

A Christian Response to being an Adult Baby

For many people who have a Christian faith or even simply a belief in God there often comes the question of *'how does this fit in with my faith'*? What does God Himself think of this? Is this a wrong or bad thing to do?

It is perhaps time to have a bit of a discussion on this and to see in part what God Himself has to say about it. Let's be up-front and say there is no commandment "Thou shalt not be an Adult Baby". We are going to have to deal with the question by delving deeper!

I am a Christian, born-again, loving God and seeking to serve and obey Him. I read His Word (almost!) daily and seek to know God's will for my life. But all my life I have been aware of this very powerful urge to be a baby and like so many other people, it comes into conflict with my walk with God. This is not to say that it is necessarily wrong, but the power of the drive to regress still feels like a conflict. The conflict can distract and upset me, but largely because I didn't know how to deal with it and like everything else with being Adult Baby, there was no one to ask.

So how do we deal with it?

Firstly, let me tell you a brief personal experience. Now I will say up-front that no personal experience is a replacement for the Word of God. As Christians we need to accept that the Bible has the authority to over-ride our opinions or beliefs, no exceptions. However, the Bible has nothing explicitly to say about being an adult baby so we have to dig in deeper.

Some years ago I was - as always - struggling with being an adult baby and the fact that nothing I ever did made any difference. I couldn't stop it. I couldn't manage it well and I was frustrated beyond measure. I was also in conflict over how it meshed with being an active Christian. Then one night when praying I believe God spoke and simply said "*now is your time*". This was around the time that Rosalie and I began to implement our parent/child relationship paradigm and it made immeasurable improvement to our lives. But what we didn't put in the book was that the key for me to pursue this was those simple four words from God which essentially said that it was okay to be who I was. This was revelation of the highest order! For many Christians, the biggest question they face is not WHAT to do, but rather 'is it the right thing to do?'

That question is not an easy one because the answer is not an unequivocal 'yes'. It is not a carte blanche excuse to do whatever you want. So leaving my experience alone, let's take a look at some Scripture to see what it has to say.

Let's start with the First Commandment:

*"I am the Lord Your god, who brought you out of the land of Egypt, out of the house of bondage. **You shall have no other Gods before Me.**" (Exodus 20:2,3)*

I want to start with this by establishing from the outset that God must always be the priority and we must not place anything or anyone above Him. I know from personal experience that the baby drive can be exceedingly powerful and there are certainly some people who place being AB above most other things (and people) in their lives. As Christians everything – including our AB nature – must submit to God. That is non-negotiable, but ironically, doing so brings benefits not negatives.

Okay, that might not sound particularly helpful, but it is crucial to accept and understand the importance and prime position of God in this question we ask. It also helps us to accept the notion of *limits* in what we do.

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We accept (or should) that God loves us unconditionally in a manner that none of us could possibly ever comprehend. That love is forever and is not even dependant on us doing the right things. That does not mean however that we are exempt from doing the right thing. In fact, Paul says in Romans 6:1

"...Shall we continue in sin that grace may abound? Certainly not!..."

We are compelled to live our lives righteously and not to live in sin.

And now we have arrived at the crux of the matter. ***Is being an adult baby 'sin'?***

Quite simply, 'being' is not a sin. Sins are our actions - including our thoughts - that breach God's standards of righteousness. It is a lofty and unachievable goal of course and the entire reason that Jesus ever came to earth. Being an adult baby is not a sin in itself. How we express that however may or may not be depending on what we do.

There is a famous statement by Jesus that always brings me great comfort. From Matthew 9:14

"...Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven."

From many years ago I have read that and understood it in a way my fellow believers never could. The sermon might talk about 'coming as a child' to God by adopting child-like responses and faith. However, for me, being child-like is second nature because... I AM A CHILD in so many ways and at so many times.

I have read a children's bible while regressed and simply responded to it as a child would. I have prayed while so very little and the prayers are that odd mix of adult and child that I know God understands so well.

In this respect, being an adult baby can actually bring us closer to God if we allow it; to let our regressive immaturity and wide-eyed wonder to be directed at Him. It was a startling revelation to me that being an adult baby could actually have a positive impact on my walk with Him!

But there is more to it than that and we all know it. It is about behaviour and attitudes that we express as babies that we need to deal with.

We live in a permissive world that allows so much that is clearly against the standards that God sets for us. The obvious and most potent one for all of us as Adult Babies is the issue of sexual behaviour. Like it or not, the Bible is pretty clear on what God's sexual standards of behaviour are. It condemns sex outside of marriage ie pre-marital sex and adultery. These are not popular beliefs for a lot of people, but if we are to take our Christian beliefs seriously then we need to embrace the whole tenet, not just choose what we like and dismiss the rest. That is a theological diatribe to be sure, but it is at the core of the issue.

Just because we are adult babies does not grant us special dispensation to break God's laws.

In our book, we discussed Safe Zones and Unsafe Zones for regressive behaviour. In this context, we can be somewhat blunt and describe RIGHT ZONES and WRONG ZONES. There are behaviours we *know* to be wrong according to Christian principles. These are things we need to avoid.

There is nothing sinful in wearing diapers, but if wearing a diaper causes you to sin then you need to modify that behaviour or take other steps to avoid the sinful behaviour itself. Don't make excuses!

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James 4:7 "Submit to God..."

In the end, perhaps the ultimate key is just that – to submit to God and live according to the pattern He has set for us as best we can – mistakes included!

"...a wonderful definition of what it means to "submit" to God. It means to arrange oneself under the command of divine viewpoint rather than to live according to one's old way of life based on a human viewpoint. It is a process surrendering our own will to that of our Father's."

I wish you the very best on your journey through life as an adult baby learning to combine the very best and the very worst of our shared dilemma.

"But seek first the kingdom of God and His righteousness and all these things shall be added unto you." Matthew 6:33

Michael Bent

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