# Koleman Parsley Lead 100

Anatomy of Peace was a great book and a very beneficial read! The book starts very interestingly, it is coming from the perspective of Lou, the dad of a juvenile convict. To set the scene Lou is sending his son on this retreat to “change” him. Right off the bat, Lou seems to be questioning everything and responding negatively to the help. Lou seems to be a very stereotypical dad, he is a hard worker but has priorities. He is not a person that acknowledges his emotions causing him to be distant.

           My initial response to those parents with constant interruptions and distractions instead of listening bothered me, but not seeing the group leaders snap and get upset set the scene and gave a great example of having peace.

           The realization of how you treat people was mind-blowing for me! The thought-provoking idea that you might be treating people as a vehicle or hindrance sets different things in perspective. After reading this, I constantly and consistently think about how I am treating people and why I am treating people that way. Thinking this way, I realized how greedy I often am when helping someone out, and because of that, I have gone out of my way this week to do good deeds without anything in return.

           This mindset honestly changed how I perceived many different people and activities, and as I have continued to practice this, I found that it is starting to come naturally! I no longer play that one popular song when rolling up in my car to get that “clout”. I no longer am extremely competitive in the most random things. I have started to let my true personality show not caring about how I am perceived. This mindset not only hander’s you from judging/using people, but also helps you care less about what people think. When you change how you perceive people, you change how you want to be perceived.

           Another fantastic line from the book is the “horriblizing” idea, how when you get upset you throw things out of proportion. The example used to hit home when you have somewhere to be or someone to meet and you see a person drop something or struggling. Often you stick your face in a book or phone and pretend not to notice, picking up your pace because you “HAVE” to be somewhere! You have the stuff to do and need to do it now.

           When your heart is at war you tend to self-justify whatever you do! This could be through the fact you have an appointment or some other reason. After reading this so many things started to make sense of why I and others around me have those tendencies! When we are stressed it seems that we tend to be more at war than usual, this is evident when we start lashing out at people. During the DFL season, you can see this all around, normally nice people are lashing out and getting angry. The sweetest hearted and gentle people are yelling at you to be quiet or move your stuff. When our heart is at war it is hard to stay at peace or the mimic of peace when a stressful situation appears. Going into this season I made sure my heart was at peace in everything I did, not doing things out of selfish desire, but also during those late hours and early mornings that I stay at peace with my surroundings. Whenever I found myself getting upset or angry, I made sure to take a step away, walk outside and just enjoy nature for a couple of seconds to a couple of minutes. This is my happy place and where I find the most peace with myself and others.

# Soul Set Free

Soul Set Free was such a great book and an insightful read. While reading this book I can vividly remember the sequence of events when these sermons happened. I can remember that time where Pastor John went on sabbatical, I remember him looking very pale and thinking he needs it! I also remember him coming back and that excitement for this topic of Grace and the passion in which he talked about it!

This book has a big question located in the beginning, not a question more like a realization made by Pastor John. He said that he realized that he had a love for Jesus the son, but only had a respect for the Father and not love. This made me reflect wondering if I had those same thoughts.

           It wasn’t until I started to grasp the idea of grace that I realized the magnitude of His love and my starting and ever-growing love for my Father. When I sat the book aside and just thought through the magnitude of grace, I realized just how insane it was! Growing up in church I had that idea that I was better, I didn’t have the same testimony of drugs and sex, I was never taught this idea, but always had those inner thoughts. For me, it was hard to wrap my head around and believe that such bad people and sinners doing such bad things could be forgiven. I had that idea that they missed their chance, but once I finally concluded that Grace abounds no matter what, and no matter what we do we can never out-sin grace, I broke down.

Just typing this is making me emotional, having that heart of peace, and knowing that such awful sinners God died for make me teary-eyed. Knowing this is such a beautiful thing! Knowing that the same God who gave me a chance even after all those sins and struggles is the same God who died for that mass-murderer or druggy is incredible! Knowing that our God is so loving that he didn’t come to save the “decent” people or the “good or trying to be good” people, but anyone who calls on him is such a ground shattering idea.

The whole idea of “soul set free” was honestly the hardest thing for me to wrap my head around, the fact that even though I sin and struggle, those have already been forgiven and I don’t have to worry about them. There is always apologizing to those who were hurt and the consequences, but for sin and the book of life, It does not affect it!

In conclusion, both books were very insightful for different reasons, Anatomy of Peace was insightful in the way I process and think about life and others. This was life-altering in how I perceive people, Soul Set Free was insightful in understanding different sermons and becoming more personal with my Lead Pastor!