promote the Great Commission, I'm stuck in the mud or go backwards. I'd pray about it and honestly don't see the skies clearing up.

And I know Paul speaks of this same phenomena and about the thorn in the flesh and that Grace is sufficient.

It seems like God or life doesn't want to cooperate with me. Isn't it Gods will to promote Christianity? Doesn't God want us to win souls and deliver people?

For the older people, could you maybe provide some personal testimonies on how life appeared to be foggy and then through time you realized how God was guiding you and helping you do more and do better?

How should Christian men seeking to marry respond to women guilty of fornication claiming that males using porn is the same thing?

4 upvotes | May 31, 2020 | by [Torn4_025](#) | [Link](#) | [Reddit Link](#)

The biblical claim used for this is Matthew 5:28 "But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart."

For me it's clear we should love all sinners with the same grace Christ shows us, but with marriage everyone has the right to set their own standard. Don't get me wrong if no one meets it that's on you. However after seeing two post on [r/TrueChristian](#) where a guy wants to marry a virgin got trashed it caused me to wonder. How should guy's respond to women that might say you watching porn 10 times is the same as them sleeping with 10 guy's or even you watching porn 100 times is the same as them clubbing with a body count of 100.

It might be said a counter to this verse being applied to a marriage situation is 1 John 3:15 "Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him."

No one would shame a Christian for not marrying a person that committed murder despite the fact every single one of us has hated a person before. Yet it's become acceptable to shame for wanting a person that made some effort to follow God's commands even if they aren't truly sexually pure by masturbation or porn. Getting to my point not fornicating is much easier than not lusting to images. You can just flee whenever close to a person you might bang, but when your mind is burning it matters not where you go. You can't chop off your own head without dying and so fleeing in the flesh at best means cutting off your hands plus removing your eyes. A much higher bar to clear than just walking away. Because of this I feel it's illogical to compare the two act's being always directly equal.

This whole ordeal also made me wonder about guy's that have used escorts and hookers. By this standard of men accepting non virgin women due to having used porn should women with sexual history be shamed into accepting men that used hookers? How should Christian women deal with guy's that have traveled overseas to pay for sex and then repented of it?

Stats for the rules: Height: 6'1" Weight: 181 Age: Mid 20's

Thoughts about fraternity/sorority culture?

4 upvotes | June 16, 2020 | by [eiknihmas](#) | [Link](#) | [Reddit Link](#)

Haven't seen this topic discussed before and i was wondering if y'all had some thoughts. I know that frats and sororities aren't inherently sinful and there are a lot of good Christians involved, but in general theres a lot of worldly and sinful chase that infiltrates and dominates frats/sororities. I see that a lot of people live for the weekends and are miserable throughout the week.

Not asking anything specific so spit anything below as it relates to rpchristians

Is r/Christianmarriage a BP sub?

4 upvotes | June 13, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

Just got perm-banned for trying to help a guy out who wanted to be more manly and directing him to RPC lol.

Online dating beneficial during Covid?

4 upvotes | July 3, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

As I am pursuing my mission/vision of becoming a Marriage and Family Therapist that can help men live with more integrity and responsibility, I'm wondering how online dating would be helpful/harmful during this time of Covid where it's looking like the "phase-system" isn't going to go away anytime soon (maybe after the election, lol)... I like to approach in person, but there aren't many people out at the moment. Advice on online dating or nah?

Been thinking of just going monk-mode, but since all of this is going down I predict more people who are single will start going on dating apps. I know hypergamy is rampant on dating apps, but, at the same time, for passive game I was thinking it could be beneficial.

I do approach because I honestly don't care about Covid and think it's no worse than the seasonal flu, but not everyone is based enough to know that.

Thoughts?

Edit: I'm a 24 y/o male that is around 6'2" weighing around 155 (15% body fat), lift/run 3 days a week for around an hour and a half each time. Bench: 160, squat: 120, curl 30's for 10 reps)

Difficult situations & growth

4 upvotes | July 6, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

What were some of the most difficult situations you've went through that ultimately hardened/molded you and taught you valuable lessons.

In reference to Faith, Physical, Mental, Skills, anything really.

I've had my highs and my lows and learned to embrace the trials when they come as they tend to be very rewarding afterwards.

Next steps

4 upvotes | July 14, 2020 | by [Wranglers74](#) | [Link](#) | [Reddit Link](#)

For the last 3 months, I've taken steps to put my family back on the right track. I said last time that I'm not willing to keep going the road we were on, that I'm going this new direction, and I want her to come along. The last 3 months have been good. Then, what seems to be a major shit test.

In the context where divorce is not an option, how do I proceed? Besides prayer and continuing to pursue my own mission, do you just let things fall where they may?

I've been told that this marriage is now on paper only, so I'm unsure how to respond. Part of me wants to be like "fine then, I'm done with you too" but I know that is a selfish and childish response. But likewise, I have no current desire to pursue anything meaningful or tangible with her right now either, knowing full well that it will seem like a childish response as well...

Thoughts in Every Man's Series?

4 upvotes | July 24, 2020 | by [sarmstro1968](#) | [Link](#) | [Reddit Link](#)

I struggle(d) with porn & once admitting it, was given the Every Man's Battle books. Somehow I ended up with 4 variations of them. Additionally, I listened to the guys on radio for years but couldn't stand how feminine & soft they sounded. What are the men of RPC's thoughts about the series?

What would you tell your 20 year old self?

4 upvotes | August 3, 2020 | by [eiknihmas](#) | [Link](#) | [Reddit Link](#)

When you look back at your early twenties, what would you do differently? What things that you thought you were doing right were actually pretty misguided?

Been trying to focus on myself and God; resist every form of temptation and approach.

4 upvotes | November 15, 2020 | by [Chiefbigdick23](#) | [Link](#) | [Reddit Link](#)

I lived a hedonistic and promiscuous lifestyle (apologies for my username) to hide some pain which truly stopped me from the abundance and one with God mindset. I had to wipe all my plates clean and start over. However, it seems like every time I walk into a “room”, I’ll see a woman and lose my mind and instantly start thinking about approaching and even as far as dating her.

For example; I went to church today and saw a very attractive woman and instantly thought maybe this is Gods plan, the woman for me. I know in my heart this isn't true as it happens also if I walk into Target but its hard to resist.

Is this normal and just part of the process? If I see a rare woman should I break this mode?

Should I go on a date with this girl?

4 upvotes | January 5, 2021 | by [throwawayme123454321](#) | [Link](#) | [Reddit Link](#)

For stats, check out my last OYS. I'm pretty new to RP Christians.

A week or two ago I matched with this girl on a secular dating app.

I just liked her photo because she was really attractive, like a 9. She actually responds and comments on something I had written in my profile about music. At that point I looked at the rest of her profile, and it's clear I wouldn't be interested in a relationship with her. She's liberal, smokes weed sometimes, and probably has a high N count. Basically a really attractive, liberal, partying sorority girl.

But I decided to message her because I figured why not? So I texted back pretty nonchalantly because I had nothing to lose. I didn't ask questions that much and tested to see if she would keep the conversation going when I dropped it. She did, though it took her awhile to respond sometimes. She was actually sort of interesting and not brain dead.

I figured she might be stringing me along for validation so I decided to ask her out to see if she was or not. I thought at that point she was going to ghost me. To my surprise she actually wants to go out. I've never had a girl this attractive want to go out with me.

She knows I'm Christian but doesn't know I'm serious about it. She doesn't know my political views or anything like that.

Another factor is that I've been feeling pretty crappy about my appearance lately. Due to learning about black pill stuff. But I thought that if I meet this girl in person, and she's interested in me, then that would help my confidence a lot. Also, it would be good practice going out with a really good looking girl. Just because I've never done it and don't have much confidence talking in person with girls like that. However, I think we are pretty much impossible for a serious relationship and she might want to even hookup if she does really like me which would be a tough spot.

My question is, what does RP Christians suggest I do? Should I drop it? Is it a good idea to go on a date with her or is that a mess waiting to happen?

How do I motivate myself to enjoy lifting and doing gym stuff like you guys, especially during this pandemic?

4 upvotes | January 27, 2021 | by [vinnievu141](#) | [Link](#) | [Reddit Link](#)

I lack the motivation and desire to lift and do gym stuff, but I need to work out. How do you guys motivate yourselves to do it? There's probably a Biblical verse that could help me with this issue but not sure.

NMMNG married sex pause vs 1 Cor 7:5

4 upvotes | March 3, 2021 | by [fapfreebubba](#) | [Link](#) | [Reddit Link](#)

I discussed taking a three month break from sex with my wife, as Glover recommends. She brought up:

1 Corinthians 7:5

Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

I'll check my study bible and the context and pray about it. But I'd also be interested to hear from the group. Do you all agree with Dr. Glover's recommendation? Or suggest modifications?

(Is there a general list of ways NMMNG should be modified to be biblical?)

Should a man "marry down" and are there any studies that suggest this leads to a healthier long term relationship?

4 upvotes | April 28, 2021 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

I have a friend who says he wants to marry up. He envisions having a wife who makes more money than him while he stays home and homeschools the kids. I feel like this is an unhealthy ideal to have, but it's hard to express why and I don't know what would convince him.

Hi, disabled guy here, feeling down and could use a little perspective and maybe some guidance in my situation.

4 upvotes | April 5, 2021 | by [Bruh-Nanaz](#) | [Link](#) | [Reddit Link](#)

Hi first time posting here, would appreciate some insight into my situation. I'm reading sidebar, already somewhat familiar with its content and RP principles.

I'm a disabled man in my mid 30's. I frequently can't work or hold a stable job. I'm on SSI (welfare) as I'm stuck with a completely unpredictable, progressively destructive health condition with a dubious treatment plan. My life is relatively boring AF even though I try to keep as active as I can.

I have a few hobbies, but most things I've spent my life getting better at I am no longer able to do. I used to be very active - Surfing, weightlifting, social dancing, played saxophone, etc. I used to lead at church and was involved in Children's ministry, had a cute Christian GF. Around age 27 my health suddenly took a huge nose dive and its been hell ever since, trying to adjust to living in constant pain and being mostly unable to move.

Frankly I wanted to die for a long while and didn't see much point to living as literally everything I had worked for and enjoyed was stripped from me including my body. Much like Job, I guess. But fairly recently I took a new outlook on life with the help of cannabis medicine, I've mostly resigned to just living a shit existence watching the world burn itself alive while trying to pray for people and help out where I can. It hasn't been easy at all, I'm stuck living with my obsessively neurotic grandmother who happens to be a hoarder. She helps out where she can, but our relationship is strained, she is incredibly difficult to live with (I don't imagine I'm much easier.)

I've been in counseling for several years now, to try to get over codependent issues and other things, but frankly living without a long term vision and being in pain nonstop with no reasonable hope for change is pretty miserable. The most helpful thing to do to manage the emptiness has been to literally surrender absolutely every and anything I've ever wanted and just exist. Its pretty shitty though I won't lie, and I'm getting pretty tired of it.

I guess I'm looking for some perspective, lately with Covid being a thing and my health being particularly shitty, I've been hella lonely and I am a very interpersonal being. My friends are homebodies and honestly nobody understands what its like being in my situation so nobody reaches out. It's been additionally difficult dealing with self-image issues being a cripple and largely unable to take care of myself, hopes for ever getting married or having meaningful work to do seem pointless.

I don't mean to be a self-pitying pile of poodoo, I very much try to avoid this kind of thing and don't usually cry out for help in such a pathetic fashion, but lately things have been really tough. I reconnected with my ex-GF recently and though it initially started off romantic, it has progressed to serve as a reminder of my inability to provide or be anything other than an overgrown infant. I don't trust her to be faithful long term, either, she has displayed prominent red flags that make me believe she would cheat or otherwise be unable to handle the responsibility of assisting me.

I feel the holy spirit telling me to be hopeful, but frankly I don't know for what and the weight is bearing down. ugh. Self pity is gross. Anyway, thanks for reading.

Redpilled Bible Studies/Sermons

4 upvotes | April 1, 2021 | by [5_Solae](#) | [Link](#) | [Reddit Link](#)

Where do you go to get redpilled bible studies and/or sermons? Solid biblical teaching seems to be generally redpilled, but I have yet to find overtly redpill aware teachings. Are there any pastors out there producing redpill aware sermons or bible studies?

Doubt on the 405 post in RPC Sidebar

4 upvotes | June 14, 2021 | by [JesusMyLord0419](#) | [Link](#) | [Reddit Link](#)

Stat: 24M, 5'3", 115lbs, 99 lbs BP

Mission: Use my public speaking skills and music to become someone who can make a difference in Church so that I can inspire and motivate others to spread the Gospel to the end of the Earth

Finance: Scholarship from my Masters degree, private tutoring

Spiritual: pray and read the Word every day, attend Church service every Sunday

Hi there, I am Johnston.

I am current reading 405 in the RPC Sidebar, but I am stuck on how to reflect the Image of God.

In the 400 series, [u/Red-Curious](#) gave three examples (Alex, Brahbrah and Carl) on their earthly desires and their (possible) changes upon receiving the Gospel. I personally have all 3 of them, but I am not sure how I can orient away from myself and seek God's help on this. I have put this in my prayer, but it seems to no avail. I am a bit depressed on my powerlessness of not fulfilling my desires.

How can I really put down myself and open my heart to let the Spirit fill it up?

Thanks for reading. Hope to receive answers from you all.

God bless.

How to balance being a savage with girls but also Christian?

4 upvotes | August 10, 2021 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

We know secular TRP “tricks” work and we know chicks dig the debauchery. But how would a Christian guy play the game?

What are some boundaries you shouldn't cross aside from the obvious premarital sex ones?

LTR of almost 3 months afraid to tell her parents about me

4 upvotes | October 25, 2021 | by [Auxfite](#) | [Link](#) | [Reddit Link](#)

I let her meet my mom (dad passed away) and she still hasn't told her parents about me and says she has doubts am I overreacting or is this a red flag?

I have 3 questions for the community only -- how much do you pray, read the bible, and lift on a weekly basis?

4 upvotes | December 3, 2021 | by [TarnerWebber](#) | [Link](#) | [Reddit Link](#)

This question is for the members of the community only please (I know the mods all pray, read the bible, and lift regularly) so I want to only request that the community members answer my 3 questions only please:

1. how often do you pray and for how long?
2. how often do you read the bible and for how long?
3. how many times per week do you lift and for how long?

I'm mostly a lurker and just want to know if I should feel average, above-average, or below-average compared to the other men of this community at following the advice given by the mods and from the RPC sidebar and RPC youtube channel, which is here:

https://www.youtube.com/channel/UC31AX_IRnSB30P0-CG0iiFw/videos (RPChristians youtube channel)

Also if you want a link to the bible if you do not have a physical bible:

<https://www.biblegateway.com/>

Where can I find good sermons on masculinity?

4 upvotes | July 9, 2022 | by [Slight-Conflict-5554](#) | [Link](#) | [Reddit Link](#)

Here's what I've tried so far:

Mike Winger: I listened to a sermon about masculinity and couldn't take him seriously after he said one way he puts his wife first is by letting her choose where to go on dates.

John Piper: I like a lot of what he has to say on Christian hedonism specifically, but he's anything but red pillled.

Mark Driscoll: I haven't listened much to this guy to be honest, but I don't want to because of the controversy surrounding him and how he seems to focus on the betabuxx part of masculinity.

btw, stats: 5 ft 10 in, 162lbs, bench max: 210lbs, starting to do legs but don't have any stats.

mission: honor God in my actions, doing what he's set in front of me. Right now that means doing my new job really well and surrounding myself with godly people.

reading: sidebar, Rich Christians in an Age of Hunger, A Grief Observed

I watched as women emasculated one of my friends

4 upvotes | August 12, 2022 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

Weird question perhaps but I feel like I could have done better to defend my friend.

It was a social gathering , and some of the girls were surprised to hear that my friend was their same age, and then one said "but you're so short!" to which he said something along the lines of "yes, unfortunately that's true." There was an awkward pause after which one of the girls said "short kings!" and the others laughed. I just stood there wondering how I can help him retain his dignity.

Do you think the best thing I could have done was to act like it was nothing or to have stepped in and said something?

Stats: I hit the gym 5-6 days a week, 215lbs bench max, just started doing leg day consistently. 5'10 height, 165lbs weight.

Reading: sidebar, Hebrews, some novels

Mission: discipleship eventually, for now becoming a man despite living in relative comfort.

Sermon on giving

3 upvotes | August 10, 2020 | by [redirectedfs](#) | [Link](#) | [Reddit Link](#)

Hey Guys,

Just started at a new Church. Service this Sunday was based on 2nd Corinthians Chapter 9, the theme of the service was giving. I feel like the pastor said some things that were inaccurate and not biblical. I re watched the service and took notes I'll include below with my thoughts at the end. Wall of text incoming:

Starting Points:

- The gospel is free, ministry has a cost.
- We need to prepare our gifts.
- We [this church]don't have a number goal, we have a heart goal.
- Paul was telling the church of Corinth to prepare their gifts so they would not be surprised.

Pastor reads 2 cor 9 chapter 6:

6 But this I say: He who sows sparingly will also reap sparingly, and he who sows [d]bountifully will also reap [e]bountifully. 7 So let each one give as he purposes in his heart, not grudgingly or of [f]necessity; for God loves a cheerful giver.8 And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

Pastor:

"He is calling generosity a good work that we can abound in"

As it is written:

"He has dispersed abroad, He has given to the poor; His righteousness endures forever."

10 Now [g]may He who supplies seed to the sower, and bread for food, [h]supply and multiply the seed you have sown and increase the fruits of your righteousness,

Pastor:

"Translation, God sends seed to sowers."

"God is going to send the resources of heaven to earth through you and I"

"As you continue to sow he will continue to multiply."

Pastor reads:

while you are enriched in everything for all liberality, which causes thanksgiving through us to God. 12 For the administration of this service not only supplies the needs of the saints, but also is abounding through many thanksgivings to God, 13 while, through the proof of this ministry, they glorify God for the obedience of your confession to the gospel of Christ, and for your liberal sharing with them and all men,

Pastor:

"Translation, because you believed that Jesus is lord and because you gave generously they are going to believe and worship god in west Africa, because you believe and worshiped generously."

and by their prayer for you, who long for you because of the exceeding grace of God in you.
15 Thanks be to God for His indescribable gift!

Pastor:

"Because God is a giver, and he first gave, we are going to be givers."

"If Jesus is the noun of the bible then giving is the verb"

"The exact context of the scripture we are reading today, Paul is not talking about forgiveness, Paul is not talking about love... Paul is talking about our literal resources."

"I and you, we partner together, and you determine how fast the vision gets accomplished."

"The speed in which the vision is accomplished is determined by your generosity and mine"

"we are not going to move any faster than your generosity will allow us to. We are not going to take out a loan so the work of god is accomplished"

"That is the truth of the gospel. The kingdom of god is built at the speed of sacrifice"

"Paul is writing.. We are going to have an offering so the church can be built in other cities"

"I want to teach you two principals"

"Principal 1: The seed"

Power Point Slide: "The Principals of Seed"

The Seed can be dead

The seed can be dormant

"This is seed being saved, it's not actively doing anything"

"Paul is talking about literal resource, you can take your literal resource and spend it on you. It's gone as soon as you spend it. Or, you can have dormant seed, stored in your bank account, under your mattress"

Seed can be dynamic

"The idea of seed that paul is talking about is not giving to get. It's about your given to give. That is the idea paul is trying to express to the church in Corinth"

Slide: The Principles of the sower

1. You get what you sow

"You don't sow corn and get apples"

1. You get later than you sow

"Paul wrote about it, he said you're going to get what you sow and also said you're going to get later than you sow"

1. You get more than you sow

"You plant a seed and get a tree"

1. You get where you sow

"You can't expect to sow in one place and harvest in another"

"When you sow in mission work you harvest in those areas"

"When you sow in the church you grow in the church"

Move to Genesis 22.

Pastor reads:

Now it came to pass after these things that God tested Abraham, and said to him,
"Abraham!"

And he said, "Here I am."

Pastor: "God tested Abraham. God already knew what was in his heart. God did not test Abraham so that Abraham could prove to god what was in his heat. He tested Abraham so he could prove to Abraham what was in his heart."

"God tests us so that we know what is in our hearts."

Pastor Reads:

2 Then He said, "Take now your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you."

3 So Abraham rose early in the morning and saddled his donkey, and took two of his young men with him, and Isaac his son; and he split the wood for the burnt offering, and arose and went to the place of which God had told him. 4 Then on the third day Abraham lifted his eyes and saw the place afar off. 5 And Abraham said to his young men, "Stay here with the donkey; the [a]lad and I will go yonder and worship, and we will come back to you."

6 So Abraham took the wood of the burnt offering and laid it on Isaac his son; and he took the fire in his hand, and a knife, and the two of them went together. 7 But Isaac spoke to Abraham his father and said, "My father!"

And he said, "Here I am, my son."

Then he said, "Look, the fire and the wood, but where is the [b]lamb for a burnt offering?"

8 And Abraham said, "My son, God will provide for Himself the lamb for a burnt offering."

6 So Abraham took the wood of the burnt offering and laid it on Isaac his son; and he took the fire in his hand, and a knife, and the two of them went together. 7 But Isaac spoke to Abraham his father and said, "My father!"

And he said, "Here I am, my son."

Then he said, "Look, the fire and the wood, but where is the [b]lamb for a burnt offering?"

8 And Abraham said, "My son, God will provide for Himself the lamb for a burnt offering." So the two of them went together.

9 Then they came to the place of which God had told him. And Abraham built an altar there and placed the wood in order; and he bound Isaac his son and laid him on the altar, upon the wood. 10 And Abraham stretched out his hand and took the knife to slay his son.

11 But the Angel of the Lord called to him from heaven and said, "Abraham, Abraham!"

So he said, "Here I am."

12 And He said, "Do not lay your hand on the lad, or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from Me."

13 Then Abraham lifted his eyes and looked, and there behind him was a ram caught in a thicket by its horns. So Abraham went and took the ram, and offered it up for a burnt offering instead of his son. 14 And Abraham called the name of the place, [c]The-Lord-Will-Provide; as it is said to this day, "In the Mount of the Lord it shall be provided."

15 Then the Angel of the Lord called to Abraham a second time out of heaven, 16 and said: "By Myself I have sworn, says the Lord, because you have done this thing, and have not withheld your son, your only son— 17

Pastor

"Here we go, dynamic sowing"

Pastor reads

17 blessing I will bless you, and multiplying I will multiply your descendants as the stars of the heaven and as the sand which is on the seashore; and your descendants shall possess the gate of their enemies. 18 In your seed all the nations of the earth shall be blessed, because you have obeyed My voice."

Pastor "Abraham understood the principle of sowing, you get what you sow. Because you sow a son you get many sons"

"You get later what you sow. 1,000s of years later there are millions of people in the line of Abraham"

"That's why Paul wrote in galation 3:29. If you are Christs then you are Abrhams seed and heirs according to the promise"

"We have a dynamic God that does dynamic things when you trust in God when you put seed in his hands."

"I want you to go home today and really pray and ask God what can I bring at the end of this series"

My Thoughts

The pastor said the speed at which the vision for this Church is accomplished is based on our

generosity. Does this not limit the power of God?

"Translation, because you believed that Jesus is lord and because you gave generously they are going to believe and worship god in west Africa, because you believe and worshiped generously."

Again, Does God not move in west Africa regardless?

Slide: The Principles of the sower

Are any of the points on this slide biblical?

"God tested Abraham. God already knew what was in his heart. God did not test Abraham so that Abraham could prove to god what was in his heat. He tested Abraham so he could prove to Abraham what was in his heart."

Was this not a true test? God did know what Abraham was going to do, did Abraham not have free will here?

"Abraham understood the principle of sowing, you get what you sow. Because you sow a son you get many sons"

Was Abraham not being obedient to God? What does this verse or have to do with giving?

How “Red Pill” is the Eastern Orthodox Church?

3 upvotes | September 17, 2020 | by [TheGodofOrphans](#) | [Link](#) | [Reddit Link](#)

I am a mid-20s Protestant Christian whose been doing a deep dive into Eastern Orthodoxy: Its theological claims, liturgy, history, etc. I'd like to preface with that as to not give the impression that inter-sexual dynamics are the only considerations I am having about Eastern Orthodoxy. That said I've ruminating about how did the Western Church, but in this case specifically Protestantism, become so anti-male as written about in Biblical Masculinity Blueprint as well as others. How did team “Sola Scriptura” come to abandon clearly biblical notions such as Woman as Help-Mate, Man as family Leader and Spiritual authority, and in some cases implicitly even women as fallen creatures capable of deeply destructive sin? That even the Complementarians have a deeply flawed idea and practice of what the Biblical exhortation of the dynamic between the sexes should look like. How did it come to be that many of the same leaders that can give a deeply considered exegesis of many parts of Scripture also will prop up Beth Moore or throw a tantrum at the pulpit if one so much as mentions that women are capable of sexual sin? Again, I must reemphasize that I am doing research into the other extremely important questions about the Eastern Orthodox claims to truth but I wanted to limit the extent of this inquiry to inter-sexual dynamics as I figured this would the community to ask.

To the Eastern Orthodox members of RPC, how generally “Red Pill” do you find the Orthodox church to be? Generally speaking how aligned are your leaders with the sort of advice/truth claims one would find in the Reading List? Is this view manifest in the lives of the parishioners? That last question I ask because, while I will not judge nor condemn any man or woman, I do hold that a trend towards holiness is a sign of health in the church. Thank you for hearing my inquiry.

GotQuestions.org says "God pursues us". What's is RPC's response?

3 upvotes | December 15, 2019 | by [dgd_mobius_centurion](#) | [Link](#) | [Reddit Link](#)

<https://www.gotquestions.org/does-God-pursue-us.html>

EDIT: *What

Sharing church with soon-to-be ex-wife

3 upvotes | November 6, 2019 | by [FatRPNewbie](#) | [Link](#) | [Reddit Link](#)

I'm struggling with an issue on how to maneuver a relationship with my wife during/after divorce.

Long story short, I half-assed (to put it mildly) RP for close to a year now, never escaping my wife's frame. This led to consistent fighting, and culminated in an argument in which after she filed for divorce yesterday.

I'm now going to be locked in a custody battle and divvying up assets, finding a place to live, continuing therapy to control my anger, etc. because I didn't keep my cool. I don't agree with her leaving, but, from her perspective as a non-believer, I can understand her justification.

She's not a believer, and I am. However, we discussed before marriage that we would raise our child as Christian. She has stuck to this faithfully, regularly attending church and small group. We are both very close to our small group and rely on them, now more than ever.

She texted today and asked that we speak with our pastor on how we can both attend these functions, but indicated that we would likely need to attend separate small groups. We have two services on Sunday, and are a big congregation, so that is less of an issue. However, the small group issue is a struggle for me.

Am I an asshole in that my first reaction is that my support and salvation shouldn't be hindered by her choice to leave?

Should Christian men & women only accept Christian counsel

3 upvotes | November 8, 2019 | by [bobomacinsquash](#) | [Link](#) | [Reddit Link](#)

So last night, my wife was going to 'surprise' me @ a meeting we regularly have with Christian friends by bringing up a book I got her to read ([Alison Armstrong, Making Sense of Men](#)) to the group. Luckily the meeting was cancelled but she asked me why I got the book & I said I thought it would help her understand me. She said she knew it all already & hates it because it focused on sex & is so discouraged as it shows I'll never change (even tho I've been blue pill with her 25+ years till the last year) & was very offended by it, particularly by the fact Armstrong is not a Christian - saying we should only accept advice from Christians. I pointed out that I was tired of listening to Christian men talk about marriage who appear to be Googling Bible verses & that flipped her out even more & then any rational discussion was over.

I was able to keep relatively calm but asked her a few times 'what is wrong with you?' But inside I was broke - can't believe she fooled me again (thinking she finally is changing) & her little blindside failed. And it's occurred to me something is significantly wrong with her. She acts like I've broken the framework of our understanding about marriage when it's her who's broken her vows (years ago), became an alcoholic (recovered 5 years - thank God) & now is a pothead.

So what are your thoughts? Should Christian men & women only accept Christian counsel? Is it time for me to bail?

Covert contract with God

3 upvotes | October 27, 2019 | by [mrpmonk](#) | [Link](#) | [Reddit Link](#)

Stats:

29 YO single RedPilled 3 weeks, redpill aware 3 months. (OYS on MarriedRedPill)

HT 5'6" WT 131 BF 14%

I always believed in God and have done many things in His name. I wanted to take religion seriously a while ago, but the struggle with living in others frames took me to a different path.

Through theredpill, I saw many things in everyday life differently. Monk mode, in particular, had me own my weakest points and do my best to overcome them. Finally, the truth I embraced through redpill started to unveil the true relationship nature I have with God. I always thought I am worshipping only out of love, no strings attached. He gave me everything and this the least I can do, while persistent on my sins, to deserve the forgiveness He gave and the paradise He promised. But it's been only few weeks and I'm tested with my patience, lust and faith. I don't get myself anymore, as I see the covert contract I have with him, which says: if I pray today, I get my prayer answered according to my terms. If I do this charity, I shouldn't experience such and such calamity at work or home.. I don't know why would I lie to myself in front of God. Spiritual-level nice guy syndrome?

Having said that, even if I don't live in other's frame, I know from deep down that I want to take advantage of every opportunity I have with girls to develop experience and create memorable past of mistakes to laugh at. I know if I want to be reborn again, I will have this FOMO competing with my sincerity towards God.

My question is, as I want to embrace the truth and act upon it. should I just stop doing these "righteous" acts whenever I see myself doing them to get something back? Should I continue my dating game, accepting myself as a sinner now, while improving myself and my frame until I feel the true need to kneel sincerely before God?

How to deal with atheist parents

3 upvotes | October 27, 2019 | by [captain_philipp](#) | [Link](#) | [Reddit Link](#)

Recently I just told my atheist parents that I believe in God. They rebuked me very strongly and said many harsh things to me, even threatening me. What should I do? I pray for them a lot, but until now their hearts are still unchanged. Will post stats if needed

Forbearance and Meekness vs Standing up for Oneself

3 upvotes | September 23, 2019 | by [Praexology](#) | [Link](#) | [Reddit Link](#)

(Stats in profile)

I'm trying to figure out how to consolidate the ideas of both *meekness and standing up for myself* when it comes to my future inlaws, while not being a total wimp who lets people walk over them.

They are VERY tradition-minded and like to go on long winded speeches about their expectations for how I treat their daughter. They frequently question her on if I abuse her, or if I treat her poorly and treat me generally with animosity. (I've used A.M. here with pretty negative results from her family.)

Example: "Physical violence is **NEVER** okay in a relationship." (something I have never gotten even close to doing, so its unwarranted and feels like a pretty general attack of my character.) And my response would be something like "She usually hits me with an open hand."

I am naturally a confrontational person. I probably err on the side of tactlessness in my general life. However I am learning that my slapdash approach to tearing into people is oft not in love, and I recognize I struggle with venomous words. (Never towards her family or in front of them.)

In those moments I use to get mad and would want to ask them what theyre accusing me of. At this point I don't really care what they say, but it will have fallout on my relationship and my fiance will get really weird regarding how I talk to her following her families 'attack' on my character. I just assume nip it in the bud, but walking out or outright STFU-ing feels tactless to me (what my current response is.)

So what I'm asking is: Can you give examples or advice on how to broach this? I know Jesus says turn the other cheek, but his apostles also wrote some pretty sharp letters to convict others of their wrong doing.

Just got offered a new job, but God is still testing me.

3 upvotes | September 11, 2019 | by [AlanNoles](#) | [Link](#) | [Reddit Link](#)

So I went into two job interviews on Monday and I just heard back from one yesterday and they offered me the job. Both of these jobs are basically the same exact thing and I would be serving in a order management role.

However, although I would be really be happy with both I really would like a job at the one that has not come to a decision yet.

I made a bold move this morning and called the hiring manager at the one I really want and informed him respectfully that I was offered another position but I really would like to work with his team. Was there any way he could offer me the position. He said there were some other pieces in play (background checks etc.) that need to be done before he can offer the position but they will come to a decision by next Tuesday. He ended by saying I am definitely a strong candidate though. The job that has already sent me an offer said they need an answer by tomorrow afternoon.

I know their is no easy answer to this question and ultimately I need to make a decision but I was wondering if anyone could give me any advice or offer suggestions I may not be aware of.

Seeing Past Through the RP Lens (Not really a question.)

3 upvotes | September 12, 2019 | by [cdnrpc](#) | [Link](#) | [Reddit Link](#)

I look back to when I was at my absolute worst and cringe. A 260lber, no friends, and completely dependent on my wife for validation. As my weight was ballooning up I used to say things like "Oh, I bet you're not attracted to me anymore since I'm getting so fat" -- I guess I was giving her comfort tests LOL.

She's pretty good at broken record actually.... just "I'm just worried about your health for our future family".

Thing is, she was being incredibly honest but my BP lens wouldn't let me get the whole message which was "I want you to stick around for you beta qualities, and yes, I'm not attracted to you as a needy fatty"). I just didn't "get it".

Still "getting it".

What big realizations did you have about your beta past as you became red-pilled?

That Girl at Work

3 upvotes | September 4, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

Stats: 28yo, 5'8", 143lbs, 14% BF, Wife 31 (married 4 yrs), 3yo son, 1yo daughter

Lifts: Bench 11x105lbs, Squat 6x140lbs, Deadlift 14x165lbs, Overhead Press 8x70lbs

There's a girl at work, 24yo HB8, (just got engaged, even) who pummels me with IOIs every time I see her.

As I've worked my MAP, her IOIs have only increased (as have my wife's, thank the Lord!).

I need to interact with this person multiple times a day for my work.

She hasn't made any advances or crossed any lines.

But I'm often tempted to see what might happen.

I've been reminding myself of Prov. 22:14, "The mouth of forbidden women is a deep pit; he with whom the Lord is angry will fall into it."

Any advice you guys have is much appreciated.

Who Are You?

3 upvotes | September 2, 2019 | by [rocknrollchuck](#) | [Link](#) | [Reddit Link](#)

Who Are You?

12 points•[20 comments](#)•submitted 4 months ago * by [rocknrollchuck](#)Mod | 50M | Married 11 yrs to [r/RPChristians](#)

EDIT - [u/Whitified](#) made some great points about this film and the Kendrick Brothers' filmmaking endeavors [in this comment](#) that I found to be quite convicting. Perhaps I was hasty in recommending this film - I certainly did not examine it in minute detail for Biblical accuracy, I'm more a fan than a critic when it comes to movies. Given the Kendrick Brothers' previous track record with Fireproof, War Room and Courageous, which certainly do not portray men of faith in a positive light compared to the "strong women" in the films, his concern is certainly warranted and I feel it is important to share at the top of this post. Please read the comment and prayerfully consider all of this if you are going to see this film.

I just got back from seeing the new Kendrick Brothers' film [Overcomer](#). It was definitely their best film yet. I HIGHLY recommend it to anyone who hasn't seen it. The themes presented in the movie cover everything from salvation to forgiveness and your life's purpose. Now obviously I'm not going to give any spoilers, but here's a short synopsis:

Life changes overnight for coach John Harrison when his high school basketball team and state championship dreams are crushed under the weight of unexpected news. When the largest manufacturing plant shuts down and hundreds of families leave their town, John questions how he and his family will face an uncertain future. After reluctantly agreeing to coach cross-country, John and his wife, Amy, meet an aspiring athlete who's pushing her limits on a journey toward discovery. Inspired by the words and prayers of a new-found friend, John becomes the least likely coach helping the least likely runner attempt the impossible in the biggest race of the year.

One of the things several characters were asked during the film, was "Who are you?"

- When everything is stripped away – your family, your job, your activities, the things you invest your time doing – if you were to lose any or all of those things tomorrow (God forbid), who would you be? How would you describe yourself? What would define you instead of those things?
- Would you have a life's purpose beyond lifting weights, basketball, football, cross-country running? Beyond your family, spouse and children if you have them, friends, people at church? Beyond Red Pill and RPChristians?
- If everything you loved was taken from you, if God allowed that to happen to you, what would

define you? What would you say about yourself to share with people who you **really** are? And what stands in the way of defining yourself in that way right now?

For me, the answer is simple: what defines me is that I exist to serve God and lead others to Him. To help them understand how to be saved by sharing the Gospel with them and answering their questions. To guide them into a deeper relationship with Him through ministering to them where they need help and guidance (which I also do when I'm not online). To glorify God by showing His power in my life to change me from what I used to be into what I am, and continue to grow in Him toward what I have yet to become. To reach others who believe that God would never want anything to do with them because they think they are beyond the reach of God's redemption and forgiveness. To inspire hope in what God can do in their lives if they let Him. To help them find their purpose in, and Mission for, Christ.

When you die one day, what will those who knew you say about you? What will your family say about you? How will you be remembered? What will the people in your life highlight as your achievements, your successes? What will they say about your character? How will you be remembered? Will you be spoken of as someone who had true faith in Christ? Someone who made a difference for eternity? What will be the legacy that you leave?

For those who are **not** currently satisfied with their life's progress and spiritual maturity and may have a hard time answering these questions in a way they are happy with, **what are you going to do about it?**

I look forward to your answers.

Is it ok to go out to bars a few times/week and socialize?

3 upvotes | August 31, 2019 | by [AlphaBinomialDistrib](#) | [Link](#) | [Reddit Link](#)

So something i struggle with is being lonely, as I'm in my early thirties, and all of my friends partnered off. There really isn't many wholesome, God-honoring opportunities to go out get rid of this loneliness.

I notice that a lot of my younger, single co-workers drink a few times a week, smoke weed, and are generally likable guys. Girls want to be around them, and they all go out and do their thing and they have stories to tell. I noticed a lot of the younger people like to be in an altered state of mind. I wonder why this is? As a Christian, it's easy to say because they have a hole in their lives and they are trying to fill it with mind-numbing substances. I know i'm not supposed to be friends with the world, but how am i supposed to overcome this loneliness?

Struggling in my faith

3 upvotes | August 28, 2019 | by [DethronedJackal](#) | [Link](#) | [Reddit Link](#)

Stats: 1RM's: bench press - 230 lbs., squat - 280 lbs., barbell row- 160 lbs., deadlift (Romanian) - 290 lbs., OHP - 150 lbs.

Background: 28 years old, married 2.5 years, four kids (1 step-son, 1 biological daughter, 2 foster children)

Married very quickly (within a couple months of meeting) while I was in the military. Dumb, but nothing I can do now.

I was raised Roman Catholic (I got my first communion and all that). I distanced myself from the church and I've been an atheist for around 15 or so years now. By skimming some of the posts and OYS posts here, you guys seem happier, or maybe more fulfilled. I love the idea of God and following in Jesus's path. I'm just not completely convinced I can believe.

I want to believe. I know full well it isn't your job to convince me to be faithful or to sell me on the church, so I understand if I'm told to figure it out myself, but how might someone in my shoes become closer to God? Does anyone here have any experience with finding God later in life?

Thanks in advance for the help

what the hell is fogging?

3 upvotes | November 24, 2019 | by [redditisalostcause](#) | [Link](#) | [Reddit Link](#)

brothers, its as if every term is defined in the glossary except for fogging. anyone care to share?

Non-believing spouse

3 upvotes | November 12, 2019 | by [LinkRod](#) | [Link](#) | [Reddit Link](#)

Hi RPC

I'll try to cut this short. Married for 14y, half of it spent trying to please her. We had dead bedroom and she was never happy, I dropped all my hobbies, friends etc. just to be with her and nothing ever worked.

So I got into all the DB sins one can expect and I guess I was fighting the devil and hit the rock bottom. I was an atheist at the time but I had an "event" and I'm definitely spiritual now.

So I read the Bible. And some other books, researched online. And when I told my wife I wanted to go to a local Bible study she objected strongly. It was like I had asked to join a cult. So I backed off and went back in to her frame. I was BP, the dead bedroom was back, among other things. The sins were back on my heels.

Then I found RP. I can see now how to start fixing things but I'm concerned with my wife. I just dont see her ever accepting my spirituality or the life I want to now build. What do I do with her?

I know the Bible tells me to pray for her but in all these years she never was genuinely interested in meeting my needs. How long is long enough?

We have kids and all I really want is to build a functional family with her. She is escaping her motherly duties with work and the kids are at the grandma's house all the time.

Anybody familiar with a RPC or similar forum for women?

3 upvotes | October 15, 2020 | by [paigerysaidit](#) | [Link](#) | [Reddit Link](#)

Title says it all, appreciate the help! I just haven't found one that fits the bill.

Dealing with Frustration about no Sex Before Marriage

3 upvotes | February 20, 2020 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Hello Brothers,

Title basically describes what I'm struggling with. I've only had to turn down a sex (or the clear implication of sex) twice, but I'm sure more times will come. I've tried to mostly avoid this topic during my self-improvement journey, because every time I put considerable thought into it, it turns into a big mental dilemma that takes up too much of my time. Part of my frustration is that there's a psychological aspect to this that I think affects my other behaviors. Not having sex facilitates the internalized belief that deep down I'm still not worthy of being desired. It's as if I'm masking my problem of feeling not desirable by women with the no sex rule (rather than following it out of merit), and using it to cover the root of the problem. Like how Robert Glover discusses in NMMNG, men who do not believe they are ok just the way they are (not worthy of love or desire just the way they are), will end up acting in a constantly pleasing and supplicating manner. And that subconsciously affects how I interact with women because sex isn't on the table. It seems like the most sensible way to overcome this is to sleep with someone.

It is also frustrating because I feel I am missing out on the learning opportunities necessary to become good at sex. It is encouraged for guys to "know what they're doing" in the bedroom, and the experience gap between me and other guys grows as I get older. I haven't even masturbated in several years now (not sure I'd even know how to anymore honestly), and I feel like my libido has decreased recently as a result of my body not needing to release any sperm for a long time.

I posted this to vent and get my thoughts out, but also wondering if other members here have experienced similar feelings, and what conclusions they came to. To be clear, I'm not looking for practical tips on overcoming sexual sin/temptation (I posted a question awhile back regarding that), but I'm looking for how to deal with the mental frustration that comes along with fear of missing out on sex, and how to deal with the psychological issues described above. Any responses appreciated, It's been difficult to deal with this issue because I don't really have anywhere else to discuss it except here.

Should you ever continue dating someone if their values and beliefs and character are ideal, but you aren't physically attracted to part of them?

3 upvotes | February 22, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Essentially, I she was a woman of faith and loved the Lord. On the vet-list that RedPillWonder did, she hit almost everything. Her body was hot, but I wasn't attracted to her face.

I tried to convince myself that looks fade, but character, values, and beliefs are more unchanging. But, I had to rationalize that I was attracted to her physically. I wasn't even looking forward to replying to her texts.

Has this happened to any of y'all? What did you do/what do you advise doing?

Thanks.

FR / Texting / Confused about girl that was interested in a date

3 upvotes | March 2, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Looking for feedback/critique on my texting here. It seemed to kill attraction after the in-person approach where I got her number. I did well on the approach in person (as you will be able to see from the initial texts), but I'm confused as to why things played out as they did.

We had a date scheduled for today, but, as you will see from the texts, I'm not sure it's going to happen.

I approached her with her friend at a table at a restaurant and it went really well from what I thought.

Here is the text thread:

Her: hey it's *name* (:

Me: Hey hey *her name*, it's *my name*. It was great meeting you!

Her: it was nice meeting you too! I was impressed that you had the guts to come talk to me lol

Me: I usually spontaneously combust under circumstances like that, so thanks ☐

Her: I would've never guessed that aha you're super charismatic

Me: I'm only charismatic on Tuesdays, so beware. However, I'm gonna be playing pool at Melrose Billiards tomorrow (Wednesday) or this coming Monday evening. Wanna join me?

Her: I'm down I love pool! I have class on Mondays and Wednesdays but this coming Monday evening I should be free

Me: Awesome, this coming Monday it is, at 7pm, at Melrose Billiards! - Know that I'm not going to go easy on you...

Her: sounds good ☐☐ I wouldn't want you to go easy on me anyways cause I love a good competition

Me: You're on! Loser buys drinks

Her: well about that...I would but I'm not exactly of age yet ☐ I'm 19

Me: Oh, that's fine, water is still a drink ☐ I'm 24

(Then no response... so I left it at that for 3/4 days until one day before the date)

...

(Yesterday 24 hours before the date):

Me: Looking forward to beating you at pool tomorrow ☐

... Then no response ...

I'm not thinking I'm gonna show up to the place for the date as she hasn't responded to my pre-date text.

I'm looking for critiques on where I could have gone wrong because honestly, I thought she was 100% down from what I perceived.

Also, how should I proceed with her in the future? - delete number and don't text her again? or - text again in a week for a hail-mary?

Mainly looking for where I went wrong, or if I didn't, some advice.

Thanks brothers.

is love between women and men real?

3 upvotes | March 11, 2020 | by [jwjdiwks62831](#) | [Link](#) | [Reddit Link](#)

I've been seeing comments about that women really don't love men and that they only look for him for what they can offer him, what do you think?

Seeking Godly Counsel 1/2

3 upvotes | January 22, 2020 | by [Continuous-Metanoia](#) | [Link](#) | [Reddit Link](#)

Mission: Still in the works. -- God recently revealed to me that I'm called to be a pastor in another country. -- still seeking his face on the ins and outs of this. He called me to be a pastor early in my walk, but now with the addition of learning a new language, my time will mostly be dedicated to the theological study/language aquisition in preparation for this move. In the waiting period(Midian years), I am devoted to evangelism within my community.

Stats: Age: 26, body fat: 17%, height: 6'2" weight: 190, lifts: 6 days a week. Bench-200 Squat-220 6 minute mile Not too out of shape, but just getting back into lifting

Reading: sidebar in PDF, Its good to be a Man podcast, one new book a week.

Finances: Upper Elementary Teacher. 50k, in debt 70k student loans. Having them paid off in next 5 years.

Spiritual: Saved on June 24th 2017, pray through the Psalms everyday, have quiet times everyday, read scripture everyday, share my faith once a week, memorize Scripture: 0, involved in youth ministries at church. Involved in men's bible study, writing sermons on my own.

First, I would just like to thank [u/Red-Curious](#), [u/osmiumZulu](#), [u/Deep Strength](#) [u/rocknrollchuck](#) for the dedication and care you have pumped into these subs. The light of Christ shines through every post I see from you guys. You truly have blessed me.

Although I've been lurking here for roughly a month, today was a pretty tough day, which is the reason for the post. I hope to find encouragment and advice for the following words.

Background:

2 and 1/2 months ago I asked out a fellow co-worker (27f). I approached, we talked about our faith then I asked to go grab some coffee. She obliged and the date went ok. There are a number of factors that contributed to the mediocrity of the date:

- I approached this girl and asked her out with the intention of marriage.(first seed of Onenitis)

- I approached the date as trying to impress her, so as to convince her to go on more dates with me.

- I approached the date as trying to be her friend, which created a semi-deadend sexual attraction for the rest of the relationship.

On the third date we both wanted to pursue something more and agreed to keep seeing each other(I came off extremely beta during this conversation).

Fast forward 10+ dates of myself planning everything, taking her out and paying for the majority of everything, I was starting to wonder if all this was the correct way of doing things. I remember standing in a bookstore and asking God to lead me to a book that could just give me some guidance. He directed me to the Rational Male.

I've noticed women don't really have any consequences for their actions. How come?

3 upvotes | January 16, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I'm curious as to why women sort of get ok treatment after their CC days even the "Christian" church girls.

I know I can't see everything going on in their lives but why does it seem like they get off the hook and still get blessed with great families amongst other things.

Also curious if they have a conscience or does it differ from mens?

Maybe I've been exposed to a toxic "Christian" community and need to get out.

David and Michal

3 upvotes | January 11, 2020 | by [Tpetplayr](#) | [Link](#) | [Reddit Link](#)

So, I was reading 2nd Samuel 6 about David dancing before the Lord, and Michal despising him, My question is; from a RP perspective, WHY did she despise him? Obviously he's the king, and the alpha, his response to her is DNGAF, so why was she upset? As near as I can tell, in v. 20 she talks about him being 'uncovered' - whatever that means in context - in front of the maidservants, and so I'm thinking that dread was in play here, and she didn't like that. Anyone got any thoughts to lend more insight on this, or a different perspective?

Empirical evidence to support RP in general?

3 upvotes | January 9, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

I'm in grad school for Marriage and family therapy and consider myself RP and want to help men and women flourish in relationships in truth. Do any of y'all have empirical studies that they have found that support the RP at all? People have claimed that there are studies that are empirically replicable and are reliable and valid.

Please post/link them below if you have them.

Am I a virgin?

3 upvotes | January 8, 2020 | by [SubhumanOxford](#) | [Link](#) | [Reddit Link](#)

Well, technically I'm still a virgin. But I'm not sure if I'm virgin in biblical sense.

I never had an intercourse in my life. With or without condoms, never. But I get blowjobs and oral every now and then, coz it's too difficult for me to ignore. So I engage in this.

My question is, does this count as adultery? What does Bible mean by becoming one flesh? Is it only intercourse or any sexual engagement? What does Paul mean by "flee sexual immorality"?

Update: I'm a guy!

Thoughts on Mark Ballenger (Apply God's Word Youtube)?

3 upvotes | March 28, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

Been watching a lot of his videos recently and wanted to know what you guys thought of him. A lot of what he says makes a lot of sense to me, but interested to know what others think.

https://www.youtube.com/channel/UCiXU_OkXTryxfx2-z4y6AOQ

ESV vs. NKJV??

3 upvotes | April 1, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

Hi,

I want to get a new bible that I'll be able to keep for a very long time and to study out of. Coming back to the age old debate of which one to get, I've looked online through many explanations of what the differences are but I still don't really understand. There are others apart from ESV and NKJV but these two seem to be the most common. Does one preach a different word to the other? Which one is more suited to the sub/which one do you guys own?

Thanks.

Approaching during social distancing?

3 upvotes | April 4, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Should one refrain from approaching and doing active game during this time and just do passive game for the time being? Or is active game okay?

If active game is still game (lol), how have y'all be going about it due to the circumstances?

Is second chance theology wrong about possible salvation for the dead?

3 upvotes | April 6, 2020 | by [Torn4_025](#) | [Link](#) | [Reddit Link](#)

The basic core idea around this is that a person who dies goes to Sheol/Hades not hell where they suffer according to what they had done. Then at some point they get one last chance to repent before the great judgement where lack of repentance does mean being thrown into the lake of fire/Hell. Link where I read this theology from: <http://www2.biglobe.ne.jp/~remnant/hades.htm>

Let me start off by saying right now I have no firm position for or against this. I did have a strong position against the idea a person who died in this life without Christ had any chance of avoiding the lake of fire. And even debated a Jehovah Witness on the subject of hell and how it's different from Sheol (the grave) because they insisted no human beings go to hell.

Before going on I must be transparent. Hell bother's me a whole lot. It's not a joke to me. I've had nightmares about going there. If you want to see me actually cry talk about souls going to hell and getting tormented for endless trillions of years. My judgement is no doubt clouded by a desire for mercy and hope that a new chance to make the right choice exist.

In Matthew 12:30-32 the bible speaks of not being forgiven in this age or the one to come if you commit this sin. What if the reason it's worded this way is because people normally do get a second chance to repent of their sins after the first death?

I also do feel kind of skeptical because this theology sounds too good to be true. It would make explaining the gospel much easier for me and take away the atheist talking point about how God sends billions of people to hell just because they never heard of Jesus. It's just in my own experience things worthwhile are hard and aren't merciful to failure. I'm not going to say more than that as it's not my intent to attack what other's believe and hopefully those wiser than I know if this theology is mistaken or not.

How to work on not DEERing?

3 upvotes | April 9, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Realized that this is one my growth areas as I wrote this weeks OYS. Any advice from y'all?

Thoughts on Elliott Hulse?

3 upvotes | April 13, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

So Elliott is active on youtube again and releasing a lot of new monologue style videos on various topics, mainly on men being real men. Was wondering what you guys thought? To me his views align with the Biblical/RPC message, and I wouldn't be surprised if he knows about RPC.

Link to videos: <https://www.youtube.com/user/elliottsaidwhat/videos>

Simon of Cyrene?

3 upvotes | April 17, 2020 | by [operationveritas](#) | [Link](#) | [Reddit Link](#)

So I came across Simon in the Gospel according to Luke, where he helps Jesus carry the cross. How come he only appears in Luke? Whereas John and others say that Jesus carried it all the way by himself? I've done some research but was hoping to get some further clarification and see your take on it.

Bad Habits

3 upvotes | May 8, 2020 | by [ChadDownUnder](#) | [Link](#) | [Reddit Link](#)

Stats: 23yo, 15-18 body fat %, squat 70kg, deadlift 90kg, developing upper body from gymnastics rings at home. On a mission making disciples, helping fiancé run a bible study and soon running my own bible study for young men.

Hi all.

My fiancé has developed a bad habit of picking her face. Whether it be a pimple or other skin abnormality. Now she is developing pits and some scarring that is beginning to show through her make up.

I have told her numerous times that I expect her to stop. She becomes angry when I do so she claims that she also wants to stop but doesn't know how.

What should I do here?

What is this church I'm going to?

3 upvotes | May 15, 2020 | by [captain_philipp](#) | [Link](#) | [Reddit Link](#)

So I'm very new to the faith, and the church that I go to is where I've been going to ever since I accepted Christ. The guy who evangelized me also belongs to this church. Recently, however, I've been looking deeper into christianity, and began to question how my church fits in. I would just like to know if you know of any sects or denominations that match what this church teaches and how it operates. Here's a summary :

1. Non-denominational, but seems quite protestant to me
2. against organized religion in general; most people differentiate between "religion", which is lots of man made rules and adherence to laws, from "faith". They don't believe true Christianity is religion, but rather is about faith
3. started by a korean elder brother around 20yrs ago, who over time made disciples and sends them out on missionary trips around the world
4. Red pill on most teachings, including male-female dynamics. Surprisingly more RP than your average "feel good" churchianity liberal group
5. Doesn't do the eucharist, except 3 times a year at the "conferences" where everyone from all over the world gathers and celebrates "the lord's supper"
6. lots of Bible studies; strong emphasis on "service" (e.g. evangelism, lesser extent but quite emphasized disciple-making) but not so much on "works" (ties in with point 2);
7. Very strong and passionate prayers
8. No veneration of saints; prays only to Jesus; not sure what their precise stance on the trinity is

I believe there's more, but these seem to be the main ones. Just wondering if any one has had any experiences of churches similar to this one. Thanks.

EDIT: here are a couple more of their beliefs:

1. believes that they are "the church"
2. Doesn't discuss church history ever, only what's in the bible
3. Seems to not like (what their understanding of) theology, philosophy, and science as they think these are all human efforts

Recommendations for solid Christian fiction for tween daughter (11)

3 upvotes | June 12, 2020 | by [emperorchiao](#) | [Link](#) | [Reddit Link](#)

Stats: 35, 5'10"-11", 160 lbs, around 15% BF, married 14 years, two daughters 4 & 11, lost a pregnancy at 12 wks and wife (38) refuses to get pregnant again. I travel for work or work weird schedules usually, but my new job is much more structured and the amount of time at home with the quarantine has helped me focus on actively growing the kids more instead of just doing the discipline when I get home.

Lots of background in my marriage that I'll finally have to unpack in an OYS on RPC soon. Generally my wife is much more lenient with the children and their media consumption than I am, but we do both agree on what's age-appropriate, at least.

Oldest daughter (11) loves reading, like me. Reads far ahead of her 5th-grade peers. She was homeschooled from 1st through 5th grade since I'm in the military and we move often, plus I want her to have a Godly education. She left all her friends when we moved to a new state in October and we found a church around late November. She went to public school from December to March when schools closed from the lockdown. This was not my first choice, but only to qualify for a Christian school voucher in the fall, which would save enough for the youngest (4) to do Christian preschool instead of public.

Anyway, my wife got her a Kindle Unlimited account so she could read lots of e-books whenever she wanted. I didn't really intently keep track of what she was reading; when I'd peek over she was always reading dumb kid jokes, trivia and kids' memes, or elementary school level chapter books. She also chats a lot with her classmates on Google Classroom or something, but nothing suspicious or any bad influence that I've seen. She is actively involved at church and works hard memorizing Scripture, and she invites her acquaintances to church and declines to engage in gossip and bullying, so she's somewhat resistant to peer pressure and tends to have good discernment of right and wrong.

A few days ago, my wife brought up that my daughter's taste in media is changing; we can see what books she checks out. She said our daughter enjoyed the first book in a series about a boy and girl growing up together, dating and eventually getting married and having kids. It's trending #1 in Teen/Youth Fiction, so I guess it was recommended to her. I also thought there was a content lock or something for Amazon and with the laws about kids under 13 and the internet tjere would be some filter in place. None that I could see, and I should have checked that first when my wife said she was signing up.

Anyway, I read the first page of the sample and it used inappropriate language (SOB, damn, WTH , etc, but no f-bombs. Still, it's a "no" from me, dawg). Table of Contents shows the story went from elementary school through senior year of college so of course it probably involved pre-marital sex and hookups and whatnot, as the language shows it wasn't a Christian book, though I didn't skim past the first paragraph since I knew I didn't want her reading that.

I had my wife delete the e-book and cancel the subscription, then talked to my daughter with my daughter present.

High points: -You're not in trouble. We're strengthening our relationship when we talk, remember? - It's good you love to read, but be careful of what you feed your spirit. -I understand you're growing

up and want to explore new types of literature, but there are books aimed at more age-appropriate themes. -We're created to glorify God and form and fill the earth. As Christians we need to evangelize and make disciples to bear fruit across the world, like Johnny Appleseeds of the Gospel. -The girl in this story is not a good role model (gossiping, obsessing over boys, etc.). While we are single is the best time to serve God without worldly hindrances, so use our youth wisely. -Let me find some wholesome books for you that nurture your spirit and reflect the concepts you learn from your Bible reading. -You read your Kindle first thing in the morning, not your Bible. Where you prioritize your time shows what's most important to you. (Had to ask my wife privately if she was reading Scripture also, as I hadn't seen any plan completions or highlights from my wife in the Bible App lately. I need to be more active leading the family in spiritual meals)

So, I know there's a glut of "Christian" novels out there, but I obviously can't check them all. My mom and sisters used to read those Jeanette Oake books and Amish romances and stuff, but I don't know if those are really wholesome as far as biblical gender roles or just Christian granny porn.

Any recommendations that stand out? All she said is she likes "realistic fiction". (I've also ordered the Five Aspects study for our family, and the preteen girl one, The Jeweled Fountain.)

Thank you

Is this normal?

3 upvotes | June 19, 2020 | by [Fantasiadreamcicle](#) | [Link](#) | [Reddit Link](#)

Is this normal?

4 points • [14 comments](#) • submitted 3 months ago by [bethwin](#) to [r/Christianmarriage](#)

My husband and I have been married for a little over a year now. We are both 23 years old. My husband is extremely extroverted and has a lot of single male friends. I, on the other hand, am more introverted and have many friends who are married and/or have babies.

He constantly hangs out with these friends and for a while was having them spend the night at our house multiple times a week. It turned into a huge argument between us because I didn't feel comfortable with single men spending the night at our house (he would often stay up really late at night with them, play video games, and would end up sleeping most of the next day since he stayed up so late. We would be lucky to have an actual night together.). Granted, many of these men are believers as well, but I just didn't feel comfortable having them spend the night - mostly due to the time they took away from seeing my husband. We reached a compromise of one night a month someone could spend the night. My question is: Is this normal in marriage? Do I blame this on him being extroverted and me being introverted, or is this sign of a deeper issue?

I don't know how to articulate to him that this is just something weird to do in marriage. That reasoning doesn't connect with him and so I'm just curious as to whether or not this is normal for married couples.

Beta Movie Heroes

3 upvotes | July 11, 2020 | by [DaLaohu](#) | [Link](#) | [Reddit Link](#)

I was reading Rollo's Preventative Medicine where I came across him saying that no Beta Males appear as heroes in the movies. I think he means "hero" as an adventure or action hero, rather than "protagonist." And I think he's wrong. I can't think of too many ideas off the top of my head, but one glaring example would be Frodo Baggins, right? Wouldn't we call Frodo "beta"?

Ideas for an atypical dating profile

3 upvotes | July 5, 2020 | by [MyWebId](#) | [Link](#) | [Reddit Link](#)

I'm a 32-year-old man. When most people create their online dating profiles, they write all about what kind of person they want (often with a long checklist of must-haves) and what they want to get out of the relationship. They rarely tell you what they bring to the table in return (other than things like accomplishments and fancy diplomas) or what they intend to GIVE to the other person in the relationship.

I want to do the exact opposite of that, and I'm looking for as many ideas as possible about things I could include. Things that are concrete, specific, and measurable, rather than nebulous feel-good stuff like "kindness" or "confidently stepping up and taking control of the situation." (These aren't things I'm going to just write about...I won't include any of them in my profile unless I genuinely intend to do them. I don't believe in making empty promises in order to manipulate someone into doing what I want.) I trust the red pill community to come up with good answers much more than I trust the blue pill crowd. I'm particularly interested in answers from women along the lines of "I love it when a guy does XYZ in a relationship or while I'm getting to know him," but all input is greatly appreciated.

Interpretation of Numbers 5:11-31

3 upvotes | July 31, 2020 | by [Glory-to-Arstotzka](#) | [Link](#) | [Reddit Link](#)

(FULL PASSAGE AT THE END)

I've been reading through the OT and this passage stood out to me in light of my discovery of RPC. I'm curious why there's such a specific set of commands regarding a wife's (supposed or actual) infidelity. At this point, the 10 Commandments had been given one or two generations prior to these laws, so one would think that if there's a ritual to discover the infidelity of a wife, there would be one for a husband as well. But there isn't.

My inclination is that this is both symbolic and a result of cultural practices. Cultural practices are easy to explain: men had multiple wives and concubines. But infidelity would still be very much possible, especially in the case of a man sleeping with a woman who's committed to another man. Symbolically, it reminds me of the pointed symbolism in the relationship between Hosea and Gomer. But I'm curious what you guys think?

Numbers 5:11-31 (NLT):

11 And the Lord said to Moses, 12 “Give the following instructions to the people of Israel.

“Suppose a man’s wife goes astray, and she is unfaithful to her husband 13 and has sex with another man, but neither her husband nor anyone else knows about it. She has defiled herself, even though there was no witness and she was not caught in the act. 14 If her husband becomes jealous and is suspicious of his wife and needs to know whether or not she has defiled herself, 15 the husband must bring his wife to the priest. He must also bring an offering of two quarts of barley flour to be presented on her behalf. Do not mix it with olive oil or frankincense, for it is a jealousy offering—an offering to prove whether or not she is guilty.

16 “The priest will then present her to stand trial before the Lord. 17 He must take some holy water in a clay jar and pour into it dust he has taken from the Tabernacle floor. 18 When the priest has presented the woman before the Lord, he must unbind her hair and place in her hands the offering of proof—the jealousy offering to determine whether her husband’s suspicions are justified. The priest will stand before her, holding the jar of bitter water that brings a curse to those who are guilty. 19 The priest will then put the woman under oath and say to her, ‘If no other man has had sex with you, and you have not gone astray and defiled yourself while under your husband’s authority, may you be immune from the effects of this bitter water that brings on the curse. 20 But if you have gone astray by being unfaithful to your husband, and have defiled yourself by having sex with another man—’

21 “At this point the priest must put the woman under oath by saying, ‘May the people know that the Lord’s curse is upon you when he makes you infertile, causing your womb to shrivel and your abdomen to swell. 22 Now may this water that brings the curse enter your body and cause your abdomen to swell and your womb to shrivel.’ And the woman will be required to say, ‘Yes, let it be so.’ 23 And the priest will write these curses on a piece of leather and wash them off into the bitter water. 24 He will make the woman drink the bitter water that brings on the curse. When the water enters her body, it will cause bitter suffering if she is guilty.

25 “The priest will take the jealousy offering from the woman’s hand, lift it up before the Lord, and carry it to the altar. 26 He will take a handful of the flour as a token portion and burn it on the altar, and he will require the woman to drink the water. 27 If she has defiled herself by being unfaithful to

her husband, the water that brings on the curse will cause bitter suffering. Her abdomen will swell and her womb will shrink, and her name will become a curse among her people. 28 But if she has not defiled herself and is pure, then she will be unharmed and will still be able to have children.

29 “This is the ritual law for dealing with suspicion. If a woman goes astray and defiles herself while under her husband’s authority, 30 or if a man becomes jealous and is suspicious that his wife has been unfaithful, the husband must present his wife before the Lord, and the priest will apply this entire ritual law to her. 31 The husband will be innocent of any guilt in this matter, but his wife will be held accountable for her sin.”

Adultery

3 upvotes | January 11, 2021 | by [gsrtjrynathfs](#) | [Link](#) | [Reddit Link](#)

I got involved with a married girl about 4 months ago. I was close friends with this couple and ended up alone in a situation where fondling each other was involved. Our clothes stayed on, but obviously this was too far.

I felt God's conviction over this and and confessed and repented to the husband as well as my pastor. God severely punished me with a deep internal pain that comes and goes, but mostly has stayed inside me for the past 4 months. The pain is very similar to how David describes his pain in Psalm 38:1-10. It's a pain that's taken away my energy and motivation. I've made it to the gym a couple of times since and I physically can't workout. I don't have any focus or motivation for any of my typical activities beyond the bare minimum. I can't eat as much as I used to. I only feel this pain in my belly that only goes away after much prayer and fasting, but only after **much** prayer and fasting and relief is temporary. I feel physically, mentally, emotionally, and spiritually **destroyed**. I have sought counsel and prayer from pastors, and I am putting boundaries in my life to prevent this from happening again.

For some context, before I made the string of foolish decisions that led to this sin, I was a dedicated Christian who was really trying to better follow God with my life. I've struggled with lust my whole life and have put in place accountability software on my devices to stay off of porn. The areas I've failed and allowed lust to have the best of me was in texting and being alone with this woman, especially when she's made advances at me. I know I have **severely** screwed up here and am working on restoring my walk with Christ and salvage is left of my Christian life.

My questions for you guys are:

Have any of you fallen into adultery and experienced the pain I described above (2nd paragraph)?

How do I get through this (the pain and experience in general) and return to a fruitful Christian life?

Any encouragement would be appreciated.

Christian roommate refuses to be alone with a girl, pressures me to chaperone

3 upvotes | November 14, 2020 | by [blamethewalrus](#) | [Link](#) | [Reddit Link](#)

Hey guys, looking for some advice on handling a situation with my Christian roommate. He's a solid guy with a solid faith who was born again last year. We don't see eye to eye theologically on some things (eschatology) but otherwise it's good.

He feels a lot of shame about his sexual past, and he wants to avoid falling into that sin again, which I applaud him for. We've been reading through Proverbs, and it's been good, but I am worried he takes things too far the opposite direction.

He's been watching a lot of Paul Washer recently, and he now believes it is immoral for a man and woman to be in a room alone together when they're not married, because dating is not biblical. I am ambivalent about this. On the one hand, I can understand the importance of removing possibilities for sin (running away from the woman whose way leads to death, etc.). On the other hand, I think he gives women way too much power in his personal life, and he needs to learn self control.

He avoids talking to women at our church because he doesn't think it's right. He does not drive into the neighboring city because the girls there "dress like whores". The only thing he likes to talk about is how he wants a wife to cook and clean and have sex with him. Again I like the principles here, but I find it too extreme.

There's a Christian girl he's met online who lives about 12-14 hours away by car. She's planning to come visit in a few weeks and stay here at the apartment (he will sleep on the couch). He is taking a week off of work for her.

The problem is that he refuses to be alone with her and insists that I am here 24/7 with them. ***This means that I would need to take a week off as well just to chaperone them in the apartment.*** I know it is important to help serve a brother to help keep him from stumbling, but I still think this is a bit much.

What do I say? I really don't want to take a week vacation just to babysit, but I also don't want to be complicit in him falling into sin with her.

I have tried suggesting he (1) have her stay in a motel or something nearby instead, but he thought that would be a waste of money when she could stay here. I also recommended he (2) pray to God for strength to resist temptation and to help him build self-control. He laughed and said that's exactly what Paul Washer warns about. You can't pray to God about sexual temptation, because he won't help you. I found this concerning, but he never questions the preachers he listens to on YouTube, so I couldn't argue with him.

Extra background stuff on him:

- I have tried sharing RPC content with him before (including *Biblical Masculinity*) but he didn't find it interesting.
- He has a construction job, a car, and this apartment we share. He has enough to support a family it seems like.
- He likes work a lot but has nothing else outside of it. He comes home at 3 and switches between Call of Duty and watching sermons on YouTube until 11 PM then goes to bed. He

spends weekends complaining to me how bored he is and how he wished he had a wife. He has structured his entire life around hoping for marriage and believing it will free him from sexual desire.

- We go to the same church, but he stands by himself in the corner and reads the Bible before and after most of the time. The only people he talks to are the senior pastor who he pulls aside after the service every Sunday to confess his sexual thoughts and sins.

TL;DR Christian roommate who escaped sexual sin in the past wants me to take a week off so I can chaperon him and a girl who will be staying in our apartment for a week.

LJBF Continued

3 upvotes | January 25, 2021 | by [LilSweetBoi](#) | [Link](#) | [Reddit Link](#)

So this girl I had a huge ONEitis for in the latter parts of my blue pill days, just texted me asking how I am doing and all that jazz. Looking at it from my Red Pill lens, I was her orbiter for quite a while and eventually told her how I felt and got the LJBF rejection. I was fine with it at the time but later on after reading more and more RP content, I realized I may have not responded in the best way by simply “accepting” her rejection. Part of me wants to completely deny her and not text her back at all, or wants to display my new found RP lens by just telling her that men and women cannot be just “friends” when I had strong romantic feelings for her a while. Also, what could be some reasons that she is texting me? Could she simply be curious with how I am? Is there a hidden reason that could be explained by RP truths to why she is texting me out of the blue?

Basic Game

3 upvotes | March 2, 2021 | by [LilSweetBoi](#) | [Link](#) | [Reddit Link](#)

I see a lot of post on many awesome things from RPC. But is there any good resources for game on a basic level on this sub? Does anyone have any good resources? Many posts say that we need a mission, a high level of fitness, a strong faith, and at least an intermediate level of game. How would I get to know some of the more elementary parts of game?

Fasting Question

3 upvotes | February 27, 2021 | by [coachdad8](#) | [Link](#) | [Reddit Link](#)

Stats: Married, 40 yrs old, 6'2" 185lbs, 8% bf, crossfit/lifting 3x week. Christian 35 years, read sidebar multiple times. Assurance of salvation: 10/10.

The last time I fasted and prayed was highschool where I didn't eat lunch for a day at school and instead read the Bible. I rarely go more than a couple hours without food due to my metabolic rate. How does fasting work with a busy schedule since I have a packed day with little time to reflect, read or focus?

For those who work an active job and raise kids, how do you fast?

I want to choose a day where I can get away and focus on spiritual things instead of a mid-week day where I am distracted all day. Or are there advantages to choosing a typical day so that I learn to remain focused *despite* all the distractions?

Also, is fasting for a specific purpose or for general guidance?

These fasting outlines were helpful but didn't answer my questions:

Fasting Guidance [Outline #1](#)

Fasting Guidance [Outline #2](#)

How young should you realistically consider?

3 upvotes | February 26, 2021 | by [_ARPC](#) | [Link](#) | [Reddit Link](#)

Recently, my pastor made an off-hand comment about 20 being the age of adulthood in the Bible, due to Numbers 1:3, and said that's the approximate age at which young men and women become marriageable.

That's far younger than the average age of marriage today, and that's a good thing. Our culture encourages sleeping until it's time to "settle down" right as women hit The Wall, at which point, men are shamed for dating younger women. In reality, dating women younger than yourself is wise for many reasons, especially if you want many children.

That said, there are clearly limits. Even in RP circles, most would agree that a 40-year old dating an 18-year old is creepy. Heck, I would feel uncomfortable dating an 18-20 year old. I would *especially* feel uncomfortable if a woman's father thought this were too young.

TL;DR: How much younger than yourself should you realistically consider dating?

Stats: 26 years old, 5'9, weight 140 lbs, squat 165, deadlift 155. Lifelong Christian, regular church attendance. Steady engineering job. Read all sidebar material as of 1 year ago. Have Read TRM (book+blog), RooshV, Dalrock, It's Good to Be a Man, and most other classic RP content. I understand that the real world involves a great deal of nuance and wisdom.

What should the Christian Man look like?

3 upvotes | May 12, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

And why is the general consensus here seem to be that we all need to "lift heavy"? Can someone Define what lifting heavy means to the Christian? Is it equal to the world's standards of heavy lifting? When you say stats what are you asking for exactly one rep Maxes or my body composition or both? This doesn't make a lot of sense to me because women don't care about a mans stats. They only care about what he looks like on the outside not what his body can do on the inside. They don't see my shoulder or knee injuries. They just see round delts and big biceps and someone who runs everyday so they will make assumptions that I am healthy when in reality my body is RACKED with pain but I still live.

6'0 225lbs very high bodyfat. Rehabilitating injuries right now. Lots of muscle imbalances I am trying to correct.

When you say lifting heavy you mean like Ronnie Coleman right? As in he lifts like a powerlifter but eats like a very wise bodybuilder? Or do you mean lifting heavy like Oleksii Novikov, not caring about how attractive you are but only looking to put up the greatest number amounts?

Or are we trying to look more like Aziz Shavershian, caring nothing about lifting heavy or being strong but soley about looking like a muscle statue composed of sexual opportunity for women to admire?

What should the goal be for us here? Rounded delts? Record breaking one rep maxes? Should we aim our sights lower for not-so impressive one rep maxes? Trying to be the absolute best in the area of lifting feels like it isn't compatible with my ideas of Christianity so I'm trying to get an understanding of your beliefs and goals. The way I look at it, I can lose 35 lbs and I would just look like Azizz Shavershian at best, but is that really the end goal or do we constantly reach for "more"? Not being satisfied?

does this "really" give off a red flag for men?

3 upvotes | May 10, 2021 | by [NoFaithInThisSub](#) | [Link](#) | [Reddit Link](#)

I was reading in another RP ladies sub about her man not wanting marriage due to govt. influence, and basically all the chooks croacked "red flag". Got me thinking the way things are for us men in Westernville, is that really giving off a red flag for us? being committed without being committed? Here in Australia we have defacto laws that make you a couple if you have lived together for 6months, and prenups mean basically nothing (afaik a court can just make a prenup not valid, so almost pointless to have one).

Someone mentioned to me get spiritually married but not legally married (i actually do not know exactly how this pans out in God's eyes).

What do you men think, is this giving off a red flag?

Need advice on Mission, Discipling and faith, Life

3 upvotes | May 28, 2021 | by [DanTactical](#) | [Link](#) | [Reddit Link](#)

Mission: Have a career in molecular biology/Biomedicine and create a Biomed company researching cures/therapies for illnesses. Discipling (not sure how to do that yet)

Stats: 18M, 181cm tall, 71kg. Gym 6x/week: 85kg deadlift, 75kg squat, 160 Bench

- Reading: Read TRP- and RPC sidebars as well as reading Rollo Tomassi, studying.
- Finances: Student (just graduated), looking for a job, Have some money invested, planning to sell programs I've coded
- Spiritual: Daily prayer, Listen to Christian podcast, Read the word every day, Weekly mass (online)

Hello, my name is Daniel and I'm looking for some advice on how to proceed/move forward now that I have graduated high school. I think it's best to start by saying that I have lived most of my life following a routine, like for example, I've been studying for around 8-10 hours or so every day for the past 6 to 8 months since I had final exams in high school as well as university entrance exams. I did my last entrance exam yesterday and now I'm just done with nothing to do. I'm going to look for a job to occupy that time but for now, most of my days are free.

What do I do know? All my hobbies (Voluntary Firefighting, Boxing) except for going to the gym, which I've been able to do for a month now, are on hold due to the pandemic. I've been pretty anxious about high school being over and being expected to be an adult. I don't even know what that means, let alone what I'm supposed to do now. I have also been thinking about my mission and I feel a calling towards curing disease and finding new treatment methods for them but I don't know how to connect that to my faith.

I want to do something to move God's kingdom forward but I'm not sure how to do that as an 18-year-old. I have been praying about this but thought that I should also write on here and see if you guys have any advice on the subject.

Dating is another can of worms on it's own but I'll get into that some other day. For now, I have about six months or so of just sitting on my hands until my military service, which starts in January. I know this post is kind of everywhere but what I'm trying to ask is, how do I apply my faith into my mission, what should a mission look like and what can I do about it at such a young age.

Thank you for taking your time to read this.

Feel like it's impossible to meet christian women I am attracted to

3 upvotes | September 5, 2021 | by [Historical-Agency334](#) | [Link](#) | [Reddit Link](#)

It seems hopeless. The best I can do is find a woman who is Christian, serious about her faith, but I don't have any attraction to. Is that better than being single? I want to have a family.

Social Charisma and Question asking

3 upvotes | November 2, 2019 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

So, essentially, getting the other person to talk and asking open ended questions (alongside not sharing your opinion) is a strong way to hold frame in social interactions.

What are some of your favorite questions to ask others in that curiosity is a way to maintain “being mysterious” if you don’t share your opinion (unless asked for it... which makes them buy into the conversation more after they have talked for a while... like a tennis match)?

Obviously there is more to frame than asking questions, but being curious and leaving silence in the conversation is also a way to balance and maintain frame too.

Question comes from reading this thread:

https://amp.reddit.com/r/asktrp/comments/cokxx3/when_i_am_mysterious_i_dont_talk_much_and_b_e/

TL;DR: Favorite questions that you like to ask others in social interactions/potential girlfriend/wife prospects?

If you truly believe that after death you'll spend eternity in heaven, then why obsess over temporary self-improvements during our time here on earth?

3 upvotes | November 23, 2021 | by [No_Peace7060](#) | [Link](#) | [Reddit Link](#)

Disclaimer: If you are young and single, then having a more muscular body will definitely improve your SMV (sexual market value) but I'm already married and I have a very low chance of divorce or death-of-spouse. This thread only applies to married men in their 30's 40's and 50's!

I have a below-average life (in terms of "success") but I'm very happy and I read the bible 30 minutes per day and have recently began uploading my bible-reading to youtube. I feel like the worst mistake a Christian can make is over-estimating their chances of entering heaven when they die -- why am I the only Christian who realizes that **it is God who makes the determination** of whether we accept Jesus into our hearts?

I feel much more at peace since my 2 uploads to youtube of bible-reading because I feel like the extra effort will not go unnoticed by God and I also feel like it's extremely silly to spend hours every week at the gym when all that muscle will disappear forever in heaven (or hell).

<https://www.youtube.com/watch?v=Wezz2nroTpA>

That is my first upload of reading the bible and one of my life goals is to read the ENTIRE bible and have it uploaded to youtube as playlist because that will distinguish me from other Christians who are also trying to convince God that they have accepted the gift of salvation and that Jesus died for our sins and paid the ultimate price for our character flaws. Only Jesus walked the earth and was perfect.

Let's assume heaven is real and everyone who reads this thread will enter heaven.

1. Looking back 100,000 years from now -- will everyone agree with me on my reddit thread today that the hours wasted at the gym to make our earthly body look more muscular is **extremely short sighted** when you take into account how long "forever" is?
2. Reading the bible is painfully difficult especially when you force yourself to do it when you're not in the mood -- just like going to the gym after being lazy for 6 months or even a year. Obviously reading the bible is important but **how much more important** is reading the bible than going to the gym?
3. Once we're dead and gone -- all that's left is what we leave behind.

I'm in my mid-to-late 30's and feel like since I'm already married, I have less incentive to have a "Chad-like physique" and the most important 2 things I should care about is saving for retirement (lean-fire) and ensuring that my name is written in the lamb's book of life! I only began reading the bible daily 2 months ago and only started forcing myself to record the bible-readings a few days ago. Already, I feel like my life is more meaningful and I feel like a better Christian! It's only been a few weeks of bible-reading and I've only read Matthew, Proverbs, and Romans. (I read each book multiple times then I watch the youtube summary like [this one](#))

Lastly, I will pray for this community:

Dear God,

Please watch over the members of the RPC community and subreddit. Please speak to their hearts and watch over everyone and keep their lives in accordance with your will.

In Jesus name we pray,

Amen!



Help with Sexually Recurring Dreams

3 upvotes | February 8, 2022 | by [Rondaloid](#) | [Link](#) | [Reddit Link](#)

Hi.

My past is filled with sexually pleasuring myself. Part of that invitation of sin lead me to get involved with crossdressing. I dressed up in female clothes, dresses, lingerie, etc, wore wigs and jewelry, as well as did many other things that are wrong, that I believe and know to be wrong.

Fast forward, I now have a girlfriend, whom I know I want to marry and I know wants to marry me too. I am trying to devote my love and energy toward her and have any sexual thoughts be redirected toward her if not eliminated (the goal), however I have had numerous very disturbing dreams since I've been dating this wonderful woman.

In my dreams, I will be in some odd location, often times conglomerations of locations I know such as my mothers house, an area around it, etc. When I have these dreams, it always feels like I am rushing myself, cognitively thinking within my narrow dream consciousness (of which I feel I have little control over, its more my subconscious mind just playing out). I am rushing to "escape" whatever room I'm in and go off to a secretive location, where I am consciously knowing that I don't want people to be with me when I do, but then I will get to a different "remote" area of my dream location, open something up and be met with my past. I believe the dreams are always secretive and escape oriented because I had to be extremely secretive and escape oriented in real life. No one knows but me, and that's how it's going to stay. I can't tell my girlfriend this and I wasn't planning on it because of me pledging to do right from her onward and try and follow God more intensely. I know that this is probably what creates a lot of the mental tension in my mind and thus may be floating around my subconscious, and is translated into dreams.

In one dream, I ran upstairs in my Grandparents old house, went in a room, opened the CLOSET, and I'm pretty sure a big pile of crossdressing/female type clothes fell down, as well as a wig. I remember scrambling to pick it up and hide it, but also wanting to "utilize" it. I am heavily predisposed to doing sin or ruminating on sinful thoughts in my dream because of my past I believe.

In another dream that I had today, I did the same thing of trying to escape, but when I got to the room my body I guess wanted to release in this dream, so I did just uncontrollably. I am standing there in the dream with a dripping you know what feeling ashamed, an out of the corner of my eye I see my girlfriend standing there in her red robe she always wears. Just watching me. I cried and apologized to her in the dream.

Many/most of these dreams end up with me ejaculating in my sleep, whether its due to me entertaining the sexual sin or the general sexual nature of my dreams, or whether it was already going to be sexual because of me abstaining from masturbating and my body every once in a while needing to do that in its sleep, I do not know. The dreams are not very often, but they happen when I am abstinent and doing what I SHOULD be doing in real life. They come whenever I feel highly motivated to pursue righteousness and my girlfriend. They knock me down at the worst times, and it feels like its just the devil implanting all these worries and thoughts. I don't know WHAT or HOW to make of these dreams, so I stay within my mind worrying about the meaning and it likely exacerbates it further.

These dreams make me feel like I will never be able to escape my past or that it will have

implications for my future. I am not gay, I don't like men, but I went down a path that caused me to sexually enjoy certain forms of stimulation, though not with a person. I have had another dream in which someone came up behind me and started raping me, to which I "felt good", and ejaculated both in the dream and in real life.

I don't know what to actively do other than pray and keep doing what I should be. I know it should reduce. But these make me feel like I am not the right person for my girlfriend. I don't want to be this way. I have suspected from the very first dream like this that it represents my thoughts and the conflict between them and my life and relationships. I have told her when it happens but I just say it was sexual and bad and she knows I am upset when it happens. And then the actual loss of seed makes it feel like "progress" is reset. I just need some outside opinions because I decided not to share this with others. I wanted to move past it and look forward, but I wake up often somber about the past.

Have i become the gay friend?

3 upvotes | February 14, 2022 | by [Slight-Conflict-5554](#) | [Link](#) | [Reddit Link](#)

I'm a junior in college. I stumbled upon TRP/RPC a couple of years ago, and I've tried to internalize what I've learned here. I've recently been hanging out with a couple girls. One previously asked me out and I friendzoned her. The other friendzoned me before I had the chance to ask her out. At this point I would never ask her out anyway. So I've been hanging out with these girls. They've taken me to bars and had long conversations with me. I've tried to steer away from the topic of boys. There's no way I'm going to be the person they vent to about their relationship problems. But it's very clear that we're only friends and will only ever be friends. I met another girl this past week. We had good flirtatious banter over text, she suggested we meet in person and so I scheduled a hang out. We ended up bantering for three hours. I got home, looked at her instagram for the first time and found out that she's taken. I think I have plausible deniability, but I don't want to be known as the unofficial gay friend. And if this is my fault I want to know what I need to change.

Stats:

Physical: 20yo, 5'9, 155lbs, 200lbs bench max, 200lbs squat max, hit the gym 6x/week.

Reading: Sidebar, Bible, Buddhist sukras (taken at face value, I'm not Buddhist lol)

Spiritual: I pray a few minutes a day, sometimes read a chapter of the Bible. Ain't much but it's honest work.

Mission: Use technology to make education more accessible to underprivileged youth, if a girl can help me achieve this goal she can come along for the ride.

How do you appropriately discipline a family member's child?

3 upvotes | March 4, 2022 | by [Bruh-Nanaz](#) | [Link](#) | [Reddit Link](#)

I was attending a party with some family recently whereat my step-sister's 2yo son started going through some presents meant for my brother. He had unwrapped a gift meant for himself, but quickly got bored with it seeing that there were other wrapped presents, which in his tiny mind could only have been for *him* and were simply being denied his possession for the sake of his personal torture.

I reluctantly stepped in to prevent the issue and to save face as I was nearest to the child during this ordeal. My sister was outside somewhat unawares of the problem.

My personal method of dealing with the child's tantrum was to cutely mock his crying with my own "weh weh" while continuing to repeat "these aren't for you little man, let's put them back" and "no, sorry little guy let's play with your toy."

I was met with scolding by my uncle who was present (I'm 35, btw, so I felt this was a bit inappropriate on his part) and I laughed it off saying "he thinks all these presents are for him".

Honestly I felt humiliated, and a bit disgusted by the fact that this child's behavior was not immediately cut off and corrected.

I'm open to discussion here in this situation. Was I in the wrong? If there was a better way to deal with the problem I'm happy to hear it. What could I have done instead? Frankly I would have treated my own child this way, so I felt justified. But this was a nephew.

How to appropriately help out a dude with his appearance?

3 upvotes | March 19, 2022 | by [Billy_King](#) | [Link](#) | [Reddit Link](#)

I am discipling a younger guy. In short, he needs some help with appearance and I want to help him out.

- haircut (pretty ugly. I'm prob just gonna take him with me next time I need a fade)
- fashion (doesn't really have much of a fashion sense)
- skincare (has some facial acne, I am not sure if he follows a skincare routine or not in the past)
- lifting (he lifts once a week. I would say I want to help with a better haircut and fashion first)

How do you usually go about helping guys with this? I do not want to insult him but I am not sure how to say this gently lol "yo dude, your haircut and fashion sense suck. Let me help you out."

Add context: He does have a girlfriend so I am not sure how motivated he would be lol

If the United states has a civil war what authority should be obeyed?

3 upvotes | November 1, 2022 | by [canofdeath007](#) | [Link](#) | [Reddit Link](#)

From reading world history war between nations and civil war inside nations is clearly a messy business. Right now the war in Ukraine is the easiest to point toward for a situation where authority could be questioned. Since if you are a citizen of Ukraine, but your town gets taken over by Russia and your nation orders you to fight them even though you are under occupation.

It brings the question of what authority should the Christian obey. As at what point does the new authority become the legit one the Christian should obey? In this case would you be sinning by following the orders of the nation you are a citizen of, by rebelling against the new authority that has occupied your area?

That might sound like a simple question until I get to why I am asking this civil war question. I do not think if the United States has a civil war it will be clear who the legitimate government is.

Because of Qanon. I am not joking about this. There are Trump supporters that actually think the military is about to suddenly jail democrats and non-supporting republicans. And there are DEMOCRATS yes democrats who fear that Qanon is so deeply embedded within "MEGA republicans" that the military will actually do what Qanon promised to put Trump back into power. I actually hear more from democrats now about how Trump literally tried a military coup and is somehow plotting to do another military coup again by using Qanon signals at rally's.

So lets say it's 2024. Trump is arrested and in jail waiting for trial while running for election. China invades Taiwan and because of high tensions they sink a US warship nearby. Joe Biden does very little when Military generals are practically screaming at him so they decide to arrest him and a bunch of democrats in congress for treason. Put them in military tribunals and then hang them on live TV for acting as agents for mainland China. And then declare Trump the winner of the 2024 election to make him head of state.

Other parts of the military rebel against the coup along with democratic states breaking off from a federal government now ruled by Trump. That as the democrats fear becomes a dictator obsessed with punishing whoever is not politically on his side.

So the Democrats have a parallel government they claim is also the United States federal government and claim that Trump along with the military has a fake government or whatever to delegitimize their position.

The actual question is that enough chaos happens where no one knows who the legit government authority is. And that two or more government body's claim authority where you live where at any moment actual control over your home might flop between two different opposing authority's. So who is the Christian supposed to obey?

Spiraling, a cry for help

3 upvotes | March 10, 2023 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

I'm writing here because RPC is the one place on the internet I've found people who are Christians but tell it like it is. Y'all have helped me in the past. This past year I've mostly stayed away from Reddit and the RP space, as I thought I learned enough and was getting diminishing returns, but maybe I need to return.

I've been insecure to the point of avoiding my own roommates. I spent the past half hour sitting on my bathroom floor wondering how it all came to this. Insecure in three areas mainly (from least to greatest): my career, my faith, and my appearance.

Career:

I went to a very good college, but much of my time there was spent overwhelmed and barely getting by. I graduated and took what I consider a modest job (70k as a QA analyst), the first place that offered me anything. I've been trying to career pivot by doing stuff on the side but I can't accomplish anything. Every time I try to start something I burn out and become depressed before I can create anything substantive. I've lost faith in my own intelligence and my ability to get things done. Worst of all, no matter how many resolutions I make I keep coming back to social media and fapping to cope.

Faith:

I've been struggling with my faith for the past six years, and I feel like I've only drifted. I simply don't know if I believe anymore because of what I've read and learned, though I'm still emotionally very much attached. In some ways I've become apathetic. My roommate finally convinced me to spend some time looking through evidence of Christianity. In other ways I'm desperate. I continue praying every day, but I literally have no words left. I feel like there's nothing I can say that will somehow move God from his position of apathy in the face of my desperation. It's so, so draining. I rarely cry, but the last couple times I have has been because I feel like God has abandoned me.

Appearance:

I mention this one last because it's the worst. I've hated how I look for the past 10 years of my life. Insecurities have varied, but they mainly center around my severe overbite and receded jaw. I tried to convince myself I had body dysphoria and it wasn't as bad as I thought it was, but after seeing pictures of myself the past few months I realize that I am objectively, genetically, significantly flawed. Will girls ever like me? Sure. But I can't get over how abnormal I look. I've even come to the point of considering orthognathic surgery. Is this a sin? Is it a slap in the face to people who can't afford it? Is it a good example for my brothers? I wonder if I should talk to my dad, but I'm so so ashamed of this.

I'm desperate and lost.

About me: 23yo, male, 5 ft 10, bench 220lbs, weigh 170lbs. Reading through apologetic material, spiritually I try to pray every day, mission right now is to survive.

Is it a sin for a unmarried couple to live together, if they don't have sex.

2 upvotes | August 15, 2020 | by [IDontHavePotions](#) | [Link](#) | [Reddit Link](#)

Hey guys, I have been wondering if it is a sin for an unmarried couple to live together, if they make a commitment to God that they will not have sex.

Here are some points I thought about:

1. If the unmarried couple are leaders in the church they should step down bc they are representing Christ. Also people might become distracted by them living together and on focused on God
2. It is opening a door for satan to temp you into sexual sin.

If you decide to put your input. Please leave a bible verse as a reference. Thank you.

Is it better to struggle with lust, or be stuck in a loveless, struggling marriage?

2 upvotes | September 27, 2020 | by [challenge0707](#) | [Link](#) | [Reddit Link](#)

It is so sad when so many people end up in the latter.

Weekly Date Nights & Bedtime

2 upvotes | November 29, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

Two questions here, packed into one post:

Date Nights

As part of my "I'm gonna fix my marriage come hell or high water" campaign, one coach we worked with earlier this year recommended a weekly date night. I plan the date, and she goes along for the ride.

It seems to give her a lot of good feels when I do it right, but sexually it never seemed to move the dial.

What feedback do you guys have on date nights? How frequent? What's the motivation? As you can imagine, in the past there have been a lot of covert contracts packed into them that I might still be trying to disentangle.

Bedtime

My wife is a night owl. She always has been. I'm a morning person.

Lately, I've been accommodating her bedtime preferences in order to ensure we have adequate time for devotions and prayer before bed. However, either because of work, gym, or the kids, I'm always up by 6a every day.

I definitely need to go to bed earlier, but I'm wondering if I should get my wife to go to bed earlier. How do you navigate that? My first inclination is to simply do devotions and I personally go to sleep when I want to. I wanted feedback from ya'll if you've learned any lessons that I might be about to stumble into.

Texting and investment in potential helpmeet

2 upvotes | November 4, 2019 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

24 y/o male. In grad school. Working two part time jobs. I lift 4 times a week for ~40 min each. 6'2", 152lb, 1-2% body fat, leading book club, creating events at church and hosting them, etc. (not sure if I hit all the stats... oh well).

Met a chick at church and shared the faith with her and may have come on too strong at the beginning. Long and the short of it, I invited her back to church this past weekend (she is already Christian, just exploring churches) and she joined me. After the service, we chatted a bit and then a group of my other friends joined us and we all talked for a bit; random stuff of no depth. She told me that she went out to a Halloween party the night before and she showed me her costume (a White Claw drink; comes into play later). She carried one of the service books with her outside where we were all chatting and she didn't know where to put it, so I took it back inside for her when she offered it to me (beta move on my part... I should have invited her along and showed her where to put it... oh well, learned for next time). Long and the short of it, she thanked me for inviting her and then left after a bunch of small-talk and conversing with everyone. Later that day I sent a flirtatious text with a picture of me and a pumpkin I carved and said "My question is, can you carve a pumpkin better than me "White Claw"? considering she showed me her costume and I thought that it would play off of our prior conversation at church. She read it and had no reply. So this was yesterday... I then was listening to a podcast on The End Times this morning and it reminded me of a conversation we had the first time she visited my church, so I sent it to her today. So I double texted with a little less than a day in between. No reply today yet. Low enough investment that I'm not wasting my time, but enough investment to show her I'm "assuming attraction".

So, my question is mainly, is it wrong to text like that considering it may have come on too strong without major prior flirting beforehand that day, or not?

I invited her to two events I planned: one is a book club I'm leading (she said she wouldn't be coming to that) and the other is a question the Priest night (which she said she would be interested in and coming to). This was prior to my text with the picture/etc. - Not sure if I came on too strong with the flirtatious text and ruined that opportunity for evangelization. Trying to invite potential help-mates to events I have already planned is my goal in that I'm not wasting my time in doing so, but the texting in between asking them to those events is where I'm wondering how to proceed in.

Any advice on this situation (can provide more info if need be). Not a oneitus, just trying to learn from this situation for the future with other girls that I come into contact with. Also, how to proceed with this one, if it's salvageable?

I Lost the Gift Card

2 upvotes | October 19, 2019 | by [CarelessBowler5](#) | [Link](#) | [Reddit Link](#)

28yo, 5'7", 144#, married 4yrs

Squat 5x190, Bench 5x125, OH 5x90, Deadlift 5x235

I screwed up.

A few months ago, my wife and I were given a sizable gift card to a nice steak place here in town.

Ended up stashing it in my car to surprise her with it.

Yesterday, I found I had left my car unlocked. The only thing missing was that gift card.

Any advice on how to approach this? Looking for feedback on navigating this sort of thing well.

Men of Iron

2 upvotes | September 22, 2019 | by [Iseeitnow7](#) | [Link](#) | [Reddit Link](#)

Anyone have any experience with or comments about [Men of Iron](#) ?

Tips on dating a christian woman that is 6 years older than me.

2 upvotes | September 4, 2019 | by [LizardIsLove](#) | [Link](#) | [Reddit Link](#)

Title is the question, now for the details:

Met this girl over facebook dating (i know i know hold on). After talking for 5 days we met up and I basically screened her to check out her foundation so to say. She believe everything that I believe. Same doctrine same interpretation. She comes from a Baptist background but was attending a Hillsong type church 1 before I knew her. Now she moved and attends a baptist church with her parents. I don't believe in soulmates and the sidebar gave a good explanation which made my stance on it stronger. Apart from being on the same maturity spiritually and theologically we have some hobbies and interest in common. The thing is that I am 21 years old and she is 27 years old. I've never dated a christian girl before her. (never got past 1st date cause theological differences) But I also never dated a older girl before. I got baptised on January this year. Before that I was a lukewarm christian. Im mainly looking for input as to how this can work out and if the age difference could have a greater role in possible future marriage complications.

Thanks and God Bless

PS: I don't know my stats exactly but what I can say for sure is that different girls I talked to give me a 8/10 on looks.

I am tall, rather skinny, I have some muscles but nothing that you would notice under a T-Shirt or so. I am of European descent living in a southamerican country. She is Latina. So I believe that I'm considered "exotic" where I am right now.

PPS: Feel free to ask questions if you need more info.

Recommendation for a Patriarch's Study Bible?

2 upvotes | October 8, 2019 | by [Proverbs 31 2-3](#) | [Link](#) | [Reddit Link](#)

I was thinking about how some of the most recent English translations of the Bible (thinking especially of the "NIV" revision) work so hard to remove male language and even "smooth over" any stumbling block or offense the Bible might present to modern feminist society. Read some of the key passages on male-female relations and you'll see what they do.

I started thinking maybe we need a new translation: The Patriarch's Bible. Instead of covering up or removing passages that are offensive to feminism, it would highlight them and use language that would make them stand out even more.

But then I thought, maybe that is over the top. So I wondered, what are your opinions on versions of the English Bible (and the year of publication/revision) that already do a good job of highlighting the differences between male and female as God has designed and revealed them? Which are most offensive/convicting to feminists or egalitarians? Or would you want someone to start The Patriarch's Bible project?

(On a side note, I have a suspicion that even translating "adelphoi" (brothers) as "brothers and sisters" may not always be the best. Who were in the inner court at the Temple? The men. Who took on speaking roles and discussion roles in the synagogues? The men. Who were supposed to instruct their wives in spiritual things in the privacy of their own home? The men. I have an inkling of an idea that even though the Bible is for everyone, it is first and foremost for men, who then have the responsibility to instruct their wives and children in God's ways; as God first gave his command to Adam, who should have passed it on to Eve. Simply "brothers" alone might be a more proper translation for that reason. Even though "brothers and sisters" could be understood from "adelphoi", it would also be possible to make the distinction perfectly clear as in Job 42:11 in the Septuagint where both "adelphoi" (brothers) and "adelphai" (sisters) are used. So if "brothers and sisters" needed to be clarified there if it was meant, surely it could have been clarified in the epistles as well if it were truly meant. Translating "adelphoi" as "brothers and sisters" may give rise to more prominence of the "sisters" idea in the mind of the hearer than the original audience would have heard.

Thoughts?)

LTR lied about having slept with someone. I have proof, but not sure I should confront her with it.

2 upvotes | October 9, 2019 | by [Awayhethrows1961](#) | [Link](#) | [Reddit Link](#)

My (30) LTR (26) of six months and I have both had sex prior to our relationship and prior to being saved.

Last week, I was in the bathroom and she had left her phone on the sink, unlocked. As I'm washing my hands I see a notification for a message from a guy she had mentioned she talked to for a short amount of time before me - she, unsolicited, told me they didn't sleep together. Now, I'm not one to snoop without a reasonable suspicion to do so, but early on in our relationship, I made my boundaries clear and she knew exes of any kind were off limits. I open the message and, expecting the worst, I see that he has been reaching out to her, but she was telling him they couldn't talk because she was with someone and wanted to focus on our relationship.

Great - one point for her.

However, just above their most recent conversation was a conversation from a year ago when they were seeing each other. It was less a conversation and more sexting. Things, as her boyfriend, I definitely don't want to read even though it happened before she knew me. Some of what they were saying **referred directly to them having had sex.**

I'm super happy she shut him down now that she's with me; however, I'm annoyed she lied to me. I know, I know, AWALT.

What I don't get is that three months into our relationship is when we had a brief discussion about our exes and she was pretty open about this dude and dudes she had slept with. So I just can't figure out why she felt the need to lie about him specifically.

Do I confront her about this?

Is it wrong that I want her to know that I know she lied?

Complete Lifting Reset

2 upvotes | October 1, 2019 | by [htownbounce](#) | [Link](#) | [Reddit Link](#)

STATS: Male, 26, 6'2", 210lbs, 20% BF, Married 1.5 years, One baby girl on the way any day now, Baptized 6/5/11 Red Pilled since August 2019

Lift stats: Squat 145, Bench 120, OHP 55, Barbell Row 100, Deadlift 155

I've been lifting since July when got my new job this past June, and started Strong's 5x5 since August. I've been doing really well with keeping up with it, if I missed a day due to chaotic scheduling I made sure to lift the next day. However, at the beginning of September my sciatica flared back up. I lifted the following week, but with pain. I tried the next Monday and took the rest of the week off to rest up. I went the following Monday thinking I was ok, but the pain was still there. I decided to go to a chiropractor recently and he really helped (it'll be a regular thing now) and I lifted again today. However, I decided to try to completely reset today. I went to all bar except 65 on my deadlift. I felt like my form was improper and I really needed to work on it to prevent any further injury. I was just wondering, should I continue with the complete reset and work my way back up, or should I just deload a significant amount and start from there?

How do I handle my mistakes?

2 upvotes | October 17, 2020 | by [Proper_Screen](#) | [Link](#) | [Reddit Link](#)

Example: I walk into the kitchen, see my wife standing at the counter, decide to do some kino, and give her a nice slap on the butt. Normally she likes a good slap on the butt, but not when she's cutting vegetables with a very sharp knife. Oops, now she's angry at me.

Now what?

Fogging seems like a good strategy, but I can't seem to do it without just making my wife angrier.

Her: You could have hurt me!

Me: I know. I'm sorry. I shouldn't have done that.

Her: What if I'd cut myself? Don't you even care about me?

Me: Of course I care about you.

Her: Then why don't you show it? Why do you keep trying to hurt me?

Me: I wasn't trying to hurt you. I'm sorry.

and so on...

When I make mistakes like this it seems to hang over us for the rest of the day. I lose any authority I had. I'm expected to spend the rest of the day "being nice" to her, which means walking on eggshells and making sure she's happy and comfortable to show I'm being penitent enough.

Do you believe that God is as active in interacting with the world in this modern era compared to when the Bible was being written?

2 upvotes | November 2, 2020 | by [MechanicInternal75](#) | [Link](#) | [Reddit Link](#)

I was reading the Bible earlier and it was just a thought that entered my mind.

Worried about performance issues after marriage

2 upvotes | February 19, 2020 | by [guitargeek2389](#) | [Link](#) | [Reddit Link](#)

I'm divorced, mid-40s. My gf is late 20s and while we started off having an intense sexual relationship we both knew that's not what we wanted. We want to live right until marriage and there have been a few slip ups that were embarrassing and disappointing due to issues on my end. I felt guilty and stressed about breaking our commitment and it impacted me physically. My gf has expressed concern that she's marrying an impotent man. I told her that i'm glad the issue happened as it kept us from crossing a line.

BUT i am worried too - is it going to get better? is it going to be worse? is it worth carrying all of this into a new marriage? can this be addressed in pre-marital counseling?

Should I believe her?

2 upvotes | March 1, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

Girl told me she made out with a guy at a college party but I'm unsure whether to believe her. She wouldn't go into too much detail but she did say she didn't have sex nor any oral or finger play. There was groping but apparently no nudity. She swore to God on this.

They were in a room as well. This is a girl that goes to church and claims to be a devout Christian. She doesn't go to parties often. Before God she had an N count of 2 and claims she hasn't had sex since God came into her life.

Should I believe any of this or should I carefully watch and vet before proceeding with her?

Set up

2 upvotes | January 20, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

A married couple that I'm friends with are introducing me to a woman at a Church they go to and they say that they think we would get along and have common interests. I have a mission and vision and am wondering about the intricate details of how to go about this as I am much more of a "big-picture/idea" guy. Should one go for the phone number on the first meeting (after talking for a bit) or wait a few weeks of going to their Church to get her number. Obviously I still need to vet. But, I'm trying to prepare so there's a plan in place. OI May be my problem here in that I am asking this question, but still wondering from some of my brethren that have been set up before or have experience with this realm considering this is the first time someone else has talked me up to another woman and connected/set-up a meeting between me and another person.

Are all relationships that explore sexuality prior to marriage headed towards failure?

2 upvotes | January 10, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I ask this because I've heard some sermons where Chip Ingram stated (more or less) since sexual acts are a sin and separate you from the holiness of God then those relationships are bound to fail sooner or later.

Wanted to see if you agree with that and if it's shown to be true in your lives.

Going to the club as a Christian

2 upvotes | March 24, 2020 | by [AlanNoles](#) | [Link](#) | [Reddit Link](#)

My views on this are a lot different and maybe controversial but take from it what you may.

I see guys get upset with other "supposedly Christian girls" going to the club. I say turn it on its head and use it to your advantage. Even as a Christian male, I think going to the clubs is single-handedly the best thing to help you master social dynamics (after lifting of course). Depending on where you live you have the opportunity to talk to at least 15 cute women, 5 really cute women, and maybe one bombshell on any given night. You can go out with these "supposedly Christian girls" and have fun and display the good qualities you should be building.

As a Christian, it should be even easier to talk to them because unlike the secular world your goal is not to have sex with them, but to master push-pull, become more physically dominant, projecting your voice (because if you do not the person you are talking to cannot hear you, etc.) It makes you more comfortable going for the number, setting up the date, etc. It also makes you get comfortable with rejection. You will also become motivated to lift if you look like a pencil.

Now I cannot say these girls will be "girlfriend material". I only have one reference point, the girl before my wife and that was a bad relationship all around (on both sides). I met her at a bar in June 2017. I tried to get her to come to Church with me (she grew up going but stopped when her dad died (two months prior)). We had been dating for two weeks and I asked her to come to church with me. At first, she was on board but then she basically ran because it was too much. I felt her slipping away the next week so I went to her apartment on Friday night with flowers and her roommate answered the door. I heard some moaning in the other room and we all know how that story goes.

So on that point, I do not know if it is worth trying to convert these girls at least in the way that I did. The only downside I see to this approach is it potentially could make you become a womanizer and putting being good with women as your mission instead of making disciples for God. I cannot say how to balance that since I am no longer single, but it is something to think about.

What Does the Future Hold for Us as Christians? Should We Be Considering House Churches at This Point?

2 upvotes | April 1, 2020 | by [rocknrollchuck](#) | [Link](#) | [Reddit Link](#)

What Does the Future Hold for Us as Christians? Should We Be Considering House Churches at This Point?

19 points • [35 comments](#) • submitted 5 months ago by [rocknrollchuck](#) Mod | 51M | Married 12 yrs to [r/RPChristians](#)

Well, things recently in the United States have really taken a drastic turn, haven't they? Of course this is true around the world as well to different degrees, but this post will mostly address what I see in the U.S. Please feel free to add your own insights based on where you live.

It seems as if almost overnight we went from a "free country" to one where we need permission to leave our houses, and "Papers please" has become somewhat a reality in many states and cities across the country. People, especially pastors and other church-related folk, are being arrested for "violating the order." Here's just a sample of what's going on:

- [Chicago police break up church funeral service for violating coronavirus stay-at-home order](#)
- [Baltimore pastor vows to continue services despite coronavirus-related restrictions and visit from police](#)
- [As The U.S. Economy Collapses, Authorities Warn That The Unthinkable May Soon Become Reality](#)
- [Alabama and Massachusetts Are Handing the Addresses of People With Coronavirus Over to Police](#)

There are plenty more examples, but these are just a few of the most recent. It can seem very frightening and overwhelming, but remember that Jesus told us we would face this:

Now as He sat on the Mount of Olives, the disciples came to Him privately, saying, "Tell us, when will these things be? And what will be the sign of Your coming, and of the end of the age?"

*4 And Jesus answered and said to them: "Take heed that no one deceives you. 5 For many will come in My name, saying, 'I am the Christ,' and will deceive many. 6 And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet. 7 For nation will rise against nation, and kingdom against kingdom. **And there will be famines, pestilences, and earthquakes in various places.** 8 All these are the beginning of sorrows.*

9 “Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name’s sake. 10 And then many will be offended, will betray one another, and will hate one another. 11 Then many false prophets will rise up and deceive many. 12 And because lawlessness will abound, the love of many will grow cold. 13 But he who endures to the end shall be saved. 14 And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.

Matthew 24:3-14

If Jesus said it, then you can be sure it will happen! This is a good thing, but it’s also scary. It seems that the safe, secure, complacent times of the past are history at this moment and a new phase is in effect. Take comfort, for Jesus also said:

32 “Now learn this parable from the fig tree: When its branch has already become tender and puts forth leaves, you know that summer is near. 33 So you also, when you see all these things, know that it is near—at the doors!”

Matthew 24:32-33

So it is at this point that we should be preparing for what is to come. Even if things do go back to exactly the way they were before, eventually, someday soon, we will face persecution. We will be hunted down and killed for our faith:

They will put you out of the synagogues; yes, the time is coming that whoever kills you will think that he offers God service.

John 16:2

We will no longer be able to meet openly, but will have to meet in secret, just like in China and many other places around the world. And that brings me to the point of this post.

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- What would you do if all of a sudden you couldn’t go to church anymore – permanently? Would you give up?
 - How would you connect with other Christians?
 - Would you still share your faith knowing you could be killed for doing so?
 - What if the authorities were to come into your house and search it, taking every Bible you own?
 - What if digital versions of the Bible such as YouVersion and the BibleGateway website were

no longer available on the web?

My older son and I have been discussing this recently, and I was provoked to dig deeper as I read [this article on starting a House Church](#).

I thought it would be good to get a dialogue going on this subject, where we can exchange ideas, strategies, files and resources. I'll start by sharing the resources I have available. I encourage others to do so as well. If you are unable to share them yourself, then PM me and you can share what you have with me and I'll add it to my folder. It's time to start thinking ahead and getting prepared. [Here is a link to my resource folder on Google Drive](#). In it you will find resources for starting a House Church, as well as Bible PDF versions, Christian documents, Red Pill books, and MP3's that I hope you will find inspirational.

I look forward to your ideas and considerations, especially on the subject of whether or not to start a house church at this time. I am considering it, although there's a lot more to it than I originally thought.

Have you thought about this? What things do you think we need to consider? What do we need to watch out for? How will technology and tracking affect our decisions and our ability to gather? The time is rapidly approaching when we will not have the luxury of discussing or thinking about it. "The prudent man sees danger and hides himself, but the simple go on and suffer for it." Proverbs 22:3

Advice for DM'ing (for the first message) a girl on FB (details below)?

2 upvotes | April 7, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Approached this girl in the Fall of this last year on my college campus (I'm in grad school and she's in undergrad) and we talked for around 20-30 min. and I gave her my number (yes, first mistake, always get her number as well... I was trying something new). During the conversation she seemed interested and was asking me questions, etc. But, she didn't text me after I gave her my number that day. - Fast forward to today, I friend requested her on FB and have been trying to figure out how to approach her online in a good way. Do y'all have any experience with this, if so, what's your strategy usually?

I'm pursuing my mission all while doing this, but since we are in interesting times I thought this may be something to do. No hurt in trying I think, but am wondering what y'all think advice wise?

Why are stats necessary for advice?

2 upvotes | May 9, 2020 | by [miniyellow](#) | [Link](#) | [Reddit Link](#)

I understand that they help give some background, but like weight and height? Is that really necessary?

Priorities. What does this look like to you?

2 upvotes | July 17, 2020 | by [Fantasiadreamcicle](#) | [Link](#) | [Reddit Link](#)

I Need Prayer and Wisdom (I may be experiencing spiritual/psychological abuse from my pastor regarding his interaction with my wife)

33 points • 72 comments • submitted 3 months ago by [toss2pt0](#) to [r/Christianmarriage](#)

If you are looking for
an image, it was
probably deleted.

It's been a crazy week. I'm not sure where to begin. I've shared this information on Reddit before and the last time I posted someone criticized me for just posting and not taking action. The honest truth is that I've questioned myself A LOT in the last two years. I've entertained the ideas that it was my nerves, that I'm just paranoid, that I was making something out of nothing, that I was just going crazy because I was getting ready to become a dad. In the last six months, I've taken time to discuss this issue with three ministers outside of my current church (a local guy that knows of this pastor but doesn't have degree, my parents' pastor who is 65 years old with 40 years of ministry experience and who has a bible college degree, and my 50 year old former campus minister that has a M. Div.). They all agree that something is wrong here.

You'll have to forgive some of the formatting here. I've copied and pasted where I've sent messages to the people helping me process this and tried my best to edit it to be more succinct. Some of the passages here are borrowed from "day of" messages and might not link well with the next portion. I'm not using the names of anyone involved to keep a modicum of anonymity.

Up until this point, here has been the situation. My wife (K) came onto staff at our church in the spring of 2017 as the pastor's assistant. Things were fine at first. She really enjoyed the work and I could tell that she felt fulfilled. I was happy for her (if not a little jealous that she was able to work in full time ministry).

Things began to shift. She started working long hours. It crept up over time. It started as 9-5. Then, they'd have a meeting that she'd need to stay and take notes for at 6pm. Then, it became sticking behind after the meetings to send follow-up emails. Then, she started working 11am-8pm. Next, it's 9pm and it's just her and the pastor there. There were even nights that they'd be up there until midnight, just the two of them.

I tried to voice my concerns. I was brushed off. I'd get answers like "It's just a busy season—it won't last forever." I talked to my wife about it. I tried talking to the pastor (JC) about it. The answers always revolved around things just being busy with a growing church and a three person staff. I tried to bring up the fact that the other guy on staff would go home at a reasonable hour and they just made him out to be inflexible and selfish.

In May of 2018, I remember feeling like something was amiss. We went to my sister-in-law's wedding and, during the one slow dance that I managed to pull out of my wife at the reception, she wouldn't look me in the eye. I just couldn't get over the feeling of "disconnect."

Then, there were the social calls. He'd call and FaceTime her at all hours of the day and night.

Sometimes, the calls were to tell her something to do for the church. But, 2/3 of the time, it just morphed into a social call where they'd laugh and joke around.

I had my fill of it on the night of Thanksgiving in 2018. We were visiting my wife's family out of state. We had gone with her sisters to check out the Black Friday deals at the local Walmart around 10pm that night. He FaceTimed her while we were out. He was by himself, working out at a gym. I didn't feel comfortable with him Facetiming my wife just to joke around and cut up while he worked out.

The next day, my wife and her sisters went out shopping and I stayed behind with her mom. She took me aside to voice some concerns. She said that she didn't like the hours that K was keeping with the church, that it wasn't conducive with having a family. She shared my concern that K was too attached to JC.

I confronted JC when we got back. He acted offended. He told me that I needed to be careful with those kinds of thoughts because "they could hurt his family." He made me out to be a villain for talking to K's mom. He told me that K would be furious if/when she found out that I had talked to her. By the end of the conversation, I was repenting to HIM for having those kinds of suspicions.

My wife found out about the conversation. The fallout was terrible. I was the villain with everyone.

Skip ahead to January of 2019, my wife finds out that she's pregnant after we've tried to do so for over 2 years (before you go there—the baby looks enough like me that I have peace that he's mine). JC starts to back away from K. JC and I have another confrontation because K tells him about an argument where I told her that I didn't want her working at the church anymore.

She has the baby in September. She struggle with postpartum depression. She's moved out of the position as his assistant to be over the areas of outreach and children's ministry. It seems like a weird move. He takes on a new assistant that's in her late 40s (as opposed to my 30-year-old wife).

In late October, I'm up at the church late doing some video editing for the coming Sunday. I'm by myself at 10:30 at night when I see two vehicles fly onto the parking lot of the church. At first, I think it's a drug deal. Then, I recognize one of the vehicles as JC's truck. I text him and ask if that's him out there. He calls me and explains that he's there with the wife (L) of my friend (JE). She's had a situation come up and she's too embarrassed to come inside until after I leave. Being a sleep deprived new dad, I say "Whatever" and go home. JC calls me later that week to explain that L had someone stalking her and they couldn't get a hold of her husband so JC swooped in to help. Never mind the fact that it was a Friday night and JC's family was out of town...

In January of this year, I started working out with JE. He starts sharing concerns with me. His story sounds a lot like mine—the pastor constantly calls and contacts L, constantly Snapchatting her, is constantly hanging out with her. He tells me about a time that the three of them (JC, JE, and L) were at JC's house and he served L enough alcohol to get her drunk (just like he had done with us).

I thought the mention of Snapchat was odd. To my knowledge, he had deleted that account. So, I looked him up. I searched his first and last name. Nothing came up. I searched his first initial attached to his last name and a profile called "Mark Gunner" came up as part of a group chat with me and my wife. I screenshot it and sent it to JC asking, "Is this you?" He calls me to explain that he it used to be but he deleted his account because he couldn't "have an app that [he] wouldn't allow [his] kids to have." I took his response with a grain of salt.

The next week, I went to mention the whole thing to JE and ask if he was sure that JC was contacting

L. When I pulled up the account, it was no longer “Mark Gunner.” It was now “J G.” That made me realize that he was lying to me because DELETED accounts don’t go through name changes like that. Only an ACTIVE account could have that kind of change.

JE and I decided that we would sit on this information (not take it to JC where he could lie further). We planned on watching him closely to see if we could catch him in any sort of substantial misdeed. We didn’t feel like we had anything concrete.

We had our annual Serve Day this past Saturday with the church. I helped with the recap video (as usual). JC was up at the church with me until I finished at 8:10 PM. He stayed at the church after I left to “study.”

Around 8:30, the wife (L) of my friend in the similar predicament (JE) up and leaves to “go to a friend’s house.” Around 9, JE goes for a drive. L’s care is not at the friend’s house. He drives by the church—JC’s truck isn’t there. By 9:30, he’s driving by JC’s house and JC’s truck isn’t there.

I went back up to the church because I forgot to upload the video to the cloud. No JC (~10 pm). JE swings by. He drives back by JC’s house at 10:30 as I drive by his house on my way home. Neither JC nor L were at their respective homes. I drove by the house that she was supposed to be at (two blocks down) and didn’t see her car.

I still don’t feel like we have anything concrete but this stuff is getting more and more suspicious. He MIGHT be out doing something innocent and L is not involved. The timing of it all is just suspect. She left home abruptly within 20 minutes of me wrapping up at the church. It just seemed fishy.

Then, Sunday night, L went out again to “go to CVS.” I told JE to text her and ask her to get him something. She never replied and came back an hour and a half later without it.

He confronted her about it. She said CVS was closed and that she was driving around and talking on the phone with her friend M. That’s where things get interesting for me.

K was apparently the topic of discussion. They were talking about how she acts around JC and how she’s always trying to be around him.

M told L that she and her fiancé were going to be meeting with JC this week. Her fiancé was planning on saying something to JC about how K acts towards him. Z (the fiancé) thinks that JC is innocent in this. Both Z and M think that I’m just a sad, naive man that doesn’t know what his wife is doing. They talked about the issue like it’s a running joke in the church as to how K acts towards JC.

Honestly, that last bit is really damaging to my respect for the people of the church. They’ve been the only reason I’ve continued to go. But there’s apparently been people there that have seen what is going on and haven’t shown me enough love or respect to say something about it. Instead, they’ve ambushed me about petty issues and acted like I’m a villain for not being more involved in church life.

I’ve been gaslighted into thinking that the inappropriate emotional relationship between JC and K is all in my imagination and that I’m just being paranoid. But here it is: other people have seen it and just let it happen.

I talked to Z on the phone for 45 minutes explaining some of the history. He agreed that we need to move. So, things were about to go down. We were likely going to get an overseer in town and call

about 5-10 to be in the room when it happened.

But then L called JC Monday afternoon to tell him that Z and M were going to say something to him about K. JE couldn't explain why she would do that.

I told my wife what the others had said about her chasing JC on Monday night. It wasn't the best move but she was inexplicably irritable and I suspected that she already knew. I made the decision to test how much she knew. She acted dumbfounded, hurt, and angry about the entire thing. I asked her why she thought that L would be compelled to call JC and give him a heads up and not her. She couldn't give me a reason. At one point, in the heat of it all, I said, "JC gets what he gets." She panicked and asked what I meant. I just said, "God is getting ready to move," and left it at that.

JC showed up at my house unannounced on Tuesday to confront me (I had a missed call from him but he went ahead and came to my house). It was just the two of us. K sobbingly told him everything that morning. She was concerned that she was going to lose her job because I said that JC would get what was coming to him.

We talked for 2 hours. I told him that I didn't trust him. I told him that he should have never been meeting L up at the church at 11pm on a Friday night while his family was out of town. I told him that it was wrong for the two of them to wait until I left the church to come inside. I told him that I felt like he was complicit in K's attachment to him.

All he had to say about meeting L at the church at a late hour like that was "I haven't been perfect." He denied up and down about having a Snapchat account. He told me I could check his phone and I wouldn't find the app. Mind you, my friend JE told me that he saw a Snapchat video of JC making goofy faces on L's phone on Friday night.

He began to spin things to where it K was the one in the wrong. He had "wracked his brain" to try to figure out what he could have done to inspire her behavior. He swore that he has more accountability now than ever. He talked about how K has been hostile towards everyone in the office. He said that he's been gracious with her because he "should have fired her 10 times in the last year."

He told me that I shouldn't seek counsel from JE because "two wrongs don't make a right." I'm still wondering what the "two wrongs" are. It's not like JE and I are out gossiping about him. We've been confiding in each other and trying to figure out how to handle the situation.

JC thinks that we've reconciled. But, I'm processing this conversation and it still doesn't feel right. He's done things that any backwoods preacher would know is wrong. But he's painting himself as the victim and the rest of us as divisive. And I'm just trying to figure out how I've been "divisive." I've only talked to one other person within the church (JE) about these issues because he had similar problems. If I were truly divisive, I would have been spreading rumors around the church. Instead, I kept my circle small and decided to watch him to see if he incriminated or exonerated himself.

I was just informed on Thursday by someone who has known JC for decades that he was run out of North Carolina because he was accused of having an inappropriate relationship with a girl from his youth group. They secretly texted and everything. She was a petite brunette (same look and build as my wife and L).

I don't have any details of the alleged affair. I don't have any substance. I don't have any names. The guy that told me said that he didn't want his name attached to anything because he's honestly afraid

of JC.

I want to go to an overseer (a pastor at a church in another city that has authority over my pastor). My parents have begged me to wait. They say that, with K so tied up in the church, it will only hurt our marriage. And the truth is that she does treat her position in the church like an idol. She draws life and identity from it. If I did anything that could damage the church, I'm not sure if she'd forgive me. I'm spending the next few days in prayer over it all. Beyond that, I'm not sure what to do.

I'm also concerned with the fact he goaded me towards calling an overseer. He said that he "welcomes the accountability." It makes me concerned that going to an overseer won't do anything. It makes me afraid that he has them in his pocket.

My request here is this: please pray for me. Pray that God continues to bring what has been done in the dark to light. Pray that He gives me wisdom.

Also, if you have any wisdom to offer me, I would gladly receive it.

What to do when you've aged significantly more than your husband?

2 upvotes | July 19, 2020 | by [Fantasiadreamcicle](#) | [Link](#) | [Reddit Link](#)

Woman after two kids "hit the wall" so to speak. I'm 26 he'd 31, yet I already look like I'm 35 and he's still so handsome. I had some health issues along with the stress that my marriage brings that has led to rapid aging along the 4 years of our marriage. I am very insecure about it and I honestly know my husband can do so much better than me. He has girls look at him all the time, sometimes they do it out of spite for me in public. ;/ I dress well, do my makeup, keep fit, am actively respecting him, etc. This is just one area that honestly makes me feel so humiliated. He watches porn just like any other man which doesn't help when they're younger women he watches? Should we just divorce? Or is it a sin for him to sleep with other women while we remain married? I really think he will be better off with a confident more vibrant wife. Or also he will be happier if he can use his manhood to pleasure someone perkier in his prime. I never have energy to do anything. When I bring up my concern to doctor's I am just told that children will do that do you, I have been given prescription anti aging creams.

Looking for a mentor

2 upvotes | July 26, 2020 | by [ZoBoogieWitDaHoodie](#) | [Link](#) | [Reddit Link](#)

M 18 • 195 lbs • Single

Been lacking in the faith department. My family keeps questioning my beliefs.. also, just started working a trade and want to get my stuff together. Anyone looking for a disciple?

How important is keeping frame among close friends?

2 upvotes | January 28, 2021 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

Is it important, and if so what does it look like? Recently, I found out that some of my closest friends mentioned in a lighthearted manner something I had confided to them in a larger group setting, and I was really bothered by it. I became closed off to them for awhile and then had a really lame argument with one of them where he ultimately concluded that he didn't do anything wrong, but he'll be sure not to repeat the mistake because he now knows how sensitive I am to it. This is basically a textbook example of showing weakness in overreacting to perceived betrayal. What should have I done? What can I do now? And how important is it to keep up an appearance of strength when with my close friends if I'm actually hurting?

Edit: 20M 5'10, bench 150 9x3, bicep curl 30 8x3, etc. (Don't do Deadlift, and I usually do leg press versus squats) Mission: I am slowly being persuaded through the RPC sidebar that girls can not be part of my mission, so I'm trying to develop a God-centered mission by reading books about faith and being mentored by an older Christian. In other words, my mission right now is to bring myself to a place where I can make evangelism and discipleship my mission.

How do you interpret 1 Peter 3:7?

2 upvotes | December 5, 2020 | by [KeyLifeguard3330](#) | [Link](#) | [Reddit Link](#)

Both theologically and how does it apply to daily life?

For reference (ESV):

Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you[a] of the grace of life, so that your prayers may not be hindered.

What does it mean to be "fruitful?"

2 upvotes | February 17, 2021 | by [trapper_bub](#) | [Link](#) | [Reddit Link](#)

In life what things should one pursue that are fruitful and most of all how does one differentiate between what is fruitful and what is unfruitful?

Thinking more big picture life choices than day to day. Like choosing a college degree or career.

But maybe I should think more day to day to find the answer?

I'm sorry bimut I'm biblically illiterate, where in the scripture should I look for this answer?

Ideas on What to Give up/Add in to my life during Lent this year?

2 upvotes | February 16, 2021 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Stats: 24M, 6'2", 190 lbs, 15% bf. 265 deadlift, 245 squat, 105 OHP, 160 Bench

Finances: Young Professional in STEM field

Reading: 75% of sidebar, NMMNG, 12 Rules for Life

Spiritual: weekly Mass, Bible study, daily prayer time, talk fairly regularly with friends about faith and figures like Jordan Peterson, Carl Jung, etc.

With Ash Wednesday right around the corner, I've been praying & brainstorming about what sacrifices or changes I need to make in my life during Lent this year, and what is holding me back from being a Holier man. But I still had trouble coming up with specific behaviors I need to give up or add to my life.

Most of the common items people eliminate (stuff related to diet, exercise, social media), I feel like I already have reasonably under control.

What to do about GF?

2 upvotes | November 12, 2020 | by [papertowelfreethrow](#) | [Link](#) | [Reddit Link](#)

Over the year I have been coming to realizations about my faith. I used to be very hedonistic but still had a sense of spirituality throughout my life. I graduated college in May and throughout my 5 years here, I got drunk, Partied, and hooked up with a lot of girls with the help of trp. I did this because my parents were really strict with me in high school and I went off the rails as soon as I left my parents house to college.

However, I've always Sensed God in my life Even though I numbed myself with drinks and sex. I had an experience of going a month without jacking off and I felt like I was pure and holy Which really open my eyes to God and to want to have him in my life. I abstained from sex and sexual thought and I was very close to God.

That was almost two years ago and continued to party and hook up with girls anyways after. But the lockdowns was a blessing in disguise. I was forced to settle down and that allowed me to reflect and pray and meditate on God. I have no urge to drink in excess and hook up with random girls anymore. But I did get together with a girl and we are in a relationship at the moment. I'm not sure what to about her.

my question is, what should I do if I'm already in a relationship and I decide I want to live as a Christian?

I am having premarital sex with her and that never seemed to bother her. She didn't grow up with her dad and desires to be a career woman which I've told her I don't want my wife to be that. She desires things like nice cars and designer clothes, which I think is pretty normal for a girl her to want. But I don't want that as my wife.

I understand RP dynamics pretty well, I found it 4 years ago. I'm just not sure the proper protocol to see if she's worthy of being a wife though she's pretty much your standard ho. She says she wants to be close to God and such but she didn't really act like it before. We met partying so she isn't a saint.

When should I switch to hypertrophy?

2 upvotes | March 11, 2021 | by [one7thing](#) | [Link](#) | [Reddit Link](#)

Stats: 6', 156lbs, 20s, Finance: 30k, Spiritual: Read, Pray, Meditate, Discipline making

Mission: Preach the gospel; make disciples and guide them to Christ.

Lifts: Squat 195lbs, Bench 160lbs, Deadlift 275lbs, Overhead press 95lbs

I know that I still need to improve a lot. I stop lifting for 2 months because of an emergency situation (I also lose a lot of weight during that time). I started to lift again last month and have gain 40lbs on Squat, 25lbs on bench press, 110lbs on deadlift.

I am very skinny as you can tell by the stats. My arms and legs are very skinny. I have a small chest.

I am doing Starting Strength. I sometimes do some isolation exercises at the end but I feel like I don't know what I am doing after I finish my three exercises. Should I just leave the gym after those three compound movements?

My goal is to have the physique of Gregg Plitt. However, my goal for this year is to stop being skinny.

What's your advice? I know that there are many people in this sub that go to the gym regularly, and know what they're doing.

Girlfriend wants to go out everynight is that mean shes getting bored ?

2 upvotes | June 5, 2021 | by [i_wind](#) | [Link](#) | [Reddit Link](#)

How can I test if my gf is getting bored because she just started asking every friday and saturday if we can go out somewhere (last time was a club). but im getting weird vibes.

Backup-plan for this community ?

2 upvotes | August 4, 2021 | by [Enlightened Enoch](#) | [Link](#) | [Reddit Link](#)

Hey guys, I am a long time lurker of these small but life-changing RPC communities.

Considering what has happened to some male-centric subs recently, do you have any backup-plan on a reddit alternative in case of hammer time ? Maybe we are still too small to draw attention from the super-admins, but it cost nothing to be prepared for this event.

I know there is a RPC discord server but since the member are co-opted, this may be an obstacle to gather the flock after the ban.

Thanks, and God bless you all.

Question about lust and masturbation

2 upvotes | September 19, 2021 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

Background: I decided I wouldn't masturbate in 2021, and so far so good. Stats: 21yo, 5ft10, curl 35lbs 9x3, bench 75lbs 9x3, need to start legs again once school starts. Weight: 163lbs. Reading: brothers Karamazov, sidebar. Spiritual: devotional 20 min a day, getting a clearer picture of what my mission should be but still waiting on God. Also note I lean more agnostic than most Christians I suspect.

As I mentioned above, I've been working towards 1 year 'clean,' and the progress I've made has already been pretty huge for me. Thankfully I've never been exposed to much porn so that made it a bit easier but this has still been a major struggle for me.

My question is, is the struggle worth it? What's r/c's opinion on 1) lust and 2) masturbation? I'm obviously asking this because abstaining is getting pretty dang hard, and I'm wondering if I can or should sustain it once the year is over.

1) lust. Sure, lust is wrong biblically, but do we understand what the bible means by it? It seems like the modern church has equated lust with having sexual thoughts, or even being sexually attracted to someone. Yet when I read about lust in the bible it's not always talking about sex, and when it does it's talking about lusting after either a married woman (which would lead to adultery) or a married man lusting after a virgin (which would also be adultery). I haven't done enough research into this, but it is possible that lust is simply being consumed with something, like being consumed with desire for a woman's body, when the consummation of that desire would be sin?

2) masturbation. I suspect some of you will agree that lust has been approached the wrong way by the broader church, but I'm not so sure about masturbation (as a single to be specific). One side of me says as long as I'm not mastered by anything, anything is permissible. The other side of me looks at masturbation and is disgusted. It really does seem like a self debasing, emasculating act. But maybe it only seems that way because it often masters people and not the other way around. I feel like I've shown that I won't be mastered by it by abstaining for 9 months so far, but I sound foolish even writing that lol. I know there are a ton of other arguments for and against masturbation, but I'm curious of your thoughts.

Finding a wife

2 upvotes | October 12, 2021 | by [Tpetplayr](#) | [Link](#) | [Reddit Link](#)

For those of you who have employed the "isaac approach" of seeking a wife from somewhere other than where you're from, what methods did you use, and what pitfalls should be avoided?

I'm looking for 2 accountability partners -- 1 for daily bible-reading and 1 for dieting

2 upvotes | November 23, 2021 | by [No_Peace7060](#) | [Link](#) | [Reddit Link](#)

I'm looking for 2 accountability partners -- 1 for daily bible-reading and 1 for dieting

<https://archive.md/KYvFD> (my diet post I posted on the offsite TRP platform)

I would like to read the bible for 30 minutes per day and discuss any special meaning that either of us got from the bible or if God spoke to either of us. I'm currently reading Romans for the 2nd time but I'm willing to switch to Proverbs or John.

Reddit chat works for me but I slightly prefer discord or Telegram or WhatsApp. Texting or audio calls are fine -- it's up to you.

How prevalent is woke culture?

2 upvotes | January 27, 2022 | by [KnownLedgesIsPowder](#) | [Link](#) | [Reddit Link](#)

I live in a little bit of a conservative bubble and don't go out much. But in secular society, how common is it for people to be open about their non cis ways and open about their kinks? Is modesty gone in comparison to the 90s and early 2000s?

"Change Your Geography"

2 upvotes | April 28, 2022 | by [jax_christian](#) | [Link](#) | [Reddit Link](#)

The first tactic in [this guide](#) is to consider relocating. Right now isn't an ideal time to relocate, but this thought has been on my mind since before I read the guide.

As my username suggests, I'm in Jacksonville, FL. All in all, it's a decent city. My family lives in the area, which is important to me, but if they lived in an "unchurched city," as the guide puts it, I likely wouldn't stick around (of course, an argument could be made for living in such a city for the sake of evangelism). That being said, I do wonder if it's "churched" enough.

I belong to a Southern Baptist church, where I was baptized last year and serve pretty regularly. The doctrine is solid, but I recognized some bothersome aspects of my church in [this thread's comments](#). And the very few single, young women who attend seem to have the usual tendencies.

When I'm not serving, I try to visit other churches. For example, I'm considering visiting a Reformed Baptist church this Sunday. I expect that the service will be better than my church's, but I'm not optimistic about the congregation. I've noticed that "SCHs," to use the guide's acronym, largely flock to the two megachurches here. I've attended the most popular one and I wasn't impressed. It's all about numbers and the sermons are "milk" (to be fair, my church's aren't much better). The women there may be "S" and "H," but I'm not so sure that they're "C."

I left a comment in the guide asking about the cities that are represented by the sub's members. The last comment before mine is from four years ago, so it's understandable that my comment hasn't been seen. Therefore, it seemed best to ask here. I'm curious to know where men have had success.

Girl on my church started to pretend we are dating.

2 upvotes | July 27, 2022 | by [cornbased](#) | [Link](#) | [Reddit Link](#)

Stats:

Physical: 17yo, 5'5, never lifted. I intend on going to the gym for the first time this friday.

Reading: The bible, the sidebar and Game of Thrones.

Spiritual: I came back to christianity not that long ago (a little more than a year). I pray a few minutes a day, and try to read at least a chapter of the bible per day.

Mission: To be a good servant of God.

So, there is this girl at my church. We don't talk often, and I've never thought about having a relationship with her. The thing is, as I said in the title, she started to tell the some younger kids that we are dating, just to mess with them, but it also messed with me. I started to wonder if that's some kind of hint, or something like that. I didn't though of it at first, but I've already missed some obvious opportunity (although today I'm glad I missed it) and I don't want to miss again. What do you guys think? Could this mean that this girl has an interest in me?

Have any men here lost a bunch of weight? I'm struggling with food addiction and have put on 20 pounds the last 2 months.

2 upvotes | August 8, 2022 | by [trembleinfealty69](#) | [Link](#) | [Reddit Link](#)

My stats:

Mission: Generally, I see that my mission is to glorify God by personally being conformed to his image by his grace. That environment creates financial necessity which then fuels my pursuit of high value marketplace services.

Spiritual: very knowledgeable about practical theology. Inactive in church. Pray all throughout the day. I do share the gospel, but pray for strength to share more.

Stats: Lifting 1-2 times a week while doing BJJ 1-2x a month.

5'11", 245lb, Bench: 175lbs, Squat: 215lbs DL: 175lbs

My progress:

Here is what I have tried doing so far:

1. <https://www.forbes.com/sites/brentgleeson/2020/08/25/8-powerful-ways-to-cultivate-extreme-self-discipline/?sh=74003ad7182d>
2. Backup link: <https://archive.ph/wip/IvGxg>

I have quit taking a medication 2 months ago that I've been on for years and I no longer have "appetite suppression" as one of its positive (secondary) benefits. (it was not a weight-loss medication, it was for something unrelated)

My problem:

Here is what "triggers" me to go get food.

1. As soon as I don't feel "full", I remember how awesome that food tastes so I want to experience the awesomeness
2. I mindlessly go to the kitchen and eat
3. (20 minutes later) I realize what I did and cringe/facepalm myself about it

Obviously I need a "solution" to step #2 -- how do I be more mindful and not do stupid things for no reason? (for starters, posting a reddit thread about it is a good start)

Edit 1 (4:06 PM August 9, 2022) UTC: I will try placing a post-it on the refrigerator saying "I'm so disappointed in you" or "I know you're better than this" or will try each one for a week and let "the free markets" determine which one is most effective at curbing demand (for food).

Urge to fornicate

2 upvotes | September 26, 2022 | by [BananaCamm](#) | [Link](#) | [Reddit Link](#)

22 M

Stats: 6'4 190lbs bench:225 squat: 315

I've been abstinent my entire life and I am struggling. Recently I've been fabricating ways in my mind that make the deed seem inconsequential. Years of repression and resistance have compounded and it's coming to a climax. No pun. I genuinely think that denying this feeling for so many years has caused problems in other places in my life and psyche. The other thing is it isn't very difficult for me to get girls, not trying to toot my own horn or anything but I'm a good looking guy. I've been saying no to girls my whole life. I get approached fairly often out in public by girls and at my job as a waiter I get hit on by customers and coworkers. Tough life I know right. Any regular dude hearing this would be like wow what a problem you have bro ☐. Dude there's no way this is healthy psychologically for a male. It's so odd, when I interact with a girl in public subconsciously I treat them as if they're a threat to my virginity. Crazy I know. Theoretically I could snap my fingers and get a women to have sex with me at anytime. The fear of sex in combination of the plethora choices I have of obtaining a female partner I believe is also part of the reason I've never had a girlfriend. I've said no so many times that I've just adapted to forcing myself to be single. Also I believe that I am in no state to be the boyfriend or husband to any women because of how backwards my thinking is, and I need to clean my self up and correct my daily thinking patterns before I am even capable of having a significant other. Can you see the paradox that I am in??? Even if I do get a girlfriend there will probably be a 2 year wait at least before we get married which also just adds to the pile. Some scripture that I have been using to appease the thought of sinning are the fact that king Solomon who was apparently the wisest man to ever live had 700 wives and 300 concubines. David had many wives as well as other prominent figures in the Bible. Also in the sermon on the mount Jesus says if you even look at a women with lust it's the same as committing adultery. Like it's impossible not to look at a women with lust so why not just actually have sex if it's that easy to commit the sin anyways?? Have I fallen too far into legalism ?? Like where is the line ? Sex has become an idol so it seems even though I've never partaken in it. The only thing that anyone ever talks about on this earth, I have served up on a silver platter for me almost daily but yet again I deny deny deny. This sucks bro, I'm not having fun.

Career Advice

2 upvotes | November 15, 2022 | by [No-Hovercraft-6955](#) | [Link](#) | [Reddit Link](#)

Career Advice

I'm needing sound advice as I can't seem to come to an conclusion. I have been in my chosen field for the past 5 years. During my 5 years I have been at 11 companies. I haven't been able to find a place that fits me and what I am looking for I only got let go by 1 of the companies so the other 10 I left at my own will. I work in a industry where the moral law and integrity is extremely low. I am an excellent employee I work hard, and advance myself through licenses to become more valuable. When I leave companies they are surprised. I know me being at so many places is bad. I hate driving so far everyday and to different places everyday. I hate working with lazy people who will sit and watch. I hate that I can't find the place that operates with diligence. I find myself depressed most days. Here I am at my 11th company thinking about leaving, I don't know if should stay or leave. The guys here are lazy, they don't care. The company doesn't keep their word, but that's how most of them are. I'm confused.

How to deal with being ugly as a red pill Christian?

2 upvotes | December 8, 2022 | by [careeningtracktor](#) | [Link](#) | [Reddit Link](#)

Not sure if/why this post was removed from the main subreddit, if I violated rules please lmk.

I'm a recent college grad who just entered the workforce. The transition from college to the real world is hard on everybody, but this past month I've felt especially depressed, and that's got me dwelling on my appearance again. I've probably struggled with my appearance more than anything else in my life - my faith would probably be a close second. I've hated how my face looks for about 10 years at this point. For at least the past five I've woken up virtually every day with the first thing on my mind being my appearance. A few years ago I even went six months without being able to look myself in the mirror. Lifting and becoming red pill aware helped a lot; I don't want to minimize that. After being a bonafide simp all my life I became more attractive physically (though my body was never the problem), and I realized there were things I could do to make me more attractive as a whole, such as the way I carried myself, the energy I brought to a room, how I made women feel. Lifting made other men respect me 50x more than they had previously, and women noticed. But I still struggle a lot with how I look. And during my lowest moments I turned to the black pill. Where the red pill might make a man jaded, the black pill makes him hopeless.

Most of the black pill is fervently atheist, but I've also seen people from those spheres lamenting and asking why God would remove any chance of genuine intimacy from them. I've read articles from people in the RPChristians space talking about how making yourself more attractive is actually a godly thing, especially within marriage, because it makes it easier for your wife and others to treat you in a God-glorifying way.

Part of me wants to say Christians who have a poor self-image should work to improve themselves into a fuller version of what God made humans to be. Yet another part of me recognizes that a lot of people are simply past hope of ever finding intimacy and love from the opposite sex - mentally and physically disabled, deformed, etc. I myself have contemplated plastic surgery, but I don't want to because I feel like it's God's way of keeping me humble and helping me understand the pain incels feel to some degree. We can't all be gigachads. And I realize I could use the money in much better ways - investing in my community instead of my own vanity.

So I'm just curious how Christians are supposed to contextualize a poor self-image. Should we try to maximize our looks, or should we find peace with how we look already, and just work on our character? How should our standing before God impact how we perceive our physical bodies? Long post, but I've been finding it hard to get up every morning and this is what's been on my mind. Thanks y'all.

- Mission: Ultimately to glorify God by making disciples (??). Steps to get there: working on my faith (having weekly conversations with a mentor), working on my confidence (hitting the gym, boxing, practicing my demeanor and speech), broadening my network.
- Stats: 5'10", 167lbs, 220lbs bench, started seriously doing lower body a couple months ago. Also eating healthy (no supplements whatsoever)
- Reading: Sidebar
- Finances: Recent college graduate, mid-low level analyst job, debt-free
- Spiritual: I spend time with God once a day, also got in the habit of kneeling before God when I

wake up and reciting the Lord's prayer before I go to sleep

How to love and support a wife during PMS while still maintaining frame.

2 upvotes | January 11, 2023 | by [Tpetplayr](#) | [Link](#) | [Reddit Link](#)

I am newly married, and having read the entire sidebar and nearly every post of RPC, my question is this: How can a man/husband maintain his frame, and encourage his wife to have some self control during pms, and not blame every bad behavior on PMS, while at the same time, still loving his wife, and being sensitive to her actual physical needs/reactions?

I'm mentally at a breaking point, with my lack of sex and my virginity

2 upvotes | February 22, 2023 | by [Christian-Phoenix](#) | [Link](#) | [Reddit Link](#)

I've never had sex. I'm 33 years old right now, and I've been a Christian since I was 20.

I've wanted to have sex badly since I was 11 or 12 years old (and I started watching porn when I was just 10 years old; my family were pretty early adopters of the Internet).

This extremely heavy burden of wanting sex was driving mad my whole teenage years, until I became a Christian at age 20.

At that point, I sort-of told myself it was a good thing that I was sexually inexperienced / a virgin, and I set my eyes on finding a good Christian wife.

Obviously I'm making this post because I still haven't found a wife.

It's been over 12 years since me coming to faith.

All my friends in the faith are married, and have multiple kids – and tbh, I'm kind-of jealous of the fact they have kids (I've wanted kids for a while), as well as access to frequent sex with their wife – **i.e. a woman who loves them deeply.**

I feel like no one can relate to the extreme pain I'm going through right now.

I don't know what to do.

I just can't bear the suffering/pain of:

1. Not having a woman to love (and be loved by).
2. Not having any sex / human touch / any physical intimacy.
3. Being a virgin **at the freaking age of 33** – something that mainstream culture considers incredibly pathetic.

It's unbearable. I don't know what to do.

I'm honestly at the verge of tears right now.

On another note, I'll make a post on OYS –

https://www.reddit.com/r/RPChristians/comments/1172xrt/oys_where_progress_is_made_022023/ with my stats, and other info, as soon as possible.

Thoughts on Aaron Clareys book "The Book of Numbers"?

2 upvotes | February 27, 2023 | by [wemmington223](#) | [Link](#) | [Reddit Link](#)

I am about to pick it up but Ive gotten the sense it has some very interesting (or depressing, depending on who you ask) figures and statistics in it. Has anyone read it and how did you go about applying what it says to your approach with women? Im sure it heavily overlaps with RP principles anyways.

Thoughts on breaking up with girlfriend over her weight?

2 upvotes | March 18, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

Hi, like your sub. Hi from MGTOW

2 upvotes | March 6, 2021 | by [MGTOW-guy](#) | [Link](#) | [Reddit Link](#)

Hello guys, I am a big fan of MGTOW and TheRedPill. And while I am not religious, I love one part in a bible - how a man and a woman should behave to each other. It is the only proper way how they can live together.

I wish your sub all the best, regarding the marriage though. I found one great side effect. We almost never argue. Why? Because I'm always right. Really helps. Arguments kill marriages. Arguing with a woman is useless. They do not want words. They want actions. Be wise and use a proper action on your woman.

Looking for help managing hysterical outbursts

2 upvotes | May 9, 2023 | by [Bruh-Nanaz](#) | [Link](#) | [Reddit Link](#)

Hello gents, my request today involves managing the hysterical fits my grandmother throws when she is stressed out. She is a highly neurotic person, easily overwhelmed and has an addiction to fear.

I have been charged with her care, so we are cohabiting. Fortunately she is largely independent, but when she is emotional or stressed out she tends to rant and pace. She will not cease her ranting when having one of her fits, and is very difficult to console.

I am looking for strategies to manage our interactions, I have a tendency to get angry as a reaction to this behavior (I am working on stoicism and staying calm/unaffected, but I am not always successful) and would much rather not, as it exacerbates the issue. I cannot override her behavior, as I mentioned she gets pretty hysterical and very irrational. She can get confused or imagine problems that are not there.

It is important to mention that she does come from a background of some trauma and loss, so it is not all unfounded emotionality, but I have personally found it challenging to coexist when she is in these emotional states.

I look to brothers with experience dealing with wives, mothers, aunts, or other females who exhibit this kind of erraticism and panic.

Much thanks.

How to deal with self-loathing

1 upvotes | August 10, 2020 | by [gonnathrowawaythat](#) | [Link](#) | [Reddit Link](#)

Stats: 24, 5'10", 175lb, 15% bf (doc), B: 200, OHP: 120, D: 350

Reading: Been on-and-off sidebar content. Familiar with TRP; I've had to walk away since I noticed I was blackpill'ed

Finances: Graduate degree. 10K+ in savings. Job pays very little but I have a 20% stake.

Spiritual: I am nothing without my faith, but my faith needs work.

This post is not coming from someone who is fully on-board with the red pill, my relationship with that is outside the realm of this post, but I am here asking for help on an issue. I'm unsure if that means I can post or not.

I've struggled with poor self-image for many years. About the only thing that's kept me from having a lot of the consequences associated with long-term poor self-image (namely self-harm and hedonism) has been my faith.

That doesn't stop me from regularly cussing myself out from stupid things I've done. Granted these "stupid things" are nothing destructive of my future, I've been largely spared from that, but it's sparked in myself bitterness and anger and is becoming more and more difficult to control. I tell myself that "no wonder people have thought they could hurt you and get away with it, you suck"; "no wonder you're single, there's something permanently wrong with you". Though I am single, I definitely am not pushed around or pressured anymore. MRP did a very good job in showing me how to have boundaries, be firm, and how to handle conflict well (that part of my life was like night-and-day).

These thoughts have become such a permanent fixture in my head that the sole reason I masturbate (which is 3-5 times a day; yeah, it's gross I know) is it buys me 15-20 minutes at a time away from self-loathing. These thought patterns have existed when I was NoFap for a couple months and when I started again.

Full disclosure, I was bullied a lot as a kid, so that may play a role. But that's pretty far behind me, and in the meantime I've outpaced many of my own expectations of how my life would be. I look good, lift, have a very active social life, and conflict doesn't scare me like it used to.

Though I have had great success with women in the past, I'm fairly bitter and blackpill'ed right now (that could probably get it's own post). I've been trying to kick myself of wanting a relationship for years now, and have cracked down hard on that in the last nine months; I've not had a healthy relationship and I'm trying my best to rid myself of ever wanting one. This has not worked out well. There's a palpable disconnect in how I want my life to be and how I'm acting in this arena.

Ordinarily I would dismiss my self-loathing as victim puke, however it's impacted my health. When I started having panic-attacks I told myself I was being "a b*tch" and needed to man up and push through it. By the time I did seek help I didn't tell my therapist why for months; by then I was losing a lot of weight and having panic attacks twice a week. I've been free of the symptoms for a little over two months now, but part of the reason is because I've removed myself from the triggers, which is not sustainable.

At this point, I trust myself enough to push myself to be better, but not enough to care for myself. So far, I have two things I can think of that will improve my self image:

1. "Surrender" myself to God (I hate this phrase but I lack a better one)
2. Live life the way you want, as long as God is still #1 and you are honoring Him

To be fair during a darker period these principles have helped. At present though I'm having a lot of self-hatred towards myself, and I can't escape it. I have two emotions: anger and disappointment. This confuses me because when I take account of my life, I am very fortunate and I've made tremendous progress in regards to personal growth in the last few years. I literally do not recognize myself sometimes (in a good way), yet I tell myself it isn't enough and I'm pathetic.

Already I've talked a bit too much, but here's my question: what does a healthy self-image look like, and how can one strive towards it?

Best resource for a Red Pill primer for a guy in a bad marriage?

1 upvotes | August 31, 2020 | by [Knightfall21](#) | [Link](#) | [Reddit Link](#)

No personal stats since this isn't relationship advice for me. I have a christian friend who himself is decently masculine. He lifts regularly; I don't know those stats but he's a good lifter, body fat a little high, closer to 30%. He's been steadily advancing in his job and has been consistently bringing in higher pay in his commission only job past few months. At home, he does an ok job leading but can be blue pill at times.

The biggest issue is his wife. She's carried self esteem issues from her childhood, family and past relationships into this marriage and won't let go of them. She feels she's unattractive and unworthy of a good marriage, and instead of being grateful for the definitely above average marriage she has, she says her husband is stupid for choosing her given her faults. And she can't be reasoned with on this topic even though he loves her and shows it (although in BP ways sometimes). Normally, RP advice would be to avoid this type of girl, but since my friend is married to her, what's the best approach for him for him to improve this relationship? What's a good resource I can give him that's not just telling him to browse r/rpc?

Developing a mission that can shift contexts.

1 upvotes | September 19, 2020 | by [-Red-Rev](#) | [Link](#) | [Reddit Link](#)

Age: 36; Height: 5'10; Weight: 222; BF: ~35%. Measuring Tape Went Missing. Ground zero of BWF recommended routine. Married 6 years; 2 kids under three years old. Read WISNIFG, MMSLP. Reading Biblical Masculinity Blueprint. Been working on RPC for about a month.

I took my wife to DQ yesterday and then drove around town. My mom had the kids. Second date out since the birth of our second in February and COVID which still looms large here. I realized a couple of things as we talked, a big one was about mission.

When we met and got married, I had a clear mission, and we were both on it together. Then we started having kids, and her ability to partner with me in youth ministry shifted. She was less present in the ministry, but supportive in other ways. Then I realized my days in youth ministry are coming to a close. The current mission was unclear because the context of youth ministry always framed it. My wife wants to be a good First Officer, but has been confused and asking if I want to stay in church ministry. (I have had a rough go in youth ministry. Fruitful, but hard.) I realize what she perceives as a mission change is a context shift.

I sat down and wrote out a mission statement with flexibility in context: I can see myself working in a handful of roles in the church and want to live out my mission regardless of position or employment at a church. I want my wife to understand what we're doing.

Gentlemen, is the following a strong and clear mission?

My Mission is to become a man who brings glory to God in pastoral ministry, sharing the gospel, discipling others, and encouraging the body of Christ through writing.

1. I commit to being faithful to the work of a pastor: teaching sound doctrine, caring for my flock as an under-shepherd, and boldly leading towards the fulfillment of the great commission.
2. I will challenge my flock to be intentional about owning their faith, developing a discipleship plan that includes go-and-tell evangelism. When in a teaching position, I will ensure that my church is confident that their friends and family will hear the gospel so as to commit to a secondary come-and-hear evangelism.
3. I commit to sit down six-days a week and work on my writing craft: blogs, articles, or a book. I will study the art and research of Christian publishing. I will establish publication goals annually. I will read voraciously.

To be effective in my mission, I will develop discernment, courage, and discipline.

Lack of support from small group

1 upvotes | September 27, 2020 | by [AliveAndActive](#) | [Link](#) | [Reddit Link](#)

Background: i was a catholic until jr high. born again a few years ago. late 20s, w/wife and kids.

i've prayed for more than a year to find a way to serve God. awhile back, i found WotM on youtube and binge watched it. i felt equipped for the first time to actually share my faith. i decided to take Matthew 29:18 seriously and endeavor to spread the Gospel.

when i asked my men's group if anyone would like to go, no one said a word. my wife (who has been saved way before i was) was only tolerant of my talk of going - not excited at all.

i went solo a week ago in the downtown of a city and was so excited. afterwards, i sent texted my group about my results and no response. i texted my aunt and mil, no response. i tried to tell my wife about it at a later date night dinner - she was visibly bored! i can't help but think if she, or a member of my group, went and evangelized, esp solo, i would at least be interested in the story!

am i correct that this reeks of validation seeking and something i need to work on? i just felt like i could at least share my excitement with my family and brother saints - am i wrong and coming across as insufferable?

Needing thoughts about an ex

1 upvotes | November 28, 2019 | by [beerme111](#) | [Link](#) | [Reddit Link](#)

My ex and I recently broke up. I was blind sighted but am starting to process things a bit more clearly now. I thought he was perfect for me. We had the same values, same goals, many similar interests and got along great! We were together nearly a year when everything ended. As I process and thing back, in the beginning we had talked about waiting until marriage to have sex and our views on that. His views had begun to change a big just because of his age. He still wanted it to be with someone he loved and respected and saw himself marrying and everything, just maybe before marriage. He began to get upset that our physicality wasn't more for where we were in our relationship. I also found out that he watched porn and masturbated multiple times a week. I didn't love this, but tried to be somewhat understanding of his sexual frustrations and wanted to be sure it wasn't an addiction or anything we would have to deal with. He did not like talking about it. He would also make jokes about threesomes and other deviant acts. What happened here?

How to Settle Disagree

1 upvotes | November 27, 2019 | by [gettinjuiced147](#) | [Link](#) | [Reddit Link](#)

Hello brothers, I recently found the RPChristian community and I am absolutely stoked about it! Upon discovering TRP about a year back, I felt overwhelmed trying to determine entirely on my own how my faith fits together with Red Pill Principles. What a gift it is to follow Jesus with you all!

Back in September, I started a Men's Small Group for fellow students at my church (a University Parish at a secular school), with the goal of having very informal weekly discussions (1-2 question prompts for 1.5 hours of discussion time) where we could really analyze & talk about ideas, and I could help steer the conversations towards various RP Christian Topics. The group was going amazingly well and had actually grown to about 12 guys, when the pastor called me into his office to say that he was shutting us down. He had given me a warning before, and essentially his reasoning was that since this was an official church function (taking place in the church building and all), church staff had to review and approve of all topics that would be discussed. He routinely expressed concern or disapproval about some topics I wanted to bring up when I briefed him on them (e.g. church teaching on gender differences, homosexuality, or pornography). I think he's worried that conversations about these 'deep' issues will somehow scare curious newcomers away from the church.

My question is where should I go from here? I've talked with my pastor at length about it, and the decision seems final. There's not much I can do about it regardless, since I'm just a student volunteer. I have continued to hold the weekly meetings at my apartment the last few weeks, but attendance has already dwindled down to 3 or 4 core guys. Should I try to keep holding the meetings and/or recruit more guys at the parish, and risk forming further tensions with the staff? Or should I just call it quits on this and try to serve/minister in other ways? I graduate in May, so I'm going to be moving to a different parish soon anyways.

Emotional self sufficiency

1 upvotes | October 22, 2019 | by [lololasaurus](#) | [Link](#) | [Reddit Link](#)

I read a post a couple days ago on OYS-MRP that has really struck me profoundly for some reason, and I wanted to get some more information.

Here is the part of the post that was most relevant:

Men should avoid irrevocable decisions about their relationships and marriage until they have

- owned their stuff
- developed their own authentic and congruent frame,
- become self-validating, and
- become emotionally self-sufficient and strong enough to be emotionally vulnerable.

Before then, they neither know the values of the future self they are deciding for, nor the wife they are deciding about.

Now, personally, I've learned to own my stuff, or at least made significant progress in this area.

I've tried to develop authentic and congruent frame, and I think I've made a lot of progress, although my recent OYS has me wondering if I've done as much work as I had thought. I'm not saying I've arrived here.

Self validation for the one who bends knee to the Lord Jesus looks different than it does for the pagan, I think, but I "get this", I think.

However, becoming emotionally self sufficient... At least considering it in these words, I feel like I've done almost nothing here, and I think it shows in my OYS, certainly in my life.

I think I've read most of the MRP books. The one that seems like it would be most relevant from memory would be NMMNG. Are there others helpful for doing the work here?

How to communicate self-improvement to a potential partner?

1 upvotes | October 23, 2019 | by [mrpmonk](#) | [Link](#) | [Reddit Link](#)

This is my first time posting here. I'm not fully religious yet, but I find my ideal partner should be on tract. Since I'm vetting while having more abundance, I stumbled across a wonderful girl. So here are my stats before my question:

29 YO single RedPilled 3 weeks, redpill aware 3 months. (OYS on MarriedRedPill)

HT 5'6" WT 131 BF 14%

I broke up with my LTR and met interesting girls. One who likes me is religious and checks all boxes, and I recognize she is a marriage material, and she is looking for marriage and strict about sexuality. I'm talking to several girls beside her to maintain my abundance.

Her issue is that she requires a man to be religious and on high manners. I'm not here yet, esoically with the use of swearing words, and I don't want to do anything for her sake. But to keep my beta on check, since I may say something stupid fearing the sting of nexting her due to incompatibility, I want to make sure that I'm approaching this in a full redpill manner.

I'll be upfront and transparent "At this stage of my life journey, XYZ are my top priorities on self improvement. I have some weaknesses that may be relevant to your selection of a partner, like my regular usage of swear words. I understand that it's not ideal manners, but it's important for me to focus my efforts on XYZ first because it impacts me more in ABC ways.

If it is more pleasing to your ears, I will try my best not to use swear words around you. However, I do not want to misrepresent myself here, so my usage of swear words will still maintain regularity outside of our conversations. If it is critically important for you that in the long run your partner does not have such manners, I may make these changes in the distant future because I do see merit in how it relates to exemplary manners and character, but I would need the space and time to make these changes of my own accord without any undue pressure. I'd love to hear your thoughts on my priorities and terms on this."

Please don't go easy on me.

/r/Patriart - I just started a sub for art, songs, stories, etc. celebrating and promoting biblical masculinity

1 upvotes | August 31, 2019 | by [Proverbs_31_2-3](#) | [Link](#) | [Reddit Link](#)

I've never modded a subreddit before so we'll see how this goes. But I've been thinking for a while that it would be great to have a place to post song lyrics, visual art, short stories, and so on that encourage and elevate the practice of biblical masculinity and scriptural patriarchy.

So check out /r/Patriart and most of all create, collect, and otherwise contribute (otherwise there won't be anything there!)

In finding a wife it's appropriate to approach with man-to-woman subtleties. Especially, if there's limited time to develop a relationship through community.

1 upvotes | August 29, 2019 | by [betachadtries](#) | [Link](#) | [Reddit Link](#)

No stupid questions; only stupid people. has been created

1 upvotes | August 26, 2019 | by [Red-Curious](#) | [Link](#) | [Reddit Link](#)

The range of questions and discussion topics addressed here is intentionally broader than what's permissible on RPC proper, though not boundless. Questions must relate to our faith OR red pill praxeology in some way. It doesn't have to be both, and we'll try to be relaxed with the scope of how tangentially related the question may be.

Politics? Culture? Sociology? Random theological question that has nothing to do with the red pill? Go for it. Just follow the rules and be respectful.

I feel tension with one of the RPC mods. I feel like we butted heads and I wish to apologize

1 upvotes | February 15, 2020 | by [Mundane-Violinist](#) | [Link](#) | [Reddit Link](#)

His name is u/rocknrollchuck and I think he banned me from the main sub, but I'm having a manic episode this month and I don't believe he would have banned me if he knew I'm struggling to manage my mental illness.

Any advice on how to bury the hatchet with a mod? (I have no ill will towards him)

Mania and Bipolar Disorder

1 upvotes | February 14, 2020 | by [Mundane-Violinist](#) | [Link](#) | [Reddit Link](#)

Does anyone in this community have bipolar disorder that I could PM a private question about?

Does plausible deniability & hypergamy absolve women's sins?

1 upvotes | March 9, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I know only Jesus wipes the slate clean.

But in the mind of a woman, where she can't fully take responsibility for her actions or be held "accountable" for them. How does this work in their relationship with God?

Does it not create their own form of righteousness?

If they truly believe they didn't ride the CC (for example) and may even lie to themselves until they believe it. How would you ever even know the truth? Do they even know the truth? Or do they just rather not let their faults come to light?

Is there a difference in how God disciplines men vs women?

I'm wondering how God can reconcile a woman who doesn't believe she's in the wrong. Or is that where the Holy Spirit comes in and makes changes to the person?

What is your biggest regret?

1 upvotes | March 10, 2020 | by [da_independent_varia](#) | [Link](#) | [Reddit Link](#)

Mine was chasing female validation and compromising on my beliefs bc I thought I would be a square and not liked

Asking out girls I had no business talking to bc I knew they weren't believers. But it felt good to get attention and maybe possibly it might work. But it never does.

Are all weddings goo goo ga ga or are there women who aren't into flashy style weddings?

1 upvotes | February 3, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I don't see myself pedestilizing women like I used to anymore. Even though some may be expecting things like flowers all the time or chocolates or gifts or whatever.

I've seen many engagement photos and a lot of them really make me cringe. I don't think I'd be able to do all that.

Idk if I just haven't met someone I loved enough to do those "sweet" things with or I don't see women as good ol angels anymore.

Is this a problem? Do I have a bad outlook on this?

Awkward is accelerated learning.

1 upvotes | January 29, 2020 | by [Tpetplayr](#) | [Link](#) | [Reddit Link](#)

Being awkward is both the barrier to learning, as well as necessary for accelerated learning.

If you're not uncomfortable, you're learning at a snails pace. - Chris Voss. - Former Lead FBI Hostage Negotiator.

If a man were able to change the bible would that prove they are the 2nd coming of Jesus?

1 upvotes | March 25, 2020 | by [Torn4_025](#) | [Link](#) | [Reddit Link](#)

This might sound like a random question, but it's not. The reason why comes from a hypothesis proposing sweeping retroactive changes to reality are happening. Known commonly as the Mandela Effect that some Christians fully believe in and share their warnings of it on places like YouTube such as the EYA YouTube channel or other social media groups like Facebook, Discord and Twitter. Before I go on let me say it's not my intent to undermine Jesus, God or the work of the Holy Spirit. Saying that because in order to explain this people are likely going to be offended.

If you don't already know what the Mandela Effect is then I will offer a common claim for an example. Some that watched the JFK assassination remember there being a total of 4 people in the car including the driver. However if you look at the video on YouTube or anywhere else it's not a 2 rows of seating car, but 3 rows of seats with a glass divider and the total number of people in the car is 6 not 4. From the point of view of the person that remembers 4 seats reality one day changed and all official records they can find changed to reflect there being 6 seats in that car. For everyone else however it's always been 6 seats in that car and their memory of the event reflects this.

Rightly or wrongly as one might foresee it's extremely easy to write this entire thing off as being bad or manufactured memory. However I'm going to focus on a hypothesis often, but not always cited for being the cause of this retroactive reality change at the core of the Mandela Effect. That being hyper advanced Quantum entanglement tech driven by massive Quantum computing systems. Sort of like the Quantum computing system Google claimed has "Quantum supremacy" over standard computing systems. Or the D-wave Quantum computers that have made tech headlines over the years.

Now I'm going to introduce how Quantum entanglement in an oversimplified way matters. The basic idea behind it is that two particles can interact on the Quantum level and instantly become perfect mirrors of each other when entangled no matter the distance between them. In a simple visual of what happens it's like if you had an orange and then someone in China had a lemon that instantly changed into an orange just because it got tangled up with it via a string you can't see. That would be cool and perhaps scary right. Well that's "spooky action at a distance" that people have tried creating in experiments for many years.

If this effect could be scaled up and controlled by humans then possible applications are endless. In fact independent labs are testing this and claiming Quantum entanglement can be done.

Sources below:

Link 1: <https://www.livescience.com/2000-atoms-in-two-places-at-once.html>

Link 2: <https://www.livescience.com/quantum-memory-entangled-far.html>

Link 3:

<https://physicsworld.com/a/quantum-secrets-can-be-teleported-and-shared-between-multiple-senders-and-receivers/>

At this point I'm guessing your saying that sounds unbelievable. And yes even the man best known for writing the book on quantum mechanics Einstein hated everything about it. However the engineers that actually work on designing modern high end chip sets in computers, smart phones and

other devices must contend with Quantum tunnelling that's included in quantum mechanics. So the core theory behind it can't be easily discarded whole sale.

Moving on to what I mean by possible applications I first suggest a Quantum wireless point to point internet that is no longer limited by radio range like WiFi due to Quantum entanglement having unlimited range. The one I am focusing on though is being to entangle a substantial amount of particles in objects. This would be much harder to pull off, but with the exponential growth in tech we have seen I don't think it's impossible.

Now you might ask what do I mean by entangling a substantial number of particles in an object. Let's just say you own a 500 page history text book on world war two. The hard cover, paper pages and even the ink used to print words is made of atoms composed of particles such as protons, electrons and neutrons.

By entangling 2,000 atoms one can't expect to see actual change to occur. However once you can entangle trillions upon trillions of atoms on a quantum level doors begin to open. If you could actually entangle enough atoms together it's possible you could remove the ink that created a period in that history text book. Then if you entangled way more atoms together change a letter and then whole sentence structures. If this technology was combined with deep learning AI you could easily use the AI to detect patterns across books along with other objects and change every world war two book in existence if Quantum entanglement technology became powerful enough.

I realize it's a massive leap in difference, but then so is the spending power of a independent lab vs say the US government or if we had a one world government willing to throw it's entire weight into developing this tech. I don't expect people to simply believe this is possible just because I said it could be.

However I am going to repeat the question in the title because I want to understand the theology behind biblical infallibility:

If a man showed up with power to preform wonders and change the words in the bible you have at home would that be proof he was God or the 2nd coming of Jesus if that's what he offered as proof?

The theological reason I ask is because of Amos 8:11-12 that speaks of not being able to find hearing the word of God due to a famine that effects it. If the bible for the most part didn't exist outside a few priest having one people really couldn't read until 400 or so years ago and nothing prevents them from being burned or having people put out new versions that play very loose with translation. Why can't other things happen to the bible in the future?

Especially if there is going to be a massive deception where even the elect would be fooled if that was possible. I've thought about this and honestly I can't think of a better way for the Anti-Christ to fool Christians than being able to change the bibles sitting on their desk at home.

I know some might say God wouldn't allow that to happen to God's word, but John 1:1 says Jesus is the word of God and so I truly don't understand where God promises to protect the modern bible from attack or even destruction.

Again I'm not trying to disrespect anyone's belief's here or undermine what Jesus did on the cross, but I did feel compelled to open respectful discussion on this issue.

Thoughts?

1 upvotes | April 3, 2020 | by [cataclysick](#) | [Link](#) | [Reddit Link](#)

LTR no longer Christian. Next her?

0 points•[36 comments](#)•submitted 1 month ago by [cataclysick](#) to [r/asktrp](#)

My LTR of about six months recently told me that she needs to “take a break” from Christianity. Her being a believer was a prerequisite for us getting together. Before we met she hoed around a bit. The body count she told me is lower than mine but I have doubts she was honest. Since we’ve started dating she’s come really far with Christianity and even some redpill/rpw stuff. But now that she’s “taking a break,” and doesn’t seem remorseful, will she go back to being a hoe?

I’m thinking I’ll take time to work on myself and figure out an exit strategy. Also run dread. Recs for how to dread an ENTP 7w8 appreciated. What do you all think—is it time to next her?

When do the lines begin to blur in Christianity?

1 upvotes | April 2, 2020 | by [agoodcrayon](#) | [Link](#) | [Reddit Link](#)

I see many comments stating “I’m a practicing Catholic” or “I got baptized and pray 4 times a day” amongst other things.

This bothers me. Not because I think they’re wrong in doing those things. But because I think many people do those things based on how they were raised or possibly out of fear to be casted out of their social group or relationship.

Biblically, Christians are not to follow God using Mosaic law or the old covenant since it is not 100% a work based Faith. And that was the whole point of Jesus dying for our sins.

We all have our journey and how God reaches us is up to Him.

It worries me because some people are not truly saved. They do not know the difference between Religion/Churchianity/Denominations.

To have a relationship with God versus a check mark showing up to Church or Communion and then returning to their regular lives the next day.

I am not saying these things with an elitist mindset. I would actually like to see people know God and make Him known and see this sub be a light in this world.

I’ve noticed an influx with newcomers on /RPChristians and the quality has definitely gotten lower, which is to be expected. Hopefully, people will wake up and receive God unto their hearts and the quality posts keep on coming.

Besides the RP posts on becoming a man, I believe, it’s more important to become a true Man of God and to know Him.

Request: can someone turn the sidebar into a pdf?

1 upvotes | March 30, 2020 | by [da_independent_varia](#) | [Link](#) | [Reddit Link](#)

Saw they did this on TRP main sub. Was wondering if someone tech savvy knew how to it.

Give number out or get hers (or both)?

1 upvotes | April 7, 2020 | by [SingularityOne198](#) | [Link](#) | [Reddit Link](#)

Not approaching during this time. But, a question that has been going through my mind is: “ should one give out their number with the intention of “it pushes her to contact you and initiate. Or chase you. It also makes you different from all the other guys who ask for her number. You’re telling her if you don’t contact it’s cool and you don’t have to worry about me stalking you later.” or is it better to get her number because “it shows you are the leader and will text her first to lead the conversation”?

M 18 - I'm looking for a Mentor

1 upvotes | May 1, 2020 | by [AstroDelus](#) | [Link](#) | [Reddit Link](#)

I'm 18 years old. I'm tired of my current circumstances (my fault [laziness]). I want to improve, and become a better Christian, young man.

Red-Curious suggested I ask on here—if any of you are willing to take on a new disciple, please let me know.

Thanks.

Separation

1 upvotes | June 12, 2020 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

Sad this couple is getting divorced because it sounds like she doesn't respect her husband, what do you think?

1 upvotes | June 24, 2020 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

Workout question

1 upvotes | August 2, 2020 | by [KongKing13](#) | [Link](#) | [Reddit Link](#)

Since covid I haven't been able to go to the gym like many people. I have finally been able to track down two 25 pound plates, anyone have recommendations on how to do a full body workout with these?

what is the RPC reason for not engaging in hookup culture?

1 upvotes | November 2, 2019 | by [afterthe_fapocalypse](#) | [Link](#) | [Reddit Link](#)

Why don't RPCs spin plates? Game lots of girls?

I'm not asking for rule-centric Bible verses, moralistic judgments, or such. I'm asking for experiential reasons. Part of the draw for me to women is pure sexual attraction. I wanna slay as much p*ssy as I can.

But I also know that women take time and energy, and I'm not really about giving a lot of that away. I read what happened to Solomon. I know firsthand what porn and masturbation do. But I've never had that life where I'm banging multiple girls a week.

What's it like? Do any of you regret it? If so, why? Again, I'm not looking for Kreon-esque morals (think Antigone), but relatable reasons from experience to help me chart a course. Most of the things I learned in church I don't know how I feel about them. The niceness and the emasculation ... I'm wondering if this whole monogamy thing is really doable or even smart, or just part of the beta male feminist universe. Perhaps this could lead into a conversation about what a Christian alpha *is*, but for now I'd just like to pick some of ya'lls experience on the topic in the subject line.

Thanks guys

Continuosly rejected by girls - not sure what to do

1 upvotes | March 31, 2021 | by [Penumbraion](#) | [Link](#) | [Reddit Link](#)

In the past few years I have been involved with campus ministries at uni and have been going to church. Over this time I have asked out 10 Christian girls who I had gotten to know, and have been rejected by all of them.

I consider myself to be fairly attractive - I'm 5'10, I go to the gym, and I'd say I'm quite social and witty. I've prayed for God's help with this. I've become quite distraught. It's actually made me doubt my faith.

What should I do?

Does anyone suffer from chronic pain due to lifting injuries?

1 upvotes | March 8, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

I've got arthritis and a plethora of injuries. What methods do you use to play through the pain?

Anybody out here not afraid to say they are running a Test+Deca+HGH cycle? I'm sure I'm not the only guy with arthritis here right? Arthritis is inevitable for the people it effects, and it effects a large portion of the population. Obviously this isn't when we stop lifting and take the blue pill? How do you stay healthy?

Some guys at the gym start taking vicodins, doctors prescription, until that eventually stops working so they move up to stronger pills and eventually herion/fentanly and UGL Steriods. There are is more than one reason to be apprehensive about going down this path. So what do you so when you experience pain/injury? You just quit and become a beta male.....right? I lost a LOT of wages and time spent literally bed ridden.....never would have spent 2 years in a bed if I didn't dedicate my life to the gym. Should we not lift seriously? Just enough to "get the girl"?

230lbs, 6 feet. No weights at all even though I have a passion for the gym that rivals every person I've ever met. Its really depressing living with chronic pain and losing your one true worldly love. Weights.

At least I got big enough to always be able to weigh over 200 without trying. For me it's always been about body image. At 230 lbs I'm a fairly fat guy now. Embarrassed to take this shirt off.

Should I try to prevent my wife from getting a Tubal litigation surgery?

1 upvotes | April 1, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

So we are at the doctor, 4th pregnancy. We normally deliver at the Catholic Hospital but the doctor informed us that the Catholics do not allow this surgery. Would it be a sin for me to allow my wife to get the surgery?

On one hand I don't want to be manipulative as to sin by "control" but obviously I something feels alarming about the Catholics taking this stance, should I agree with them?

I do bodyweight exercises an hour a day. 6 feet 230 lbs 25% bf.

When you say "I need to read my Bible" what are you really saying?

1 upvotes | March 13, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

Is it that I'm not educated enough to post here? Or is it my methods of communication? I have Adhd and autism and OCD, so I'm really bad at communicating but this is stumping me because you guys have told me many times to "*start* reading my bible". What makes you think I haven't already read more than even yourself?

Stats: lifting ruined my health and life. Currently looking to do a Test Deca Hgh and peptide cycle at 6 feet 225lbs to fix my pain ridden body. At 17 I squat over 575. Not worth the knee pain. Deca and test helps with that pain because it keeps those tiny muscles strong when they are too injured to be worked on and strengthened the natural way.

At what point do men get together and fight this feminist liberal lgbtq nonsense?

1 upvotes | June 16, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

I need help on this

1 upvotes | July 8, 2021 | by [samcald9873](#) | [Link](#) | [Reddit Link](#)

Wanting to date a girl that already has a boyfriend

0 points•[67 comments](#)•submitted 1 day ago * by [samcald9873](#) to [r/RPChristians](#)

Update: I've gotten alot of good advice and am very thankful for all of it. I think I'm content on what I'm going to do and just want to thank everyone for all the different views and angles on my situation, it means alot to me. I feel set now on how to approach my problem and will continue praying and would appreciate prayer. Thank you

Update 2: so I realized that I probably should have included this in stats but have pretty freaking crazy mood swings, so with that comes some really weird thoughts and stuff, so when I came up with this idea that I was suddenly in love with her I was in a very odd state of mind and I'm glad I came here first otherwise I would have made some serious mistakes □ I really got alot of people saying I was too focused on this one girl and they're right, I need to be more open minded and just progress my life forward more. My prayer on the subject has lead me to decide that just waiting and not thinking about it is the best solution. God will have his will completed through people following it, so that's what I intend to do. I'm truely thankful for everyone here that helped me get right with God here, I've taken it all to heart and will still pray on it all. Thank you all

I need advice from a christian perspective here, so I'm a devout christian and so is she, we've been best friends for over half a year now and I've felt a confusion about her since I met her, and I've prayed about it alot bc I couldn't tell what it was. I've now realized that I've totally fallen for her and honestly we would work great together. Only problem is that she already has a boyfriend and she is very dedicated to him. How do I tell her that I love her and not make her hate me? And also her boyfriend is a good person so idk if it is actually right for me to do this from a christian perspective. I been praying alot and now am here asking for advice

Edit: sry I forgot to look at the rules, I've never really used reddit before so I didn't think about it□

Mission: I feel like this woman might be the one but she is already dating someone else; we talk alot about our faith alot and I feel like we both enable each other to grow in our faith in God very well, but I don't want to go against anything she wants (i.e. if she says no I have a bf already I'd respect that and would want to respect that bc that what is best for her and I want nothing less then that)

Stats: I'm probably slightly overweight at 180-190 and am 5 10 ish, not lifting tho probably should

Reading: looked though alittle bit, not enough obviously bc I just got here

Finances: currently going into senior year of highschool, have not gotten a job yet but am looking and am currently unsure of what to do in college or so, but that is a long story on why

Spirituality: I'd say I'm fairly mature in that area of my life but that sounds really boastful so I don't really like wordng it like that, I read the Bible everyday and pray all the time tho probably not enough □ I try to do what I feel God wants me to in any situation

Above all else I want what God wants for me, I am just feel like this might be the person I should be with but if God has other plans then so be it

Getting roasted on another Christian sub

1 upvotes | August 6, 2021 | by [4EverDoublinDaGarlic](#) | [Link](#) | [Reddit Link](#)

https://www.reddit.com/r/Christianmarriage/comments/oz6va7/the_toxic_manosphere_why_the_red_pill_can_never/?utm_source=share&utm_medium=ios_app&utm_name=iossmf

Would anyone care to respond to these criticisms?

Just so we're clear about my stance, I'm with being a man strictly modeled after Christ's standards for manliness and I'm not really aligned with everything RPC represents.

How bad is porn-addiction if you are a married man?

1 upvotes | October 16, 2021 | by [pina_colada_89341](#) | [Link](#) | [Reddit Link](#)

Here is my question on [the mainstream Christian](#) marriage subreddit.

A woman commented and gave a GREAT answer so I dm'ed her this question:

My wife allows porn because she believes that all guys are addicted to porn so might as well allow it rather than have fights/arguments about it.

Here is here response:

I do believe she's wrong, yes. I think that, because she is "allowing" it, that one portion of the sin is removed, that of doing someth behind her back that you know will cause her harm. But I believe that porn is still sinful, both against your own body, against your wife, and against the people (I'm assuming women) that you view. That's just my take, I don't claim to be an authority on this by any means.

My wife lets me watch porn which I watch porn videos 1-2 days per week for 30 minutes to an hour. I also am subscribed to nsfw subreddits so I see porn pictures daily (usually large-breasted teens or asian girls who are very attractive). So I guess that makes me a porn addict?

I love my wife and have been struggling lately because in the past week, I have seen 3 posts saying that porn is as bad as actually cheating with a woman sexually! (This has to be absurd, doesn't it?)

Am I taking crazy pills or is porn no big deal as long as your wife is fine with it?

Jimmy Evans?

1 upvotes | November 25, 2021 | by [Wranglers74](#) | [Link](#) | [Reddit Link](#)

A friend said that Jimmy Evans was so important to him in developing his understanding of marriage. I'm listening to his 4 Laws of Marriage, and I'm hearing a lot of what sounds like a very feminized version of biblical principles.

Does anyone have an opinion of his views?

How do I get my husband to dominate the f out of me.

1 upvotes | November 23, 2021 | by [That_random_mom](#) | [Link](#) | [Reddit Link](#)

Does this work for wounded wives?

1 upvotes | December 1, 2021 | by [TrashHubby](#) | [Link](#) | [Reddit Link](#)

I'm trying to lead like Christ but I fear it might be too late to do change anything. My wife is a victim of paternal abuse and then I've screwed up quite a bit being a self defensive beta instead of her rock. She is now stuck so far in the past that she mixes up past and present tense when trying to voice her frustrations. She is still mad at me for something I said 20 years ago and now tells everyone that I told her that multiple times when it was just once and I have apologized for it a thousand times. She said she turned into a poisonous wife because I was harsh to her early in our marriage and she didn't know what to do. When I pointed out that 1 Peter 3 explains exactly what she should have done she exploded and acted like I was some power hungry madman that wants to dominate her life. I didn't even tell her to submit, I just read the passage for her. In any case, I don't know where to go from here. I'm probably deep in her frame but her pain and hurt is real, even if exaggerated. Is RPC the best approach? or perhaps the egalitarian model that she subscribes to would work in this scenario? I don't know. It's like everything I do now doesn't even matter because she looks at me and sees everything I did wrong.

28F talking to men about divorce/annulment

1 upvotes | December 29, 2021 | by [throwawayplease75757](#) | [Link](#) | [Reddit Link](#)

I (28F, Catholic convert) dated someone from 19-24. Got married at 25 and learned within months that he'd invited someone who tried to assault me in college to our wedding; he didn't actually believe in Jesus (but he went to church every week and prayed before meals "for appearances"); and he'd never had romantic feelings for me (said he'd married me because I'd be "a well-paid lawyer, good wife, and mother"). There was some violent behavior and cruel insults with regard to sex, and after consulting a couple of pastors, I separated physically. A couple's counselor suggested to me that he had narcissistic personality disorder. Although he hid these traits well, I was still stupid and naive. It makes me feel sick that he was my one and only (sexually). I ultimately got a divorce and annulment through the Catholic Church.

After a couple of years of counseling/spiritual direction with a priest, I'm dating again. And it's mostly fine—I now feel more confident in assessing guys, and I haven't gotten physical with anyone. But since I've cut guys off within a couple dates for various reasons (mostly finding out they're just culturally Christian), I haven't discussed my divorce/annulment.

Now I'm going on a second date with a guy who I'm excited about and I want to be upfront, but I'm a little apprehensive. As a guy, would it be enough for a woman to say "I got a civil divorce/declaration of nullity from the Catholic Church, I'm happy to answer any questions about the circumstances"? I also totally get that he might decide to break it off given that info; I just want to balance transparency with oversharing.

Thanks.

What are your bold predictions for 2022 and beyond for the state of the world or the western culture society?

1 upvotes | February 4, 2022 | by [KnownLedgesIsPowder](#) | [Link](#) | [Reddit Link](#)

My hot takes:

Re: Dating

Guys will complain that it's never been harder to date today bc of the popularity of datings apps and the mainstream acceptance of 'hot girl summering' and the inevitable polyamorous attitudes that follow.

The truth is, it's never been easier to slide into the top 10 percent, top 20 percent of men, even if you're under 6 foot. The surging of dopamine-inducing distractions in this world is going to be sky high, and consequently if you grew up in an undisciplined household, you will have a hard time avoiding them. As a result, testosterone levels will plummet, motivation will nosedive, and generally guys are going to continue plunging themselves into pain-avoidance activities like porn, video games, and anime.

Unfortunately the commitment phobic attitudes are going to get worse, marriage rates will continue to decline, and birth rates will continue to decline, especially for the educated and those that can reasonably afford to support a family. Value systems will continue to erode bc they just aren't being passed down in the family lines that stop extending bc the men are fed up with the status quo.

Re: Society

I think everybody knows someone who is struggling with finances. Things are getting expensive, and people are still buying things they can't afford to put up an appearance to flaunt on their social media. People are getting swamped in debt, and either don't have the knowledge to get out, or don't have the discipline to do it. In the grand scheme, the middle class is disappearing, and you have the people who have and own things, and the people who have and are owned by that thing. People are getting frustrated and it's not going to change anytime soon.

There are other topics you can talk about than the two I talked about. It could be western politics, it could be geopolitical tensions, technology, pandemic, etc.

Took hairloss drug, because of social benefits from having hair. Got side effects that never went away.

1 upvotes | February 23, 2022 | by [Provoking Copies](#) | [Link](#) | [Reddit Link](#)

Sexual tension dissappeared.

It's not only the way I relate to people, it's also lack of potency for life.

Took the drug because of most people claiming there were no side effects. Figured the risk was very low.

The best I can describe it is being empty. No libido, no energy for life. No energy even to be angry because of it.

It's not something abnormal i now know. Even animal tests, beings who can't Even be conscious of the effects of the drug, are less motivated and depressed. (1)

I have no clue what to do.

Bloodwork shows nothing abnormal. There's no known cure for emasculinization.

I have no energy to do anytbing, to defend my ego or respect my character.

The only thing now underlining everything I do and am is carelessness not an active form of it, but a passive one. It's like I have nothing, am nothing and have nothing peoplr owe me, and nothing I can defend.

What can I do...

Pls pray

In your opinion, will American culture get worse and worse at making young women suitable for normal Christian men with normal preferences? (debt-free virgins without tattoos?)

1 upvotes | February 23, 2022 | by [sensorysparrow](#) | [Link](#) | [Reddit Link](#)

I was reading DeepStrength's blog [here](#) but I can't find the article. He did the math on what percentage of women are obese or non-virgins.

My question for the men of this sub is **what do you do when you cannot find a woman that you find suitable for marriage?**

1. Do you just lower your standards?
2. Do you just keep searching?

Premarital sex perspective?

1 upvotes | November 26, 2022 | by [careeningtractor](#) | [Link](#) | [Reddit Link](#)

Crosspost "Premarital sex perspective?" from /r/TrueChristian:

Wanted to check here on some good reading or podcasts, etc for whether premarital sex is really a sin. I posted in another thread feeling down about a girl I was dating and mentioned offhand I had slept with her and people rained down dunking on me for being evil, an unrepentant sinner, etc. I'm a Christian but wasn't raised in a conservative way (but view myself as conservative politically, pro life, etc) and am truly curious about whether others are in my boat or not. I'm a young guy - 23m - so my perspective is also from the younger set as well.

Posted by Real-Okra6669 | 26 November 2022 | [Link](#)

Marital fraud/adultery

1 upvotes | January 5, 2023 | by [ProfessorAttila](#) | [Link](#) | [Reddit Link](#)

A man, while he is dating a woman, participates in virtual sex acts online with an OF girl. He does not tell his girlfriend. Years later they marry. He is a Christian and repents of his sin. Is he now obligated to tell his now wife? Has he committed marital fraud, and does his wife have the right to annul the marriage?

Thoughts on splitting finances

1 upvotes | January 13, 2023 | by [TrashHubby](#) | [Link](#) | [Reddit Link](#)

I've been married 20 years or so and the entire time our finances have been combined. My wife has been handling the finances the whole time which has pretty much screwed me over since I have less than \$100k in a 401k at 40+ years old. We also have minimal savings because of the constant cycle of charging up the credit card and using the savings to pay it off. I talked to her about limiting her spending but it did nothing to stop her.

Last week during an argument she said that I didn't do anything to invest in her and when I pointed out all the expensive things I got her, she said that she pretty much bought those herself. I remembered that she uses my paycheck to cover the bills and realized she is pretty much right. She makes more than I do so anything left over would be from her paycheck.

What i would like to do is put my check in a personal account then put half of the amount needed to cover the bills in the joint account. That way I can focus on paying off stuff with my name on it like credit card and HELOC and she can do whatever she wants with her money; it's got nothing to do with me.

What do you think? I understand the best thing to do would be to manage all of the finances but she actively rejects headship.

Do you think Christian women care about men's body count?

1 upvotes | February 4, 2023 | by [vinnievu141](#) | [Link](#) | [Reddit Link](#)

I hear secular women on shows like Fresh and Fit and Access Vegas saying that they don't care. I wonder if Christian women do or if they are like their secular sisters.

Recommend food / diet? What should I cook? Are there any posts on this?

1 upvotes | March 2, 2023 | by [Christian-Phoenix](#) | [Link](#) | [Reddit Link](#)

(My OYS.) I'd like to lose 50 pounds, *as fast as possible*.

What food has worked best for you? (i.e. nutritious, satiated hunger, and helped lose weight)?

I'm leaning towards a two meals a day plan consisting of:

- Brunch: muesli (oats + nuts + fruits mix) with 0% fat milk
- Dinner: something mediterranean with lean meats – so lots of lentil soup, salad, not-fried chicken, chickpeas (hummus), some whole wheat bread, etc.

Recommendation for One-Year Bible Study Plan?

1 upvotes | March 5, 2023 | by [RomRising](#) | [Link](#) | [Reddit Link](#)

Hi all,

I am seeking your guidance and recommendations on best approach to studying the Bible please.

What one-year bible study plans do you recommend?

Context: I read the bible as a child, but I have not attended church or read the bible since then. My interest in Christianity has re-kindled, but I have little to no depth in understanding of christian teachings. I am seeking to read the bible in one year, with study aids to provide context, explanations, etc.

What I've found: I've done my homework. I researched extensively online. So far, the best program I've found is the Catholic "Ascension: Bible In a Year" program, because it has a cross-referenced Bible, complimentary study manuals, and a daily podcast.

Question: Are there any similar comprehensive packages (that have study manuals, podcasts, etc)? I'm just starting my journey, and I'm open to any denomination at this time (and I don't feel bound to a particular interpretation, as I'm ignorant of even the basic concepts).

Any recommendations are welcome and appreciated. Thank you for your guidance.

Regards,

RomRising

The Complete Husband - Lou Priolo

1 upvotes | July 5, 2022 | by [DodaisSon](#) | [Link](#) | [Reddit Link](#)

Has anyone read this? Have any comments on whether it is helpful? It was recommended by a trusted pastor but I am curious what members here think.

Dealing with fantasies that involve gender roles

0 upvotes | October 25, 2019 | by [rpthrowawayshame](#) | [Link](#) | [Reddit Link](#)

Has anyone dealt with fantasies like femdom and cuckold that involve being submissive to the woman? In my dark places my fantasies go there and I'm really struggling with overcoming them. I know that they're evil and twisted, especially when involving my wife (imagining her with another man or woman with my knowing support and even humiliated help, wanting her to peg me, etc). I have a long way to go still on my rp journey and realizing God's design for masculinity, and honestly these dark places my mind has gone have surprised me. Does anyone have a word of encouragement? Sorry I know I need to share background, stats, etc. This is a throwaway because it's just so shameful.

I'm torn between two women

0 upvotes | October 10, 2019 | by [spacemanu](#) | [Link](#) | [Reddit Link](#)

I've been with one girl for almost two years now. The relationship had it's ups and downs but I didn't like that she lied constantly and lacked communication skills.

This summer I met another girl and got her number. We fell for each other so I broke up with the first girl. The first girl is almost done with her master's degree and the one I met this summer never finished college and works as a CNA but she's much more talkative, happy and honest; She's always laughing and sees things in me. The other girl also supports me and I see her more. She's a sex addict so the sex is better with her. When I broke up with her, she had sex with 7 guys she messaged on Tinder for sex. I was so devastated that I immediately took her back. Even after she did that, I still can't find the strength to let her go. I told the other girl that I slept with her and she was very upset but forgave me. I really like this other girl but I can only see her 2 days a week because of our schedules.

I fell in love with a Muslim girl. What now?

0 upvotes | October 10, 2019 | by [spacemanu](#) | [Link](#) | [Reddit Link](#)

When she told me she used to be Christian but converted to Islam, I was taken aback. Upon further contemplation, I decided that since we worship the same God it's probably ok. How accurate would you say this decision is?

A biblical sex commentary.

0 upvotes | May 4, 2020 | by [markreadsred](#) | [Link](#) | [Reddit Link](#)

I'm a writer and as such my first inclination if I need to research something is to ask and see if there is already a written work that covers the topic in mind. A few years ago I found the red pill and as a Christ, found and lurked on RPC for a while, along with MRP and a few other like minded space in the Manosphere.

I've done a few OYS posts and commented where I thought my two cents meant something.

What I wanted to find was a book that took all the biblical instruction and record of sex and marriage in any degree and pulled it out of the rest of the text so you could survey the entirety of what God's word has to say on the topic apart from the rest when needed.

I figured this kind of book would be useful when talking or thinking about what the bible actually has to say about marriage. Because you could see in one place all the instruction, prohibition and record of what marriage looks like in the Bible.

The reason I wanted a specific work not just a Google search is that Google doesn't survey the scriptures it surveys the keywords used by people writing articles and posting them online and the online resources always seemed to be lacking.

What do you think.

I figured if anyone would be down for more reading it would be this crowd.

Also if you guys are looking for a christian redpiller to read online, shameless self promo.

www.docndes.blogspot.com

I figured with Dalrock hanging up the gloves, I might as well put my stuff online.

an idea I want to flesh out before posting on RPC 'proper (didn't know that was a thing)', already banned on r/MensRights, what's my RPC heresy?

0 upvotes | June 5, 2020 | by [david-n-73](#) | [Link](#) | [Reddit Link](#)

Alright, so at first I simply thought this post was due to the fact that this wife will not submit to her husband, but now there are debates here questioning whether or not scripture allows for divorce on differences of theology. I'm curious, what are your thoughts?

0 upvotes | June 25, 2020 | by [Fantasiadreamcicle](#) | [Link](#) | [Reddit Link](#)

Joining the military during the coronahoax?

0 upvotes | November 15, 2020 | by [James_Rustler](#) | [Link](#) | [Reddit Link](#)

[removed]

Looking for the easiest, beginner article about “frame” that an “absolute newbie” Christian college girl could understand (cross-posted from r/RPCwomen) ☐ ☐ ☐

0 upvotes | November 14, 2020 | by [KitchenAdditional836](#) | [Link](#) | [Reddit Link](#)

https://www.reddit.com/r/RPCWomen/comments/jsreko/the_basics_of_female_frame/gc8dg1k/?utm_source=share&utm_medium=ios_app&utm_name=iossmf

(In the comments section)

Could someone read the exchange that I had with Red-Curious and find the article he’s talking about? Or alternatively a beginner article written explaining what frame is to a Christian college girl who has never heard the term frame before in her life!

Also, please don’t throw shade at me for confiding in a female, she’s like a mother-figure to me (and I mean this in a non-creepy, insinuation-free way). ☐ ☐

Looking for the easiest beginner article about frame that a newbie Christian college girl could understand (cross posted from r/RPCwomen)

0 upvotes | November 14, 2020 | by [KitchenAdditional836](#) | [Link](#) | [Reddit Link](#)

https://www.reddit.com/r/RPCWomen/comments/jsreko/the_basics_of_female_frame/gc8dg1k/?utm_source=share&utm_medium=ios_app&utm_name=iossmf

Could someone read the exchange that I had with Red-Curious and find the article he's talking about? Or alternatively a beginner article written explaining what frame is to a girl who has never heard the term frame before in her life!

Decoding female Psychology - All men need to watch this

0 upvotes | January 28, 2021 | by [FrozenCheekSlayer](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/9g63BBCsDJA>

What would you do or think of the most devout Christian Redditor you have ever met in your life told you that you are not a Christian and do not have salvation? ☐ ☐ ☐

0 upvotes | November 15, 2020 | by [KitchenAdditional836](#) | [Link](#) | [Reddit Link](#)

He has been “witnessing” to me for the last three nights for 30-60 minutes per night and I gave him no reason to doubt that I’m a Christian that I’m aware of.

Here is what he told me just now:

> I hope that this has helped you to understand the Bible better! By the way, **I have become aware that you are not a Christian.** But even so, I hope to have given you a better understanding of the gospel and the reasons for why I believe the Bible to be the word of God. If you wish to continue this discussion in the future, I will be available anytime, and I do not hold anything against you.

(My emphasis)/boldness

He said it right when I told him I needed to leave soon so I didn’t really have time to start a new discussion for why he believes this???

Please give me honest answers. If I’m going to hell rather than heaven, it’s kinda a really big deal....

☐

Thank you for reading. ☐

Hot Take: Drinking Liquor = Divinely Ordained Bad Luck

0 upvotes | May 3, 2021 | by [Harry_Fraud](#) | [Link](#) | [Reddit Link](#)

God gave us every plant and tree on earth for us to use, per the Bible, Genesis 1:29. So God is allowing us to use Cannabis.

The Bible also says, “This cup is the new covenant in my blood. ... Do this, as often as you drink it, in remembrance of me” (1 Corinthians 11:23-25)— so his son, Jesus Christ, explicitly says, when drinking, do so in remembrance of him.

How often do people in our society getting to drinking, NOT in remembrance of Jesus? Do you think that’s maybe why things are so messed up? The root cause of “curses”?

No man can serve two masters, that’s also Biblical. Cain, post sin, disconnected from God by guilt, God said, “You will be a restless wanderer on the Earth” (Genesis 4:12). Like so many, asleep in society.

Luckily, however, all of us have the opportunity to be redeemed, cleansed from sin through the Covenant of Jesus Christ the son of God.

Racism, White Supremacy, the Military Industrial Complex, CIA, voter suppression, misinformation about marijuana, crack epidemic, global destabilization and projection— it’s all the same people. Citizens are still in prison for using a plant given to us by God, which in a small section of communities (a blessing) our society has seen through the lies of the slavers in this one instance, who profit from fattening you with alcohol.

My society is governed by modern, godless slavers. The source of their power is alcohol. What are your thoughts? Agree? Disagree? Am I insane?

Do I have to give my wife sex if she doesn't give me sex?

0 upvotes | April 26, 2021 | by [NoC2H6OnlyGas](#) | [Link](#) | [Reddit Link](#)

I dont want sex from her but I would like the relationship to continue for the sake of our children. She doesn't give me sex anyways and she doesn't care about the rules of the Bible so does that mean I still have to give sex to her when she asks for it? I guess what I'm asking is do the rules still apply 100% if your spouse doesn't believe in those rules? It's Paul that says not to go without sex unless you consent for a time to be devoted to fasting and prayer. But now that I think about it not in my only going without sex but I don't even want it and I can live without it.

6 feet 225lbs 20-25% bf. I currently only stretch and do pushups while trying to rehab some injuries which are 05getting better. Reading: in the past I've read How to Win Friends and Influence People, and I've read a little more on the community info for the trp subreddit maybe 20% of it by now. Currently reading at least 2-3 chapters of Bible a day but not at consistent times. Sometimes I feel like I forgot to pray especially first thing in the morning but im getting better at doing it whenever I'm anxious Or in need.

Average 60k or so for this year so far as an independent contractor. Mission: To start a soup kitchen to feed the homeless or to find a church that is already accomplishing a similar mission and try to be a contributor.

What is allowed on the main sub?

0 upvotes | March 30, 2021 | by [PoisonousButterfly7](#) | [Link](#) | [Reddit Link](#)

We are a subreddit that exists to provide a place for Christians to discuss problems, solutions and insights on relationships, sex, and biblical masculinity according to biblical principles.

Does anyone know if a posting guide exists that goes into more detail than this single short paragraph? I have seen questionable content allowed to stay posted but my posts always get removed.

□ □

In defense of the top moderator of Christian Marriage (who wrote a long essay earlier today rebuking this subreddit)

0 upvotes | August 6, 2021 | by [TemporalPortal](#) | [Link](#) | [Reddit Link](#)

I reached out to him via PM and just received his 110 word reply. I wanted to politely advise the members of this subreddit not to brigade his subreddit, and I also want to personally vouch for his character.

MedianNerd is a good Christian who simply doesn't view the world through a red-pill lens. He's kind, caring, polite, and friendly as long as you reach out to him in good faith. We're not competing with his sub, nor is he competing with our sub. We just have different world views which he thinks our ideas are bad but he respects us as human beings, he just doesn't respect our ideals. I'll share this brief excerpt from his DM to me about the men of RPC:

| I want them to be wonderful men of integrity

He wants the best for us and he has good intentions. I just think feminism and blue-pill ideology has become too pervasive in society such that "mainstream Christians" accept and adopt a blue-pilled and feminist worldview.

With all that said, I politely ask people from RPC not to brigade his subreddit nor vote on the thread he created earlier. I've said a prayer for him and hope one day he might think more highly of this subreddit, but as of today, he doesn't respect our ideas and opinions about marriage. (which is fine, no one is forcing him how to think -- he can think for himself just like we can think for ourselves)

Tinder humor (feminism is a shit-test) from a strong Christian male with strong frame

0 upvotes | October 6, 2021 | by [Marble-Wax](#) | [Link](#) | [Reddit Link](#)

I matched with a beautiful woman but in her Tinder bio she bragged about how she is a feminist and a "strong, independent woman"

Enjoy a laugh: <https://i.imgur.com/MpZom53.png>

(mods, please remove if inappropriate to this forum)

Sorry no stats except max-BP 150 b/c Asian male

May I please have special permission to ask a question to RPCwomen? (or do any women actually read here?)

0 upvotes | October 16, 2021 | by [TurnerWebber](#) | [Link](#) | [Reddit Link](#)

I joined Tinder and set my location to the Philippines and I have met 2 women that would make their husband the HAPPIEST MAN ON THE PLANET. The only problem is that no guy from this subreddit will find these women unless they join Tinder and change their location to the Philippines like I have.

I want to honestly ask permission from the mods if I may ask a question on the RPCwomen subreddit on how to politely/respectfully/appropriately introduce these 2 women I've met to the men of the RPC community who wish to marry a Godly woman but also more.

The 2 women are Anna and volcanogirl. Anna is the best woman I've ever met in my life. She's Catholic but she's also the most "emotionally intelligent" woman I've ever met and she's extremely mature. She doesn't know I'm trying to find her a great Christian husband from this subreddit because then she would think I'm weird. Here is [proof that I use Tinder](#) and I swear on my honor/integrity that I have good intentions for requesting to be allowed to post on RPC-women.

I just need to know how to politely/respectfully/appropriately introduce the single men of this subreddit to the best woman I've ever found on the planet for the sake of marriage. (She's also kinda beautiful, a 7.5/10 but with a 9/10 face)

Basically, Christian men from this subreddit want "debt-free virgins without tattoos" and I've the best example of what a man could ever dream of marrying. (I'm not looking for a wife but if I was, I'd marry Anna in a heartbeat!)

I made a thread yesterday but it was locked -- I want to know how bad is "emotional cheating" when you have a wife?

0 upvotes | October 27, 2021 | by [TurnerWebber](#) | [Link](#) | [Reddit Link](#)

Here is my locked thread from yesterday:

https://www.reddit.com/r/askRPC/comments/qfrocq/how_do_members_of_this_community_rank_th
[e/](#)

I want to ask how bad is "emotional cheating" which is when you pretend to fall in love with other women online but both parties know the love isn't "real" it's just infatuated.

Online cheating usually involves swapping nudes or engaging in "cybersex" and/or "sexting" which I never do. I just like randomly falling in love with women online who I don't know.

I think I have love addiction according to wikipedia. My wife doesn't know I fall in love with these girls but she knows I have several online female friends.

Obviously I know I should stop and block all these girls -- but I want to ask this community for honest feedback about how sinful this bad habit of mine is?

On a scale of 1-10 with 10 being rape/murder and 1 being littering?

I plan to stop eventually because I know it's wrong and sinful but part of me rationalizes this by telling myself no one gets harmed and therefore my sinful behavior is negligible in the grand scheme of life. I also tell myself God expects us to sin because we're all sinners.

How do members of this community rank the following 4 sins: porn, pre-marital sex, adultery, emotional cheating

0 upvotes | October 25, 2021 | by [TannerWebber](#) | [Link](#) | [Reddit Link](#)

Could this community chime in and help me understand the seriousness of these 4 sins?

1. porn
2. pre-marital sex
3. adultery
4. emotional cheating

Obviously rape and murder and the 2 worst sins that a human can make but to me, porn is harmless and I'd compare it to being addicted to nicotine (smoking cigarettes). Sure it's unhealthy but God's not going to send you to hell because of porn, right?

Now onto emotional cheating -- I am married but I've had online affairs with some of my "chat friends" that I made in Asia (I live in America and I'm white). I love these girls because I have fallen in love with them because I'm not disciplined enough to stay loyal with my wife -- but I want this community's opinion on how bad is emotional cheating? (I never send nudes or engage in online sex - - I just pretend that the girls are my wives and they pretend I am their husband and we use lots of hug/kiss emojis and say "I love you" 20x per day)

Now pre-marital sex. I consider this about a "4" on a scale of 1-10 where porn is a 1 and murder or rape is a 10. Do other people agree with me that pre-marital sex is about a 4 here?

Lastly adultery -- (real sex with someone other than your wife). I consider this about an 8 because you could catch a sexual disease or get the woman pregnant -- or worst yet, the affair partner could murder your wife. (This actually happened in my town about 20 years ago and it made state-wide news).

Thank you in advance for answering my 4 questions about sin!

God bless!

I made a post on the off-site TRP platform and would like the opinions from Christian men only today please about my voice and my talking style

0 upvotes | November 17, 2021 | by [Denizenoff](#) | [Link](#) | [Reddit Link](#)

https://www.forums.red/p/asktrp/275862/please_listen_to_5_minutes_of_me_talking_to_a_man_and_10_min

Please do not click the link because I will paste the top 4 paragraphs only:

I want honest feedback about my voice and/or talking style and how I speak to people online when I talk to them over audio calls or video calls or over the phone. Do I sound autistic? Do I sound engaging? Do I sound like someone who sounds trustworthy? Do I sound polite/respectful to the man? Do I sound funny/sarcastic to the woman? (she loves sarcasm which is called "NS" in her language) Any other tips/advice/feedback to change my speaking style overall?

Here is 5 minutes of me talking to an American man:

<https://www.youtube.com/watch?v=B8qJV84E3J0>

Here is 10 minutes of me talking to a Filipina woman: <https://youtu.be/sBWjmppdV5U>

I knew I would get heavily "roasted" by all the Chads and Alphas from TRP on their official platform but all I wanted was 1 honest answer and it's fine if everybody else roasts me because my ego is protected by God's divine armor. (Words from Chads and Alphas cannot harm me because the Lord protects me)

Furthermore, I plan to read the bible 30 minutes **every single day** and upload proof on my youtube channel daily because all my Filipina friends think I'm a liar when I tell them I read the bible every day, but then I realized if I post the audio to youtube, it will add to my reddit credentials as being a legit Christian also.

Feel free to roast me if you want -- I just want an honest opinion about my voice and speaking style. Here is a summary of what I asked on the off-site TRP platform:

I want honest feedback about my voice and/or talking style and how I speak to people online when I talk to them over audio calls or video calls or over the phone. Do I sound autistic? Do I sound engaging? Do I sound like someone who sounds trustworthy? Do I sound polite/respectful to the man? Do I sound funny/sarcastic to the woman? (she loves sarcasm which is called "NS" in her language) Any other tips/advice/feedback to change my speaking style overall?

Here are my credentials that prove I read the bible every day for 30 minutes (I only started recording myself reading the bible yesterday): <https://www.youtube.com/watch?v=Wezz2nroTpA>

Please tell me the honest truth about my voice and my talking

style and ways to fix it and make myself sound more trustworthy and likable!

RPC is 90% Christian and 10% RedPill -- can the mods create a new sub please that is the opposite ratio? (i.e. 90% RedPill and only 10% Christian that welcomes "dark triad types" openly with loving arms?)

0 upvotes | December 2, 2021 | by [IronTriglidge](#) | [Link](#) | [Reddit Link](#)

I'd like a sub that is first and foremost redpill but only "barely Christian" enough in that the people who post there believe in Jesus's sacrifice on the cross (and by-extension God). The other RP subs think that this sub is a joke and I'd like to request that the mods discuss my idea privately and **most importantly pray about it!** ☐☐☐

God is all-powerful so if he wants the sub created then God will speak to the hearts of one of the mods! ☐☐☐☐☐☐

Why are bad-Christians censored from this subreddit and from the main RPC subreddit?

0 upvotes | December 1, 2021 | by [Denizenoff](#) | [Link](#) | [Reddit Link](#)

https://www.reddit.com/r/SocialEngineering/comments/r6cdjy/id_like_to_request_that_this_community_rediscuss/hmsen32/

I like to do drugs, deflorate virgins, and have sex outside of marriage. Why are people like me censored?

26 y/o male

0 upvotes | April 12, 2022 | by [Inevitable-Run-5529](#) | [Link](#) | [Reddit Link](#)

I'm a 7-8 in looks, have my own therapy business, bought a \$750k house, and go to the gym 3 days a week minimum and am fit although a bit skinny for my liking at the moment... however, just to lay out my side of things before I ask my question...

Would you advise a 26 y/o male against marrying a 23 y/o divorced woman who was cheated on multiple times in their marriage (from what she told me) that had a young child and was co-parenting with the ex-husband? She's a 8-9 in looks, but she is not the same denomination as me, and she said my denomination was demonic... but I'm just trying to process things and am wondering what you men think regarding this given my value proposition vs hers?

I ask this because she was very emotionally mature (at least compared to my past ex's) and beautiful beyond belief. Hard to let go due to looks...

What's the best way to lose 50 pounds while building muscle?

0 upvotes | March 2, 2023 | by [Christian-Phoenix](#) | [Link](#) | [Reddit Link](#)

My (first) OYS. Right now, to get a normal BMI (that's slightly under 25), I need to lose around 50 pounds. My target weight is 165. I'm around 214 lbs right now (it fluctuates a bit though).

I know the BMI number doesn't take into account body fat %, but I'm thinking that a BMI of 24.7 leaves enough room for a lot of muscle mass.

Would 5 pounds per week be realistic, by any chance?

What should the daily calorie deficit be?

What sorts of workouts would be best *to avoid losing muscle mass?*

First OYS / A Bit of Background – Where do I go from here?

0 upvotes | March 1, 2023 | by [Christian-Phoenix](#) | [Link](#) | [Reddit Link](#)

I'm sorry that this is really long. In my future weekly OYS post comments, I'll try to keep it short and to the point (and more current/focused, looking back to just the previous week). I thought it might be helpful to write a more thorough OYS for my first OYS, since this is the first time I'm doing it, and also as this might be a way share a bit of background on myself.

Mission

MISSION: Have you solidified your mission - and does it have eternal consequences or does it only affect this world? Does your mission extend beyond the home?

I have a set of goals/missions. The biggest problem is I'm not entirely sure what to prioritize, although I have an inkling that working on my spiritual life and also on becoming a better man is probably the highest priority. I'd say I haven't really solidified my mission, especially in terms of prioritization.

Primary Goal

I'm 33 right now, and I've been a Christian since age 20. During my first few years as a new believer, I wanted to be a missionary of some sort, and evangelize, and help bring as many people as possible to the knowledge of Christ. I've taken to heart the idea that the most significant/impactful thing a believer can do during this time on Earth is to bring another person to the Kingdom of God – since human souls are eternal, being involved in this process (since it is the Father that ultimately draws anyone to Christ – John 6:44), is a work with eternal impact. A type of work that is more significant than any Earth-bound thing we do, since this whole world will be destroyed in the end ([Rev 21:1-8](#), [1 Cor 15](#)).

But that desire for becoming a missionary has subsided quite a bit over the years. I've instead thought that maybe I can become someone who writes books, pamphlets, and other materials that help spread Christianity, and in general bring light into the world.

But I haven't really tried this (other than a blog post here and there), and haven not committed serious concrete time towards this goal either (one of my many failures).

Secondary Goals

Some non/semi-missions-related goals I have are:

1. doing something (even as an individual) to alleviate global poverty (since this is such a massive and almost-intractable-seeming problem, one thing I'm thinking of is: researching & writing ideas for small effective ways to reduce poverty),
2. building a company that builds or invents cool & useful things (physical things),
3. building a software company along the same lines (building highly useful stuff),
4. spending a lot of personal time doing computer science research (in certain sub-fields of Computer Science that deeply interest me—and I have contacts with professors I've done research with in the past who I could work with),
5. fixing poverty—finding a way to help with the mission of getting low-cost high-quality technical

education to millions (since this is probably the one thing that will go the farthest is reducing global poverty),

6. getting involved in some way in political justice-oriented groups that fight for human rights and justice all over the world—this would be focused on reforming/fixing (reducing) governmental behavior that increases human suffering,
7. writing high fantasy fiction with an approach similar to what The Inklings (a group that included CS Lewis & Tolkien) took—with an ultimate dual goal to these fantasy fiction books of both providing immersive fun entertainment and a temporary escape from the current broken world as well as somehow pointing them towards the Gospel / towards goodness / scattering some pre-seeds for the Gospel,
8. finding a Godly Christian woman to be true companion and partner for the rest of my time on Earth, and
9. once I find a woman to get married to & have kids—starting a homeschooling collective with other passionate Christian parents to give an excellent education to our kids, together.

My first primary goal of writing edifying material or evangelism-oriented (textual) works that would help edify other Christians or bring people to faith in Christ requires walking in Spirit with near-complete obedience to God, and to be fully submitted to the guidance and help of the Holy Spirit. (I'm not in that state right now, so I'm not unfortunately currently not positioned to execute on my primary mission.)

A few of the secondary goals above, like (2), (3) and (4) are entirely Earth-bound, and might even involve a bit of a desire for self-glory (like doing highly-impactful research, or building a successful company). These are most likely non-eternal works that will perish. Some of my other goals around poverty, reducing human suffering, and writing fantasy fiction *might* help bring people to Christ, or at least lift barriers to a person thinking about God—since a person mired in poverty (or other suffering) might perhaps not have the free time and/or the mental freedom to think about and reflect on God. Goal (8) is aligned with God wanting us to raise godly children (Malachi 2:15).

The high fantasy writing is probably a critical/necessary thing for me to just even be happy, joyful, and satisfied. I need to be creative, otherwise I just rot away inside a little by little. Jordan Peterson says “the worst thing for creative people is to not be creative ... [they] have to be otherwise they just die—they don't have any vitability” (the first few minutes of:

<https://www.youtube.com/watch?v=BMkCVEvfkUU>). I need to draw, or write, or do something creative—otherwise I feel myself wither away.

| Do you have someone discipling you? Are you discipling anyone else?

Not at the moment. I'm not discipling anyone (and I don't think I'm in a position to, with my current spiritual state).

| Have you talked with your non-Christian friends about Christ recently?

I haven't talked about Christ with my non-Christian friends recently. I've occasionally done it in the past when the other person was open/willing to engage with the topic. I don't have a lot of non-Christian friends, but the few I do have are committed atheists. I've occasionally talked to them about eternity (God's plan for the world), but I haven't tried that hard to be honest.

| Are there parts of the Bible you're just not understanding? How are things going with your

| church or small group?

There are probably a bunch of parts of the Bible I have questions about, but that's probably better reserved for later posts.

I'm not firmly attached to one church at the moment. I've been church hopping for the past year, but mostly frequenting two churches on alternate weeks. There are also weeks I don't go to church (maybe once a month?). I haven't been consistent with my small group attendance. I'm involved with a small group at each of the two churches I've frequented the most, and I try to make it at least one group each week, but there are weeks that I don't go to any of the small groups (last week), and some rare weeks that I end up going to multiple small groups.

I know I need to improve in this area, and improve my consistency overall with this.

On a side note, I'm planning to try & start a separate new Bible study small group. I'm not sure if I should do it, but I've been feeling an urge/desire to do so for a while. In light of James 3:1, I am a bit worried about doing this, but with regard to that: I was thinking of conducting my new Bible study small group (assuming anyone joins / shows up to it) sort-of more from the position of a "coordinator" than from that of a teacher.

Spiritual

| Assurance of Salvation

I have 100% assurance of salvation.

I do sometimes worry of being saved in the manner of 1 Corinthians 3:15 "like someone barely escaping through the flames" partially due to the shocking depravity of my mind, which I myself astounded by—but also due to how much extreme executive functioning failure I've had at almost everything (following my own plans, obeying the things that Holy Spirit tells me directly, etc).

| Quiet Time/Devotional

I'm in a terrible place with this. It's sporadic and rare, and almost never planned. I've never really planned/dedicated a slice of my time to devotionals (I think I might have made a few attempts several years ago). It's a disastrous situation that's probably a significant factor/reason for the disastrous condition I'm in today.

| Bible Study

I've been a Christian for over 12 years now, but my Bible study has been sporadic and rare for most of the past 10 years. I have mostly only read/heard the Bible in the past 10 years in the context of a small group or a church sermon.

During my first two years as a new believer, I spent a lot of time devouring the Word, and a lot of Bible really imprinted on my memory in almost permanent fashion—to the point that if you give me some random topic or point, I can recall one or more Bible verses that is pertinent to it. It's a gift from God that I'm deeply thankful for.

But I haven't really been reading the Bible much these past 10 years, and I've been going off of & operating from my memory mostly. I do read the Bible now and then, but it's sadly quite rare. I've occasionally started a reading plan on the YouVersion Bible app (most recently in summer of 2022, and before that in the spring of 2017), but I end up non-intentionally/unconsciously dropping the

reading plan very quickly. Last year, when I was doing the reading plan (which I subconsciously/carelessly dropped after a week), and coming across Bible verses that were not in my memory—and some of those verses were highly impactful (and had a healing effect on me). Overall, I really need to start re-reading the Bible again.

| Scripture Memory

As covered above, I've naturally had a good memory (especially for Bible verses), but I have never made a conscious effort to memorize Bible verses. Currently, I just remember the contents of a verse – I usually remember enough words that I can google the verse and find out which book, chapter, and verse it is from. But I rarely ever remember where the verse is from. I do think it might be a good thing to pursue, especially since it would help organize the verses better in my brain.

| Prayer

I'm doing terribly in this area too. I don't have much of a regular prayer life. It's rare and sporadic as well. I don't pray much for others, and I don't much for myself either. In the past, I've received answers to prayers so many times. I've asked questions to God, and just received the answer in my mind (from a sort-of non-audible voice).

I've witnessed a few supernatural healings done by others, and I've personally myself been involved in 3 or 4 (note: this is over the course of 12 years). The strongest one (from an evidence point of view) was when I prayed for a non-Christian friend who was into Eastern spirituality stuff (and tbh, I prayed just asking God to heal him, with no expectation of any sort miracle), and he was healed instantly. He was really blown away, and admitted that a miracle had happened, but then told me he wasn't going to become a Christian just because of the miracle.

I've personally witnessed the power and effectiveness of prayer, and God has spoken multiple times to me through the Holy Spirit.

If I'm being entirely honest, I did some reflection, and this is really shameful to admit, but I think part of the reason I'm not praying might be that I'm afraid that God is going to ask me to change—to give up my information/media addiction (more on that in the Mental/Emotional section below), and to change my life in ways that might be uncomfortable for me, and to serve Him.

| Evangelism

I'm not particularly great in this section either, but I might be doing better here than the sections above. I have had many conversations with non-believers who were curious or receptive to hearing about the faith, in the past several years. (But, as far as I'm aware, none of them have come to the faith.) I've tried to invite non-Christians to Bible study small groups (but iirc, almost always been declined).

Also, I've many-a-time tried to sell the faith to non-believers like a salesman saying things like: "Isn't it terrible there is so much evil in this world? Well, God has a plan to create a new world with no suffering where every tear is wiped away. [...stuff about Revelation 21-22...]" or: "Isn't it sad that we die after such a short time on Earth? Do you want to live forever in an amazing beautiful perfect world? Well, Jesus is the key to that. [...stuff about resurrection, eternal life, etc...]".

Overall, I would say I think I still need to increase the number of people I'm talking to about this – and be more led by the Holy Spirit in my words.

| Fellowship

I'm not doing too great in this one either. I've become quite a bit of a loner. Even though I'm not an introverted person & am a highly extroverted person who really flourishes on human interaction, I have somehow (mostly due to laziness?) been an extreme loner for several years now (even predating the pandemic).

Often, the only human interaction I receive is: (1) church, (2) small group, (3) the one day a week I go to the office (as I work remotely the remainder of the week).

As an extrovert, I almost need that human interaction. Last year, I went to a bar a few times, and each time I was alone, I talked to random strangers there (most of these times, I just chatted with other guys there about life, technology, etc). But I'm not sure if a bar is necessarily the best venue to get social interaction.

I'm almost thinking that I should maybe organize a weekly party that anyone is invited to or something, if anything just to satiate my deep need for human interaction / socialization. It might be quite a bit of an effort to get an interesting crowd on the regular. It would be a challenging problem to get an interesting crowd of people though. Maybe I could form a fiction writers' collective or something. And/or a Bible study small group.

Mental/Emotional

| How have you been doing reading and learning new things?

Not the stuff I really should be. I do a lot of random reading (Wikipedia, [Hacker News](#), Reddit, etc). But it's completely random and unfocused. I think there are things I really should be reading, like C.S. Lewis' various books (Mere Christianity really helped me significantly in my faith journey 12 years ago), the Bible, and other books that would be aligned with my mission, with God's plans, and that would help me serve the Kingdom of God. One area I'm really incredibly lacking in is the self-control / self-discipline *to do anything*, even the things that I want.

| Do you still struggle with living up to someone else's expectations?

Just God's expectations. I feel like I am miserably failing at living the life that He has called me to live.

| Have you mastered Agree & Amplify? Amused Mastery? Negative Inquiry? STFU? Your DNGAF attitude? Are you failing fitness or comfort tests? How are you leading your wife/girlfriend this week? ... How's your frame?

I don't know what most of these terms mean (but I'm assuming the PDF/EPUB from the sidebar will go into this / explain these terms). No wife or girlfriend.

| Do you feel pressure from any sources to do something or to act/not act a certain way?

I have two non-Christian friends who know me well, who are Chads (both have a 45+ body count). One of them showed me his phone recently, and the messages he receives from women, and it made me so sad and jealous, and it led me to go into this really bad mental state (mostly of extreme depression). I feel an overwhelming **extreme sadness** over missing out on 15 to 18 years of sex. It's a really extreme level of jealousy and feeling of having missed out.

I've been watching [this video by Roosh V](#) about how he was dead inside while living a Chad life, but it hasn't helped me not feel the incredible jealousy.

In the past several years, in moments of weakness (and not wanting to be a virgin anymore), I've actually tried a few times to get laid. I created a dating profile where I didn't mention my faith on Bumble and Tinder, but I literally got zero interest. One match turned out to be a trans man, and another match was a prostitute (I unmatched/blocked both). One normal woman matched with me once, but soon after she unmatched me. My photos aren't good, and I'm fat, so to some extent I understand the lack of interest, but I thought I'd at least match with an ugly girl. But, nope, it seemed like I couldn't even get an ugly girl. A few times, I've tried chatting with girls at bars, but that's never gone anywhere. My whole dating app experience has truly been a self-esteem shattering thing.

I do have a super-Christian dating profile on the dating app CMB, and I have actually gotten a decent number of matches on it (but more on that in the *Other* section below).

| Are you secure in your heart/mind that God's will is good, even if it's not what you want?

I'll admit I have a bit of a hard time with this one. The toughest one has been the sexual one involving my state of semi-involuntary celibacy / inceldom / virginity + Chad-jealousy.

| Are you depressed or lonely? + Other Mental Health Challenges

Several challenges:

1. Even though I need social interaction and thrive in extroversion, I've, out of sheer laziness and a lack of self-care, slipped into self-imposed extreme loneliness. There've been several research papers and articles that show how damaging loneliness is, and even just yesterday there was a [Quanta Magazine article](#) that talked about how bad it is, and how it can be like digging a hole deeper and deeper, and trap one in a catch-22 situation. I really need to start socializing *somehow*, whether starting new groups, and if anything maybe even just going to a local bar and talking to random people there.
2. I have a major information/media addiction problem. I've spent a crazy ridiculous number of hours of my life either watching TV shows on some streaming platform, or reading random stuff online. Over time, it's been about a 50-50 split over time. My reading addiction started at around age 6, when I started reading children's fiction. At age 7, I remember spending summer vacation just reading and reading for hours on end. Around age 11, I switched to mostly non-fiction (my parents had a massive 24-volume encyclopedia, plus other random science books), and I also started reading (mostly non-fiction) stuff on the Internet for hours on end around then. I started the TV show habit at around age 18, and in the past 15 years, have poured an obscene number of hours down the drain in TV shows (prior to that all those hours were basically spent reading). It's at a degree of being unhealthy, and almost like an addiction, since it causes me to miss out and fail to do other important/basic life tasks.
3. I have really serious executive functioning challenges. It's so extreme that words don't describe it well. I often just let my information/media addiction destroy most of the time that God has gifted me, and fail at doing self-care and doing work for His Kingdom. Even really important and basic tasks that need to be done get pushed to the last minute, or just left undone. In addition (this might be ADHD-related), I often find it almost impossible to do work that isn't interesting. And it's still really hard to do even work that does interest me, as my information/media addiction steals most of my waking hours.

4. I've been diagnosed for ADD multiple times by different doctors (I wanted to be sure), and while I have some prescribed Adderall, I don't take it most of the time. Partly because several studies of people with ADHD have shown that **high-intensity exercise has the same effect as Adderall**—and I've personally verified that this is true. But I still haven't gotten myself to work out.
5. My brain feels addled (or foggy) a lot of the time, and I don't know why that is exactly. It might be the ADHD-and-or-related issues, but high-intensity exercise is probably the medicine for this as well. I just need to somehow get my ass off the bed/chair, and get myself to work out.

Physical

PHYSICAL: How are you doing with lifting? Losing weight? Where's your body fat %?
What have you been eating lately?

I'm a complete and utter disaster in this area.

I'm 214 lbs right now.

I'm between 5' 8" and 5' 9" (in metric, I'm 174 cm, which is 5 foot + 8.5 inches).

My current BMI is 32. This BMI is pretty much a post-covid thing.

I remember checking my weight in February 2020 (so right before covid started), and I weighed 182 lbs at that time. So my BMI was 27 at that time – overweight, but not obese. As far as I can recall, I was overweight starting from my early teens, until around 19. I had cut down on calorie intake around then (but I never worked out) and was circa 150-160 lbs (iirc) for about 2-3 years, until age 23. I became overweight again from age 23, and I eventually became obese after COVID started.

Right now, my body is in really bad shape. I barely *ever* move my body at all. I'm either in bed, or sitting at a desk. I go everywhere I need to in my car. I've often gotten exhausted just going up flights of stairs (my heart starts racing/pounding even for a short flight of stairs—I know it's ridiculous). I have a gym membership, but haven't gone to the gym in over 4 months.

I have no idea what my stats are for lifting, right now. I'll try to go to the gym soon, and find out. (But I can imagine it's terrible.)

I have a lot of fat concentrated in the wrong places, and even I myself feel disgusted and grossed-out when I see my naked body in the bathroom mirror. I especially feel really ashamed of the extreme abdominal obesity. But there's also a lot of fat, especially hanging around my neck, making me look super-extra-ugly. (I once even paid a lot of money for cryolipolysis on my neck, but it made no discernible improvement.) I feel really embarrassed and self-conscious of all the fat that's hanging around concentrated in all the wrong places to the point that I haven't posted a single photo of myself on social media for the last 10 years. I just honestly feel so ashamed of my looks (and of my total absolute lack of strength and stamina).

I've spent most of the past 15 years eating garbage (take-out & snacks). Sometimes my lunch/dinner would be an entire box of Chip Ahoy chocolate cookies + a large bag of Doritos or Lay's Kettle Cooked chips. I don't even know how my body processed all those calories **in my 20s**, without me turning into a 300 pound ball (somehow I stayed at ~180 lbs). Even now / recently, it's been unhealthy food. Like in the past week, multiple meals were buckets of fried chicken, pizzas with a lot

of toppings, chips/chocolates.

I've occasionally tried to eat healthy, but it often barely lasts a week. (But healthy food I primarily mean mediterranean food with lean proteins, and stuff like oats/muesli, and sometimes salads.)

I know I've been a complete disaster in this area. I somehow need to gather the mental strength to stick to healthy food, and to the gym regularly. I need this strength, and I pray and I hope that God gives me this strength.

| How about your porn/alcohol/drug/cigarette/whatever use?

I don't do any drugs, and I've never smoked (and I never plan to do so).

I do drink alcohol, but it's rare—only socially (so mostly company events + hanging out with non-Christian friends, since church & small groups never involve alcohol).

My parents got an Internet connection pretty early, and I got hooked on porn when I was 10 years old. I used to spend like hours daily watching porn at age 10 (since I didn't know / was capable of masturbating at that age). After I discovered masturbation, I only watched porn long enough for it to get me off. After becoming a Christian, I completely stopped porn for 8 to 9 months. There was a day I looked at porn again in the 8th or 9th month after coming to faith, and after that the porn habit re-started. I haven't managed to get off porn since then. In the past 12 years, there have been gaps—like 3 to 4 week periods in which I don't watch porn, but for the most part, it's a pretty regular habit. My overall time spent watching porn though is limited to the time needed to get off, so I don't overall spend hours in a week watching it—maybe it's just like two hours a week tops. To be honest, I've heard it's a really serious sin from various people, but I've sort of justified it as a “cope” since I'm unmarried / have no woman. I know I'm probably wrong to do so, and use it as a cope, but I don't know if I have the strength (or even the desire/motivation) to cease this reliance on porn for masturbation.

| How's your fashion sense? Are you still lounging around the house in gym shorts and using your ratty flip flops when you go out?x

My current wardrobe selection isn't great. I don't think I've ever really given much thought to fashion, or wearing good-looking clothes in general. I know I need to, and that it's especially important when it comes to how women perceive me. One of the reasons I never thought about this too much was I kept telling myself “once I lose weight, and get fit, then I'll read up on how to dress well, and buy good-looking clothes”. And I've been telling this to myself since my early 20s, but I still have yet to lose weight and get fit. I'm in pajamas most of the time (and I even go to the office in pajamas but since I work for a tech company, no one cares about what I wear).

| How are you spending your time?

Some of this was covered in the Mental/Emotional section, but I've essentially been wasting massive amounts of time—time that I acknowledge is something that God has given me to do works that bring good and glorify Him. It's a really major failing on my part.

| How's your income doing?

My income is okay (~180k CAD) for tech at the moment. I'm currently in Toronto, and work in tech (mostly remotely), and am slightly above the 75th percentile for a software engineer. My income has actually been a lot higher in the past. I lived in the US before (on visas) and worked in tech in NYC a

big chunk of my 20s. I had a lot of periods of unemployment though (partially due to depression/other issues). My annual income was around ~\$180k USD (ie ~250k CAD) at age 26, but it's pretty meaningless in light of the multiple periods of unemployment both before, and (a lot) afterward. I could easily achieve this income again, but I picked a comfortable/easygoing job + I was very lazy with my last job search. I have ~120k USD saved across various US retirement accounts (401k, rollover ira, roth ira - and I did the 'mega backdoor roth' once), and a smaller amount in an RRSP (Canadian equivalent of the 401k). Apart from my retirement savings and my income, I have a major debt problem. I've spent money without thinking quite often, buying things that fancy me, traveling often, and eating out alone multiple times a week at expensive restaurants. But this might be too big of a topic to delve into here, right now. I sort-of have a vague plan for this situation, and if I could take care of some of my larger issues involving executive functioning, I think it's something I might/should be able to get a handle on.

| Your body is God's temple: are you reflecting that appropriately?

I don't think I am. Especially with regards to: (1) what I eat, and (2) fitness, (3) how I sleep, (4) my information consumption addiction, etc.

Other

My biggest struggle has been, and continues to be the extremely high libido I feel I have, and all the associated incredible angst, bitterness, loneliness, anger, and cornucopia of other emotions associated with being a wife-less sexless virgin, when all these guys (especially Chads) are having so much 'fun' (so to speak). (As covered in the "*Do you feel pressure from any sources to do something or to act/not act a certain way?*" section.)

I have a dating profile CMB that's entirely geared towards Christian women / finding a Christian wife. In this dating profile, I've used a mix of old slightly-overweight (*but not obese*) photos + some super-old better-looking photos. **The photos aren't representative of the way I look now.**

I get matches with Christian women, but I've had multiple dates that turned out this way:

1. I have several long phone calls, and this Christian woman is super-interested in me.
2. I meet up with her in-person.
3. She sees how I look (worse than my photos), and she loses all interest.

Most recent story of this: I matched with this Christian woman who was literally an 8+ in looks, she worked for a Christian college campus ministry organization, and she had even gone to seminary. This woman could read the New Testament in Koine Greek, and she had literally been serving the Lord / committed to Christ since she was in high school (and probably a virgin, I never asked).

- We chatted for like 12+ hours over multiple phone calls, and geeked out / nerded out about theology and other stuff (it was a 'dream wife' situation for me, to get a woman like that, who was doing missions work + had a seminary-trained theology background).
- We probably had several long phone calls because I personally feared the worst (that she'd see my *current* appearance get turned off), so I delayed meeting up with her.
- When I finally met up with her, and when she saw me (i.e. my current physical appearance) for the first time, I saw a look come over her face, and I immediately knew it was over. She didn't

even say anything, and I knew just from her body language that it was over.

- We still had a long dinner date, and we spent 3+ hours chatting over dinner. I guess since we had already built a level of conversational/emotional intimacy over the phone, it was easy for us to keep chatting. But I could see the disappointment in her eyes.
- After our date that evening, I go home, and the next morning I get a text from her saying she's not interested in anymore. Almost like clockwork.

I admit that I might have committed the sin of catfishing with old photos, but *I have tried* updating my profile with just *my current photos*, and with current photos my match rate drops to nearly zero, even for Christian women/Christian dating.

When it comes to the dating profile I created during moments of weakness (just looking to get laid) on Tinder & Bumble (with the same *old* photos, but with no mention of my faith in my profile – note: I've never been fit/muscular *ever* though), I got literally zero interest from real women. Literally zero. It was a confirmation of the 80/20 rule (or rather a 95/5 rule) that I've read about on r/PurplePillDebate (and what incels have been saying for a long time).

It seems to me that true-Christian women looking for marriage are willing to settle for a slightly-unattractive looking guy (i.e. my old photos – with my current photos I'd probably be considered ugly), but non-Christian women literally just go for the Chads exclusively.

Anyways, I've been extremely depressed and sad about my prospects. It's made me feel distraught beyond what words can describe (and I've often turned to food to comfort me, digging myself deeper into a hole). I just don't know what to do with all these emotions. Sometimes I just feel like crying. I don't know where to start, or where to go from here.

Sorry for this really long post. I would appreciate any advice, feedback, words of wisdom, rebuke, or encouragement, or anything. Thank you for reading.

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0 upvotes | April 13, 2021 | by [Puzzle987](#) | [Link](#) | [Reddit Link](#)

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The Core Formula

0 upvotes | April 9, 2023 | by [MarkTheBarkingShark](#) | [Link](#) | [Reddit Link](#)

Crosspost "The Core Formula" from /r/IncelSolutions:

Hello, gentlemen.

I see that there is a lot of hardship in the Incel community. Worry not. I have a solution.

I call it The Core Formula.

The Core Formula is a method that allows a man to know EXACTLY what to do when he approaches a woman. Get ready. Put on your seatbelt. I'm about to blow your minds.

All you need to establish is two things when you approach a woman with romantic intent at heart:

1. You need to show that you're capable of handling the hardships of the world. Do this by making a witty joke or two that's relevant to the situation (you can joke about the weather if it's raining, or about how fashionable she is, if she's wearing a dress). This makes you seem confident, even if you're terrified. She doesn't know what she can't see.
2. You need to show that you are trustworthy. Do this by engaging in a little bit of get-to-know-you conversation. (Talk about if she's from here originally, what she works as, etc.....)

And BOOOOOOOM!!!!

You just set up a date.

For more zesty w-rizz dating advice that will turn you into an absolute CHAD:

<https://www.amazon.com/dp/B0C1TL6QJW>

Posted by MarkTheBarkingShark | 9 April 2023 | [Link](#)