

The Little Book of Personal Peace

Using your Senses to achieve Common Sense

John Howard

The Little Book of Personal Peace

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About The Author



John Howard is a 76-year-old family man who has 5 adult children and 6 grandchildren. He lives in Massachusetts and has been in Sales and Marketing for his entire adult life. This book has been on his mind for more than ten years. When he was 60, he made some major changes in how he lived and managed to lose over 100 lbs. and has maintained it. He believes it is never too late in life to drastically improve your condition. He is into Golf, Biking, and Skiing. He currently sings and plays piano for his church. His favorite expression is "*Life isn't a rehearsal, you get one shot*".

Table of Contents

About The Author	iii
The Little Book of Personal Peace	1
The Big Bang Theory	5
The Senses	11
Sight.....	13
Hearing	16
Smell	19
Taste.....	21
Feeling/Touch	23
Thought.....	24
All Organic Living Creation.....	26
Sunflower Seeds	29
Drosophyllum Lusitanicum	33
Hoya Pubicalyx	34
A Walking Stick!	36
Evolution	39
Religion, which one?	46
Christianity	48
Health and Wellness	54

Personal Peace.....57

The Little Book of Personal Peace

When reflecting on your life, where you've been, where you hope to be, and where you are at right now, you may feel that during your life you have had more black clouds over your head than rainbows.

This is due to a lack of inner peace. Peace with one's inner self is the most important and elusive attribute to achieve. When you have this peace, it will form a foundation that can help you maintain a positive mental attitude, which will help you achieve success in nearly every aspect of your life.

Just imagine knowing, without a shadow of a doubt, that everything will turn out okay—no matter what. Unfortunately, most people cannot experience this because they lack the one thing that would make this Personal Peace a reality. That one thing is not just a belief, but a true and absolute knowledge that God is real, He exists, and He wants you to have and experience the Personal Peace that only comes through knowing Him.

This Personal Peace is so profound that it makes every day something to be treasured. The world will continue to hit you with challenges, but with a positive mental attitude empowered by the knowledge of God's reality, every

problem will present itself as an opportunity for self-improvement and growth, which is the entire purpose of our

lives in this initial frame of existence. Every aspect of life will make sense as you move forward to an end that will actually be the beginning of your future, permanent existence.

Throughout my life, I have always felt there was more meaning to life than just day-to-day existence. In many discussions with countless people, it became evident that no matter what religion people followed, no one had true empirical knowledge that their God actually existed. Many had faith and hope that God was real, but there was always a nagging thought that there might be nothing more to look forward to than death and nonexistence.

I'm not talking about a hope that God exists, but an absolute empirical knowledge that He indeed does! A knowledge as strong as your knowledge of the existence of the Empire State Building. Even if you've never been there, you know it exists. How, then, could it be possible to have that kind of knowledge that God exists? Science!

Our knowledge of science today is unprecedented. By considering the natural truths in this Little Book of Personal Peace, you can come to know God as a fact, profoundly and positively influencing your life.

Consider your alternative—believing in nothing. "Eat, drink, and be merry, for tomorrow we die?" It might sound funny, but many people, even those who claim to have strong faith in God, live this way. They grab for the gusto, thinking only of themselves and sometimes their families, but always with a "What's in it for me?" attitude.

This mindset makes every disappointment feel like another failure. Life becomes a daily struggle with nothing to

look forward to. With such a bleak outlook, it's no wonder that many people fall into deep depression. Sadly, this has led many to end their depression through suicide. In 2021 according to the Centers for Disease Control, suicide was the 11th leading cause of death in America, with 48,183 recorded cases. You might think these suicides were due to other issues, but when God seems as real as Santa Claus or the Easter Bunny, people often don't turn to Him for help with their problems.

Looking at the world through secular humanism means you might be an atheist, believing life is just a big accident without any purpose, or an agnostic, thinking that if there is a God, no one has figured it out, and you're too busy to search for the true meaning of life.

In both cases, you've blindly accepted your end, much like the poor fellow who fell off the Empire State Building and, while falling past the 50th floor, thought, "So far, so good!"

Now, let's consider the idea that life is purely the result of evolution with no Plan behind it. If life is just an accident, then only human ideas matter.

The Big Bang Theory

In the beginning, we were told that from absolutely nothing—not even a single molecule—a huge explosion happened by accident! This explosion, known as the Big Bang, is thought to have expanded outward over billions of years, forming the beginnings of everything. It started with gases that gradually condensed into solid matter, eventually creating all the stars and planets in what appears to be an infinite universe.

Our science has examined many elements, leading to the development of the periodic table. So far, 118 pure and unique elements have been identified. This field is still evolving as we analyze materials brought back from outer space in search of new elements. As for the universe itself, we've learned that trillions of stars have planets orbiting them.

Similarly, our sun has planets orbiting it, including Earth, which initially had nothing on it—not even air or water.

If you really think about it, this idea is quite a stretch. Recent discoveries with space telescopes have revealed problems with the Big Bang theory. A light-year is the distance light travels in one year at 186,000 miles per second. When scientists observe a galaxy 13 billion light-years away, they are looking into the past because the light took 13 billion years to reach us. The problem with the Big Bang concept is that some of the galaxies observed at such great distances appear much older than they should be based

on our knowledge of the types of stars and the spectrum of light they emit.

Now, let's look at our own Earth in our solar system. More than 71% of the Earth's surface is made up of water, which is composed of two elements: two parts hydrogen and one part oxygen, known as H₂O. Scientists can actually produce water droplets by combining these two elements. You can find short videos on YouTube demonstrating this process.

Hydrogen and oxygen don't naturally form water at room temperature; they need a catalyst, such as a spark or fire. Some of these videos are quite amusing, showing the small explosions necessary to create water droplets.



If you want to make a large amount of water, you will need a large explosion! Remember the Hindenburg? It was a hydrogen-filled German dirigible, or Zeppelin.

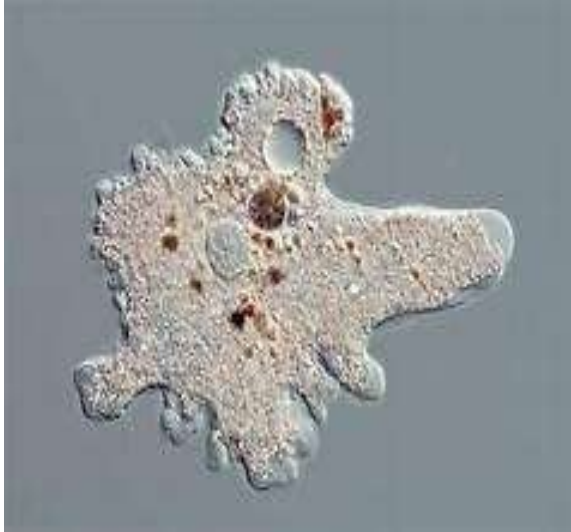
Hydrogen, being much lighter than air, allowed it to fly. In 1936, while attempting to land in New York, it hit a tower and caught on fire. The fire acted as a catalyst, causing the hydrogen to combine with the oxygen in the air, immediately

causing rain. That's what happens when a large amount of hydrogen combines with the available oxygen in the air!

To this day, no one has figured out how to fill a thermos bottle with water by combining hydrogen and oxygen. All they can do is condense it from the humidity in the air or purify existing contaminated water. Scientists have no idea how the vast amounts of water on our planet came to exist, from which they believe all life began.

Now we are told that after an undetermined period, at some point, something, no one knows what or how, caused the first molecules of inorganic material to come to life as living cells.

We must assume that an inorganic piece of material was somehow converted to organic life because that's all that existed! There was no living organic material. So, what was it? Lightning? Meteoric activity? Heat? Cold? A strong gust of wind? Rain? Snow? Radiation... from where?



This is a picture of a single-cell amoeba with its nucleus. Science has many theories about which cells were the first to exist, but I show this picture to give you an idea of what a cell looks like. In terms of size, you could fit more than 1,400 of these cells on the head of a pin!

Regardless of the type of cell, you can see that the first cell was very small, and its survival would have been incredible!

Whatever it was that caused it, it's said that this little creature somehow managed to split into two identical cells, as single-celled organisms do, which is a miracle in itself. Then it split again and again, until millions of them existed, enabling them to begin evolving into the next stage of life—string-like multicellular creatures.

Question: What caused the cell to split? How was it programmed to do it? Did it think it was a good idea? If so,

how could a single cell think? Microsoft founder Bill Gates compares DNA to a computer program. Science tells us that the first cell, or cells, had a full program of DNA that instructed it on what to do. What programmed the DNA? Did it program itself? This seems like quite a stretch. Well, let's continue from there.

Later, we are told that they evolved into string-like cells, then into fish, which somehow gradually evolved into creatures that crawled onto land to become the first land animals. Why would they do that? What would motivate them?

Anthropologists might say I've skipped a few steps, but I want you to think about the big picture. Evolution is thought to be a natural progressive movement toward better creatures that have adapted to cope with their surroundings.

The Oxford Advanced Learner's Dictionary defines evolution as "the slow, steady development of plants, animals, etc., during the history of the earth, as they adapt to changes in their environment."

Eventually, we are told, after millions of years, life evolved to the point where humans came to roam the earth. To truly believe this, one must make some enormous leaps of faith, much greater than belief in a creative intelligent designer. The greatest leap is believing that the entire periodic table of 118 known elements began from a single large explosion caused by nothing, and that life initially began as a single cell from inorganic rocks.

If you can truly believe these statements, then you are justified in your atheistic or agnostic beliefs. Many people are completely taken in by the concept of evolution as

described by scientists and do not feel they have enough knowledge to challenge it. Let's examine some points about life and evolution that many people do not seem to question, starting with gravity.

Science cannot fully explain what gravity is. They can measure it and understand that it is based on the mass of objects involved. The pull of gravity on the moon would make you weigh much less there than you do on Earth. Yet, they have no idea what the force of gravity itself actually is.

Gravity cannot be seen or negated in any way we have discovered so far. You could almost say that gravity is a kind of "magic glue" that holds everything in this universe together. Without gravity, it would not be possible for planets to orbit the sun or for anything, organic or inorganic, to exist.

Gravity alone is tremendous proof of intelligent design and control.

The Senses

We are born with five senses: sight, hearing, touch, taste, and smell. These senses allow us to perceive the world around us. How did evolution progress from a single-celled creature with none of these senses to beings with such complex sensory abilities? When you think about the senses individually, they are truly amazing.

Even beyond our senses, the life of the single-celled creature that first came into existence was miraculous. It was the only living thing in the world. The first question we should ask is: What did it eat?

Single-celled creatures, like all living things, need to eat. They need protein. However, they do not have mouths, teeth, stomachs, or anything else to eat with. Instead, they engulf other living particles or smaller cells within their membrane cell wall through a process called phagocytosis.

In the very beginning, there was no life or microscopic organic particles for cells to eat. There were only inorganic materials—rocks! Scientists answer this question by saying that the first organic cells were immortal and had no need to eat. This is quite a stretch because all life expends energy that needs to be replenished by consuming protein. Even jellyfish, which scientists think may be immortal, will die if deprived of protein.

While writing this, I decided to ask an Artificial Intelligence, AI or ChatGPT on Bing, if it knew of any single-celled creatures that didn't eat through phagocytosis. It

responded that it could find no instance where single-celled creatures did not need to consume living materials for protein in order to divide and become two cells. No protein means no cell division! Incidentally, Amoeba cells have a 30 to 60 second life cycle in which to find protein in order to divide into two daughter cells. If they don't find protein, they die!

How convenient the first cells accidentally came into reality with their own protein, supplying them with the energy they needed so they didn't have to consume protein before cell division could take place.

Sight

Let's take a look at sight! (Pun intended) Sight is, in my humble estimation, the most incredible of all our senses because it allows us to visually perceive everything around us.

Our eyes can focus on objects both near and far. Not only can we see the objects around us, but we can also see them in color and in three dimensions, which means we have depth perception. This enables us to tell when something is near or far away. In high school, I had a friend who unfortunately lost sight in one of his eyes in a sporting accident. He felt that this loss of depth perception made every aspect of his life difficult. He could no longer hit a baseball, and even driving a car became more challenging because he could no longer gauge the distance to streets or other vehicles, especially at night.

In addition to depth perception, the eye can adjust for bright sunlight or darkness. If you go out and a cloud of dust blows up, you will instinctively close your eyelids to protect your eyes. Your tear ducts will also keep the surface of your eyes moist. When you think of your eyes, it seems they are perfectly designed by an Intelligent Designer. I recently had to set up an appointment to have cataracts removed from my left eye. It was fascinating to learn what this procedure entailed. The lens of the eye—how amazing that the eye evolved an organically grown clear lens for focus—had to be replaced by a man-made plastic lens free from cataracts.

Studying the complexity of the eye makes it hard to

believe it could have come about by an accident of evolution. An interesting aspect of eyes is that they come in different colors. Do different colors affect how the eyes function? No, eye color does nothing to improve vision quality. So, eye color must be an accident of nature, or perhaps the Intelligent Designer thought that everyone having black eyes would be boring?

Let's take a look at one of the most interesting parts of the eye: the lens.

The following is from the National Institute of Health (NIH.gov):

"The lens consists of the lens capsule, the lens epithelium, and the lens fibers. The lens capsule is the smooth, transparent outermost layer of the lens, while the lens fibers are long, thin, transparent cells that form the bulk of the lens. The crystalline lens is a clear, biconvex layer of the eye that is made up mostly of proteins. As much as 60% of the lens mass is made up of proteins—a concentration higher than almost any other tissue in the body."

Now, let's go back to our little single-celled creature—let's call it "Celly." Could Celly see what was around it? No! Celly had no idea of its surroundings, nor that there was anything else in its surroundings. Yet, somehow, over millions of years, an evolutionist must believe that as it evolved into string-like creatures and later into fish and so on, it somehow understood that it needed to evolve eyes. And not just one eye, but two for depth perception.

Even though early life forms had no ability to see colors, somehow they knew colors were there and evolved to the point

where humans could see colors!

Have you ever worked day and night to solve a problem you didn't know you had? Of course not. We have enough trouble trying to solve the problems we are aware of. Yet even though Celly was unaware of the problem of not being able to see colors, it was eventually able to correct this problem. Obviously, no need for an Intelligent Designer... Simple evolution combined with luck over millions of years was able to come up with sight and did it without a plan!

Hearing

The ears are incredible organs that allow us to hear the sounds made by the world and other living creatures around us, such as the growl of a tiger or the falling of a tree. Hearing is a sense that many of us take for granted.

Music could not be enjoyed without our ability to discern a wide range of low to high sounds. Now in my 70s, I am very aware of my hearing loss, and of course, we have hearing aids for that.

For the most part, we do not think about the fact that we have two ears, which helps us determine the direction a sound is coming from, such as a growl, so we can run or sneak away from danger.

The frequency spectrum of sounds reaches a point where they become too low or too high to hear. For example, a dog's hearing can detect sounds produced by a dog whistle, which are beyond our capability.

Another often overlooked sense is our sense of balance or equilibrium. Our inner ear, together with other organs, discerns the pull of gravity in relation to our body, allowing us to balance, walk, run, jump, ride a skateboard, ski, skate, or do gymnastics.

The ear has the smallest bones in our bodies: the malleus, incus, and stapes. Without the balance capability of our ears, we would not be able to stand up!

The part of the ear you see is called the pinna, designed to funnel sounds from outside into the inner ear. Notice that I used the word "design"! Going back to Celly, how could this single-cell creature possibly understand the concept of using a funnel design to amplify sounds into the ear opening? Had it ever seen a funnel or heard a sound? How could it know that a funnel would help focus sounds to make them clearer?

How could Celly even know what sound was? Did it understand that two ears would allow for triangulation of sound waves to determine the direction of a sound? The pinna is another truly amazing design by the unmoved mover!

Here again, our little friend Celly had no awareness of sounds or any need for balance, and yet somehow, it evolved from creature to creature, understanding the importance of the ability to hear and balance against the pull of gravity. It evolved not just one ear, but two!

According to ChatGPT, wolves existed long before humans through evolution. Once domesticated, wolves evolved into our modern-day dogs. I find it interesting that in the course of evolution, the super hearing of dogs and other animals was actually degraded in humans. Why? I thought the whole function of evolution was to gradually enhance capabilities over time, not degrade them to a lesser degree of capability.

Obviously, evolution knew that humans, with their greater intelligence, would not need such acute hearing to survive. But think this through: why, after developing a superior hearing system like that of a dog, would evolution decide to degrade this ability in humans? It just doesn't make sense, does it?

Smell

Olfaction, the sense of smell, is another sense we often overlook and take for granted. The nose can discern at least one trillion distinct scents. The scent cells in our nose are renewed every 30 to 60 days! This sense is designed to allow us to detect both pleasant and unpleasant odors. It's helpful to smell that skunk around the corner before you get too close, or to detect a fire. This organ is designed to work with two nostrils, not one. Having two nostrils allows us to determine the direction from which a smell is coming.

Here's something to consider: while most inorganic materials have no odor, everything organic in this world has a discernible smell. This often warns us not to eat something because of its foul smell. Every person, except identical twins, has a unique scent exclusive to them. Dogs can discern the unique smell of an individual and track them, but they cannot distinguish between the smells of identical twins.

Think about this: back when Celly was on the scene, even though it had no knowledge of smell, it somehow evolved into creatures that could smell. It also knew that plants and creatures needed to produce unique odors! Some creatures needed to produce a foul smell to keep predators away. This is remarkable since Celly had no concept of smell.

The fragrances that flowers emit are necessary to attract insects like bees, which do not understand that they are pollinating plants.

Another amazing sense pointing to intelligent design! Not

only did organisms evolve to produce unique smells, but other creatures evolved to discern those smells.

It's interesting to note that dogs have a sense of smell thousands of times more acute than humans. Humans have 5 to 6 million odor-detecting cells, whereas dogs have 220 million. For example, dogs in an airport can identify a "test subject" who has handled explosive materials, even after the person has washed their hands. This is a valuable tool for law enforcement.

Recently, it has been discovered that dogs can detect the presence of COVID-19 through their sense of smell. Yet, evolution seems to have decided to degrade humans' ability to smell. Why? Why would humans' sense of smell be less than that of dogs? Were we shortchanged by evolution or did a Supreme Designer decide that humans did not need that level of ability to survive.

Here we have Celly, unable to think, and evolution, also unable to think, combining with luck to understand that man's superior intellect made it unnecessary to discern odors as well as a dog!

Taste

I know I keep using the word "amazing," but taste is another incredible sense that gives us tremendous pleasure when we eat the food necessary to sustain our lives. If all food tasted like cardboard, we would have no incentive to eat and would die!

Our little single-celled ancestor somehow understood that eating food had to be pleasurable enough to ensure we would go through the task of gathering, preparing, and consuming food every day. Often taken for granted, our ability to taste alerts us when something is bad to eat and works together with our sense of smell to enhance the joy of eating.

What is incredible about our taste buds is that they are arranged in different sections of the tongue to taste tart, sweet, bitter, and savory flavors in specific ways. It's surprising that back when Celly existed, it somehow knew that eventually it would evolve into many different living creatures, both plant and animal, each needing specific tastes to make them pleasant to eat by other animals and humans.

Apples, oranges, and pears each have a distinctly different taste, look different, and are different colors. Why wouldn't they all have evolved with the same taste and color? Beef tastes different from turkey, and so on. Somehow, as turkeys evolved, they knew they needed to taste good to ensure that creatures consuming them would enjoy the intake of necessary protein.

Obviously, there is no intelligent design here. It can easily be seen that taste happened by accident during the evolution of all things, right?

An addendum to taste is our ability to know when we are hungry. Somehow, our body is able to send a signal to the brain that it needs food for necessary protein.

Feeling/Touch

Feeling is, again, a most interesting sense. It affects our whole body—not only our skin but also our tongue, enabling us to tell whether an object is too hot to eat or too sharp to swallow. We can even feel pain if we are injured, both outside and inside our bodies, to let us know if medical attention is needed. Back in Celly’s day, there was no reason to feel anything, yet somehow it had in its DNA the programming necessary to evolve higher creatures with the sense of feeling or touch.

Feeling and touch are also necessary for procreation. Without feeling, we would have quickly become extinct.

A few years ago, the founder of Microsoft, Bill Gates, spent a lot of time studying DNA and how to analyze it with software. At one point, he made an observation: “DNA is like a computer program, but far, far more advanced than any software ever created.”

When you look at the amazing array of senses we have been given, consider that they supposedly evolved from a single-celled creature that had none of these senses. Can you believe they could naturally evolve both in themselves and in other creatures to interact with each other? What an astounding leap of faith to think that evolution could accidentally, without a designer, account for all of this!

Thought

Thought is not considered a sense, yet none of the senses could be perceived without it. Most sources claim that the human brain has nearly 100 billion neurons, all working together to allow us to be self-aware and know that we exist!

The brain has the incredible capacity to take in everything from our senses from the time we are born, enabling us to learn and grow in knowledge. I personally think that the human brain does not actually think but rather serves as an elaborate communications interface with the spirit. This allows my spiritual self to perceive and operate my body in the same way that a marionette or puppet is controlled by the person manipulating it.

It is an incredible leap of faith to think that “Celly”—a single-celled organism—could possibly know how to evolve into the tens of thousands of creatures, both plant and animal, that exist in our world today.

Computer scientists believe they have designed a computer capable of independent conscious thought and able to learn new skills as it interacts with people. However, it will not be able to feel emotions the way we do. This is why many scientists caution against creating a computer program that will be millions of times smarter than we are. What makes a person smart is their ability to recall information from memory and combine it to solve problems. AI will have the entire sum of all human knowledge available instantly! We cannot compete with that.

What differentiates our human intelligence from machine AI is our ability to feel for ourselves and others. We feel affection, love, or hate for other organic and inorganic things around us. A computer program made up of binary code consisting of 1's and 0's, can only perform as well as the programmer's code allows. At no point can a computer feel love or hate. Emotional feelings are what make us truly human.

Music is another ability exclusive to humans. No other animal or plant can make music. To be sure, they can make noise, and birds can tweet in different tones, but none can create a reproducible series of sounds that will be copied by any other animal or bird. Only humans can make music with their voices and invented instruments to play music with.

All Organic Living Creation

When looking at all of creation, I believe the Supreme Designer created tens of thousands of plants and animals for the express purpose of allowing man to live in a self-sustaining world. The vast scope of the world and all the creatures in it demonstrate that life is not an accident. Everything on Earth plays a distinct part in a symbiotic relationship necessary for the continuation of life.

Plants derive their nourishment from the sun and the elements of the ground, making them the primary source of nourishment for animals. While animals can get nourishment by eating other insects and animals, all nourishment originally comes from plants.

Plants are essential for maintaining the atmosphere necessary for cellular respiration in all aerobic organisms. Through photosynthesis, plants absorb carbon dioxide and produce oxygen. They also provide a source of food for aerobic organisms.

Eighty percent of plants are angiosperms, meaning they have flowers. Without insects like bees, flies, beetles, and butterflies, there would be no pollination, and these plants could not reproduce. This means no apples, pears, oranges, coffee, or chocolate.

It's interesting to note that one-third of the human diet comes from plants, and 80% of all pollination is accomplished by bees alone! It seems impossible for plants to have evolved from "Celly" without knowing that there would be insects to pollinate them. There are 5 to 10 million species of insects, and since plants are pollinated by insects such as bees, the balance of nature or life on Earth could not survive without both plants and insects. It makes sense that plants and insects needed to begin at the same time in order to survive through pollination.

There are tens of thousands of different plants with various colors and, if fruit-bearing, different tastes. They produce different vitamins, proteins, and carbohydrates! Could anyone imagine these plants, even though they could not see, would design themselves to be so beautiful and colorful? Many animals and insects are incapable of seeing colors. Plants would have to have known that humans would behold their beauty. Going back to our little friend "Celly," who sprang from inorganic rocks, it somehow realized that it needed to evolve into different plants to accomplish the necessary functions to sustain life on Earth.

Many plants have developed intriguing geometric designs and shapes in their flowers and leaves. If life is an accident of evolution, how could a plant without conscious thought or the ability to see develop geometric shapes as an accident of evolution? Why? Who would see it? Although they cannot think, they wanted to look interesting. To what? Insects? Animals? They cannot see, so why would they think anything else would be able to see? Wait, they cannot think either. Consider the chestnut tree. Its seeds are attached to one

wing! You have seen them spinning down from the trees, spinning like helicopter blades that enable them to get caught in the wind and blow great distances from the tree from which they grew. It's amazing that somehow, Celly understood the principles of aerodynamics enough to design a wing for each seed to glide in the wind. Speaking of wind and seeds, consider the dandelion and how its seeds attach to fluffy air-catching pods that carry them for miles. All happening by accident, for sure. No intelligent design is involved here!

As for geometric designs, computers have been set up to draw random lines by the millions and have never accidentally come up with a single geometric shape! Only when backed by a program can a computer draw geometric shapes based on the formula within the program. No formula, no geometric lines. It is obvious to a thinking mind that there is an unmoved mover, a supreme designer, who put this all in motion and, being able to see, had desires for the shapes, colors, and designs imprinted on flowers and plants. A signature, if you will, for all sighted creatures to understand that this creation and design were created by a thinking creator and not an accident of nature.

When you consider the vast forests and billions of trees replenishing our atmosphere and producing the ozone layer that protects Earth from the sun's UV radiation, it is an impossible stretch to think that plants are an accident produced through evolution.

Sunflower Seeds



Look at the intricate geometric design of this sunflower. I mean, really look at it! Observe the perfectly cascading geometric pattern. Do you think it happened by accident? There are thousands and thousands of plants with intricate geometric designs that people never consider were created by an intelligence that actually cared about their appearance and wanted to place His signature on the design. Think about this question: How does the geometric design of the sunflower make it function better? It doesn't.

Sunflower seeds can be used raw, baked, roasted, or salted. They can be made into butter, like peanut butter, or bread. Seed oil can be extracted for cooking or even made into biodiesel fuel. Once the seeds are removed, the remaining cake can be used as cattle feed. Was this an accident of evolution?

Jeweled Carpet



Aloe



Dahlia Ball Flower



Look at the perfect geometric designs of these plants. The important thing to note is that none of these plants can think. If they could think, why would they care about how they look since plants cannot see? Ah yes, there is that unmoved mover who does indeed care about their appearance. He has created them so that their very design serves as an immutable signature of His divine creative power.



Look at these amazing geometric designs...

The colors are beyond imagination...

Hopefully common sense is waking up...

Drosophyllum Lusitanicum



Commonly known as a Dewy Pine, see the perfect spiral? I ask, do the clear balls with red fluid inside mean that the plant decided to evolve into an interesting and beautiful aspect of nature because it wanted things to enjoy looking at it?

Oh, again, the plant doesn't know that anything can see it! No intelligent designer at work here, just another accidental fluke of nature. Or are you beginning to understand that this required a plan by a creative mind that could see and choose the colors and shapes? This plant is carnivorous and eats insects that land on it. The red balls are glands that secrete enzymes which ensnare and dissolve insects.

Hoya Pubicalyx



So, how about this one? Also known as the Pink Silver Hoya, it evolved into individual blossoms that can form the shape of a ball. Look at the five star-like extensions on each flower and the white edging around each blossom. Do you think there was no creation design for this plant? I'm sure the evolution of this plant was a total accident of nature. No need for any design plan or any designer who could see what it was creating.

Duck Billed Platypus



This creature is considered a marsupial, and get this description: it is a duck-billed, beaver-tailed, otter-footed, egg-laying, aquatic mammal. Many people have never seen one and don't even know it exists! It is the only egg-laying mammal, and because it has mammary glands, it can feed milk to its young after they hatch from its eggs. Certainly, simple evolution could create this creature—no divine input needed here. Incidentally, there are no known Interconnecting species. This little gal is one of a kind!

A Walking Stick!



Have you ever seen a small tree branch walking on the ground? Many people have never seen or even known that this insect exists. It is considered to be the largest of all bugs. This fellow goes completely unnoticed because it not only looks like a stick of wood but also acts like one, even swinging in the wind like a real stick.

This point is critical. Think about the original cells that became the starting point of this insect. These cells could not see, so they didn't understand what a stick of wood was. Yet, they evolved into an insect that looks and acts exactly like a stick of wood. Only a creator, someone familiar with what a piece of wood looks like, could design this insect to mimic a stick so perfectly. It is so perfect that it is almost always not seen. What an incredible creation.

There is even more to this. The reason to evolve into a walking stick must be understood. The original cells that evolved into the walking stick needed to understand that other creatures would have no interest in a stick of wood on the ground. The cells would need to know that rabbits, cats, and humans would not pay any attention to a stick of wood on the ground. Think about the logic involved and the decision made concerning every combination of living creature so that the cells decided on the 'stick of wood' disguise? Remember, cells cannot think or decide!

The dictionary definition of disguise is “to give a different appearance in order to conceal one's identity.” The walking stick's disguise as a stick of wood conceals its identity as an insect.

In short, no logical thinking person using common sense could ever believe that the walking stick is an accident of nature or that non-thinking cells could come up with the 'stick of wood' disguise. This one insect alone screams to anyone who sees it, "Look at me! I have been created, not evolved." There are no interconnecting species of insects that would have evolved to become the walking stick!

Other disguised creatures include the Arctic fox, snowshoe hare, brown creeper songbird, ghost mantis insect, leaf-tailed gecko, and viceroy butterfly. Also of note, many creatures have adopted different types of camouflage. How can you evolve with camouflage if you don't understand what it is, or how it would work?

The Peacock



In my opinion, peacocks have the most magnificent tail feathers of any bird. Evolution seems to have gone overboard in designing a tail that outshines every other bird. Why? The tail obviously doesn't aid in flight.

In case you didn't know, both male and female peacocks can fly short distances to escape danger or find food, but they do so with their tails collapsed.

I could go on for hundreds of pages and pictures, illustrating the work of the unmoved mover who is leaving His signature on His creations. However, that would make my book on Personal Peace excessively long. So here is the question: Why is man so reluctant to acknowledge the existence of an intelligent Creator? Because "science" tries to explain everything with the word "evolution."

Evolution

What exactly is evolution? The dictionary defines it as the process by which different kinds of living organisms are thought to have developed and diversified from earlier forms during the history of the earth. It is also described as the gradual development of something, especially from a simple to a more complex form. For example, "the forms of written languages undergo constant evolution."

So, what is believed to be the catalyst that causes improvements or changes through evolution? Think about it: it's the surroundings. In actuality, evolution is the adaptation of a living biological creature to better survive in its given surroundings, including temperature, climate, and available food and water.

Now, let's consider our senses. Each one is supposedly the result of living biological creatures tweaking their ability to survive in their surroundings through evolution. Plants, rooted in the ground and unable to move, somehow developed colors, aromas, and tastes so that insects and animals that can move would be able to see, smell, and enjoy eating them. Wait a minute—plants cannot see, smell, or taste. How or why would they need to evolve different colors, smells, or tastes? If you were a plant trying to evolve into something that mobile creatures would want to eat, why not give yourself the taste of chocolate or something sweet?

The obvious reason is that different plants contain different vitamins, minerals, carbohydrates, and proteins

necessary for life. If every plant had the same taste, there would be no logical reason for eating different plants for a well-rounded diet. That's why everything evolved to have a different taste.

Not only the plants but also people developed thousands of different taste buds so they could taste the many different flavors that evolved apart from themselves in other living things. How could evolution understand that it needed taste buds capable of tasting "tart" or "sweet" if it never tasted anything?

The co-dependency of plants and animals makes the idea of evolution without a specific plan by an unmoved mover impossible. Think about the pollination of plants: they need insects like butterflies and bees to survive. Did the plants say to evolution, "Please evolve something into bees and butterflies so that we can be pollinated and reproduce"? I keep forgetting that plants cannot see, think, or understand what they are.

Maybe the bees, realizing that they needed to make honey, asked evolution to evolve plants to provide nectar so they could make honey. If bees cannot survive without flowered plants, and flowered plants cannot survive without bees, then evolution is truly incredible, as bees and flowered plants must have come into existence at the exact same time for either of them to survive!

I checked with the artificial intelligence computer app ChatGPT, and it agrees that insects like bees and butterflies had to come into existence at the same time as flowered plants. Could the co-dependency of bees and flowers be a

sign of intentional design, showing that they were created not by chance but by the choice of the unmoved mover?

Symmetry

The Unanswerable Question

Science has one main unsolvable question: why is all of creation made with symmetry? This fact alone suggests to the scientific mind that the entire universe was created by an intelligent designer. Every cell, plant, and animal is symmetrical. Everything you observe in nature has symmetry, with two halves coming together to form a whole.

Even snowflakes are symmetrical, yet each one is unique in its design. No two snowflakes are alike, and similarly, no two fingerprints are identical. Even identical twins have unique fingerprints. Among all the people in the world, billions of fingerprints exist, none identical.

How big of a problem is this for science? It's significant enough that science has recently proposed an answer that some find hard to accept: a group of scientists now suggest we are living in a computer-generated reality. For those of us who play online computer games, this would mean that we don't really exist at all. At least, those of us who are NPCs (non-player characters) are not real. But who are the NPCs and who are real? The idea of a computer-generated reality could potentially explain many of the unanswerable questions of physics, including gravity.

Primarily, however, this idea serves as another distraction from the truth that all of this is the work of a living God, who made each and everything unique, right down to its DNA signature.

Celly

The Lynch Pin of Evolution!

When you look at everything, it all starts with Celly! Without the very first cell coming to life from inorganic materials, nothing else alive could have evolved.

For this miracle to happen, specific building blocks must be available. These materials include amino acids, lipids, and essential metals. You also need an incredible set of proteins. An amoeba like Celly has over 5,000 proteins, each with its unique form, position, and capabilities, necessary for the single-celled creature to live and perform functions essential for cell division.

To achieve this, Celly had to contain a strand of DNA programmed to live and divide into two cells, called 'daughter cells.' Scientists have known since 1952 what ingredients need to be in the 'test tube' to give it a shot. Everything is available, and the experiment has been conducted countless times.

In 1952, University of Chicago chemists Miller and Urey conducted the famous experiment that produced what they called organic molecules. These molecules are present in living organisms but are also found in nonliving materials. All known life consists of 20 amino acids which combine to produce proteins, and their experiment produced five of them, two of which were uncertain.

To date, no one has successfully managed to get life to

begin spontaneously. Remember, these ingredients in experiments are carefully placed to give them a chance to succeed. In the real world, these ingredients would have to come together by accident.

Getting the 5,000 proteins to be produced by amino acids together in the same place by accident would be impossible. The life cycle of an amoeba runs between 30 and 60 seconds. The greatest problem is the outer membrane's complexity, which includes lipid bilayer formation, membrane proteins, and energy requirements, making it a significant challenge to create a single-cell organism from non-living matter.

A famous scientist, Sir Fred Hoyle (1915-2001), stated that for the first living cell to become alive, the 2,000 proteins needed for a bacterial cell, the simplest of cells, would have an odds equation of 10 to the 40th power. For those not into math, that is 10 x 10 x 10 x 10, and so on, 40 times. The end result, which has never been disputed, would be:

One chance in Ten Duo decillion

10,000,000,000,000,000,000,000,000,000,000,000.

Sir Fred Hoyle said it would be completely impossible. I agree that it couldn't happen, no matter how many billions of years pass. Source: Wikipedia & ChatGPT.

It would be like being in a room with a full deck of 52 cards, throwing the deck into the air, and when it falls back down, all the cards land in order, piled directly on top of one another in a 6-inch circle in the middle of the floor. Now increase that from 52 to 2,000 cards! No matter how many times you toss these cards in the air, it can never happen.

Time doesn't matter. It will NEVER happen.

Without the spontaneous conversion of inorganic materials to a living single-cell creature, there is no evolution! You may think life came from another planet but no matter how it came to be on this planet, at some point in time on some planet, for evolution to happen, the first living cell would have to spring from inorganic materials.

Once you understand the science behind everything, your common sense can kick in, and you will know that all life on this Earth has been created by God with an actual plan and not by accident. There is no other alternative to the creation of life!

Religion, which one?

If common sense has led you to believe that there is indeed a creator of everything, including yourself, then you would naturally feel accountable to that creator. In your mind, the real you understands that you are participating in a test, and you may feel that you have fallen short of what you think your creator would want you to accomplish.

According to the Oxford Dictionary, religion is defined as "the belief in and worship of a superhuman controlling power, especially a personal God or gods."

So, what is the word "God"? It is a name given by humans to the Unmoved Mover, the infinite mind of the creator that made everything.

It is said that if we had never known of God, we would have had to invent Him, because there are no other answers for the creation of the universe or the world in which we exist. It is therefore not surprising that there are so many religions in this world, each with its own background and beliefs.

The purpose of all these religions is to provide a way for people to acknowledge God and to believe they can gain favor with the creator of the universe by acknowledging Him and being good. According to a survey by the Ipsos Social Research Institute of more than 18,000 people in 23 countries, only 51% of those surveyed claim to believe in the existence of God. Based on that survey, if accurate, nearly Four billion of the world's eight billion people think that life

is an accident through evolution. To these people, God is imaginary, like Santa, the Easter Bunny, and the Tooth Fairy.

Baha'i, Buddhism, Christianity, Confucianism, Hinduism, Islam, Jainism, Judaism, Shinto, and Sikhism are the top ten religions and account for 83% of the world's population who claim to believe in God. Many of these religions have sub-sections with different ideas and doctrines, too numerous to mention.

Many people attend these various churches not because of their profound belief in God, but to avoid judgement by their friends and family for not believing. Each of these religions is set up so that people can attempt to reach out to God and find favor with Him by doing certain things. In other words, their faith is based on being good.

Most of the people in these religions believe that in the end, God will weigh their good deeds against their bad ones, and if the scale tips to the good side, they will go to their promised land.

It is interesting to note that no religious leader ever claimed to be God. For example, Muhammad, Confucius, and Buddha never claimed to be God.

Christianity

Christianity is unique in that Jesus Christ claimed to be the human embodiment of God. It is the only religion where God reaches down to man, not man reaching up to God. Jesus left no room for confusion about who He is!

Jesus clearly stated that He is, in fact, God. In the Book of John, Chapter 14, verse 6, it says:

John 14:6, "I am the way, the truth, and the life. No one comes to the Father except through me."

In this verse, Jesus excludes all religion as a means of finding a way to get right with God the Father. He did not come to establish a religion; He came to establish a relationship with Himself through His sacrifice on the cross.

John 14:9, "Don't you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father."

In this verse, Jesus acknowledges that He is, in fact, the human incarnation of God the Father. If you saw Him physically during His life on earth, you were looking at God the Father. God, being omnipresent, can exist simultaneously as the Father, the Son, and the Holy Spirit. All three are one and the same, even though each has its own identity and thoughts.

John 5:24, "Very truly I tell you, whoever hears my word and believes Him who sent me has eternal life and will not be judged but has crossed over from death to life."

Think about this: Jesus was either telling the truth or He was lying. He does not leave any option as to how you are to deal with Him. John 5:24 makes it certain that anyone who believes in Jesus can know that no matter what, they will enter into Heaven when they pass from this life. Why? How can they know? Because they will not be judged. Why? Because Jesus, in His humanity, was judged and found to be perfect in every way. The perfect man who never sinned was sacrificed and died on the cross in our place. His sacrifice was perfect because He is perfect. To prove that He was who He said He was, He rose from the dead.

The only way anyone, myself included, can be acceptable to enter into His Kingdom is if they are not judged. Now, I am not a perfect man. Humanly speaking, I am a relatively good person, but my goodness cannot compare with the infinite perfection of God. I continually fall short and could never be acceptable to God the Father unless He does not judge my failings. He cannot judge my failings because He has already allowed Jesus, who lived a perfect life, to receive the punishment of death on a cross in my place.

Romans 3:10, "As it is written: There is no one righteous, not even one."

This verse says that not even the Pope of the Roman Catholic Church is righteous. He cannot enter Heaven without the sacrifice of Jesus being applied to his life for his salvation.

Would it make sense for the Almighty, All-Powerful Creator of the Universe to create us if it were not possible for any of us to enter into His Kingdom?

The fact that He has made salvation a free gift has actually made it hard for many people to accept. Why? Because it is very difficult for people to understand that being acceptable to God the Father is through His plan and not our own efforts. It is even more difficult to believe that there is no good deed we can do that would make God say, "You are so good and wise and perfect that I must let you into my kingdom."

God is recreating those of us who are willing to be redeemed by the Cross of Christ to become like Jesus.

Romans 8:17 says, "And if children, then heirs—
heirs of God and joint heirs with Christ."

Based on this verse, I'm no theologian, but it essentially says that God is recreating those of us who are willing, to become His brothers. We who choose to accept His plan for our salvation will be with Him forever. The universe is infinite, and God is infinite. With our free will, we will begin to grow and continue to grow forever, obviously never fully knowing all things the way that Jesus does. But life as a joint heir with our brother Jesus will be beyond exciting, continually making us reach for the next level of knowledge and wisdom.

Once you have accepted God's plan for your salvation, everything you do can be pleasing to God. When I shovel snow off my front walk, I try to do my best because I now do everything in Christ and for Christ. His promises are absolute and immutable.

Ephesians 1:13, "You are sealed with the Holy Spirit, which is the guarantee of your inheritance that you shall receive it."

Again, this verse is either the truth or a lie. If it's the truth (and it is), it means that I can live every day knowing that upon my death, I will be transformed into the image and mind of Christ. I will become:

2 Corinthians 5:8, "Absent from the body and present with the Lord."

Once you have been sealed by the Holy Spirit of God, it becomes impossible to lose your inheritance! This is proven through His word.

Matthew 5:19, "Whoever therefore breaks one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven ..."

Excuse me? If I were to intentionally teach men false doctrine, I would be called least ... where? In the kingdom of

Heaven? That's what it says! If I lie about the truths of the Bible, I will still go to Heaven. My position in heaven will be very low, but I will still go to Heaven.

Because I know I would never intentionally teach men false doctrine, this verse reinforces the fact that my salvation is sealed by the Holy Spirit and my entry into heaven is guaranteed!

Every day is truly thrilling and exciting, knowing that I am available for God's will to be fulfilled in me and through me! When I come into His kingdom, I will be perfect, even as Christ is perfect. Anything I want to do will be exactly what Christ would want me to do. It will no longer be possible for me to sin. There will be no money and no evil desires, as there is neither male nor female; we will all be like the angels in heaven, totally free with totally free will.

We will no longer be trapped in time but will live forever in the eternal "NOW." You won't need your Apple watch because the time will always be NOW! God has always and eternally existed in the NOW. He exists simultaneously at the beginning and the end of time because He created time and lives outside of it. That's why He refers to Himself as the Alpha and the Omega, meaning He exists at both the beginning and the end of time simultaneously!

Jesus never used His deity to perform miracles during His life here. Every miracle He performed was done after He prayed, and it was granted by God the Father and executed by the power of the Holy Spirit.

In my life, I now strive to live the same way (as best I can) and ask my Father (Abba, which means Daddy) for

everything! I ask Him to help me find a parking space close to the door or for help assembling a piece of furniture so that I don't end up with extra parts.

He has said:

Luke 11:9, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

This promise was written for you! He says that you have not because you ask not! Once I understood this verse, the joy in my life increased infinitely, because I could now ask God for everything. It is truly amazing how He has given me a joy that surpasses human understanding!

Many times, what I ask for is not the right thing. Often, God doesn't give me what I asked for but instead gives me what I should have asked for. Sometimes it takes a while to realize that what I actually received was a much better solution to my problem than what I originally requested.

Health and Wellness

I remember when I weighed close to 300 lbs. I stopped weighing myself at 275 lbs. I had type 2 diabetes, high blood pressure, high cholesterol, and was physically a wreck. For years, I asked God to help me lose weight, but nothing happened. I was totally frustrated with my struggle.

Then one day, it dawned on me that my problem was my sin of gluttony. I prayed for God to remove my sin of gluttony, and I discovered that I could get along eating only two meals a day: breakfast and dinner. I stopped eating lunch and made sure not to eat anything after 6 pm.

I believe that we were not meant to eat three times a day. Two meals a day is totally sufficient for healthy people. Eating breakfast at 8 am ensured I had 14 consecutive hours with zero food intake, and the weight began to fall off.

I stayed on that diet for almost a year and dropped more than 100 lbs. Now, at 6'4", my weight is between 180-185 lbs, and I reduced my body mass index (BMI) to 23. I did this when I was 60.

Since then, I have remained on two meals a day, and yes, I occasionally cheat and eat a third meal.

I added simple exercises, and now at age 76, I have maintained my weight and my strength.

I have learned that life isn't a rehearsal; you get one shot, and it's never too late to change your life and make things better.

Life is not constant. Every morning, you are either a little bit better or a little bit worse. Your condition today was chosen by you yesterday by what you did or did not do.

Remember that the definition of insanity is doing the same things over and over again every day, expecting different results!

It's interesting that so many people do not exercise at all when the Bible says that the length of your life shall be three score and ten (70 years) or four score (80 years) if by reason of strength. Psalms 90:10

How do you gain strength? Exercise! My routine today is simple. I found that basically 40 minutes of exercise each day is sufficient. I do not do it all at once but break it up into sections.

When I wake up in the morning, before I get out of bed, I do 200 stomach crunches. I do 25 slowly, completely relaxing my stomach muscles between each crunch, and 25 fast, keeping the muscles tight for all 25. I alternate back and forth until I reach 200, and it takes about 7 minutes. When I started, I was doing 10, and it was really tough weighing nearly 300 lbs. I kept adding a few crunches week after week and gradually got to 200 crunches. It keeps my core strong and tight, and by doing them while lying in bed, I do not hurt my back or spine.

Then, when I make my morning coffee, I do 25 push-ups against the stairs. After that, I do 25 deep knee bends or squats, holding on to the kitchen sink for balance. Then I repeat and do 25 more push-ups and squats to reach 50 of each in all. Next, I lift a 10 lb. hand weight 10 times with each

arm, right arm then left, back and forth until I reach a total of 50 for each arm. I also do a stair climb every night before going to bed, up and down my 14 steps 20 times. It takes another 15-18 minutes out of my day, raises my heart rate to just over 100 bpm, and ensures my sugar will be good before I go to bed.

That's it. I have found that it's enough to keep me feeling great. While I don't have the stamina I once had, I can ride my bike with my grandchildren, play golf, and do almost anything I could do when I was 40. I actually joke about my age, telling people that I'm 76 going on 57. I believe we have a chronological age and a physical age. You can actually do something about your physical age!

One final point that I'm sure everyone knows, is to check with your doctor or medical professional before beginning any new exercise or diet program to be on the safe side.

Personal Peace

Personal peace comes through the combination of body, mind, and spirit. The body is nurtured through healthy eating and exercise, while the mind and spirit are strengthened by a true knowledge of God through the love of Christ. This includes the constant renewing of your mind through reading the Bible and attending church on Sunday mornings to share with other believers who will have a genuine love for you as their brother or sister in Christ.

The love they will have for you cannot be defined because it is spiritual. The connection you will begin to feel after only a few visits will be so strong that you will know that you are no longer alone because you will very soon begin to feel the same strong spiritual connection with them.

Sunday mornings will become the most exciting day of the week where you get to receive another little part of the Bible, which is in fact, the mind of God!

As time goes on, the tapestry of the Word of God will gradually unwind the confusion of life and you will begin to fully understand how everything comes together.

I wrote *The Little Book of Personal Peace* because I truly believe that it is impossible for people to achieve personal inner peace without first finding God, and it's also impossible to find God if they do not believe that He is real. God does not use evolution as part of His creative process; life and creation are not accidents that can be explained by evolution. Without life spontaneously springing from inorganic materials, there can be no evolution.

Hopefully now, using your common sense, you will be able to look around and see God's divine signature in every piece of His creation and achieve a personal peace within yourself that can only come from knowing, not just hoping, that God is real.

Here are verses from the New King James Bible where Jesus promises to give everyone who trusts in Him.... Personal Peace.

John 14:27, "Peace I leave with you, my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid

John 16:33, "These things I have spoken to you that in me you may have peace. In the world you will have tribulation: but be of good cheer; I have overcome the world"

Now you can know that Jesus is the only answer that will give you this Peace because he is the Lord of Lords and King of Kings. He has a fabulous plan for your life. If you believe and trust in him, He will begin to make amazing changes in your attitude and life. Changes that you will know only came from God through Jesus. Changes that will allow you to experience the true Personal Peace that will be beyond your human understanding...

How to be in God's Plan

You might be wondering, "How can I be in God's plan?" The truth is, once you understand the two basic truths of life, you are already a part of God's plan.

The first truth is recognizing that, unlike God, you are not and never will be perfect. There will never be anything you can do to earn your way into His kingdom. The second truth is that God loves you so much that He gave His Son Jesus's life to allow you to enter His kingdom.

John 3:16 : "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."

So, what do you have to do? This is the hard part. You have to acknowledge your sinful nature and ask for forgiveness for your sins and failings. You do not have to stand up in a church and beg for forgiveness in front of everyone. You do not have to stand on a street corner and scream at everyone you see that you are sorry for all your failings. Many times, as fallen imperfect humans, we are not sorry for many of the bad things we have done. What you are repenting of is your sin of not believing and trusting in Christ.

Matthew 6:6, "But you, when you pray, go into your room, and when you have shut your door, pray to your Father, who is in the secret place; and your Father who sees in secret, will reward you openly."

The penitent thief on the cross only believed in God and Christ and didn't ask for forgiveness. He only asked Jesus to remember him when He came into His kingdom.

Luke 23:41-43: "But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." Jesus answered him, "Truly I tell you, today you will be with me in paradise."

The penitent thief never had a chance to do anything good, yet the simple acknowledgment and belief in who Christ was allowed every sin or failing he had done in his life to be forgiven, and he was able to enter into paradise with Christ.

Jesus only cares what is in your heart of hearts! You can keep it totally secret between you and God. You do not have to tell anyone. As time goes on, your feelings will change, and you will want others to know, but it is not necessary. Many people have acknowledged their sin and failings to God, asked for His forgiveness through the sacrifice of Christ, and now continue to worship God in secret!

John 19:38-42 (NIV): "Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night."

As time goes by, you will want to grow in your faith. You should join a church with others who also understand, trust, and believe in Christ. There, you can listen to and study the Bible for understanding and growth. Eventually, as you grow in faith and knowledge, your life will show God's love, and others will see the joy you carry in your heart. They will ask you, "How is it that you have this constant joy?" You will then be able to share your faith with others as the first book of Peter, verse 3:15, tells us.

1 Peter 3:15 : "But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear."

Your knowledge of God and the love of Jesus will allow you to achieve a new peace in your mind, and God will let you know that everything is well with your soul. You will no longer be grounded in fear of retribution but will have a new positive mental attitude grounded in faith and love as you look forward to your new future that will continue forever together with Christ!

I truly hope you have enjoyed reading The Little Book of Personal Peace. Be sure to share it with other friends and family who need to know that God is real.

May God bless you and all you know and love as you embark on your most incredible journey together with Jesus.

You need to read this book if you feel....

You have more than your fair share of black clouds over your head....

You don't have anywhere to turn for help with problems...

You have never ever experienced Personal Peace....

Life is an accident of nature and evolution....

God has no interest in your life....

Life has no meaning....

God is dead....

Lost....