

You're Only Human, Kelly Kopic

A book review

'I can't do it ... I'm not enough ... I don't have what it takes!' This mindset can lurk beneath the surface for many of us throughout life. But God didn't create us to do it all and this is the main thrust of *You're Only Human* by theology professor, Kelly Kopic. He explores our humanity with created limitations in view. The first half of the book explores our finitude, helpfully observing how we live under a crushing weight of expectations in our modern world. From there he moves toward a reminder that we are creaturely and dependent. Kopic's priority throughout is to reassure his readers that their 'good, created human limits' are not a sin, as they bump against bottomless to-do lists and the nagging sense that they should be more.

Kopic anticipates our inclination to resist facing our need. He unpacks the underlying fear that God may not accept or like us because of our weaknesses and helpfully leads us to see that bodily limitations are central to the person God creates and loves. As incontrovertible proof, we are led to see the goodness of the body in the incarnation of Christ. Kopic is emphatic that our bodies, including our limitations, are good.

The second part of the book addresses the implications of our finitude, namely a healthy dependence. This is full of helpful application. From recognizing and accepting our gifts, through to stress and time management and on to the pace of sanctification, Kopic covers wonderfully practical ground. The role of the church and our dependence on others is also examined. Finally, the book lands with cultivating wisdom over rhythms and rest, sleep and sabbath.

Kelly Kopic has blessed the church by recovering this aspect of our anthropology. He has done so in a way that is theological but readable. He holds our interest with personal illustration and a sweep through relevant sources from church history. The book runs to over 200 pages but is never dry – his style doesn't stretch our finitude! Beautifully he concludes with finding our rest in Christ.

You're only Human impressed a number of truths upon me personally. The chapter on time management being addressed through the fear of the Lord has led me to attend to the divine presence in my own life. There is much more for me to mine in this book. But I'll take it bit by bit – after all, I'm only human.