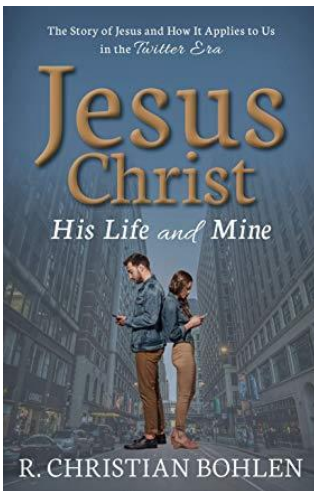




Life at the speed of social media may cause people to question their value and contribute to lower self-esteem, but a fresh look at Jesus’s life and a longing to follow Him brings joy and sense of worth

***Jesus Christ, His Life and Mine:
The Story of Jesus and How it Applies to Us in the Twitter Era***

By R. Christian Bohlen



PITTSBURGH – March 2019 -- The stunning statistics speak for themselves: 500 million tweets a day get sent each day from the 326 million monthly active Twitter users. On Instagram, more than 100 million photos and videos get uploaded each day, adding to the total of more than 50 billion photos shared to date.

Many researchers say the sheer speed and quantity of these posts, from life-is-perfect photos to soul-shredding criticisms, contributes to rising anxiety, depression and lower self-esteem.

In his book, ***Jesus Christ, His Life and Mine: The Story of Jesus and How It Applies to Us in the Twitter Era***, debut author R. Christian Bohlen offers a somewhat surprising and timeless solution. He doesn’t bash social media or advise not engaging with it; instead he proposes that people find their true value and worth by taking a fresh look at the life of Christ and to see how His life helps us rise above the negative effects of our times.

Bohlen reveals his connectedness to the modern mindset as he walks his readers through the life of Christ in a startlingly fresh, non-judgmental way that doesn’t assume any prior knowledge of the Bible while creating a movie-like experience.

The short chapters unfold the scenes of Christ’s life from birth-to-resurrection, while demystifying aspects of ancient Jewish life in simple language to make sense to the modern reader, especially for those not raised in the church.

Most chapters include sidebar sections to clarify quoted scripture or its applications and each chapter concludes with “His Life and Mine” summary points of what Jesus did followed by questions for self-reflection: “What Would I Do?”

Along the way, he gently asks the reader to consider how Christ’s life might intersect with their own and offer hope and light.

“Even in the Twitter era, Jesus shows the way up and out of the darkness so that we can become what we were meant to become,” Bohlen writes. “He restores peace, happiness, and a sense of our self-worth that’s divine and untouchable compared to worldly wisdom with its fickle infatuations.”

A recent Kirkus review praised Bohlen for his “eloquent and inviting prose” and summarized the review by calling the book, “A bracingly enthusiastic example of modern-day Christology.”

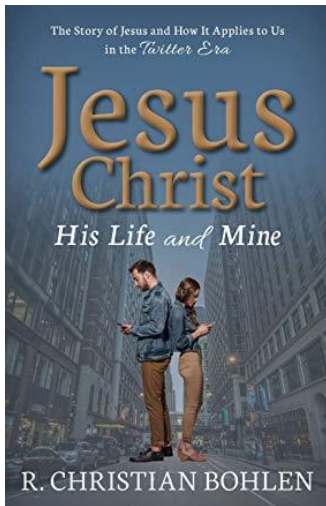
Bohlen, who is a resident of the Pittsburgh area, is a professional communicator driven to simplify and clarify the beauties of the life of Christ so that they can be understood by anyone, regardless of background or knowledge of scripture.

He is an award-winning consultant to Fortune 500 companies, providing instructional design services and developing human performance improvement programs. He has been involved in ministry and church leadership for more than 30 years and worked for over a decade with juvenile offenders. He recently launched a new prison ministry in conjunction with the book called “Christ on the Inside,” which donates copies of his new book to those who are incarcerated.

Jesus Christ, His Life and Mine: The Story of Jesus and How it Applies to Us in the Twitter Era, [ISBN 978-1-949572-00-1] will release April 2 from Carpenter’s Son Publishing. It will be available from selected book stores and online retailers. For more information, visit <https://rchristianbohlen.com/>.

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For review copies of the book or to interview R. Christian Bohlen, contact Joni Sullivan Baker, Buoyancy PR, at 513/319-3231 or jbaker@buoyancypr.com



Interview Questions

Jesus Christ, His Life and Mine: The Story of Jesus and How It Applies to Us in the Twitter Era

By R. Christian Bohlen

Host: Every generation bears the responsibility for sharing the gospel of Christ to their contemporaries and finding a way to tell the story of Jesus. Today's digital world moves ever faster and social media is changing many things about the way we communicate. We are all affected by this, and participate in it, while at the same time trying to understand the changes in our culture. How do we tell the story of Jesus today to a generation often lacking any Bible background, and not accustomed to reading long books?

Our guest today has some ideas. Christian Bohlen has written a book with an intriguing title, *Jesus Christ, His Life and Mine: The Story of Jesus and How It Applies to Us in the Twitter Era*.

Q: Christian, we thank you for joining us but want to dive right in and understand what your book is about. You refer to the Twitter Era. We all know social media is changing many things in our lives, but what does this have to do with Jesus?

Q: So do you think social media is damaging? Is this something Christians should avoid getting involved with?

Q: Do you have any tips for maintaining balance in our lives with regard to social media?

Q: Why did you decide to write this book, and who is it for? Did you have a specific person in mind you hope will read it ?

Q: The core of the book is telling the story of Jesus's life. And the back cover mentions that this book is "like a movie." Really? How do you pull that off?

Q: But what does it mean in the title when you say, "his life and mine"?

Q: So a part of each chapter is then considering how we might respond to what we are learning about Jesus. In reviewing your book, I noticed that you introduce some really intriguing analogies, like the climbing wall. Can you tell us more about that?

Q: If you would, tell us a bit more about yourself. You are a professional communicator, but what does that mean? What do you do for a living?

Q: Do you feel that background helped prepare you for writing this book?

Q. Part of your background involves working with juvenile offenders and you've been involved with prison ministries for many years. Now you've launched a ministry in connection with your book. Could you tell us about that? Is there a way we can get involved?

Q. Christian, we so appreciate you visiting with us today. Before we let you go, where can people find *Jesus Christ, His Life and Mine: The Story of Jesus and How it Applies to Us in the Twitter Era*?

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Author Bio: R. Christian Bohlen

Jesus Christ, His Life and Mine: The Story of Jesus and How It Applies to Us in the Twitter Era

R. Christian Bohlen grew up as a first-generation American, the son of immigrants from the Amsterdam region of the Netherlands. Dutch was spoken continually in their small-town Pennsylvania home, and their food, customs, and European way of thinking were all very different from American culture. As a boy, Christian felt conspicuously different and disoriented. His parents were deeply religious, quiet, studious classical musicians living in a community where deer hunting, American football, and four-wheel drive trucks were the norm.

Unsettled by the contrasts in his life, including the confusion of the hippie 1960s, the rock 'n' roll, drug culture of the 1970s, the influence of atheist friends, and serious mental health issues of family and friends, Christian's anxiety to make sense of his surroundings aroused a life-long determination to grasp the world around him and make it understandable for others—especially the things of eternity. By the sum of his life experiences, God forged the heart of a teacher in him.

He earned a bachelor of science in applied mathematics with a minor in education and a master of science in communications (instructional design and organizational learning) from Clarion University of Pennsylvania. He has enjoyed careers in both private education and corporate training, resulting in prestigious personal and team awards including the Brandon Hall Silver (2013) and ISPI Outstanding Human Performance Intervention (2015) team awards. He holds a Project Management Professional (PMP) certification and typically functions as both a program manager and lead instructional designer. He has been active in church in Pennsylvania and Virginia for many years, serving as a youth and adult Sunday School teacher and ministry leader. He speaks regularly at multiple congregations and oversees a prison ministry program serving the central Pennsylvania region.

He is an active member of Lions International, the largest service organization in the world, and recently served as president of his local Lions club. He and his wife are also certified Laughter Yoga leaders. (Find Laughter Yoga near you! It's too funny!)

Christian once recalled, "My years working at a drug and alcohol rehab for juveniles were a life-changing experience. One incident stands out. A certain young man was unusually angry one day. When I approached him about it, he agonized, 'My counselor gave me a Bible. I can't understand it!' He had trouble reading, and I knew he didn't have a chance of understanding even the 'easy' modern versions of the Bible.

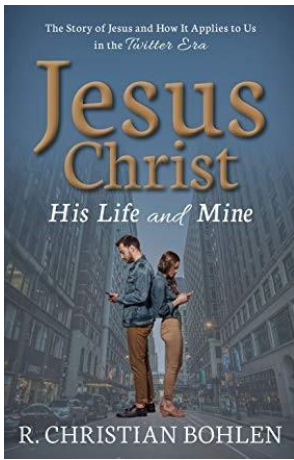
"I wanted to give him something simple to help him find Christ, like a tour through the life of Jesus with me at his side explaining what it all meant, while making sure he witnessed the majesty of Jesus Christ for himself by the power of the Holy Spirit. But I couldn't find anything like that. So, that's where the initial concept for this book came from."

Christian continued writing and seeking God's guidance for more than 20 years, applying his professional skills as an instructional designer to carefully align the structure and style of his writings to the needs of modern, busy, or skeptical readers who may not be familiar with the Bible or Christianity.

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What Others Are Saying About

Jesus Christ, His Life and Mine: The Story of Jesus and How It Applies to Us in the Twitter Era

By R. Christian Bohlen

“Bohlen... concentrates on celebrating the Jesus story, bringing to it a sense of passionate immediacy that makes all the elements of that narrative feel fresh...”

“Bohlen takes readers through the famous moments of the New Testament because, as he puts it, ‘Jesus is the gold standard by which we can know what is good, what is wise, and what is truly important.’

His Christian readers should love how he treats that gold standard.

“A bracingly enthusiastic example of modern-day Christology.”

--excerpted from *Kirkus Reviews*

“Bohlen writes in a compelling biblical based narrative that positions the reader as a virtual front row witness of the life of Jesus. He adds cultural and historical context that vividly brings new freshness and closeness to the stories we may, or may not, have already heard. The author intends for this book to be transformative, faith promoting, and educational and I believe he succeeds masterfully on all fronts. There is power in the name of Jesus and transformation for those who connect to Him; this book is an excellent resource to start your own journey.”

--Joshua, Amazon Review

“Best book I have read. Very easy to understand and Christian really does a great job explaining Jesus and his story. I’m glad I have met the author and he was such an easy guy to talk to. I hope everyone will own this book. I was always the one with questions and with this great book all my questions are being answered. Thank you, sir, for the great read and understanding. If I could give 100+ stars I would.”

--EST 1985, Amazon Review

“...A wonderful approach for coming to know our beloved Savior Jesus Christ.”

--Ed J. Pinegar, author of *Gethsemane, Golgotha, and the Garden Tomb*

“I heard him on the radio today... amazing! I started reading the book and I couldn’t put it down. He puts humor in his book, so it’s definitely for our generation! If you love Jesus but don’t understand the words in the Bible like me try this book. You will understand now because he uses easy words and when he doesn’t he explains them to you. Love, love ***Jesus Christ His Life and Mine.***”

--Charlene, Amazon Review

“R. Christian Bohlen...has taken the story of Jesus and broken it down into challenging and relevant sections that directly connect to the lives of students. Many youth and churches will find this a very helpful addition to their spiritual journey.”

--Stephen Ingram, author of *Hollow Faith* and *Organic Youth Ministry*

“I have been a Christian for over fifty years, have gone to church and read the Bible my entire life, and love The Lord and His word. With all of this, I need to say that this book by Christian Bohlen is just an amazing summary of Christ’s life. It is not preachy in the least, but instead allows the reader to glide through biblical events with ease. It presents Jesus as he was, a man, and God, and it presents His life in the time period in which it was lived. It also shows how important that life is to those living in our modern world.

“I loved this book and will read it over and over and share it with family and friends. I teach Bible in a Christian high school and cannot think of a more timely book to present to my students, as a means for them to understand how relevant our Savior’s life is to their generation, and every generation.”

--VT Reviewer, Amazon Review

KIRKUS REVIEW

A writer offers a celebration of the life and teachings of Jesus set against a contemporary backdrop.

Bohlen opens his well-designed nonfiction debut with an acknowledgement of an increasingly studied new reality. The heavy use of social media platforms like Facebook and Twitter almost invariably leads to a lessening of personal happiness. People, particularly the young, who view these apps excessively end up wasting time, feeling jealousy, and becoming impatient with media and books that demand longer concentration. Bohlen asserts that this “murky collection” of platforms makes people worse: “We become prideful, self-centered, and think we know better than God.” But, as the author lays out in his eloquent and inviting prose, the solution to this problem has been readily handy for 2,000 years: Christianity. “Once envisioned—no, *experienced*—the story of the life and teachings of Jesus Christ cannot be erased,” he

writes. “Why? Because Jesus Christ adds the dimension of eternal light. In a tender, deeply satisfying way, it blows any IMAX movie experience out of the water.” In a narrative move that’s possibly quite wise considering the unprecedented rates at which young people of the “Twitter generation” are abandoning traditional religions, Bohlen largely sidelines the opening antagonist of social media and instead concentrates on celebrating the Jesus story, bringing to it a sense of passionate immediacy that makes all the elements of that narrative feel fresh. Focusing on the Nativity, he relates: “*The Christ, born tonight? Generations have waited for this moment, and here it is, tonight?*” In the book—which features beautiful, uncredited photographs—the author intersperses his recapitulations of New Testament stories with pedagogical insets (“Doctrinal Points to Ponder”) and explicitly instructional ones (“How It Applies to Me”). Bohlen takes readers through the famous moments of the New Testament because, as he puts it, “Jesus is the gold standard by which we can know what is good, what is wise, and what is truly important.” His Christian readers should love how he treats that gold standard.

A bracingly enthusiastic example of modern-day Christology.

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