

**THE**  
*Busy Mom's*  
**GUIDE TO**  
*Apologetics*



*"Mom, how do we know that the Bible is true?"*

**"How can we know God is real?"**

**"Why does God let bad things happen?"**

**"Is Jesus the only way?"**

**"Some of my friends say he isn't."**

Have your kids ever asked you one of these questions?

Maybe it made you stop in your tracks. Or maybe you realized for the first time that you had NO idea what to say!

*Studies have shown that moms get more questions every day than doctors, nurses, or the British Prime Minister during an interview!*

So who do you think is getting the most spiritual questions?

*You are, mama!* And more than ever, we moms need to know that we have answers rooted in truth, reason, reality, and Scripture.

From cheerios shoved up noses to endless questions on every imaginable topic, motherhood is certainly not for the faint of heart. And as our kids get older, they'll develop their thoughts and ideas about faith, truth, and the world around them. So how can we mamas make sure what our kids believe lines up with Scripture, reason, and reality?

And while we're at it, how do we get guidance on *answering our children's tough questions about God?*



*The truth is*, there are worldly philosophies behind our kids' biggest questions. And as parents, we have to get away from the "Just answer the question" method, which is a bit like a game of whack-a-mole. (As soon as you answer one, another pops up!)

**Here's the thing:** *We don't always have to know all the answers!* We just need to know where to find them. It's all about not living in fear, but with discernment.

Mama, we know you're busy. But we also know you want to help lead, guide, and direct your kids toward correct theology and a biblically based worldview. That's why apologetics is not a hobby; **it's a need.**

*Okay, so what is apologetics?*

We're glad you asked! Maybe you've never heard the word **apologetics** before. Or maybe you think of it as something people study in seminary or as a hobby for old men with long beards. But knowing apologetics doesn't require any fancy degrees or schooling because **you don't need formal education or a piece of paper to qualify you to train up your kids.**

**Apologetics** comes from the Greek word **apologia**, which means "defense," like a lawyer making a case. To keep it simple, apologetics is the study of how we can best make the case for our Christian beliefs in a way that reflects grace and truth. So being a Christian apologist means being ready with an answer for what you believe as a Christian and why (1 Peter 3:15).

As apologists, we use critical thinking with everything we encounter, holding it up against the knowledge of God as we're commanded to do in 2 Corinthians 10:5.

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

Practicing apologetics means you can give reasons for what you believe. And the primary reason for being confident in what you believe is **love**! If our children blindly accept Christianity because we — the authority figures — “say so,” then what will stop them from **leaving** the faith when new authorities — teachers, professors, and the news media — tell them that what we taught them is not true? You may be realizing by now why this is especially important for Christian parents!

*Does my family need apologetics? (Hint: Yes!)*

Did you know that according to Barna and *USA Today*, about 75% of young people end up exiting the church after they graduate? Also, less than 1% of those kids maintain a biblical worldview! What does this tell us? It tells us that growing up in a Christian environment isn't always enough to ensure our kids' spiritual well-being, and priming our kids to think biblically requires far more than just memorizing Bible verses (though we do think memorizing Scripture together is a wonderful practice for families!).



“In your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you;  
*yet do it with gentleness and respect.*”

*1 Peter 3:15*

In this passage, Scripture shows us a model for how we should protect and defend our faith from the world around us — gently, respectfully, and full of hope. Apologetics isn't important because it makes us look cool or sound intelligent; instead, **it's important because it helps us become competent in our faith.** When competence is the focus in our homes, challenges become opportunities to raise warriors.

And Mama Bears, raising warriors is just one more way that we can love others around us and *fulfill the great commission!*

Now, before we dive into how you can apply apologetics in your life, we want you to know about **four different types of apologetics** you'll encounter: evidential, philosophical, scientific, and cultural.

## The Four Types of Apologetics

We've talked about what apologetics is and why you as a mama should care. But before we talk about applying apologetics in your own life, we want to note that a few different types of apologetics exist. **Here's the basic info you need to know about evidential, philosophical, scientific, and cultural apologetics.**



## Evidential Apologetics

This type of apologetics relies on evidence, reasoning, and philosophy to defend the Christian faith. Evidential apologetics answers questions like “How do we know the Bible is true?,” “Did the universe have a beginning?,” “Did Jesus really rise from the dead?,” or “How do we know God is real?”

Evidential apologists rely heavily on what can be supported physically, scientifically, or historically — but always with a strong foundation in philosophy (without which, you can't do the other things!).

*Some well-known evidential apologists include J. Warner Wallace, Gary Habermas, and Natasha Crain.*

## Philosophical Apologetics

You may have guessed it, but this type of apologetics is based on **philosophical reasoning**. It's definitely a bit “headier,” with its goal being to justify basic first principles to evaluate the evidence for a Christian worldview. This form of apologetics is **less about tangible support and more about making sure that ideas are consistent** with one another and aren't smuggling in any false premises. While there are some great points and ideas within philosophical apologetics, it's not always the best for reaching and connecting with nonbelievers.

*Three well-known philosophical apologists are William Lane Craig, Douglas Groothuis, and JP Moreland.*





## Scientific Apologetics

You may have heard people who doubt the Christian faith often lead with the premise that Christianity is "faith-based" and not rooted in or supportable through science or facts.

*Enter scientific apologetics!* With passages like Romans 1:19-20 and Psalm 19:1-4, these **apologists appeal to scientific discoveries** to give an understanding of the revelation of God in and through nature. The goal?

**To use principles in science to strengthen claims that God is real.**

*You can find out more about scientific apologetics by studying people like Stephen Meyer, Michael Behe, and Melissa Cain Travis.*

## Cultural Apologetics

And then there are the cultural apologists. **This is what our Mama Bears focus on, and it's the foundation for this whole guide!** Through cultural apologetics, we aim to evaluate current events and cultural trends using reason, reality, and Scripture, and by showing how biblical wisdom can apply in all sectors of society. We look at the messages spread through music, television, art, and more. **Cultural apologetics recognizes the importance of establishing the Christian voice in our current culture and the impact it can make on our families and communities.**

We use illustrations from modern culture to provide evidence for arguments and the hope that we have within us, demonstrating that the mind of Christ is relevant to today's world. Cultural apologists are also interested in other worldviews and how they find expression in the content we consume.

*Examples of cultural apologists include Nancy Pearcey, Alisa Childers, Greg Koukl, and of course, our Mama Bear crew.*

## Apologetics needs YOU!

*Here's why...*

Remember when we talked earlier about answering hard questions from our kids? As a Christian mama, you're probably familiar with the struggle to ensure our families are *in* the world, but not of the world. Well, cultural apologetics helps us answer the hard questions. It gives us a guide for how to lead and direct our families in love, beauty, and truth that aligns with the word of God. ***THIS is why apologetics is so important!***

We believe apologetics is especially important and fitting for mamas (even though we love our papa bears, too). Not only because we tend to be the front lines of spiritual formation for our kids, but because of *who God has created us to be as women.*

As Mama Bears, we can be prepared to give a defense for our hope with both gentleness AND respect. *Apologetics needs women,* and gentleness and respect happen to be things we typically do well. While truth itself needs to be fortified without compromise, *how we express these truths requires sensitivity to the individual with whom we're speaking. Difficult truths need to be shared gently, compassionately, and with mercy — all qualities for which women tend to be known.*





There's been a fundamental shift in our society's ability to handle conflict, and we can't ignore it or wish it away. **A common misconception about apologetics is that we just want to argue with people.** This isn't the case. We're not out to win arguments; *we're out to win people.* Apologetics should not be about arguing...it's about **LOVE.** And a woman's ability to sense distress and diffuse it in an apologetics conversation is a powerful weapon in a world going mad.

## How to use apologetics in your own life

So, now you know what apologetics is, how to spot the different types of apologetics, and why it's so important for our families and, particularly, for us as women

We know what you may be asking: *How do I actually apply this in my own life, faith, and family?* We're so glad you asked!

As followers of Christ, we're commanded to actively question what we consume so we're not deceived (1 John 4:1-6). At Mama Bear, we call this the "chew-and-spit method." A little gross, right? But here's what it means:

*But here's what it means:*

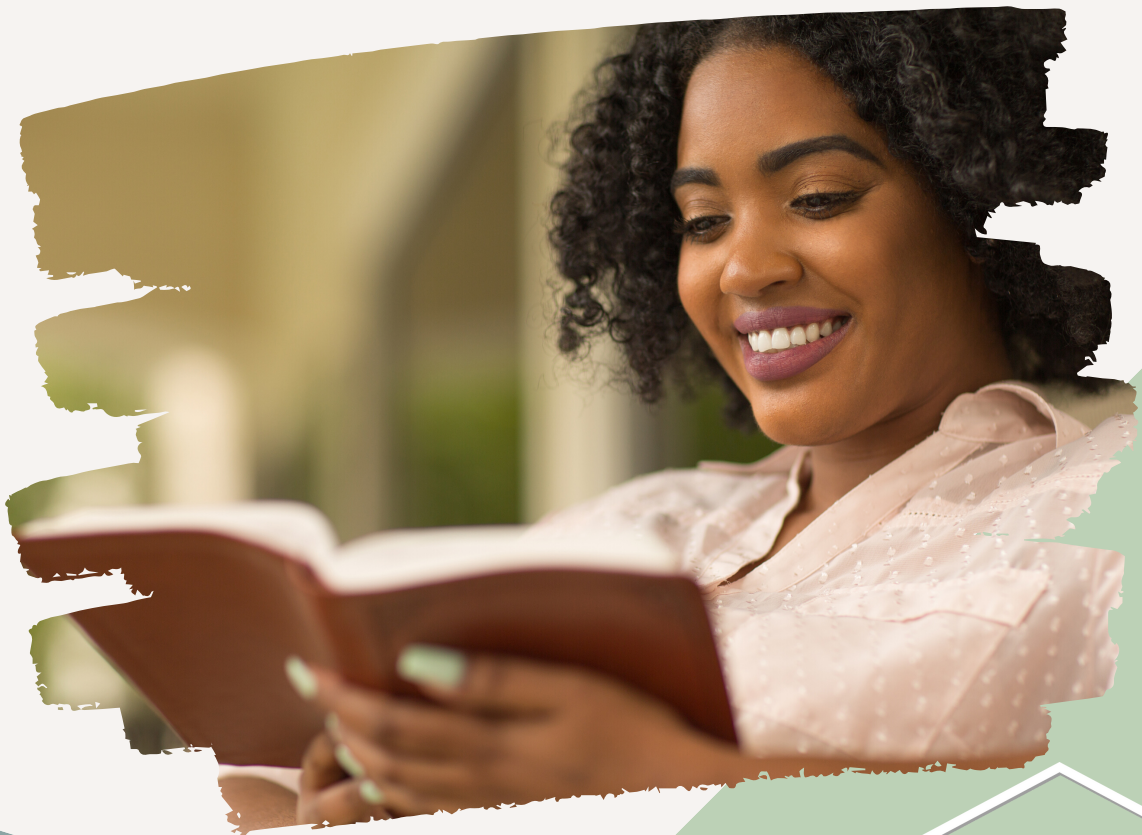
The most powerful lies in our culture are often wrapped in partial truths. So anytime we engage with culture — from watching a movie, to listening to a song or reading a book with our kids — we need to line it up against the truths we know from Scripture.

Here are two steps for every mama and her kids to know when engaging with culture:

# Step 1:

## **Always start with your Bible.**

When it comes to viewing life through the lens of true Christianity, you *must* start with your Bible. Get a reliable translation of Scripture and study it regularly. This is the best way to arm yourself against falsehood presented as truth.



# Step 2:

## Use the ROAR method with your family.

**Recognize the message.** When you engage with things in the media, always try to identify the message being presented and the values being elevated through it.

Piece together the worldview and ideas behind the message in front of you.

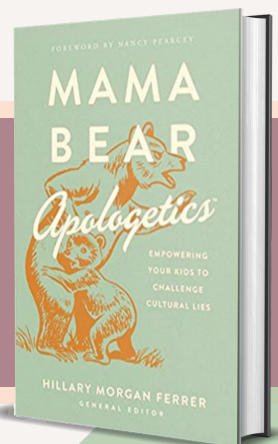
**Offer discernment (affirm the good and reject the bad).** Next, start practicing offering discernment to your kids without being a finger-pointer. To practice discernment, you need to see things accurately for what they are, then identify the good followed by the bad.

**Argue for a healthier approach.** No, we're not telling you to yell at your kids! By arguing, we mean giving *reasons* or evidence for your views. When we argue for a healthier, biblical worldview, we give reasons for why we affirm what we say is good and reject what we say is bad. It's about getting out of the habit of just attaching a Bible verse to a statement and calling it a day.

**Reinforce through discussion, discipleship, and prayer.** We don't stop at just discerning good and evil because it's not enough for our kids to hear us *talk* about the truth; they must understand how we are to *live* the truth. Have continued conversations as a family. Encourage your kids to dig into Scripture as well.

And most importantly, **PRAY for your kids**, that God will give them wisdom and discernment.

You can find more great info and applicable ideas and activities involving the ROAR method inside our book *Mama Bear Apologetics: Empowering Your Kids to Challenge Cultural Lies*.



## SO THERE YOU HAVE IT, MAMAS!

*This whole guide has been about an invitation to embrace who the Lord has created you to be.* It's because of the combination of our beauty and strength of spirit that we can be the aroma of Christ, using the truth of Christ to transform a dying and decaying culture.

*This is the heart of apologetics.*

Christianity is always more true, beautiful, and good than any alternative, and with the Word of God and a knowledge of apologetics in hand, you can teach your children to respond to whatever comes against their Christian beliefs!

## Let's talk next steps!

Want to dig even deeper and find out more? We recommend joining a community of like-minded believers who can encourage, uplift, and spiritually stretch you. We're all about supporting and guiding other mamas (and papas) in raising families that are able to give a reason for their faith. So why not come and *be a part of our Mama Bear community?*

Here are a few links to get you started, along with some additional resources to keep you digging.

*We can't wait to meet you!*

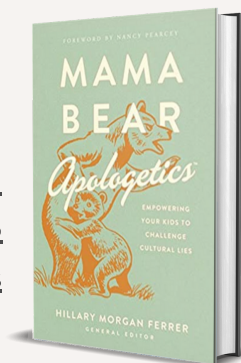
The Mama Bear Team



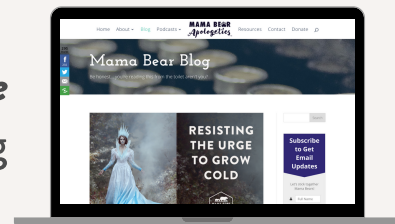
# RESOURCES

**Read the book:**

[Mama Bear Apologetics™:  
Empowering Your Kids to  
Challenge Cultural Lies](#)



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