

[Podcast: Come And Reason with Tim Jennings, MD 2019](#)

written by Tim Jennings, M.D. | March 30, 2019



This is a weekly, 15-minute talk-show in which Dr. Jennings answers questions on topics regarding mental health and interpersonal relationships.

[Quick Link](#) to our prior year and other podcasts.

Executive Producer – Come And Reason Ministries. Producer, host, and editor – Charles Mills.

2019			iTunes podcast >>		direct local feed >>	
Air Date	Show Title / Description					Download MP3

April 3	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Bible v. Science</p> <p>It's an age-old dilemma: trying to harmonize what the Bible says with what modern science proclaims. Is truth nothing more than the <i>interpretation</i> of facts? Where does <i>faith</i> come in? Dr. Jennings suggests some insights and guidelines.</p>	MP3
April 10	<p>Your browser doesn't support HTML5 audio elements.</p> <p>The Aging Brain</p> <p>Like it or not, we're all aging. If we want to protect ourselves from what's becoming more and more common these days, dementia, what should we do? Can brain function loss really be prevented? Dr. Jennings weighs in.</p>	MP3
April 17	<p>Your browser doesn't support HTML5 audio elements.</p> <p>The Impact of Fear</p> <p>Life isn't exactly for the timid. Fear is part of the experience. But can fear impact our physical health, relational abilities, and even the health of society in general? The Bible says fear can cause men's hearts to fail. Dr. Jennings suggests an alternative.</p>	MP3
April 24	<p>Your browser doesn't support HTML5 audio elements.</p> <p>God View</p> <p>"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit" (2 Corinthians 3:18). Dr. Jennings amplifies Paul's insights.</p>	MP3
May 1	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Healthy Aging</p> <p>It's a fact of life that we're all aging. No matter if we're eight or eighty, the clock is ticking. If we're smart, we'll want to know the answer to this question: can we age healthfully? Dr. Jennings suggests guidelines for fighting the destructive forces we all must face.</p>	MP3
May 8	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Rest The Brain</p> <p>When you've experienced a good night's rest, your body feels great the next day. That same type of transformation happens in your brain as well. Bodies and minds need both rest and sleep.</p>	MP3
May 15	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Feeding Thoughts</p> <p>"You are what you eat." You also "think what you eat." Food is being implicated concerning many brain functions. What we eat impacts our ability to think and reason in life-changing ways.</p>	MP3
May 22	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Interpreting the Bible</p> <p>How is it possible that two people can read the very same Bible text and come away with two very different interpretations? It has to do with what came before.</p>	MP3
May 29	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Fear of Death</p> <p>There are some who are actually <i>afraid</i> of dying—and that fear can drive behavior. Should we be afraid? How should we look at death, so we can live life in a more positive state of mind?</p>	MP3

June 5	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Forgiveness Myths</p> <p>God calls us to forgive one another. How many times? "Seventy times seven" Christ suggests in Matthew 18:22. So, why is it sometimes so hard for us to forgive even once?</p>	MP3
June 11	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Antidepressants</p> <p>We all feel down in the dumps on occasion. Not to worry. We pop a pill and we're on top of the world again, right? However, we should exercise caution when self-medicating depression.</p>	MP3
June 18	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Old Testament</p> <p>A lot happens when we move from the Old Testament to the New Testament. It's almost like a whole new God shows up. Or are we simply not paying attention to the script?</p>	MP3
June 25	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Resolving Guilt</p> <p>Some describe it as a feeling in the pit of the stomach. Others say it's that nagging sense that something isn't right with the world. Guilt can be useful—or it can be very misleading.</p>	MP3
July 2	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Suicide Risks and Prevention</p> <p>It's been called the permanent solution to a temporary problem. And it is on the rise. Dr. Jennings identifies the risks and provides some tools for the prevention of suicide.</p>	MP3
July 9	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Telling Right from Wrong</p> <p>The devil has made right and wrong almost interchangeable. He's removed the barriers separating them. Dr. Jennings suggests how to begin telling one from the other.</p>	MP3
July 16	<p>Your browser doesn't support HTML5 audio elements.</p> <p>The Truth about Hell</p> <p>We're heard about it. We probably feel uncertain about it. One thing is for sure. It's somewhere we don't want to be. Using Scripture and reason, Dr. Jennings reveals the truth about hell.</p>	MP3
July 23	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Near Death Experiences</p> <p>How should we deal with the concept of "near death experiences" when we read glowing reports about them? Dr. Jennings explains that, while the experience is real, the interpretation often isn't.</p>	MP3
July 30	<p>Your browser doesn't support HTML5 audio elements.</p> <p>ADHD</p> <p>ADHD, the acronym for attention-deficit/hyperactivity disorder, is a mental condition that makes life difficult for many. Dr. Jennings explains what's going on, and how we may have gotten here.</p>	MP3

August 6	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Demon Possession</p> <p>Demon Possession. Is it possible for the devil to take complete control of you? And if that happens, what happens? Dr. Jennings offers insights and a warning.</p>	MP3
August 13	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Roads We Travel Part 1</p> <p>Proverbs 14:12 states bluntly: "There is a way that appears to be right, but in the end it leads to death." That death may be physical, spiritual, social, or even mental. Dr. Jennings explains.</p>	MP3
August 20	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Roads We Travel Part 2</p> <p>We're all traveling toward a deeper and more fulfilling understanding of our God and, yes, as the Beatles said, it can seem long and winding. Dr. Jennings suggests a road map to follow.</p>	MP3
August 27	<p>Your browser doesn't support HTML5 audio elements.</p> <p>The False Allure of Universalism</p> <p>"Universalism" is an area of Christian theology focused around the view that all human beings will ultimately be "saved" and restored to a right relationship with God. Is that truth or error?</p>	MP3
September 3	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Laughter</p> <p>Remember the "Mary Poppins" song "I love to laugh. Ha, ha, haha. Loud and long and clear?" Dr. Jennings makes the connection between laughter, health, and God's Word.</p>	MP3
September 10	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Does God Do Harm</p> <p>Medical doctors work under the directive to "Do no harm." They're in the business of healing, not destroying. Does that mantra also apply to God? Dr. Jennings examines the issue.</p>	MP3
September 17	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Mind Change</p> <p>Can our brains be changed by what we hear? Dr. Jennings explains how we're all affected by what we observe and believe and how we can guard ourselves against the lies so prevalent today.</p>	MP3
September 24	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Why Did God Tell Abraham to Kill Isaac?</p> <p>It's a story that some find hard to believe, but there it is, in the Bible. God is telling a man to kill his son. Dr. Jennings digs deep into the story to reveal truths many miss about Divine love.</p>	MP3
October 1	<p>Your browser doesn't support HTML5 audio elements.</p> <p>The Value of Discord</p> <p>"I don't agree with you," is a common comment posted on social media. Society seems to be running on discord. Dr. Jennings shares some good news. Not all discord is bad!</p>	MP3

October 8	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Solutions for Sick Societies</p> <p>Humans and animals aren't the only things that can get sick. So can whole societies. Is there a cure? Dr. Jennings says YES! The prescription some straight from the Bible.</p>	MP3
October 15	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Sanctuary Lessons</p> <p>"Let them build me a sanctuary," God told His people in the Old Testament. Why? What purpose would it serve? The answer, says Dr. Jennings, is as much about theater as it is about salvation.</p>	MP3
October 22	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Why Do We Need the Holy Spirit</p> <p>He's ready to help us through life. He's insightful, a great teacher, and an amazing comforter. But, the Holy Spirit is much more than what most people think He is. Dr. Jennings explains.</p>	MP3
October 29	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Does God Punish the Wicked</p> <p>You sin, you get punished—and then die. Seems simple enough. But from where does that punishment and death come? Dr. Jennings reveals the surprising source of the wages of sin.</p>	MP3
November 5	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Is God in Control?</p> <p>"Don't worry," some say concerning troubling situations in the home, in the workplace, or in politics, "God is in control." Comforting thought. But, just how accurate is it?</p>	MP3
November 12	<p>Your browser doesn't support HTML5 audio elements.</p> <p>God's Design Laws for Life</p> <p>When we hop into a car, airliner, or sit atop a tall building, we're putting a lot of trust in those who designed them. We need to learn to trust the One who designed us just as much.</p>	MP3
November 19	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Finding a Trustworthy Life Partner</p> <p>If you're looking for a trustworthy life partner and may be wondering right about now if such a person exists on this planet. Dr. Jennings offers a practical checklist for finding true love.</p>	MP3
November 26	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Food for a Healthy Brain</p> <p>Are there foods that actually improve brain function and health? Dr. Jennings—a board certified psychiatrist—shares some insights into the powerful and often overlooked food-brain connection.</p>	MP3
December 3	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Thankfulness</p> <p>Whenever Thanksgiving rolls around each year, we stop and count our blessings. Dr. Jennings says we may be unaware of the many other benefits of a thankful heart.</p>	MP3

- December 10 Your browser doesn't support HTML5 audio elements. [MP3](#)
Why Did Jesus Have To Die?
The Christian faith tends to focus on one core event in history. The death of Christ. Everything else revolves around Calvary. But, why did Jesus have to die? Dr. Jennings provides answers.
- December 17 Your browser doesn't support HTML5 audio elements. [MP3](#)
Truth and Evidence
Truth. It's not exactly a favorite topic these days. Opinion is so much easier to explain and deal with. Speculation and conspiracy rule the roost. Who has time for the truth? We should!
- December 24 Your browser doesn't support HTML5 audio elements. [MP3](#)
Medical Marijuana vs CBD Oil
It's legal in many states and some say very effective. But there's a downside. Medical Marijuana does contain some benefits, if you know where to look and what to leave out in the process.
- December 31 Your browser doesn't support HTML5 audio elements. [MP3](#)
Sanctuary Symbols
The Old Testament Sanctuary in the Desert served as a stage upon which important lessons about God were taught. Dr. Jennings identifies some that revealed Heaven's plan of salvation.