

Podcast: Come And Reason with Tim Jennings, MD 2020






written by Tim Jennings, M.D. | January 7, 2020



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.

2020 Podcast:     Subscribe 			
Air Date	Show Title / Description		Download MP3
January 7	Your browser doesn't support HTML5 audio elements. Episode 1: Global Warming It's obvious that something is happening to our planet. Calling it "global warming" or "climate change" or "geological evolution," it doesn't matter. Is there more to this issue than cold and hot?		MP3

January 14	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 2: Racism in the Social Justice System</p> <p>Hate is a nasty business. It's the polar opposite of what God calls us to do. How does the human mind become so estranged from God's original design and how can we mend it?</p>	MP3
January 21	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 3: Mass Shootings and Violence in Society</p> <p>You are angry. You've been mistreated or bullied or teased. So, you get a high-powered gun and go kill people. What ever happened to let the punishment needing to fit the crime?</p>	MP3
January 28	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 4: Citizenship</p> <p>"I pledge allegiance to the flag..." That's how most of us grew up; placing our hands over our hearts and facing the old Stars and Stripes hanging in our classrooms. What happened?</p>	MP3
February 4	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 5: Who is an Israelite</p> <p>If I were to say to you, "What are you?" You might answer, "Well, I'm a man (or woman), or I'm an American or German." Dr. Jennings asks the intriguing question, "Are you an Israelite?"</p>	MP3
February 11	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 6: Does God Kill? Lessons from the Old Testament Flood</p> <p>Would you love someone who threatened you with death if you didn't love him or her in return? Christians do it all the time! How is that possible? Dr. Jennings examines this common paradox.</p>	MP3
February 18	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 7: Dealing with Bad Decisions</p> <p>Who has ever made a bad decision? If you have, you're in good company. What is it that causes us to take leave of our senses from time to time and just mess things up? Dr. Jennings explains.</p>	MP3
February 25	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 8: Dying and Rising Heroes in Movies</p> <p>Block-buster motion pictures, besides entertaining us, may be introducing gross misrepresentations of Christ's sacrifice on the cross? Dr. Jennings reveals their hidden agenda.</p>	MP3
March 3	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 9: Why Satan Hates the Constitution</p> <p>The United States Constitution is a special target of a surprising enemy. It's not the Democrats or the Republicans that represent the Constitution's greatest nemesis. It's something more sinister.</p>	MP3
March 10	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 10: Trump and Christians - What's the Attraction?</p> <p>There's a word that keeps popping up in the media. "Unprecedented." We've never had a religious minority of Americans wielding such immense political power. Is this a good thing?</p>	MP3

March 17	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 11: The Trauma Response and the Media</p> <p>We think of people experiencing "trauma" as unfortunate, endangered, and even at death's door. But, there's a trauma we all face these days from an unlikely source. The media!</p>	MP3
March 24	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 12: Godly Versus Ungodly Feminism</p> <p>"Feminism" means "the advocacy of women's rights on the basis of the equality of the sexes." Dr. Jennings insists there are two kinds of feminism and we should know the difference.</p>	MP3
March 31	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 13: How to Read and Understand the Bible</p> <p>The Bible is the best-selling book of all time. So, we must be really up on things spiritual, right? Well, how's that working for us? Dr. Jennings says it's not access, it's interpretation.</p>	MP3
April 7	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 14: Loving Others</p> <p>The Bible makes it abundantly clear that God expects us to love others. What's it look like to love others as God intended? Dr. Jennings offers some insights and suggestions.</p>	MP3
April 14	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 15: Viruses from a Biblical Worldview</p> <p>COVID-19 might be one of today's most dangerous enemies of life and health, but it's certainly not the first. The Bible addresses this very topic. Dr. Tim Jennings explains.</p>	MP3
April 21	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 16: Five Steps to Improve Immunity</p> <p>The COVID-19 pandemic is invasive, unrelenting, and scary—all of which can contribute to the anxiety-levels of people everywhere. Dr. Tim Jennings offers steps for dealing with such stress.</p>	MP3
April 28	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 17: Corona Virus and End-Time Lessons</p> <p>A deadly virus is making the rounds of the entire world. Are we looking at an end-time event? Is this virus a judgment from God? Dr. Tim Jennings sheds light on the subject.</p>	MP3
May 4	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 18: PTSD</p> <p>When it's all over, there'll be those among us who've been changed emotionally by the COVID-19 pandemic. We may face "post traumatic stress disorder" or PTSD. Dr. Jennings explains.</p>	MP3
May 12	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 19: Becoming Like Little Children</p> <p>And he [Jesus] said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven" (Matthew 18:3). How do we do that? Dr. Jennings explains.</p>	MP3

May 19	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 20: Help or Handout</p> <p>You see them at intersections with their hand-printed signs. "Will work for food," or "Please help, I'm hungry." How should we respond? Dr. Jennings suggests caution.</p>	MP3
May 26	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 21: The Sabbath</p> <p>Remember the Sabbath day by keeping it holy. What does that verse in Exodus 20 really mean? How do we, decidedly unholy people, keep one day a week holy? Dr Jennings offers help.</p>	MP3
June 2	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 22: Flat Earthers</p> <p>Despite evidence to the contrary, there are those who whole-heartedly believe that this earth is not round, but flat. Dr. Jennings shares that such delusion is not only modern, it's ancient.</p>	MP3
June 9	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 23: Modern Baal Worship</p> <p>Baal worship, that ancient religion built around the god of that name, was a thing in the Middle East. It's also a thing today, right where you'd least expect it. Dr. Jennings explains.</p>	MP3
June 16	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 24: Overcoming Addictions by the Book</p> <p>If you've failed at or don't know how to do something, you're just 12-steps from overcoming the problem. This modern approach to fighting addiction or ignorance is actually Biblical.</p>	MP3
June 23	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 25: Why Hasn't Jesus Returned</p> <p>He promised He would. He even provided hints of when that would happen. So, where is He? What's holding things up? Why hasn't Jesus returned? Dr. Jennings offers insights.</p>	MP3
June 30	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 26: Q&A with Dr J</p> <p>Dr. Tim Jennings interacts with people constantly. He gets asked a lot of questions. In this broadcast, he provides answers to several of the most pressing questions he hears.</p>	MP3
July 7	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 27: The Trinity</p> <p>Three Gods in one. That's how many Christians would describe what's called "The Trinity." But what exactly does that mean to us personally? How can three, be one? Dr. Jennings explains.</p>	MP3
July 14	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 28: Godly vs Ungodly Power</p> <p>We've heard the old hymn, "There's Power in the Blood." Does evil come with its own brand of power as well? How can we tell the difference between the godly and ungodly brand of power?</p>	MP3

July 21	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 29: Bible Prophecy's Central Focus</p> <p>If you spend any time reading Bible books like Daniel and Revelation, you might find yourself a little confused. Dr. Jennings focuses on Bible prophecy and how we should approach the subject.</p>	MP3
July 28	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 30: Resolving Bible Contradictions</p> <p>What happens when the Bible seemingly contradicts itself? We're talking the Bible! It's not supposed to do that! Dr. Jennings shares insights into resolving Bible contradictions.</p>	MP3
August 4	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 31: Learn to Discern</p> <p>Truth. It can sometimes be slippery devil, seemingly keeping its distance and even hiding in plain sight. How do we determine what is truth, and just as important, what isn't?</p>	MP3
August 11	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 32: Ten Steps to a Healthier Brain</p> <p>We've all heard of heart disease, kidney disease, liver disease, and lung disease. But what about our brain? Can it get sick like the rest of us? And if it does, can we return it to a healthy state?</p>	MP3
August 18	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 33: Panic Disorder</p> <p>Today's challenges seem overwhelming and scary. Massive unemployment, a deadly disease making inroads into our society, cultural clashes on an epic scale. How do we NOT panic?</p>	MP3
August 25	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 34: Anger</p> <p>The Bible talks about a lot of things. But, does it talk about something we all face from time to time ... anger? Getting angry seems to be a natural response. But, should it be?</p>	MP3
September 2	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 35: Why David Couldn't Build the Temple</p> <p>He wanted to build a temple for God. It would be his way of honoring the Almighty. But God said "no." Why couldn't David built his temple? Dr. Jennings explains.</p>	MP3
September 9	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 36: Daniel 11</p> <p>He spent time in the company of lions and made kings uncomfortable. But he saw the future in a very unique way. Dr. Jennings introduces us to Daniel's two kings, north and south.</p>	MP3
September 16	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 37: How Sin Spreads</p> <p>In times of pandemics, we're very concerned about how viruses spread from one person to another. Dr. Jennings talks about another deadly disease that can secretly take lives.</p>	MP3

September 23	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 38: Two Wrongs Don't Make a Right</p> <p>Hollywood has nothing on the Bible. Case in point? The story of Dinah. This particular saga offers an important lesson—and serious warning—for us today.</p>	MP3
September 30	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 39: Q&A</p> <p>Dr. Jennings answers tough questions concerning living the Christian life today. What part do emotions play in our journey to Heaven and will God protect us when bad things happen?</p>	MP3
October 7	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 40: Christ's Parables</p> <p>When Jesus wanted to teach something important to His followers, He often wrapped His messages in simple, easy-to-understand parables. What were their overarching themes?</p>	MP3
October 14	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 41: Building Sound Mental Health in Children</p> <p>Many children are growing up in an environment that's not exactly conducive to sound mental health. How can parents help their sons and daughters overcome the barriers?</p>	MP3
October 21	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 42: Dealing with Grief</p> <p>It has touched us all in one form or another. For some, it's a painful bump in the road. For others, it can be a life altering experience. Dr. Jennings offers effective steps for dealing with grief.</p>	MP3
October 28	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 43: How to Find a Healthy Life Partner</p> <p>Finding a life partner is high on many people's to-do list. They want a relationship that lasts and grows stronger. Dr. Jennings shares guidelines for narrowing the field and finding true love.</p>	MP3
November 4	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 44: Why Satan Hates the U.S. Constitution</p> <p>It's the much discussed, much maligned, and much admired document that sets the United States apart from other countries. Dr. Jennings takes a close look at Satan and the U.S. Constitution.</p>	MP3
November 11	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 45: When Apologizing is Wrong</p> <p>Most of us were taught, at a very young age, that, if we did something wrong, we were supposed to apologize. Is there ever a time when we shouldn't? Dr. Jennings weighs in.</p>	MP3
November 18	<p>Your browser doesn't support HTML5 audio elements.</p> <p>Episode 46: Lessons on Ephesians 4</p> <p>Unity. It seems to be a totally lacking condition in our society. No one agrees with anyone on anything. Dr. Jennings examines Ephesians 4 to see what Paul had to say on the subject.</p>	MP3

- November 25 Your browser doesn't support HTML5 audio elements. [MP3](#)
Episode 47: Tree of Knowledge of Good and Evil
Have you ever read a passage in the Bible and then said, "Why did God do that?" Genesis chapter two contains verses that have generated such a response. Dr. Jennings shares insights.
- December 2 Your browser doesn't support HTML5 audio elements. [MP3](#)
Episode 48: Post-election Blues
Recently, Americans decided on whom they want to be the next president. But there may be some among us who find themselves nursing a bad case of the blues. Dr. Jennings offers advice.
- December 9 Your browser doesn't support HTML5 audio elements. [MP3](#)
Episode 49: Jesus' Temptation in the Desert
Temptation. We all experience it. But how do we overcome it? Dr. Jennings shares insights into how Jesus faced and won the victory over His confrontations with Satan.
- December 16 Your browser doesn't support HTML5 audio elements. [MP3](#)
Episode 50: Jesus, Healing Light or Ruling Judge
How we relate to the world and those around us is greatly influenced by our perception of who God is and how God acts. Dr. Jennings asks, "Is Jesus a Healing Light or a Ruling Judge?"
- December 23 Your browser doesn't support HTML5 audio elements. [MP3](#)
Episode 51: Happiness
Happiness is the goal of most people in this world. Some even destroy themselves in their efforts to obtain it. Dr. Jennings helps us identify and then *infuse* more true happiness into our lives.
- December 30 Your browser doesn't support HTML5 audio elements. [MP3](#)
Episode 52: Q&A
Dr. Jennings answers the tough questions people ask about witnessing for God, fearing the "end-time," teaching children to love and trust their Creator, and choosing foods for a healthy brain.