



Newsletter Thoughts

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Some people are out of work, while others are overworked. Some people are dealing with awful roommates, then others are struggling with the loss of loved ones. Some people can't get any sleep, others can't get the motivation to do anything but sleep.

Alan says something in the first chapter that really stood out for me: 'I'm not a clergyman. I'm more of a physician'.

- 🏠 Clergymen try to *keep* and *grow* their audience
- 🏥 Physicians try to *get rid* of their patients, ASAP

Alan prefers that his readers get value from his work and leave - not hang around for more nuggets of wisdom

the only reason Alan talks about mysticism, philosophy, or Eastern traditions is because **he enjoys it**.

He sees himself like a 'spring bubbling from the side of the mountain' – **if a traveller drinks from the spring and enjoys it, that's fine. But that's not the purpose of the spring.**

The spring just *exists*.

This attitude: to just write and film things for myself.

And if that helps just one person, that's an amazing bonus. But it's not the point of the exercise.

He went and talked to his head coach, "Coach, I do everything right," Herron said. "I get there early. I watch more film than anybody. I do everything right. Why didn't I get elected as a captain? What else can I do?"

"Justin, *you do* do everything right," his coach told him. "We always see you doing extra work. You're a tremendous competitor and a very good player. But football is a *team* sport. You need to set a good example and bring other guys with you."

From then on, Herron put the team first. He mentored younger players, even the ones competing for his position. When he got injured, he typed up analyses of the opponent for his replacement. When he went to watch the film, he brought others along with him. And nearly a year to the day he got that devastating news, he got a phone call. "Congratulations, Justin," his coach said. "Your teammates have named you a team captain."

Don't waste your time getting involved with angry people —

"Never wrestle with a pig. You just get dirty and the pig enjoys it."

"Everything will be okay at the end. If it's not okay, then it's not the end"

"It's not as if Marcus was blind to the faults of his children or the pressures of the throne. He was, in fact, well aware of all of this and worked incredibly hard to come up with a solution. But fate kept knocking them down."

"We propose, fate disposes. We mice and men lay down our plans and they are dashed to pieces. That's life. That's history. Let's have a little humility about it."

The Stoics believed that, in the end, it's not about what we do, it's about *who we are* when we do it.

I'll continue to climb, trying to reach the top, but no one knows where the top is.

You've been a dying person this whole time—since birth.

The idea of reaching 'a good life' without Christ is based on a double error. Firstly, we cannot do it; and secondly, in setting up 'a good life' as our final goal, we have missed the very point of our existence. Morality is a mountain which we cannot climb by our own efforts; and if we could we should only perish in the ice and unbreathable air of the summit, lacking those wings with which the rest of the journey has to be accomplished. For it is from there that the real ascent begins. The ropes and axes are 'done away' and the rest is a matter of flying.

The only thing that science can ever truly tell you is no, which sucks.

It may well rain tomorrow, but that doesn't mean you have to get wet in advance. You can enjoy the sunshine today, while still bringing in your furniture just in case.

Take a shower, wash off the day
Drink water
Darken the room
Lay down, close your eyes
Breathe deep, notice how your lungs fill
Feel the weight of your muscles on your bones
Notice your heartbeat. Still beating.
Still fighting
You made it
Another day
You can make it another...and one more
You are doing just fine.

Don't worry about people stealing your ideas. If your ideas are any good, you'll have to ram them down people's throats

I am willing to take as much time as needed between projects to find my next thing. But I always want it to be a project that, if successful, will make the rest of my career look like a footnote.

Focus is a force multiplier on work.

Two questions at the center of improvement:

How quickly can you get started?

How quickly can you learn from your mistakes?

Two things I've learned in the past week:

1) We did an exercise in biology class where we tried to list as many of our ancestors as possible, and the vast majority of people could barely get all 4 of their grandparents down, let alone great-grandparents. Only a single person was able to remember one of their great-great-grandparents. So this goes to show that for the vast majority of people, they will be forgotten after 3 generations. After 80 years give or take, no one will speak of you ever again. In one sense, this means that we ought to strive for glory and create a legacy, but I am not interested in that because it is [not] possible for every person ever to become "famous." So then what are we to do, if after 80 years, our lives will be forgotten? One is to make the most of the time we have living, but also to create things that transcend attachment to our names. The best known things in life are anonymous, don't have a creator, because the creation, not the creator, is important. Do good only, solely, for the reason of doing good, and in no place should you find yourself as important. Do it all with the intention of seeing other people as human. Accept that you will almost certainly be forgotten in 80 years, and there's nothing you can do to change that. But while you can, do good so that it may transcend that time. That is all I can think of for now.

2) Yesterday Ivy and Isaac's parents came to our house, and their mom told us that Michael Xie's mom is asking us to invite him to church because he is unwilling to go at his own mother's advice. I think this is rather sad, where a mother has no control over her son such that she must ask other children to help her. His mom is quite helpless in this situation, and yet parents should have control over their children in these influences. Obviously I want to help and will try to convince Michael to come at some point, but that is difficult. And standing in the shoes of Michael's mom, I think the thing she would like the most is for more people to be willing to talk about Christ. Any converted believer (not born into the Church) likely feels the same way, because without someone telling them about Christ they would never have believed. And I think that's something us born-into-Church kids really take for granted. We ought to be the change we wish to see in the world. If we want more people to come to Christ, if we want our friends to be saved, we have to speak up more. It's going to be a collective effort. No one person can evangelize a city. But we have to do this together, with the hope that maybe, more people will be saved, and less mothers will be raising prodigals.

"Choose not to be harmed—and you won't feel harmed. Don't feel harmed—and you haven't been"

Think backwards:

What would a bad manager do? Avoid that

What would I do if I wanted to distract my focus? Don't do that

What would alienate customers? Don't do that

What makes a bad relationship? Avoid those behaviors



When you believe, "*Even if I stay single, I'll still have a great life*" ... then you are in a much better position to enter a relationship.

- Not to gaslight yourself into being content, but to find happiness in the small everyday moments of being single.
 - Or perhaps, the original is still true. Maybe the happiness you find in small things will lead to your general contentment with being single. With having space, and the ability to do things on your own.

When you believe, *"Even if I don't get into this school, I'll still have a great life"* ... then you are in a much better position to apply.



When you believe, *"Even if I don't succeed with this business, I'll still have a great life"* ... then you are in a much better position to give it a try.

Sure, you may want the relationship to work or the business to be a success—and you should give it your best effort—but also realize that if it doesn't work out, you'll be fine. There are many ways to live a great life."

"If your doorstep is clean, then your city will be clean."

"At the base of leadership, what all great leaders have in their heads and their expressions is the idea that they want to make people and situations better."

"Just keep going" — Jon Strauss

You never lose if you learn.

"Enough courage to get started + enough sense to focus on something you're naturally suited for + enough persistence to stay in the game long enough to catch a few lucky breaks + a lot of hard work. There's your recipe."

"When you're doing something hard, focus on the fun part.

Many people make a subtle mistake, which is they emphasize how difficult it is to do something. They tell themselves writing is hard or running is hard or math is hard. And so on. The dominant thought in their mind is that this is hard to do.

And it is true these things (and many others in life) can be challenging.

Meanwhile, people who thrive in a given area are often emphasizing a completely different aspect of the experience. They are thinking about how it feels good to move their body rather than telling themselves exercise is hard. Or, perhaps, they aren't really thinking much at all. They may slip into a trance during their run, a meditative rhythm.

But what they are almost certainly not doing is repeating a mental story about how hard it is to do the thing. Their dominant thought is about some element of the experience they enjoy. They are working hard, but with the fun part in mind."

If you want to run further than others have run, you have to catch up to the others, and when they get tired, you have to keep running

Being kind to yourself and others is the single most important step to living a good life.

▼ Scout

I heard the sound. I ran outside with flipflops in the wet grass and no socks. I yelled at them to hurry up for every second wasted is bad. They took a total of over 5 minutes to just get out the door. I waited home while everyone else went. I called the vet and told them of the incoming emergency. I wonder how the woman driving the car feels. She will never let this guilt pass. I wonder how my mom feels. She will never let the guilt of not leashing Scout pass. I was panicked yet the emotion still hasn't set in. He is internally bleeding. It was only when I first prayed that tears came. I

remember looking into his eyes, I think in that very moment I knew he was gone. I hope I am proven wrong. Very much so. But if this is it, then the sign is immediate.

Life can really go at any moment. You have **no, no** idea. You don't know. You can't know. I pause to let a wave of some realization wash over me. But however cruel my thinking sounds here, I do feel that this is a better way to go than old age and expensive treatments in vain. However sudden this is, he will forever be remembered as young, as playful, as meek, as quiet, yet bold when he needs. As friendly, as honestly the best dog ever. Now I am starting to tear up. The best things in life don't last forever. Sometimes we need a wakeup call. **Sometimes, sometime is all we have.**

Had my mother waited two seconds before or after, he would survive. This is terrible timing you could say. Terrible terrible timing. But we can never know if we have good timing to begin with

Our house will be emptier, quieter, despite the fact that he was very quiet to begin with. It's something about the aura he gives off, despite not making any noise, you can fully feel his presence just by seeing him

Why did this have to happen during Grace's Spanish lesson? Why did it have to happen during her very first Spanish lesson? We all know it is not each other's fault but could we have had a better timing? Better timing for death, there is never a good timing for death.

God we lift this into your hands. Be with our hearts. Help us to make sense of this. Help me to live more presently. It is 6:30 I will call them now. They have actually just called right before I said that

The timing is perfect. The rain, the mood, the reflections, there could not have been a better timing. God teaches us in our anger

Dad is a hero. Genuinely. Gets us up back on our feet in the midst of our grief. Gets us back into our routines which is the fastest way to recover. Thank you Dad

A dog makes the house more *lively*, and now we will have to learn to live without that liveliness. But the liveliness has changed us so much still over the last four years. We shall be grateful for the experiences we had.

He helped us through so much these past four years. We would not be the people we are today without him. So though he is gone, his being lives on in us through the people we are today. He has helped shape all of us, we are a reflection, and we ought to continue living as so.

The sadness comes not from stating the fact of death but from *realizing* that the creature that used to playfully run around with a squeaky toy is now buried underground, and is no more. No more forever, and we will never see him again.

There is a difference in saying "he died" and "he was killed in a car crash." The manner in which it happened matters. We must learn how to return to the things of before. Scout has served us well. Thank you for your service, Scout.

▼ Relationship

April 6th, 2024. We went to watch Hunchback of Notre Dame. Kweku was Quasimodo. Fantastic musical, Auburn theatre really on top. She came late because when she was supposed to be at my house, I called her and turns out she was still napping.

She found me after intermission, and we held each other while watching the 2nd half. Afterwards we walked out to my car, and I drove over to her car since it was far to walk to in the freezing rain.

We sat in the car for a while. She played with the screen controls and I realized the RAV4 has a lot more capabilities than I imagined. Weather, a map, etc. Then I would say at about 9:47pm give or take, [I think: I looked her in the eyes, I said "Ashwie" to which she replied "Josephie"] I gave her a peck on the forehead, she kissed me back on the cheek, and then I leaned in for her lips.

"That was my first one" I said afterwards. "In the Auburn High School parking lot??" she responded. But we both smiled, and we probably kissed 6-7 times in total before she left to drive home (after repeatedly nagging about "how far away her car was"—it was one parking spot—but I knew it was a joke.)

And yeah. That's how it happened. I would say kissing without tongue is kinda underwhelming, you really can't do much. But this moment of first will always be with me, no matter what.

"Most events in life can be categorized in one of two ways: a good time, or a good story."

The separation reminds me of this quote:

Today's vote is not a vote in favour of or against Brexit; it's a vote for an orderly Brexit against a wild, a hard Brexit. I will be very honest with you: if we could stop Brexit by voting 'no' today, I would be the first to recommend it. But that's not on our plate today. That's not on our table and not the issue today.

There is little I can do to change things, and sometimes I need to let the smoothest way pass

When you assume everyone is going through hard things, you'll be right at least 50% of the time.

"One filter I use for making decisions: How much can I influence the outcome after the initial choice is made?

When I can do a lot to influence the outcome, I'm less worried about risk. Even if the choice appears risky on the surface, I can likely create a good outcome with effort.

When I can't do much to influence the outcome, I'm more risk averse. Even my best effort won't move the needle. Your ability to influence the outcome after a decision is made is a crucial thing to consider."

"They tried to bury us. They didn't know we were seeds."

"Two of my rules for life:

1. The person who has the most fun wins.
2. The climb is the fun part."

"The real things haven't changed. It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong."

"Never argue what a good man is. Be one."

"All men die, but not all men die complaining"

"Why should I seek something Jesus didn't seek"

"When you tolerate an error, you rob yourself of learning.

When you ruminate on an error, you rob yourself of happiness.

Notice it, improve it, and move on from it."

"You say 'amateur' as if it was a dirty word. 'Amateur' comes from the Latin word 'amare', which means to love. To do things for the love of it."

12/15/23: "Will, one of the other presenters, 20 years ago today would have been his grandfather's birthday. He died from pancreatic cancer. So 20 years from now, someone else can stand in this room free from pancreatic cancer, because of what you're doing." — William Gunn's Father

"Think in decades and act in days."

Artist and educator Corita Kent had a set of rules she often shared with her students. One of them read, "There is no win and no fail. There is only make."

What are you making today?

What school you get into has no effect on your relationship with God.

You can build your intellect, but also build your character.

Instead of regretting a choice, consider that, if you had no other options, you would've gone down the same path anyway.

It's not about ideas, it's about how well those ideas are done. I feel like for college, there're so many better essay ideas I could've written about. One especially, how church has torn my family apart. I'm the only one going to CGCW, but thank God for giving me a strong enough faith that this has not prevented me from stopping attending church. It sounds like a much better idea, and there are certainly nuances, but maybe it's just hard to put into words. I don't know how good of an essay it would've been, but I never tried, so I don't know. **With anything, it's not about ideas, no matter how good they seem. Can you put your hands and mouth to it? Can you explain it, and take a deeper look? Can you manifest its existence in true, actual form?**

If an antecedent is false, it implies anything. A whole universe of alternate realities are possible. Yet none of them can happen because the original premise is false. In the same sense, there is no need to think about the possible alternate realities. We were never "so close" to them, there is only one way things could've happen. I believe, there is only one possible reality, and God has set us on its path.

- It had to happen this way. Both Alison and your being at home this summer. Somehow it had to happen this way.

Every time I listen to sermons, the message is pretty much the same. Turn back to God, we are broken, God is always there for us. So why then, study the entire Bible? Because it's a whole bunch of different manifestations of this central theme. It happens over and over in different ways. God is with the Israelites when they are wandering the desert, he is with Shadrach, Meshach and Abednego when they are in the furnace, and he will be with us today. There are so many different examples. There are so many different manifestations, and it should give us greater confidence that God is with us **always**.

It is not pastors, deacons, or people who help you grow. It is God who helps you grow.

When you're told no, move on lightly and freely. The world is full of opportunity.

How much time is spent reading other people's posts on social media, watching other people's exploits in the news, listening to other people's ideas on podcasts? Go have coffee with a friend. Go make something. Go outside. All those hours spent looking at someone else's life on a screen could be used to take action in your own life.

"Nothing you love is lost. Not really. Things, people—they always go away, sooner or later. You can't hold them, any more than you can hold moonlight. But if they've touched you, if they're inside you, then they're still yours. The only things you ever really have are the ones you hold inside your heart."

"When you add up all those stupid meaningless obsessions and accomplishments, what they equal, what they add up to, is your life." — Casey Neistat

It doesn't matter what you do, the criticism is always going to be there. So you might as well do what you think ought to be done. You might as well do what seems meaningful and important and fulfilling and *right* to you.

If you want a simple formula for having a good day, then get a workout done and do your most important task before lunch. Knock out those two things by noon and you really feel like you're ahead of the day.

"Don't sacrifice peace of mind for a piece of luxury."

if you don't become the ocean you'll be seasick every day

The world changes for the weather, but the weather does not change for the world.

Going from "Hosanna" to "Crucify." The crowd changes. Don't base yourself on them.

Don't let what you don't have keep you from using what you do have. Don't let what you lost keep you from praising God for what you have.

"In theory, consistency is about being disciplined, determined, and unwavering.

In practice, consistency is about being adaptable. Don't have much time? Scale it down. Don't have much energy? Do the easy version. Find different ways to show up depending on the circumstances. Let your habits change shape to meet the demands of the day.

Adaptability is the way of consistency."

We believe in God not because he is real, but because we recognize we are sinners and we accept his gift of eternal life.

Go to high growth companies solving lots of problems in your early career.

"Teach me something." Understanding the why of rules of thumb is the key to being an innovation company.

The more money you need to test something, the more you need to show you're building something people want. Airline pre-sales, United Airlines deposit, etc. is huge and mattered equally as much as the technical side.

How to get to product-market fit without shipping a product?

Technical - they worked on airflow, then built model of airplane to bring to demo day and point to place that works

"Dating → engagement → marriage" it takes steps



Go build something. Anybody can do it. You are anybody.

We can instead let those moments when we feel more alone serve as reminders. That we have the tools to change, that only we get to choose how we react, that we evolve into whoever we want to be.

Because what do you have to lose? You're already on your own, kid. And no one can take *you* away from *you*. Only you can do that.

There've only been a few times where a piece of news has really hit me. Once was after regional sci fair in 10th grade. The other was today. I remember saying, "I'll check something because I'm *bored*," seeing that the status was still listed as "SRG pending," and so I scrolled to confirm that was the case. And then I saw, and everything dropped "a little" [?]. We weren't going to get the grant. Not even close. Not even quantifiable. An ND. A little part of me thought, "How?" but I was more concerned with "What now?" What will we do? How will we get funding? How will this company continue to move forward?

I guess I don't know. There's a reason God kept us so far off. He didn't have to ND us for us to know we weren't going to get funded. But that's what happened. And I hope I will learn adequately from it.

We can only continue to move forward. That's the one thing we can do. With God, we pray and Amen.

Even if the result is the same and you're okay, you still will feel the painful emotion right now.

You are who you surround yourself with. And subconscious pressures can be very real.



Stop trying to be extraordinary as a person. You merely have a mission, and you are doing your best to bring it to fruition.

Things may not happen in our time. In the time we want.

They *will* happen, in God's time.

We can't trouble ourselves with what other people say about us when we're away (as the song goes). We can't expect or even hope to be universally loved or understood. In fact, we should be prepared for the opposite, because no one who ever did anything new or difficult did it without criticism or doubters. We have to cultivate our own strong sense of values and virtue, we have to honor this sense and follow it. We have to be who *we are*, not who they want us to be. Whether the crowd appreciates us for this at the time or later is not our concern.

"If you feel resistance before you begin, it's usually procrastination and you need to get started.

If you feel resistance after you begin, it's usually feedback and you need to make adjustments."

"Focus is how you knit the hours of the day together. With focus, the day becomes a beautiful tapestry. Without focus, you end up holding a bundle of loose string."

What matters is not having a vision, but rather making a habit of returning to and revising the vision. For the big things in my life, I'm always coming back to them week after week—sometimes day after day. As new information arrives, the vision gets updated. The dream becomes more crystallized over time. It's a habit of thinking about where you want to go with an ever-increasing degree of clarity.

Total solar eclipse: I watched the last sliver of sun disappear through my glasses, and then I took it off to see a giant black circle and ring of light in the sky. The sun is so much larger than I imagined.

"You don't need to worry about progressing slowly. You need to worry about climbing the wrong mountain."

"Whatever seed you are, bloom."

Above all, try to avoid telling stories about the unjust treatment you received at their hands; avoid it no matter how receptive your audience may be. Tales of this sort extend the existence of your antagonists; most likely they are counting on your being talkative and relating your experience to others.

Did not Paul also go against his world? Instead of taking payment as was customary and even allowed by Scripture, he chose to not be influenced by the crowd. He served faithfully against the world's expectations.

For Hindus, the idea of forgiveness can be incredibly freeing from their doctrine of karma. There is peace and rest in Christianity.

We shall be in the world, but not **of** the world.

Surbhi at YC got rejected 50+ times from VCs, she finally met one person who invited her to a partner meeting. "I'll have good news for you" her contact said. Next morning they called, they still said no. She knew this person wanted to do it though, so she called back and said "I won't take salary for 2 years or until series A." Person went back to partners and said invest or I will break contract as angel. And they finally agreed. For just \$250,000.

"If you find yourself constantly trying to prove your worth to someone, you have already forgotten your value."

If your material wealth gets to a point that you no longer *enjoy* it, that might be too much. God wants us to **enjoy** what we have.



Is the situation actually complicated or is it really quite straightforward, but you're making it complicated because it requires a lot of courage to make the straightforward decision?

I don't give this advice to everyone, but you, you can do anything.

Some VCs invest not in the idea but in you. They'll work with you to figure out the business.

Sometimes you fail not because you didn't have a good idea, but because you weren't ready.

A good VC will say, "we're interested, come back when you're done with school and we can start together then." You can certainly build the foundation for a company in school. Meanwhile, incubators will say, "just take our money" and afterwards, you will feel pressured to drop out of school.



Don't wait to start writing until you have something to say. Start writing so you can find out what you have to say.

Dame más. Ask yourself that when you are doing anything, and unsure. "Give me more." However that may be.

20 years from now, the only people who will remember that you worked late are your kids.

"I don't know if we can be trusted with such a weapon, but I know the Nazis can't." — Oppenheimer

If you get to know someone well, you will come to realize that **we are all unlovable.**

- 5/11/25 Recognize that no matter how perfect she [who is she referring to?] *could be*, she will always be unlovable at her core. And to surmount that with the love of Christ is what we must equally learn to do for everyone.

Multi-omics: most bioinformaticians are good at DNA, RNA, or methylation, but put all 3 together and you'll be the star

Ecclesiastes 11:9 - Rejoice, O young man, in your youth, and let your heart cheer you in the days of your youth. Walk in the ways of your heart and the sight of your eyes. But know that for all these things God will bring you into judgment.

It's not about which of "God's rules" we follow. It's about the account we ourselves must give. We must give an account of everything we do to God.

Planning a party - ~~pick what would make the party best first (staying outdoors with things to do, not staying crammed in a house late, etc.) and then consider the people who can attend. NO, people first because otherwise you will regret.~~ People first.

Even though Truman often desperately needed money, even though politics was incredibly corrupt at that time, even though he came up through the Kansas City political machine, he tried to follow Marcus's teachings. "I was taught that the expenditure of public money is a public trust," he explained, "and I have never changed my opinion on that subject. No one has ever received any public money for which I was responsible unless he gave honest service for it." Politicians around him grew rich, but Truman's clothing business failed. He was punctilious about paying back every penny he owed. He refused special compensation for his family when their farm was affected by a road he oversaw. As president, he refused to 'frank'—get free postage—on letters he sent to his sister because they were personal and not professional.

"In all this long career, I had certain rules I followed, win, lose or draw," Truman explained. "I refused to handle any political money in any way whatsoever. I engaged in no private interest whatsoever that could be helped by local, state or national governments. I refused presents, hotel accommodations or trips which were paid for by private parties . . . I made no speeches for money or expenses while I was in the Senate. I lived on the salary I was legally entitled to and considered that I was employed by the taxpayers, and the people of my country, state and nation."

A positive mindset, and a mindfulness practice.

Coronado is very coool

I don't call my wife sweetheart - the key to a good marriage is having low expectations

Your two flaws: if someone talks to you a lot, they become your friend even if they aren't the best person. You assume situations when reality is different and tend to speak for other people.

"It's remarkable how often the real problem is not what happened, but how it was communicated."

"Guilt lives in the past.

Worry lives in the future.

Peace lives in the present."

How can I overlap the things I enjoy?

For example, maybe you want to exercise and spend time with your spouse. What type of exercise sounds fun to do with your spouse?

Or perhaps you'd like to hang out with friends and build your career. How can you find ways to work with people you like being around?

It doesn't always work, but there are usually a few areas of life you can overlap in an enjoyable way. Look for the overlap.

- Really be creative here because if you do find something that works, you will use it endlessly



What is something you would be proud to fail on, if you had the courage to attempt it?

▼ Relationship



As for relationships, ask yourself—even if this person stops loving me, would I be willing to continue loving her? (make sure the answer is yes)

Communication is not just saying everything on your mind — you have to know when to share, and when to have patience.

How to be less needy: Add a sanity check filter on your doubtful thoughts. If you can let it go, if you can forgive her for it, just do so. Say less, be forgiving, and don't make small things bigger than they need to be. Don't keep it bottled up either, but truly let go, learn to let go of the poison. Do not bring things up the first time they happen. Give them some time to see if they change. You could note a series of grievances and talk about it all at once—over FaceTime/in-person. Be very careful and wary discussing important topics over text, tone almost never comes across right. Also when you have a long-term perspective, it's easier to accept phases—give it at least a full month to start, and up to a full year, and see if things get better.

- Look not at their behavior, but the motivations for their behavior



It's the quality, and not the quantity of love that matters.

- How often she stays connected does not matter. Life gets in the way. But what limited connections do happen, they should be loving

I believe it is part of Christ's plan that your relationship is ending now, and not later. Trust in his plans for you, God is doing what's best.

- Before ending your relationship, 1. God taught you a very important lesson (about *true* good communication), 2. he is ending it early so you have time to recover before college, 3. as well as at an optimal time to recover while you're out at camps for the next 3 weeks. 4. God knew that it wouldn't work out with her long term, so he ended it for you through her agency. And this leads me to believe that somewhere, at some point in time, the Lord has prepared a woman of God for you. Do you not see God working in your life?
- "O God, if you're there, would you play *the* song I'm thinking of next in the playlist shuffle" I cried out in my thoughts. The next song was a Spotify enhanced recommendation, but the next song after that from the actual playlist, was Be Enthroned. It was in that moment that I realized God is extremely close to me right now, and I to God. "I am here, here with you" he says. "I am with you through every step of this journey. And you shall be comforted, and you shall overcome." God is with me. God *really* is with me. What more can I doubt about his plans for me?

Even when Angie was stressed during college apps and not responding and things were tough, Runze knew she still loved her. They still went on dates once/week and at the end of them it still felt like she loved him. **Over text things didn't feel great, but in person he still felt loved.** Deep down he knew that she didn't give up on him.

The next time Angie got stressed, instead of pushing Runze away she drew closer to him.

Usually the deal with her prioritizing her friends over you gets better as time goes on.

In your next relationship, don't only avoid mistakes, but think about what worked and keep those things going. Texting every single day, asking how your day went, saying (at least) hi and goodbye whenever you see each other in-person, saying "love you" over text/in-person, sending cute reels every so often. Doing what the other person desires in order to feel loved—it is all for this purpose.

6/17/24

It took me an entire summer to get over Celia, but I think (and do genuinely hope) that I will be over Ashwina in less than a week. Why? I dealt with Celia naturally, and time wore off the attraction like a radioactive isotope decaying past its half-life. (Come to think of it, this may be specific to actual relationships) but at the Liberty prayer meeting tonight, I realized something that (I think) brought me to cry for the first time in 2024. Even when we are no longer loved by other people, God loves us so. God loves us so so much that he sent his son to die. He gave up the greatest sacrifice just so we *might* be with him, because he loves us. Because he loves us, that's the only reason. You realize that when you trace everything back and find this to be the root.

When we are heartbroken, the loss of love is incredibly painful. But when we ask God to fill our hearts with his love—a love greater than what any person could ever give—he heals us immediately. And it's simply beautiful.

6/19/24

I think the part that hurts the most is her texts going from roughly every hour to absolutely zero. Seeing “No Older Notifications” so often hurts. But the pain shall come to pass, and we will be stronger in the end.

6/20/24

Succinctly, the reason things ended was because we had different expectations for the relationship. I believe a relationship requires 100% of both sides and should be built on a foundation of unconditional love. She wanted to hang out with her friends because it was her last summer seeing them, and I really think she wasn’t ready for a committed relationship (I think my idea of a relationship is quite reasonable). I guess the summer did change things—she just stopped loving me, and in turn, I wronged her too through my reactions.

6/22/24

If she let go of the relationship so easily, she really didn’t care even while it was ongoing. It wasn’t these three messages that ended it—something was going to regardless.

6/22/24

You were going to call her again and tell her about a few other areas that you feel she did wrongly (didn’t tell you she wasn’t traveling as of 12pm on the day of her flight, etc.), but Runze convinced you not to. He said: “You made it clear to her [during the call] that you were upset, not happy, and a bit mad. If she really cared about preserving your friendship, she should text you and try to reconcile.” Perhaps she may expect me to apologize for some time. But soon—in a relationship where both people care about the other—if she really does care, she will reach out and try to make things right, regardless of who did it.

You have done your best, you have tried your best, you have opened yourself up, made yourself available, and vulnerable. But reconciliation takes both sides, and if she isn’t willing to do anything, what is there that you can do?

Going to her grad party may seem like a kind gesture towards reconciliation on your part, but you have already tried so hard. [“I know you don’t like to give up on people. But she has already given up on you”] Firstly, she doesn’t value you being at her grad party anymore (“you’re welcome to be there vs. previously, i’d love for you to be there”). Secondly, you won’t be able to talk to her much at her grad party anyways, and she’ll be focused on other people.

I know you want to “save face—” firstly that’s a selfish mindset, but also just consider logically the work that’s on your side. With her 1st MAMS relationship, it really was impossible to know who was right and wrong in the breakup—she was spared of much the blame. But with a 2nd if she still tries to insinuate it was the other person’s fault, doubt starts to creep in. Especially for a man everyone knew to be honest, chill, and with integrity.

My gut is telling me to go to her grad party. To just go. I don’t get a gut feeling often, but it’s telling me to be forgiving and loving as Christ was, still. Christ will never turn his back on us. As much as we can we should try to do the same. But if she doesn’t value you being there should you still go? Think about her language and how she said it. My gut is still telling me to go.

“[Name]. Do you love me?”

It’s easier to be angry than hurt. Being angry is active, it’s aggressive, it’s distracting. Hurt is acceptance. It’s something you sit with. It’s something you wish you didn’t feel, but you do. It’s something you wish hadn’t happened, but did.

The adult thing is to try to understand it, to come to terms with it, to understand that—like all things—it will pass, and that if you’re patient and have perspective, it will help. The responsible thing is to explore the roots of an emotion, to ask why you’re feeling a particular way, why something was so triggering or painful and to try to deal with that.

The purpose of our faith, of our belief, our religion is to restore our relationship with God.

We want things from God, but God, he wants a relationship with us.

Ablaze made me realize that I am spiritually starving.

May God's resurrection promise sustain in the face of death and trials. In the face of the 2nd Maccabees mother who lost all 7 sons because they stood in their faith—what she lost, she will regain in resurrection life.

When our spirits are troubled, we can only be comforted by God.

When Daniel was under orders to be killed from Nebuchadnezzar, instead of seeking mercy from the king (the direct source), he seeks mercy from God.

6/17/24

"On the days you only have 20% and you give 20%, you gave 100%"

6/17/24

"There is no slave who does not descend from a king, there is no king who does not descend from a slave" - Plato

6/18/24

There existed, long before this time, certain men more ancient than all those who are esteemed philosophers, both righteous and beloved by God, who spoke by the Divine Spirit, and foretold events which would take place, and which are now taking place. They are called prophets. These alone both saw and announced the truth to men, neither reverencing nor fearing any man, not influenced by a desire for glory, but speaking those things alone which they saw and which they heard, being filled with the Holy Spirit. Their writings are still extant, and he who has read them is very much helped in his knowledge of the beginning and end of things, and of those matters which the philosopher ought to know, provided he has believed them... But pray that, above all things, the gates of light may be opened to you; for these things cannot be perceived or understood by all, but only by the man to whom God and His Christ have imparted wisdom.

6/18/24

"I have met Jesus face to face so intimately in my life that He is more real to me than you who is standing in front of me"

6/20/24

How do you want to feel at the end of today? What do you need to do now, so you can feel this way?

6/20/24

Even after publishing 4 of the most influential physics papers ever in his annus mirabilis, Einstein couldn't find a university job for 9 years.

6/21/24

When his mother received the divorce letter in the mail from his father who was having an affair, she laid it before the Lord as Hezekiah did in 2 Kings 19 and said "God, save my family—" and it happened, and they never got a divorce. Even though life got harder, dad was there, and that made things a lot better.

But many years later they found out, he never actually left his affair. Even when he had inoperable brain cancer, he was still seeing another woman and engaged to her whilst still married. His mom had no reason to love his dad, but she still did. Slept on a mattress in the living room for a full year, next to his hospital bed in case he needed help in the night. His mom

was faithful to his dad even though he didn't deserve it, showed him love when he didn't deserve it, she was faithful when he was unfaithful.

It seems terrible that he got cancer and passed within a year, but instead of healing him in which he would've returned to sin, God made him collapse at his true home and gave him a year to make things right with his family before he was lost forever. In God's timing, all is done.

6/21/24

Seek to be pleasing to the Lord, submit to the Father as a son, walk in love as Christ did, do not walk in immorality, greed, or impurity, guards tongue against filthy speech, gives thanks.

6/21/24

"Science and religion are perfectly compatible as long as you don't make science into a religion and you don't make religion into a science"

Part of serenity but also success in living is knowing what feedback to listen to and what to ignore. It's focusing on what you control (your work, the intention you bring to it, etc) and letting go of what isn't in your control (how other people interpret it, how well or not well it does). Being loved or understood by or appreciated by everyone is not something that is in your control. Detractors and haters are a part of life...and they may well be a sign you're doing something right.

"Surround yourself with people who have the same goals as you. Rise together."

"What problem have you solved, ever, that was worth solving where you knew all the given information in advance? No problem worth solving is like that. In the real world, you have a surplus of information and you have to filter it, or you don't have sufficient information and you have to go find some."

After this week at Kids' camp, you start to forget about yourself. You forget about your own problems. That's a good thing.

"Who is God?

God is love!" — Naomi

Ben-jamin has been to camp for 2 years. He's spent 10 days with us. Yet out of these 10 days, he has felt more loved than any of the 21 families he's been through. Changing families completely every 6 months is, unspeakably difficult.

The closest thing to a vision I've gotten is the following: Maliq was upset because he didn't have his airplane book and it was all packed away. So Josh called me to go up with him to find Auntie Laurie—the other counselors shut down his ideas because the sensory room was all packed up. As the three of us walked into the stairwell, Maliq froze at the bottom and refused to climb higher. Eventually Josh got him to walk up a few steps, but then he stopped. I was sitting a few steps below them, when Maliq started to slap Josh. The slapping turned to punching, which turned to kicking, and despite Josh's best efforts to get him to stop with his words and hands, Maliq kept going.

Then I noticed the bruises all over his leg. It was almost like the punching he was doing now was a transfer of the punches that caused those bruises. Josh started singing, and I sang with him after sending Chris up to get Auntie Laurie. When she finally came around with Steve and Eric, they managed to remove Maliq, and Auntie Laurie, Josh, and I were left in the stairwell. Then, Josh started to cry. He said he felt a wave of emotion and would be alright in a minute, so the two of us left.

This feels like a vision—not dreamt, but physical—because I was only watching for almost the entire ordeal. A broken, abused young boy, kicking a man to the point of tears. What does it mean? I suppose we shall learn eventually.

- This year, he's grown. His bruises are gone, healed by God's loving humility which he now understands.

Tossing one starfish back into the water won't make a difference.

But it makes a difference for this one.

Keep up what you're doing—Granmma notices. "I wish I had another daughter to marry off—I mean that too" she says.

God has given you a gift, of being able to calm others. Use it to serve Him.

If your spirit doesn't feed you, the world will feed you.

Some objects are superfluous; others are not worth the price we pay for them. But we do not see this clearly, and we regard things as free gifts when they really cost us very dear.

Don't judge each day by the harvest you reap but by the seeds you plant.

I'm not the best writer, but it is a strength. I might be a 90th percentile writer.

And I'm not the best marketer, but it is a strength. Again, maybe 90th percentile? I'm better than most, but if you pass 100 people on the street it won't be hard to find some people better than me.

What I have gradually learned is that it is not your strengths, but your combination of strengths that sets you apart. It is the fact that writing and marketing are mutually reinforcing—and that I enjoy both—that leads to great results.

How can you combine your strength? That's something I would encourage everyone to think about. You will find talented people in every area of life. It's the combinations that are rare.

What lies before us and what lies behind are tiny compared to what lies within.

When someone asks you a question that's difficult to answer, take a second, back up, and wonder what their motivations are. The question may be forced in a wrong way.

All I can pray is—God fill me with your love, that I may be loving to others.

When people walk their dogs I stop by in my truck, and hand them dog toys because I want people to appreciate what we have right now. Too often people keep moving, we need to be still.

Nobody likes feeling foolish, but the feeling fades quickly. The willingness to endure five minutes of discomfort turns out to be a meaningful dividing line in life.

Stay hungry, stay foolish.

The important thing isn't to achieve all your dreams, but to keep dreaming. Your desires change as you learn and grow. Old dreams will spawn new dreams. And eventually, one of these newer, more refined visions will find their moment and

become reality.

The persistent are attached to the goal. The obstinate are attached to their ideas about how to reach it.

Conversationing: Capture key words, repeat them, and ask them to tell you more about it—"Bali, I've never been there what's it like? Tell me more." Have a listening mindset.

To draw deeper (not immediate starter), ask: "What's something that makes you different?" It gets at the heart of who people are and they love talking about it.

When you sin, you re-crucify Christ (Hebrews 6:6).

A broken world is healed by a broken Christ and a broken tree.

The key to marketing is making adverts that in of themselves people want to see.

Sinful thoughts will pass through your mind, but let them not take root.

"Would you take your spouse's hand," said Pastor Tim, "as we pray for to be peacemakers and reconcile." My parents would've been able to do that. But only my mom was there, unable to take her spouse's hand.

"When I see your parents come to church separately, it breaks my heart." says Jack.

That symbolizes all the pain and brokenness in our family. Going to separate churches or at separate times is not a matter of God, but a failing of us.

Once when Epictetus was criticized, he didn't even try to defend himself or correct them. *If they really knew me, he joked to himself, they'd have said something worse.*

Grandpa has said two things to me, one is "a marriage is not $1 + 1 = 2$, but $0.5 + 0.5 = 1$." The other is "next time you are back, visit your grandmother."

Sometimes God breaks your heart to save your soul.

- I said this as a snarky reply for myself, but this was actually a prophecy for her.

The jealous administrators and officers couldn't find anything about Daniel's life to criticize, so they attacked his religion. If you face jealous critics because of your faith, be glad they're criticizing that part of your life—perhaps they had to focus on your religion as a last resort! Respond by continuing to believe and live as you should.

Daniel became successful in his world, ruling high over the kingdom—but it was because he had "an excellent spirit" in him, was faithful, and without fault. It is not wrong to see success in the world, but that should not be our ultimate goal. Our goal should be faithfulness and reverence before the Lord continually, and "all these things will be added to you" (Matthew 6:33).

If someone knows 95% of what you know, are you willing to share that 5% with them? Because that's how you create trust.

"There will always be reasons to not do something, and this is particularly true of anything worth doing. We value those moments in which we overcame challenge, not those in which we avoided it. Ultimately, action is a choice. The choice to emphasize the reasons for doing it despite the reasons you have for avoiding it."

We're called to find our identity and confidence in God, not in our future spouse.

Christianity is not Christians, Christianity is Jesus. When someone plays Beethoven poorly, who do you blame?

Three types of people to be successful:

- Wall Street
- Silicon Valley
- Washington DC

Why go public if there's more risk?

- You're thinking linearly, you go from 100% to 10% and your share is diluted. But if you're giving out shares to 10 friends who can double the VALUE of your company, suddenly 2^{10} is 1024, your share is worth 1000x more. So although you lose 10x share, you gain 1000x value and overall gain 100x value. If you keep your company private you have "bragging rights," but you cannot grow. You go public to grow. Both monetarily and selling more items to spread the reach of your product.
- If you have a REALLY good idea and give your friend 10% and tell them to sell it, they'll work their butt off for you. Because they gain too.

"The strategy required to find a great opportunity (lots of saying yes and exploring widely) is different from the strategy required to make the most of a great opportunity (lots of saying no and remaining focused)."

What I have learned is that I am the major obstruction to getting results. Whether external conditions are favorable or unfavorable makes less difference than whether I am fully engaged and consistent. Even in competitive fields, the competition is primarily within yourself."

"Clarity is freedom. Know what is important to you and it will grant you the *freedom to ignore* everything else."

"If I am worth anything later, I am worth something now. For wheat is wheat, even if people think it is a grass in the beginning."

I feel like we all regret like- not doing something 🤔 but if we did do it... we'd probably end up regretting not doing smthing else

When first things are put first, second things are not suppressed but increased.

We cannot *prove* that the Bible, or any holy book, is the Word of God. We believe in the Bible because as historical documents it supports the Resurrection of Jesus, and Jesus referred to the Scriptures as truth. We believe because of the example of Jesus, that is.

"If you live like a Christian you are one, whether or not you like it" — Nietzsche

"Inspiration comes on the twenty-fifth attempt, not the first. If you want to make something excellent, don't wait for a brilliant idea to strike. Create twenty-five of what you need and one will be great. Inspiration reveals itself after you get the average ideas out of the way, not before you take the first step."

We all have bad interviews. We all have bad days. Have a little more **sympathy** for those moments, whether it's presidential debates or when you go on to interview others.

"But ego is this thing that creeps in, it finds a way. It's not this thing that you get rid of once, but a thing that you have to constantly be on guard against."

You are my dream. Thank you for letting me live my dream. And I hope soon, you can live your dream too.

Make *every effort* to keep the Friday coffees going.

"I don't sit under the tent because there is too much brainpower."

After our discussion at the final campfire, I had a profound feeling of awe and hope. I knew in this moment, that the organization would become something great, and that we would change the world.

Remember you were asking about how to take your idea to market? It's about the people you know, and in 2-3 years it'll be like **snaps** that. So start building the people you know now.

To bring something like that to market, \$100 million dollars, you can do it.

The more I know you, the more I love you, and the more I love you, the more I want to know you. That is faith — faith is "I can't get enough."

The Blessing — 9/22/24

I feel like a leaf that right at the moment of its brightest color has fallen from the tree to the ground. Right when I was most vulnerable and had shared the absolute most about myself everything collapsed. It hurts, but perhaps that is what we must endure.

All life on earth leads to death. So what are you living for? What's the point of all of this? For God. For eternal life—the greatest possible gift.

Belief is like a professional tightrope walker asking if you think he can walk across the Grand Canyon. Trust is like the tightrope walker asking to carry you on his back while he crosses. Trust takes personal sacrifice and faith in the promises of the tightrope walker. And once you've started on the journey, you can *only* continue walking forward along the rope. There is no straying from the path, lest you fall. Nothing else in life matters either while you are on the rope. You just want to get to the other side where the gift of life lies.

May our walk with Jesus Christ be the same.

- The story of Charles Blondin crossing the Niagara is this realized. Everyone cheered as he asked if they thought he could cross with a man on his back, but then he asked for a volunteer and the crowd went silent.

A four-pack on love:

- In what ways is it easy for you to show love?
 - Being patient and working through something with someone, physical touch
- In what ways is it hard for you to show love?
 - Sending a message (feels superfluous) and gift-giving
- In what ways is it easy for you to receive love?
 - Receiving a card (not gifts, but written messages I feel—to an extent), someone willingly offering to do something for me (Cindy sewing the shorts button)
- In what ways is it hard for you to receive love?
 - Physical touch initiated by others (reciprocity does not exist...)

All you can do is pray.

Dating is meant to help you *figure out* if you're compatible with someone. The answer can't always be yes. So don't feel bad about leaving, because it is better to wait and find somebody you truly bond with, rather than being in a relationship for the feeling of stability without actual stability. **Are you merely experiencing a shadow of what could be real?** Go, and always strive after what's real.

When Jesus ascended to heaven, he didn't hand a complete copy of the Bible to the disciples. He left them the church, which grew over the coming years. And it was the church that codified the Bible—the church has done many things for the world throughout its history.

The Church, however, quickly became a political force in Europe, and as a result, Europe is incredibly secular today because of wrongdoings associated with the Church.

God wants you to find rest in him so *he* can fill you up. And the more rest you find in him, the more you can be filled by his spirit to live in a godly manner.

- We find a similar idea from Pastor Sergio at EADS and the three-step strong → weak → strong against Nietzsche

In Nehemiah 13, he asks God not to judge him on his successes, but on his faithfulness.

My #1 priority is my freedom, and once you start buying things (real estate), it will tie you down to a physical location. And, you will spend a lot of effort on its maintenance that only your friends will see, rather than the important work that affects the world.

The secret is to show up, do the work, and go home. A blue collar work ethic married to indomitable will. It is literally that simple.

Tomorrow is the devil's day, but **today is God's**. Satan does not care how spiritual your intentions are, or how holy your resolutions, if only they are determined to be done tomorrow. Oh, give no place to the devil in this matter! All men don't live to be elderly fathers, like Isaac and Jacob. Many children die before their fathers. David had to mourn the death of his two

finest sons; Job lost all of his ten children in one day. Your lot may be like one of theirs, and when death comes, it will be vain to talk of tomorrow

I grant you true repentance is never too late, but I warn you at the same time, late repentance is seldom true. I grant you, one penitent thief was converted in his last hours, that no man might despair; But I warn you, only one was converted, that no man might presume.

When you have doubts about, whether or not God is real, whether it is worth believing in an invisible God to give up tangible relationships in this world, know that the devil attacks us, and he is strong. We must resist his attacks. They are no happen of chance.

What youth sows, old age must reap. Do not give the most precious season of your life to that which will not comfort you in the latter days of your life. Sow to yourselves rather in righteousness.

Thoughts for Young Men:

www.preachtheword.com

<https://www.preachtheword.com/bookstore/thoughts.pdf>

Do you see a man wise in his own eyes? There is more hope for a fool than for him — Proverbs 26:12

Young men run into sin, and then say, "I did not think about it--it did not look like sin." Not look like sin! What would you expect? Sin will not come to you, saying, "I am sin;" it would do little harm if it did. Sin always seems "good, and pleasant, and desirable," at the time of commission.

People never reject the Bible because they cannot understand it. They understand it too well; they understand that it condemns their own behavior; they understand that it witnesses against their own sins, and summons them to judgment. They try to believe it is false and useless, because they don't like to believe it is true. An evil lifestyle must always raise an objection to this book.

And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell (Matthew 10:28).

When a man's ways please the Lord, he maketh even his enemies to be at peace with him (Proverbs 16:7).

There is nothing finer than the point of a needle, but when it has made a hole, it draws all the thread after it.

Young men, believe me, if your soul is to be saved, you must pray.

God strengthens:

"And he said, "O man greatly loved, fear not, peace be with you; be strong and of good courage." And as he spoke to me, I was strengthened and said, "Let my Lord speak, for you have strengthened me."" (Daniel 10:19)

That You, Jesus Christ, be the *person* I seek here on this campus.

When we receive the living water, we are no longer getting water from a source, but the source lives in us.

Don't hide your screen, why is the gospel something to be ashamed of?

Lord teach me *contentment*.

"People pay to see others believe in themselves."

God, you are my everything.

Ask, "What would it take for you to believe?"

She is no longer repulsed by the idea of Christianity. She is willing to *try*.

But what if it doesn't work?

What if she doesn't end up Christian?

Is this the greatest false alarm ever? Why would God give hope just to take it away?

The reality is he has done this before. We simply have to trust that it would be part of God's plan. He has a plan for us in the end and his will *shall* be done, whether or not you end up with her. Trust in God. Believe he is sovereign. Submit all to him still, and *know* that he is in control regardless of what happens, regardless of the outcomes.

But I *do* have faith that the Word of God is unlike anything else. It has power to move, to change people's thoughts, it is the most beautiful piece of literature in history, and it is the most comprehensive story in history, and offers the most logical morality set the world has ever seen. I believe in the power of the Word. I believe that if anyone gives the Word a fair shot, they will see God's mercy and power.

So I thus pray, that Cindy would continue to explore the Word, and driven by a genuine curiosity. May she give the Word a true fair shot as she reads, and I pray that she would see God's goodness in her acts of reading.

Again, all you can do (at this stage) is pray. Pray that she continues to explore the Word earnestly, that it would challenge her down to the core and in this moment where such a realization tears everything down, God, would you give her faith. Unwavering faith. A new life, and a new transformation. I pray this of you, mighty God. For yours is everything forever, and ever. Amen.

In the span of a week, Kane was broken and humbled down from his pedestal to realize his brokenness, and by first trusting in God conditionally on his realness, God eventually opened up his heart. God made him realize the true gravity of his wicked ways, and he came to believe. All the while, Noemi was praying for him each and every day. Praying that God would humble him and make him realize how wicked he was. Prayer, my friends, has power.

I simply do not have the skill to sink 3 pool billiards in a row, and the 8 ball at the end from a super hard ricochet shot. Something was at work in my hands to direct that outcome. God is with me in this, and in all things in my life. He is in control, and he has the ultimate plan.

John compares Christ to "Word," and for good, literal reason. Christ is quite literally the Father's spoken words. He is an expression of the Father's will revealed, and the Father cannot communicate without the Son. Think of the example, Christ

was God's words to Moses on Mt. Sinai. To ensure that nothing gets lost in translation, the Father has to take on flesh himself, and so the word is manifested as Christ.

"Two is twice as good as one, but one is infinitely better than zero.

One minute of making sales calls is infinitely better than zero minutes.

One minute of meditation is infinitely better than zero minutes.

One minute of writing is infinitely better than zero minutes."

As CS + DS, I am doubly unemployed.

Regarding *marriage* (which is different from a mere relationship), God cares more than we do. When Adam entered the garden, he did not go searching for an Eve. Instead, God recognized that man would be benefited by a companion, and so he *created* Eve. God provided for Adam in this respect, and Adam did not do anything. In the same way, God will provide for us because he truly cares more about this matter than we do.

In order for us to trust this to him, we do need to accept the possibility that God may plan for us to be single. But we believe that regardless, God has the *best* plan for us.

The Holy Spirit was working through for me those two hours. I did not come up with those words myself, stringing together such thoughts in that manner. Today especially I was stumbling on my words in seminar. The Holy Spirit, he is powerful, and he can move in us.

When I talked with her today, God made me realize that she is not as perfect as I imagined her to be. She is not necessarily the only one, the one destined for you. Keep a mind open towards others

One city extending help to another, only to be struck by a similar disaster soon after. But this is life. When calamity befalls others, it is our duty, if we can, to offer support. We must recognize how easily—how inevitably—fate can turn, placing us on the receiving end of misfortune.

Christianity isn't a religion, it's when God comes to live inside of you

God wants us to be his *children*, to have a familial relationship

Sometimes, we can pray that God would give them what they want, and that they would then realize those things are not fulfilling. They are left lacking, and the only way to be completely filled is with God.

Captivating peace. Captivating is for the song "You Saved Me," and peace for that which the Holy Spirit instilled in me at CU Worship Night today. There was a moment, I'd say about halfway through, where I just felt an immense peace wash over me. Telling me to let go of it all, and just to have peace. Part of this may be directed at my relationship urges, God is telling me to let go and simply have peace. And that's true for Cindy too, as much as my conscious self does not wish to acknowledge it. I will *only* be able to have peace once I let go of her. But Paul also tells us to "pray without ceasing," and I think it all the more right to continue praying for her. I value her as a friend, and it would be the greatest joy to see her found in Christ. So I will pray for 365 days from when I started praying, and at the very least, re-evaluate once I get there. Even if nothing happens in the next year, I think this will be a helpful exercise for my own prayer life too. And we know everything is in God's hands, it all belongs to him. He knows what will come, he already knows, and we trust in him.

John 5:30 - Jesus is given power to judge and to give life, but he here says "he does not do by his own accord, but it is because he seeks the will of the Father," if Jesus did nothing by his own accord how much less we can. We too, do nothing by our own accord, but we work for the will of the Father

People living in darkness do not know they're living in darkness.

The grace of God is his judgement. His judgement that speaks to our hearts the truth, that we may repent.

The judge chooses to be judged, so that his life, becomes ours.

"We often say that deeds speak louder than words, but Lincoln knew very well that without the power of words, deeds are quickly forgotten." — Prof. Steven Smith

At CU morning prayer today, I was reminded of my dreams towards the end. Last night, I had two distinct dreams. The first was about receiving communion at Ascent, but for some reason, I was in a rush and couldn't wait for Pastor David to bless the elements. I debated snatching elements early and blessing them myself, but ultimately decided against it. The second dream was at a Target (although gray/black in color theme), and somehow it was on my mind to shoplift something. Yet everything in the store had security tags on them, and I ultimately decided against stealing anything. There was one interesting case where I could order ~300 sharpie pens from 20 boxes of 15 sharpies each, but I ultimately only ordered 1 box in restraining myself from greed. In both cases, my heart was intent on doing the wrong thing, but I didn't carry out the act. I chose to do what was right, and I wonder what this dream means, if there is a deeper meaning at all.

"Being kind to others is mostly about your actions.

Being kind to yourself is mostly about your thoughts."

"There is no need to *fear* any problem you are working on. If you are working on it, then you are influencing the outcome. It's the problems you don't address that should concern you."

You don't save people by praying for them. God saves them. The gospel belongs to God, in no way to you. If you can't even save yourself, how can you by your power save others? It is the work of the Holy Spirit, give glory to Him.

A simple question to ask, "Where do you need to be made whole?"

- Ask someone if they are a good person, and they will most likely say yes. But ask if they are *perfect*, and they will hesitate (good person → perfect person). Then you can show them to the only one who has been perfect, and who can make us whole.

We're not called to be a light in the light, we're called to be a light in the darkness.

How could God let so much evil into the world? How could he let the most evils of evil take place?

Yet how could a perfect, loving, sinless man, die in the most excruciating manner possible? It is not that his suffering is greater than any on earth, but he suffers right alongside us.

No one is finally dead until the ripples they cause in the world die away.

O Son of David, please don't pass her by.

In addition to "What is God's will for me?", ask "What is God's heart for me?"

"Your work ethic is only as good as your rest ethic."

What does this mean? "God is God by being God for us, and we are human by being human for God; and all joy and fulfillment opens up once we recognize this."

Spontaneity.

Perhaps our conceptions of dating in college were simply wrong. They're being shattered. Perhaps dating is just something we should not strive for in college, for a little while.

Focus on what provides value to others, not what impresses others.

Think about someone who has the results you want or a lifestyle you admire. It's easy to want the results. What are the costs and tradeoffs of their lifestyle that you may be overlooking?

On parenting: Paul Park's parents did daily service, and when he asked for it to be shortened, they extended it. They showed that it was going to be important, and he was going to learn. Sort of like the Marines during training, when one person fails, everyone has to restart. At first it creates resentment, but later everyone starts to help each other out instead.

- Family worship is so so important. That's the holiness that is inside of you as a child with Christian parents. If you truly leave everyone to be on their own, few will come to Christ. If you recognize the gift God has given your children, you can see the covenant promise through for "faithfulness through the generations"

But should we also try a laissez-faire approach? That is how I was raised, and it turned out right for me. Reflect on yourself and when you started to do things by your own intrinsic motivation. Was it in elementary (probably ~4th grade), or early elementary? And why?

- Haha, "intrinsic." I now perhaps think I had the right nurturing forces as a child and that set me off with the right internal convictions that I see as "intrinsic motivation."

Evangelism is a beggar telling another beggar where he found bread

CS Lewis said there are two types of people, those that say to God, "Thy will be done," and those to whom God says "Thy will be done."

As Eric was in the midst of grappling with the *idea* of God's Providence, Christian asked him, "Are you sure you haven't seen God already work in your life?" And through these words, God opened his eyes to all the ways he has already worked in his life.

We love you God, but it's incomparable to how you love us.

Dr. Wu knew how to tell a story effectively and with humor. Listen to how he talks slowly, and always asks self-reflective questions where a repeated answer becomes funny.

If Jesus could get up early in the morning to go into the garden and pray, so too can you pray and read the Word in the morning as well.

Following God is a two-fold process. First, we must relinquish control by stepping to the side, and *then* we get behind the Lord.

Dr. Wu didn't seriously consider a relationship until graduate school, and when the woman he was going to marry got diagnosed with terminal cancer, he waited 8 years after her death to start dating again. And he wasn't even looking for it, a long-lost cousin set him up with someone out of the blue. God WILL provide if it is part of his plan. He was first married at 45, and his son was born when he was half the age of Abraham. It is no wonder his son is named Isaac then. But God will intervene. God will work things for his plan and glory.

Jon Batiste didn't speak until he was 10! Because being born into the world, he had to observe before speaking.

The obstacle is the path. We do things because they are hard. We only know, when we are in the fire.

Jon Batiste didn't touch an instrument until he was 11, he was really a late bloomer.

As humans, we only have 2, maybe 3 ideas in our lives that we are constantly refining, developing, presenting, refining, developing, presenting.

If you have to remove all but 5 items in your life to draw inspiration from, what would they be?

Youngster, take your time to find the prize. Pace yourself, what doesn't kill you makes you stronger. That's what they say, but until you experience it, that's the only way.

Jed explains that deciding whether or not to patent comes down to how likely your innovation is to be independently discovered. Sometimes the best patent strategy is not filing a patent at all.

Pray for her to know God, and to understand.

"When you think you are too old to do something new, remember you will never be younger than you are right now."

"Mastery is the best goal because the rich can't buy it, the impatient can't rush it, the privileged can't inherit it, and nobody can steal it. You can only earn it through hard work. Mastery is the ultimate status."

What project, what assignment are you still working on that has already peaked? Is it time to let it go and begin climbing the next mountain?

Rough patches exist. Stats PSETs exist. This may really just be a temporary patch of time, especially if it's a profoundly sudden change.

- But, our human instinct is to trust and rationalize away inconsistencies so this can sometimes blind us. When should we be lenient, and when should we be hard?
 - "It is not impossible to imagine that doctors are occasionally rude or drunk [for which their parents would've immediately leapt to action]. Default to truth becomes an issue when we are forced to choose between two alternatives, one of which is likely and the other of which (sexual abuse) is impossible to imagine"

We so often live to labor instead of laboring to live. There is more to you than your grades and being a student, or your career.

The labor is to simply believe in the bread, in Christ.

Jesus recognizes that we need food, that's WHY he feeds the 5,000 with bread.

John 6:44 - No one can come to me unless the Father who sent me draws him.

When we speak of Christ's body, it is always his crucified body.

The bread of life is constituted by these two HALVES, both the Word and the sacrament. If we think to "choose" between the two, it's wrong. Baptists emphasize Word too much, Catholics sacrament too much. These two cannot be separated just as Christ cannot be separated into being man and being God. They are together.

"What sort of man is this?" That even the most outlandish of things will obey him. God can do ANYTHING. Why do we not have faith?

Peter chooses initially to have faith in Jesus, as he asks Jesus to call to him and he chooses to walk out over the water. He begins to walk, but then starts to sink. What is his prayer? Joe says it is the most beautiful, shortest prayer:

"Lord, save me."

Let us pray the same. And may our faith in him increase again. This story is similar to the example brought up of the Road to Emmaus, where Jesus explains the Old Testament and how he has fulfilled it to two others with him. Only when they get to the town do they realize that they were walking with Jesus, and then he disappears. Sometimes, God reveals lessons to us in little "bursts," and after we understand, it is time to walk on our own. That can be hard. Just as Peter understood when he saw Jesus, and took it upon himself to walk his own journey out to the Lord. But Peter stumbled, and we may well do the same. We need to *constantly* be reminded to trust our faith over to him, and walk even as ourselves when God leaves us to do so.

An exercise: try praying not for yourself, but solely for others. And see how it changes your gratitude.

Take active steps to surround yourself with people who are not so privileged.

On faith. I apologize if this goes in any number of different directions, but a lot is on my mind right now. Ever since Wednesday night (I think), I have felt something off about Cindy. She attributes it to her workload, and I agree here with Justin that she does not know how to balance her life. But I am also skeptical, for people make a number of excuses to hide things, and I have had negative experiences with that before. Her messages were abnormally plain on Thursday, no heart-reacting at the end of a conversation, and this was especially true on Thursday night where for the first time, it felt *cumbersome* to continue the conversation with her. Several times in the past she has forgone heart-reacting, so this time when the burden fell on me, for the first time I did too. She later reached out explaining how she was caught up immensely in schoolwork, and as a result would also, sorrowfully, be unable to come to First Friday. For some reason, I held out hope, trying to negotiate and let her come only for the food, but I also knew that it was highly unlikely. After I said "[sob] please don't feel bad," she left the message on read and has simply gone about her day. Later on, I glimpsed at her messages with Justin, and while I do not know the extent, their seeming conversation has made me all the more skeptical about whether or not she is truly this busy.

Sorry, I am antagonizing more than I had previously. I want to be clear that I don't hold the skepticism in contempt of her, but the reality is, it is there. First Friday comes, and she does not show up. She is yet to text me since leaving me on read (but I know for a fact she has used her phone since via Justin's correspondence), and I am just left with disappointment for how focused (whether or not she actually is) on schoolwork.

But today I realized, on the bus to the fields, that God has taught me something about my own self through this. I do not have true faith. I did not actually believe in him. When I considered if she would actually come to First Friday, I knew in theory that "with God all things are possible," but I still held that it was highly unlikely. And because I didn't want to be "proven wrong" by hoping that she would come and she wouldn't, in the back of my mind, I still believed that she wouldn't come.

Because of this, I was thinking that I was better than God. I did not want to be "proven wrong" for having silly faith in an invisible God, and that meant more to me than the nature of God himself who can *actually* do all these things. With such a mindset, God will let us be right. God won't work contrary to our mindset, because it will not *mean anything* for us. God does works so we might have faith ("Unless you see signs and wonders you will not believe.") God wants us to have faith in him. Faith that is completely unrestricted. Full, total belief, that says even if we are wrong, so be it. So be it. At least we had faith.

But you don't have that right now. If you don't expect anything of God through faith, why would you expect him to give it to you? "Ask, and it shall be given you." I know you previously emphasized "it" in relation to God's will, but now put emphasis on the first word, "Ask." We need to ask. How can it be given to us if we do not ask? We must desire just as the lame man did, Jesus says to him, "Do you *want* to be healed?" Do we fling ourselves in utterly open surrender to him with our desires and say, "Lord, we believe for it, however you may get it done?"

Jesus, teach us to have *total* faith in you without an iota of doubt. Teach us to actually believe, and have this faith for the unlikeliest of circumstances. What does Jesus say over and over throughout the New Testament? "Your faith has made you well." What do all the imperfect, incredibly broken people of the Old Testament have in common from Joseph's pride to Moses' will to murder? They have faith. We are called to have complete, seemingly absurd faith, because that is where we can finally surrender. It won't make sense to us how it can happen; our only choice will be to hope (in unseen things), in God's wonders. So when those thoughts cross our mind of, "maybe this *can* happen. Maybe she *can* come to First Friday," Lord teach us to *snatch* those thoughts (which originate from the Spirit), and have total faith in them.

I now know that I must have faith for the future. But I may wonder, if it has *been* so hard to convince her to come to anything, why should I even keep trying? Do I remain close to her or let her fall away? I'm really not getting anything out of our friendship (if you can call it that) at this point. Why should I even bother continuing?

But that's exactly what God does for us. God chases after us even when we've no previous history of listening to him ("While we were still sinners, Christ died for us"). When we've turned our back on him time and time again, Jesus is still right behind us, waiting for us to turn around and see just how far we've gone from his Father's kingdom, and no matter how far we are, he says, "Precious son/daughter of mine, let me lead you back to refuge." So let us seek to be more like Christ, and have this "continually extended hand" to all those around us. It is not easy, at all, but God has set out an example for us already. So may we continue to follow his tightrope.

Finally, do not let the idea that "I have a strong faith" get to your head. You cannot be a "better Christian" than anyone else. Just because you go to CWG, go to church every week, go to bible studies, and pray every day, that should be viewed as a minimum. And even Paul, who had far more faith than you, described himself as "first among sinners." As God taught you today, you are *always* growing in him. You were lacking faith, but out of his mercy God humbled you, that you might find true faith in him and share in his providence. Lord, would you continue to teach and humble us, and "would our hearts be soft for receiving" your wisdom for that which we shall continually, ceaselessly, and perpetually grow into.

We pray for Cindy. And we pray, God, that you would teach us to have true faith for her. So be it if we are wrong. At least we have faith, and we believe, fully, that you will work in your own time to strengthen our faith. But God *will* provide those things we ask for when our hearts are right with him. So let us then, continue to hold total faith. And see his works, abound.

Memento mori. When are you going to start demanding the best of yourself?

As you decide which group to serve in, why UCW? Because as Nick Nowalk says, so many people's lives have been transformed through this organization in just 4 years.

"Cherish the harvest that God gives you, the good moments, so you can look back on them" — Christian

Yesterday you came across another, but it turns out she's (almost certainly) not the one. At this point you may start to fret and wonder, when will I find the one? Firstly, it's not a matter of when, but a matter of "if" as we fully surrender this to God. God will provide if it is in his will, as you've read so many times previously. And also, compare this to your church-searching journey. You went to 4 different churches (and 5 total) before settling on Ascent, and it was at the very bottom of a post. Yet you didn't fret here, so also do not fret now, because she will come if it is willed.

A song you can sing comfortably in your range: 10 Thousand Reasons (in G I think)

Christ **always** hoped for Judas. He made up his mind that he would love Judas to the end. He loved a "lost cause" because through it, his disciples learned how to love for those who are *now* lost but may come to salvation. Just as Jesus says to let the tares grow among the wheat for we cannot discern at the present time, so too does he let Judas live on, even though we knew in this special case that Judas would betray him.

So if Jesus loved somebody he a priori *knew* would remain unsaved in the end, how much *more* are we to love others even if they have only the *slightest* possibility of being saved, because they are *infinitely* more hopeful than some of those Jesus dealt with, and yet he still loved them with his all.

Any meals you have that are free, keep them free and eat in 15 minutes. Sometimes you may see people you recognize and it's okay in that scenario to eat with others, but don't go out of your way to fill your meal slots spontaneously if they are currently empty.

Lord, would I see you in *everything*.

I reread On Faith and the first paragraph, cringes me to look at now. I've realized just how folly my worldly criticism is, and how much better it is to be loving instead. Do not criticize the minute details, but build each other up in faith.

"He should not hate the person because of the fault, nor should he love the fault because of the person" — Augustine

In the future, can only do ONE talk session/hangout (a non-scheduled event) per night.

Where have we been busy but without a lot of fruit?

Mark 11:23-24: 'Truly I tell you, if you say to this mountain, 'Be taken up and thrown into the sea,' and if you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you. So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.'

This is only more scriptural basis for On Faith. If you believe that you have received it, if you have total faith, then God will provide. God's promises are as simple as that.

"The creative process:

1. Discover - Read a lot. Observe the world. Notice.

2. Collect - Immediately record anything that strikes you.
3. Generate - Build on your notes to brainstorm lots of ideas.
4. Combine - Connect previously unconnected ideas.
5. Refine - Edit, edit, edit. Select the best."

"Blessed is the crisis that made you grow, the fall that made you look to heaven, and the problem that made you look for God"

"Where are you?" Wei cried out, and fashioned into a song, it broke him down, never having felt so loved. In the moment God gives us humility, there is an impotence of reason, for God acts out of love.

Praying for the greatest miracle of all, to be lifted to life from *eternal* death, will require the greatest faith.

"Most people overestimate what they can do in one year and underestimate what they can do in a decade"

Think about what makes you 'imbalanced' as a personality, & do things where this gives you an edge.

Prayer is not meant to be a successful nor a box that is checked off, but a place where your soul meets God wherever it may be.

As a thought experiment, you could've written your common app on being at a small school. That's different from most people, and even if other people in your same school could copy you, they *may* not.

The cross is offending you out of your sin, it is the "scandalon" of grace.

As Jesus is about to be crucified, the thief calls at him, "Why fool do you embrace your cross and this suffering?" But he did not know Christ's true reason. In the same way, may we not be quick to scorn others for acting counterintuitively or irrationally.

It is often those who seem closest to Christ (his disciples) that are the furthest from Him

Not a desire to seek knowledge of God's will, but first a desire to *want* to seek God's will.

Christ loved us into existence — St. Mary's Homily

If it's unpleasant to do now, it'll be even more unpleasant to do later.

Tolle lege — pick up and read. Pray that for her. That is all you can do. The greatest miracles require the greatest faith.

People are defined not by one-instance actions but by their habits.

Teamwork requires both knowledge and responsibility. Knowledge about the subject matter, and responsibility to speak up confidently about that knowledge.

Every time you just sit down and listen to a Synesthesia song while inviting God's presence into your heart, you will be filled. You will appreciate it every single time.

Reading trick if short on time: underline and just read the first sentence of each paragraph, because a good author will give you an overview of the paragraph in the first sentence.

▼ Other

It's not a realization that they are no longer beautiful, but a new lens that washes over you and causes you to realize just how perverted and disgusting what you're watching is.

Don't ever break the Cold Turkey locks. They are there for a reason, and any enticing thumbnails you may see are much better than the video will actually turn out to be. There is no reason to break the lock. The content is utterly meaningless.

The feeling will pass, believe me. It's not a "now or later" situation, if not now, it *will* be never.

Remember. 90 days retention. It will clear your skin.

We choose to resist these evils not because they are easy, but because they are hard.

When we say God doesn't have the right to forgive a sin done against us, who are we to give rights to God? We fall into a trap of arrogance.

"There is too much bad news to justify complacency. There is too much good news to justify despair."

That nagging pain in your leg—thank you, it's making me take things slow. That difficult client—thank you, it's helping me develop better boundaries. That damage from the storm—thank you, the damage exposed a more serious problem I'm now solving. That mistake you made—thank you, for reminding me to be more careful and teaching me a lesson.

"He turned to God because there was no one else to turn to, but he showed great courage in his daring to ask the question, 'Is heaven for me too?' I think many people are resentful of him for asking that question. But he dared to ask, and he dared to believe the answer."

It feels like a paradox, but really this is a problem of proximity. Precisely because they're closest to you, you have more opportunity to get upset with them than with anyone else. It's a sad, twisted state of affairs. The people who are all bad but far away are rarely targets for our rage. But the people who are mostly good—who on the whole have helped and loved us many times more than they've hurt us—they're the ones who get the brunt of it?

Function overloading is such a great invention. It allows you to use the same piece of main function code for two different cases, and you don't have to refactor everything to remove boilerplate

When Jesus says, "go and sin no more," it is not to act with a "get out of jail free card" every single time we stumble, but to be freed from judgement to live a peaceful holy life. The freedom here works contrary to our conceptions, not freedom

to do whatever we want, but freedom from the shackles of sin. The emphasis is not on the “what we are now allowed to do,” but the despair of our current state that God is able to save us from.

- “God endured this [incredible pain that I would otherwise endure on my own] for me on the cross”

On capital punishment. It is erroneous to say that “Jesus would forgive, therefore we cannot have the death penalty because there is no opportunity for forgiveness there.” In practice, the death penalty is often heavily delayed, and I believe forgiveness is fully possible. However, if drawing from a christological framework to apply to the death penalty, Christianity allows for the *possibility* of eternal death, which still does happen in practice when people choose not to be in communion with God. But also, eternal death is what we deserve, and if we remove the possibility of that deserving punishment at all and commute everyone to eternal life automatically, there is no value in believing, eternal life does not mean anything, and there is no way that we have any free will. Likewise, we cannot remove the *possibility* for capital punishment, though in practice I agree that we should commute most people and spare them their deserving judgement if they show remorse, the State can bear the gap of punishment.

A possible objection is that this is not a perfect analogy, since a life sentence is still punishment and not setting someone free as God would do—God’s idea of punishment is fundamentally different, he does not espouse it at all, and so it would be erroneous to use “God’s mercy” to justify life sentences, or punishment at all because he takes our place for *all* of our punishment. Perhaps then we need to look beyond a Christological perspective for this matter because it does not translate, and that may be the true conclusion.

Love is when you do self-sacrificing things for the other person *for their benefit*, and not for your sake at all (we see this in the example of God). Infatuation is when you act like you love someone, but it is for your own benefit. You ultimately want to “have someone,” and want to make others happy so you are happy. Work for the sake of others alone, we are mere vessels by which the greatest love, God’s love, can be spread.

The miracles aren’t the focus point. It’s not about seeing his physical self after the resurrection that will magically give us faith. Plenty of people saw Jesus during his ministry, and didn’t believe he was the Son of God. It’s not about the miracles God performs, but where our heart posture is. God will perform miracles to *draw us in* (“unless you see signs you will not believe”), but faith takes over from there. We keep coming back to this idea—being called to have faith.

Anytime you decide to talk to someone new while doing other stuff (i.e. studying), do it with the goal of starting a full conversation rather than just small talk because there’s no way to break back into it.

Pray for God to change your mind intentions to approach women as people and not for any ulterior motives. All you can do is pray that God would continue to sanctify your mind, that you approach people as *people*.

“*Solitude*,” writes Nouwen, is “the **furnace** of transformation.” In the silence, stripped of worldly props and scaffolds, we are forced to confront our own “frightening nothingness.” It is this excruciating vulnerability that becomes the doorway to God’s presence, to the place where we surrender to his love.

I feel like it would’ve been the perfect opportunity for her to know Christ, experience him, and then see her admissions file today and understand that God worked the miracle of her getting high reviews. But perhaps, she could’ve also been angry at God for not letting her in despite those positive reviews, so I really do not know better. All I know is that this is part of God’s timing, and I submit my trust to him.

Time you’ve invested in someone never disappears—you *always* have that friendship with them.

Zoe

Why do I feel nothing right now? I just accidentally missed my H&P final, thinking it was at 7pm instead of 2pm. Not a good thing. But I don't feel overly distraught or sad or—anything. I don't know why. Am I like the man who doesn't feel anything when his mother dies in *L'Etranger*? Hopefully I'm not a moral psychopath in that way, but I think it's a realization that there are so many worse things than missing a final. I don't have a heart arrhythmia. I'm not freezing outside in the cold like so many other people in New Haven are. I didn't make a numerical mistake that can kill an airliner full of people or throw \$150 million into the abyss of outer space. I'm not sick (at least yet). I have the *opportunity* to take a final at Yale in the first place. The fact that I am is a blessing. Why do I feel nothing? "*The worst that'll happen is you get a C*" I've been telling myself. But I've worked all semester for this, all night yesterday, all day today, and now I suddenly don't care? That shouldn't be the case. Yet I think it's because a grade is just that—a letter probably no one will ever see. What I've learned from H&P is diminished in absolutely no manner by the fact that I missed the final. I still have the knowledge in my head, and if that counts, and not a letter on a piece of paper, then I've lost nothing. My attitude may also be due to the fact that there's nothing I can really do at this point, but wait for other people to have their input. Maybe I *will* take the exam after all, or maybe I'll take the grade hit. But whatever happens is not anything inherently bad. Aurelius says, "Choose not to be harmed—and you won't feel harmed. Don't feel harmed—and you haven't been." And perhaps I just embody that mindset really heavily right now.

We ought to appreciate the extremes. I was honestly quite annoyed when Justin called in the middle of my Yealth visit to see if I was okay. "Why does he care so much, why is he so nosy?" I kept thinking to myself. But today, not a single person in DS called me and asked why I wasn't at the exam before it started (I don't blame them though, it's nature to focus on oneself in that high-stress moment). It'll be very hard to come across someone who *would* have called you in that moment—it means that they truly prioritize others over themselves not just when it's convenient. So then, we ought to appreciate the moments where people *do care*. To appreciate Justin for calling and making sure I'm okay, because at least in that moment, he does indeed care. Our perspectives blind us so much that we fail to recognize the normalcy of a supposedly-extreme act, and only see it when it's too late. I can only pray that God teaches me to be more grateful.

I pray that I would not take these classes for my ego or to seem better, but take them with a humbled heart solely to learn how other people have tried to understand God's perfected world.

Don't do stalkish stuff. Don't make derogatory comments about food suggestions. Don't be so negative with your joking. Evaluate your jokes as statements, and see if they're still permissible. Be kind. Each and every day make that commitment.

Is this the day I've become an adult? The moment when mother closed that door. I'm on my own now. Why did I care so much about an A- in H&P—our problems seem so humongous to us but in reality, in the face of the brokenness of the real world it means nothing.

Was this caused by Grace? It was stirred by her in at least some manner. She says dad was mad before we got a dog, but I think getting a dog made it somehow irreparably worse, like a point of criticality was reached in his anger. Dad has failed as a parent if Grace is happy to move out. Should I be mad at Grace? When is it honorable to continue enduring suffering, and when is it honorable to speak up? I align with the former ideas, and Grace probably aligns with the latter. But maybe you can't say one of us is more right than the other. I don't know who to pray for anymore. I can only pray for my Family. My Family is on life support. It is suffering complications after triple bypass heart surgery and its very livelihood is at risk.

Do I need to learn how to let go of my Family though? Is it time? I can only pray that dad would realize his swell of pride and try to repair his relationship with Grace, in the process perhaps healing our Family too. That is the only objective fact I see in this so far, that he has fallen short of his duty as a parent.

I wonder why things have to be this way. Mother loves me, I know that, and father loves me too enough to run down to New Haven when I was having chest complications. But saying I am not to be affected by the rest of my family is the same as the Epicureans saying that death means nothing, for it cannot be felt by anyone (it is felt by those close to the deceased). And I will feel the effects of those close to me.

Can you try to build a tower with pasta and marshmallows as the pasta through boiling becomes more and more tender? When do you stop, and set your sights on building an actual tower instead? Perhaps that is what is asked of us, and Lord give us the *wisdom* to know what is to be done, and the courage to do so.

That I would just fully surrender and yield to God, following him wherever he leads me. My conscience does not even know what is correct anymore. Only he does, and I must listen to him.

God wasn't as grand, or as beautiful, or as ostentatious as this place. We felt him, regardless. It was about his touch, not how we touched him.

- We are all forgiven and loved by God the same, but what's up to us is how much we "touch him" too, if we want to *experience* more of his love.

"To learn, wander. To achieve, focus."

"When you feel tense or frustrated or worried, it is difficult to think your way into feeling better. The more you think about the situation, the larger it becomes in your mind. Trying to think your way out of it often leads to a spiral of overthinking and rumination.

The first step is not to think something different, but to do something different. It doesn't matter what. Stretch on the floor, go for a walk, work on a project. Get out of your mind and move your body."

"Think about the little things you enjoy, then turn around and do them for someone else.

If you feel relief when someone asks a question in class, then other students are probably relieved too. Be the one who asks.

If you love it when a friend calls to check in, your friends probably love it too. Be the one who calls.

If it makes your whole day when someone compliments your outfit, other people probably love it too. Give out more compliments."

The paradox of leadership: you need technical expertise to break into any field, but as you move into leadership you leave it all behind and inevitably start managing people instead. Yet, you still need subject matter expertise to start, which does not end up being used anymore.

The best essays are combinatorial of several sources in a new innovative way. Think about your finals essays, on Christianity's ability to break cyclical curses in the Oresteia by incorporating barbarians, or the unexpected overlap between Stoicism and Skepticism, where each are augmented by looking through the other ("the practical imperatives of Skepticism are not as heterodox as the philosophical framework may have been in antiquity").

Is company decay inevitable just as much as regime decay is? If innovation always seems to bring new companies to the limelight, how do we establish permanency in a fundamentally changing order?

Obedience is not about doing this or not doing that, as the unimaginative and unfaithful are wont to believe. John is showing us how obedience is tied to a movement towards an explicit end. Obedience to Christ, you see, is to be caught up in the movement of our return to the Father, simply because we are in Christ and because Christ is the one who returns to the Father. Practically, then, obedience means we shine the light of Christ in the place where we are, to those we are with, as we speak and embody the gospel of Christ. And moreover, by the Spirit's grace, since every act of obedience to Christ means we are taking another step in our return back to the Father, this means we are drawing nearer to divine light; and as

a result, we discover a greater intensity of light being emitted outward from our own lives (positive feedback loop). *I can see how the final cause of Aristotle's unmoved mover is actually how us Christians should be leading our lives, drawing ever closer to God with each of our actions — that is the point of obedience.*

"If you didn't come from a good family, make sure a good family comes out from you."

I came back home expecting to be met with solemn sadness and loss and, honestly, devastation. For those of you that don't know, my family is dealing with the aftermath of a house fire in my family's home in suburban Wisconsin. While I have been checking in on my parents, I wasn't sure how the rest of my family was faring or if my parents were actually okay. However, I was welcomed back with gratitude for the Lord—His protection, His provision, His faithfulness—(mostly from my parents) and a general sense that we were all okay, just more inconvenienced. I am already grateful for the fact that nobody was home and harmed from the fire, but my parents, who have a better understanding of our financial situation and home ownership, are even more grateful for the way things seem to be panning out with the repairs that needed to be done anyway, changes that my parents wanted to make to our house, or even the events of the day that led to all of my siblings (5 of which we live with my parents) to be out of the house. God just seemed to work things out to make a tragedy like this feel like a blessing of sorts, or at least gave us a way to still feel blessed. I know that not everyone is at a spot where they can see their sorrows turn to joy right in the midst of it, but wherever you are, as you reflect on your semester (or maybe are considering reflecting on your semester), remember Ecclesiastes 3:1:

"There is a time for everything, and a season for every activity under the heavens" (NIV)

Whatever season this semester has been for you, trust that God's timing is perfect, that even in the midst of loss or discouragement, we can still praise God for the way He is working in our lives. Even if we don't see the bigger picture or see the other parts of our lives that are being perfectly aligned, our seasons of sorrow, despair, struggle, and doubt are not in vain and are never wasted.

You can't make a comeback if you don't start.

You won't know the best solutions until you've made nearly all the mistakes.

The test of beauty is not that it is perfect, but that it always attracts.

Sin is not an action, it's your heart. The state of iniquity is the bends and inclinations of your desire, that is where God must change your nature. Pray not for the change of actions, but the saving of your soul, and only then may you draw closer to Christ. No longer do we cry "My God, my God, why have you forsaken me" in our darkness but "why have I forsaken you?" Why have we rejected his mercy so freely offered to us? It is a corruption of our good-natured soul, so we pray, God, may your love restore and heal our state to be with you once more. God you're so good, so good to me.

We've all heard that partners should be there for each other when the going gets rough. But research shows that being there for each other when things go *right* is actually more important for relationship quality.

Can we get to the point where we are led by the Spirit and feel its decision-making wisdom in our everyday lives? Let this be your goal this year.

Lack of faith is when we have reservations about God's promise and sacrifice, because we don't fully trust. Through his sacrifice God is so so good to us, and surrendering all of us to him is not even an adequate response, but it's the best we can do.

Two things. Perhaps father is slightly right about the relationship between divorce rates and the modern feminist movement that has erased Ephesians 5:22. No one wants to hear it but that is God's design, to listen to the husband even if the wife is unhappy with the decision. The second. Father does not talk negatively about mother, whereas mother can't go a minute about this topic before lambasting something negative about father. I don't know who is right, but who are you more inclined to believe? Perhaps don't use this as judgement here, but keep this in mind for the future when you must be persuasive. Do not talk negatively about others, but talk objectively about yourself.

Final thing, make sure your spouse will love you unconditionally, and you will love her unconditionally—petty grudges are no way to go.

Should you have invited your friends over and had them realize the gravity of your family situation, or should you have denied them the possibility at all but by your own responsibility then spent New Year's Eve alone? Instead, you extended the invitation, yet the second outcome is what still happened. God works to find new solutions between apparent dilemmas.

"There is someone out there with a wound in the exact shape of your words."

"The pleasure you feel today is strength taken away from tomorrow."

Be the ones to break the cycle. The cycle of moral evil seeking its revenge, and the cycle of funding to get to market traction and market traction to get to funding that is impossible to break out of. Starting a company doesn't need to be this hard, you can make it easier for others.

Machiavelli is right. You need a wise ruler who can decide what advice to take, that is the point of wisdom.

"Help us to persevere in the race marked out for us, running without weariness and walking without fainting."

Sassie's story, after 30 years watching a marriage decompose is a tragic thing. Yours is not alone.

Don't weep as those with no hope, the world is rooted in despair.

"Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials."

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back."

Cheaper, faster, or better?

- If I wanted to cut the price in half, what would I do?
- If I wanted to cut the time in half, what would I do?
- If I wanted twice the quality, what would I do?

"I shall not want." Christian scripture of the idea of sin and there being things we ought *not* to do is why I do not succumb to the temptations of curiosity as I believe a secular person is inclined. Whether or not this is the greatest discriminator

why I do not know, but I know that this is what has led my mind well, and others have not found so easy a solution likewise in the secular world.

As mother prayed in the kitchen the microwave kept humming in the background and I thought for sure that we'd be interrupted by it before she finished. But the thoughts of Kierkegaard, who said the exact same thing I realized in my On Faith writing flooded my mind—why do I not have faith? I ought to focus on the prayer and what my mother says, for that is important. I pondered for a second, then tried to believe that maybe God would hold off the microwave until mother was done praying. It was a state of limbo—I cannot say that I fully believed, fully trusted and had faith, but nonetheless I waited until she was done, and as soon as I opened my eyes, the microwave beeped.

Having any form of dialogue (such as in a Bible study) is infinitely better than none—you may not realize this if you are the one directly involved, but for those spectating, the embracing comfort wraps as an unspeakably sublime blanket.

These people truly take prayer seriously. They care for every single matter that is brought up. They mean it when they pray, and I hope you can find the same heart to pray with all of your intention.

Never buy multiple of something if you don't know the correct version.

No matter how great of a day you think you've had, no matter how faithful you've been, no matter how much seeming progress you've made, the devil can always undo all of that in a single instant. You must constantly be wary, constantly be on the lookout, constantly remind yourself that you are preparing a good day for tomorrow and will not let your present pleasures overtake you. Blessed is he who plans, who builds on a rock even if it requires more work at first, because he will stand, and God will magnify him.

We cry out, "have mercy on us Son of David!" And Jesus asks us in response, "do you believe I can do this?" So we affirm, "we believe," and his faith makes us well. We must believe, we must have faith before any acts of God either in the flesh or from the heavens above will shine through.

It's not about winning, it's about God

The gospel is most effective when it applies to you first.

And when we cannot see for excess of light, "then is the time to listen."

Poetry is not meant to be analyzed, it's to evoke an experience.

Like Moses, you will not get to the promised land, and like Moses, you will run out of time. You have many aspirations for life yet at the end you will realize things didn't turn out how you hoped they would turn out. Like Moses, we will not receive the promised land, the things we desire.

Many times the problem cannot be fixed by us ("Who can make straight what God has made crooked?"), but we're called not just to acceptance, but **lament**. We are to be more than someone who lets things bounce off harmlessly. Feel the despair, have sympathy.

We long for a time where we will always be rejoicing, but that will not come in this life. Life is a storm, it varies in intensity but is always there, and we must learn to dance in the rain, to be sorrowful yet fully rejoicing.

May your relationship with God not be a contract, but a covenant. A short, general agreement that in ALL circumstances you will be there for each other.

If you trust in God, do not be afraid of life. So many people live worrying about *everything* that'll come around the corner, but if you truly trust (without an iota of doubt), then live *sine* fear any longer.

How do you know if you're called to ministry. Firstly, that the needs ministry addresses speaks to your heart. You'll feel the fact that there are people who don't have access to the gospel to be troubling, that is the first step.

Pastor Nowalk said: God is more concerned with the church than that outside the church, because the church is the redemptive source in the world. That is not to say one should ignore evangelism, but it is SO important when the church is astray to encourage *revival*.



A bad marriage is infinitely worse than the worst season of singleness.

Don't moralize unrequited love—if people don't like you, they just don't like you. That's all.

We trust God for his protection, provision, and guidance, but not that we always make the right decision—that's not promised. We trust God will be with us in trouble, not for outcomes. We can pray for things, desire things, but don't tie up those things in trusting. *Asking for things and having faith that God is with us is the way to do this.*

It is normal for Christians to disagree with each other. If you take someone's support of the same-sex issue as ousting them as Christian, you've made a massive mistake.

Wisdom is the power to synthesize - Machiavellian.

When Jesus prayed in Gethsemane, he was a Second Adam in a garden, this time making the right choice with wisdom. He prayed, "Not my will, but yours, Father. Not what I want, but what you, O God, want."

Psalms 92 draws attention away from our work towards God's work, and finding rest in admiring his handiwork.

What is the gospel? It's the fact that Jesus died for our sins, rose from the grave, gave himself up, lived a perfect life, and was **Lord over all**.

Think of the Sabbath as 52 snow days every year. True, child-like freedom to enjoy what God has created.

When you ask and pray for a heart closer to God, for awe, God WILL absolutely grant those sorts of things to you because they're aligned with his will.

Would our prayer not be ritual, not be routine, but be response. A continual response. An unending response where your spirit leads me with what to pray for and how to pray. That I would open my heart up completely to you and let you work in my life to strengthen my foundations and seek your face ever closer. And this be a willing action all the time, eternally—this be our hope, in heaven and beyond.

My heart aches. But my soul sings.

- When my heart physically aches from tiredness, my soul still sings
- When my heart hurts emotionally, my soul still sings

Psalms 13,

The shameful thing is, the last thing the disciples expected was for God to show up in their situation.

Spiritual breakthrough will not happen in the boat, in our facade of comfort. It will ONLY happen when God gives us more than we can handle and he turns us from ourselves to him, slowly chipping away at the edge of what was previously impossible and expanding the circle of what is *now* possible.

Jesus doesn't command passion, he commands obedience. Christianity is not running series of sprints, but enduring for a lifetime.

Today was comically tragic in many ways, I feel. I say comically because none of these are devastating suffering shaking me to the core, but they're annoyances that I gnaw at the edges of my heart. It started with missing the flight to DC, which was very unfortunate because I arrived in the 15 minutes where the security line just happened to be bonkers and 1) I have less time to spend there now and 2) I had to shell \$200 on Amtrak (lowk never wanna take Amtrak again bro they price gouge the ride is so long and it's just bad). Then, I found out that I actually did get an A- in H&P, although it's fine because that's what should've happened and to keep my 4.0 would either be a problem with deteriorating rigor of the classes, or a problem with me and caring too much about academics. But then, I found out that the first-year snowball fight is tonight, the ONE DAY I decide to leave campus and "have fun exploring beyond campus." It seems like I just can't win today unfortunately. But I trust that this is all happening for a reason, and there's no use in fretting. I hope I can enjoy tonight and tomorrow still and just cherish the moments as they've played out. Oh and then my scratchy throat is coming up as well. My assessment is that the devil has really been acting in the past month, but I will not be shaken. As the Psalm says, God is my refuge, and I will trust in him even when the world around me seems to be collapsing. I will hold to him, I am confident God will allow me to pass these trials, and it is my sincere hope that my faith is more *permanently* strengthened as a result. In the end, the devil has gained nothing and God has gained everything. And may God give me the fortitude to see that result.

They waited in line because the American Dream is worth waiting in line for.

Without [God] all of our efforts turn to ashes and our sunrises into darkest nights.

"Nearly everything awesome takes longer than you think.

Get started and don't worry about the clock."

I was sitting here meditating and praying, and a question kept popping into my head: how could God (the Father), an immaterial, invisible, light or force-like being be loving? Certainly we don't imagine a beam of light to be loving. And that is precisely true. That is precisely why we must believe in the Trinity. The Trinity is the three persons of God dancing around in a circle, God dancing around himself. There is movement, and his love is the invitation we have to join that dance by the sacrifice of Jesus Christ. It does not make sense that a singular Godhead can be loving. But God as the three persons we know is instead true love. Love is movement. God is movement. God is love.

I noticed that all of Trump's friends, appointees at his ceremony just gave him awkward one-handed thumbs-up gestures. Interesting what that could mean.

"Never attribute to malice that which can be adequately explained by stupidity." — Hanlon's razor

"Whatever can be explained by socioeconomic factors, probably is due to socioeconomic factors".

Have a compass, not a map. You don't need to know exactly where you are and everything is, as long as you have a sense of the directions you're going.

Your DS readings are an interesting case study where while you end up having more work overall, you have less work at each specific time-sensitive instance which leads to less stress and a greater enjoyment overall. Time and work mix in unusual ways to contribute to happiness.

Why do we only offer leftovers to God when he withholds nothing to us.

I think the most *glaring* counterexample to evolution is the jugular vein—it's so exposed (even with the supposed SCM muscle covering), people have used it as a weak point to slit throats for thousands of years, yet here it remains. Surely many many people have died from its location, yet why is it still there when everything else can be optimized for life?

"The key is to reach for an extremely high bar, but to be adaptable enough to reframe the failures, disappointments, and defeats into fuel for the next thing. Give your best effort, but no matter how it works out, trust that life will be good for you. Focus on how the world is working with you, not against you.

Everything you are given is material for the next move. Everything."

"The greatest sign of success for a teacher is to be able to say, "The children are now working as if I did not exist." But this holds true for leadership in general—give people space and they flourish."

"A person's success in life can usually be measured by the number of uncomfortable conversations he or she is willing to have."

When I get up I pray because otherwise I'll die spiritually. Every day is a battle that if we aren't equipped for we will be crushed. It's not a discipline, but an encounter with the living God that saves our lives.

Prayer and reading God's Word are two halves of the same whole. We talk to God when we pray. And he talks to us when we read his Word. One without the other is completely ineffective. We must do both.

This does not end with your glory. We know how this ends, with every repentant believer surrounding him in heaven and singing, "holy holy holy," praises before his throne. So if you continue to occupy the throne of your life, you will never see the real glory that he promises for us in heaven.

This is the way to play life—hedging good results against bad ones. That you were able to 1) sort out rooming and 2) sort out formal plans completely compensated for any negative affects from her ghosting and program rejection. Save opportunities strategically to create good results for when you experience bad ones.

As Caleb said, time spent with people and physically being in their presence is how you become closer friends. You don't have to talk or feel any pressure for upkeep. You just have to be in the same room as them.

Particularity of culture draws out the universal story.

- Reading the Bible is always an exercise integrating with the cultural context, especially in the OT. This is contrary to the DS idea of extrapolating isolated ideas from the passage alone. We have to understand their power structures and norms both macro and micro.

Life is about balances, never the extremes. Aristotle was right. And the humanities are all about where we draw those lines.

Atheism can be frustrated faith.

The single most important skill for hostage negotiation is listening and saying what's true about the situation, rather than commanding.

I don't need to worry about if there's a literal hell, because I'm already in one. And I need anything to get out of it.

The desire came first before examining brute facts, to already walk in direction of Jesus where we want it to be true, to be relentlessly pulled—her desire is about God's *absence*, and that is God.

Organize friendships around—reading a book together? Rather than meals where you're just downloading information.

Quantity of time spent with others is the key to deeper relationships. Because the quality is already established 99% by your being human.

Perhaps heaven is where analogy breaks down, where what we experience becomes indescribable.

The reality is that religion has played a massively important role in the lives of 99% of humans.

Understand first how central and important the resurrection is, and then the evidence that helps shrink the gap of understanding. To cross it, you still need to overcome anti-supernaturalism, if you can accept that then the resurrection story becomes extremely acceptable.

Be friends with non-Christians because living a life with them is the best form of evangelism.

When you are actively learning about someone else you are passively teaching them about yourself.

Readership is about getting people to think, not to agree. Universal agreement would be unbelievably mundane.

The structure of music—home, away, to home is also the structure of the Bible on micro and macro levels. The exile to Babylon, suffering on the cross.

The more we listen for the cantus firmus, the more we can hear, and the more we can offer up a litany of voices in response. And even when we don't listen to him who "holds all things together" (Col. 1:18), he listens to us.

We're stuck in an action-evaluation loop always, and sometimes, we need to take a step back and contemplate. Contemplation is also how you determine vision and direction.

This is the nature of desire—a machine built to reach but not to hold.

Protestantism is about revolution and society tries to drag you down into institutions. Therefore, Protestants will always need revival to break out of those institutions. The future of Christianity is Pentecostalism, they are alive.

Power is the most dangerous thing for Christianity. This is seen recently in Europe in the 19th century with nationalism and World War II, that really caused people to have a negative view of Christianity.

No one has ever reached this mythical worry-free state. Look at your own progress—you have more now than before, yet have all your problems vanished?

There is no perfect decision. Good decisions are made right after the fact.

"To be free of passion," he said, *"but full of love."*

It's not about when the work is due, but the AMOUNT of work. That's why DS paper extensions mean nothing, because you still have the same amount of work to do. Therefore, focus on reducing the amount of work you must do. Cut tasks. Only do what is really necessary.

Ask: When people ask you about your faith, what do you say?

Progress is not about solutions. You might not be able to solve the problem, but your next action will make the situation better or worse. There is always an action you can control, however tiny, that helps you achieve progress.

9 "When you reap the harvest of your land, you shall not reap your field right up to its edge, neither shall you gather the gleanings after your harvest. 10 And you shall not strip your vineyard bare, neither shall you gather the fallen grapes of your vineyard. You shall leave them for the poor and for the sojourner: I am the Lord your God. (Leviticus 19:9-10 ESV)

28 When he entered the house, the blind men came to him, and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." 29 Then he touched their eyes, saying, "According to your faith be it done to you." (Matthew 9:28-29 ESV)

Evangelism as a way to get people to take a step back from the business of everyday life and ask what it is all *for*.

"Where do you need to be made whole?"

Jesus doesn't just say to go out and evangelize, but "Behold, I will be *with you* to the end of age"

Learn your lesson from Lily. Don't wait. Just reach out. Be friendly. Establish a footing beforehand. Waiting is wasted time, wasted potential, it is *exactly* as it seems. Only wait when God calls you to, when it is outside of your control and he is clearly keeping the door shut for that time.

It's always a combination of factors. The rare instance of having an AirPods in without listening to anything AND there being snow, if one of these weren't true you'd probably be fine. But that's why you must always be on guard, to only use AirPods when sound is playing through them, because then you will be precisely susceptible in these moments.

I remember in 5th grade everyone got a birthday poster with everyone else's signatures, except for mine which they forgot. However, I don't think I was in the least bit worried about that at the time because afterwards, I returned home to one of our family's darkest moments, I believe after extended day for my 11th birthday.

Self-validation doesn't work because there's nothing about us worth validating. Sinners can't save sinners.

Everyone is seeking after the same affirmation. To hear the Almighty say, "Well done, good and faithful servant."

People dismiss anecdotal evidence for policy, and that is fair. Policy is an aggregate of anecdotes—laws apply uniformly to at least some *groups* of people—and an anecdote cannot be extrapolated into general policy. But every Christian's journey is different, and that's why we have testimonies. We are not trying to come up with a policy or exact methodology to being a Christian, but every person's journey is unique, and we share our experiences because we want to reach *you* in particular.

Each day,

1. Exercise for half an hour
2. Build something that you can see the progress on, ideally tangible
3. Pray for half an hour
4. Do something meaningful for someone else. Could be as simple as a call, nice text, etc.

And then you can sit on your couch and be as depressed as you want. Because that is all we REALLY need to do each day.

God's mercy is real. God has answered both your daily prayers. Do you not see it? Thanks be to him. Your faith has been strengthened as a result of these trials. Continue to seek him, and be close to him.

I realize what God has done through this. He has given me hope again. He has given me hope to minister to and love my family again. He validates Ruth's words, that I have to seek how I can love my parents, how I can honor them, and go from having turned my back on them, to strengthening them again. Don't get me wrong, the pasta tower has been knocked down. But the actual tower is being built in the same place and God is asking me to help construct something stronger than what has ever existed in its place. I must respond to the call and be loving once more.

In both froshpod and BC, and the arise prayer call. Repentance. Pray for repentance. Pray for your own repentance, and for your father's, that your hearts would *break* for your sin. That you do more than just relent, but your inner state be changed and you also repent. It's a turning towards God of your inner heart, that's how you can even try to break free of sin. Glory be to God for the ways he moves.

Are you relenting or repenting?

"Spend today interpreting whatever people do in the most generous way. See if you feel better as a result."

"Four questions that can tell you a lot:

1. When you wake up, do you expect today to have many joys or many frustrations?
2. When presented with an opportunity, do you have a bias toward action or do you postpone decisions?
3. When things go well for others, do you enjoy cheering them on or do you hate to hear about their success?
4. When things go wrong, do you believe it is your responsibility to improve the situation or do you blame others?"

"Every act of conscious learning requires the willingness to suffer an injury to one's self-esteem. That is why young children, before they are aware of their own self-importance, learn so easily; and why older persons, especially if vain or important, cannot learn at all."

Each of us is the sum of these debts. We are products of our influences, our environments, our family and friends....and random circumstances. Success, or failure, is a collaborative effort. We are, in the end, a reflection of the debts and lessons we receive from the countless people who shape our lives. It's a good balance to carry and a better one to transfer to others.

Grimstad makes a good point—the fact that the humanities are circular is precisely what makes them valuable. These are eternal questions that everyone wonders about, are important to everyone, and the humanities are a timeless discussion. If I were to publish a paper on the next biggest scientific discovery, I would likely only cite the most recent research—you'd be hard pressed to find any citations over 30 years old. In some sense, I completely forget about the mountain of research that came before (although you could argue, it "lives on" in the most recent research like the Scout effect). Meanwhile, a new humanities paper could cite Aristotle and be perfectly valid. With humanities, we are perpetually continuing the discussion.

- Our imaginaries are based on utility, but maybe knowledge goes beyond that
- Science could benefit from more of this "ancient-work revival."
- An STEM example of this for a long time was Euclid's Elements. This book was taught and remained relevant for millennia. It was to mathematics as Plato is to philosophy.

If you like someone, there's no need to chase. **Just compliment.**

- Try this simple internal prompt: "If I were describing this person to someone I respect, what would I say?" Then say that—directly to them.

In your moments of despair rage at Him, lament to Him. Even if you're buried in the mud of the well and cannot see the sky anymore, grab onto the rope. A symbol of his presence, a signal fire of grace.

On answering difficult questions (Kurt Vonnegut - Cat's Cradle):

"Everything must have a purpose?" asked God.

"Certainly," said man.

"Then I leave it to you to think of one for all this," said God.

Nothing is done until you actually complete it. Not if you've planned out how you're going to do it. Not if you've planned out ample time for it. Finish things to call them "finished."

"Share in suffering as a good soldier of Christ Jesus" — we must fight with all our might in a fight that ends in victory or death. If we're hit so we can't charge, then we walk. If we're hit again so we can't walk, then we limp. If we're hit again so we can't limp, then we crawl. If we're hit again so we can't crawl, then we roll. If we're hit again so we can't roll, or make any other movements, then we wait for God. We wait for him when we've exhausted all our strength, and we shall wait until the end.

There are two places God dwells—in the highest of heavens, and the lowest of contrite humans. And when we choose to dwell in those two places too, we will get closer to God.

On why I may not include specific details in supportive cards to others:

I don't want my specific actions and details to be praised, I want my humanity to be highlighted, and in that sense it's okay to be general. It's not about what's in the card, it's the mere fact of receiving a card that's special. Even when I tend to bring up specific things, it's often of general nature (e.g. aphorisms) and I see how it's been applied onto that person.

We all love ourselves more than other people, but care more about their opinion than our own.

"And in this he showed me a little thing, the quantity of a hazel nut, lying in the palm of my hand, as it seemed. And it was as round as any ball. I looked upon it with the eye of my understanding, and thought, 'What may this be?' And it was answered generally thus, 'It is all that is made.' I marveled how it might last, for I thought it might suddenly have fallen to nothing for littleness. And I was answered in my understanding: It lasts and ever shall, for God loves it. And so have all things their beginning by the love of God.

In this little thing I saw three properties. The first is that God made it. The second that God loves it. And the third, that God keeps it."

What is joy? Joy is a state. Happiness is to joy as sin is to iniquity. When our souls sing in the midst of heartache, that is joy. The psalmists had joy even in their despair. Joy is knowing and understanding God's love with us. Joy is delight like none other.

"To understand others, watch what they reward. To understand yourself, watch what you envy."

"the promise of God's blessings to Abraham was never meant *solely* for Israel, but that *through* Israel others would also come to enjoy life beneath God's reign."

Burnout comes from when you let your devotional habits fall by the wayside. When you don't sit in his presence anymore. And I think you've seen this in the past two weeks when you've let things fall by the wayside. Come back to God.

When I question things I've been told, I don't "flail around to save myself from drowning" type of panic, but I do it while grounded, and I think this approach is worth looking closer at.

"The amount a person uses their imagination is inversely proportional to the amount of punishment they will receive for using it."

And you wonder why. Get to three months before you talk. God will not send someone into your life if you are not mature in sanctified spirit, your passions, and your desires.

"Be more like Jesus. Jesus was always just, talking with people."



Someone's disagreement does not mean you're wrong, but simply that there's more to what you've said.

Find a godly woman. Someone like Maddy. Everyone else cannot even compare. Someone whose love for God radiates in everything they say. Someone who asks great questions, where one cannot merely nod their head in agreement but must *think*, leading to actual *conversation* (unlike DS people who just know how to sound elegant in their answers, where the program has really drifted away from the greater purpose of asking questions of each other).

- I think someone like Maddy has just expanded the ceiling of what you realize is actually possible for people to have in terms of spiritual maturity. Many are really stuck in this world, and the state of their faith pales in comparison. There's a whole world out there, keep searching.

Not to repent and continue on the path of righteousness with angelic guardrails on either side, but to **hold God's hand** as we walk.

"Learn what is to be taken seriously and laugh at the rest."

"We are what we pretend to be, so we must be careful about what we pretend to be" — Kurt Vonnegut

Systems. You need to be able to see your world as systems (like an org chart) and zoom in/out as needed. For example, if you have a class where attendance is 5% but you're not really interested, you can decide to just take the L there and focus more on other classes/projects you're interested in. This is only possible if you can zoom out and see there is more than just that class to college/life, etc. This systems view is also extremely important in businesses, it's what makes Bezos and Musk good at identifying bottlenecks and streamlining processes—they were both trained as engineers so they know this.

To John, faith is not a noun Paul treats it, but an action. It is our lives as they are poured out for Christ. Faith is not a comfort we have in our hearts, but that I cannot help displaying with my life all that God has done for me.

"Don't rehearse when you need to be practicing."

- Health is the injuries you don't sustain.
- Wealth is the purchases you don't make.

- Happiness is the objects you don't desire.
- Peace of mind is the arguments you don't engage.

Avoid the bad to protect the good.

The only thing I can know about Jesus is that I can trust him, and the only thing I know about myself is that I have terrible eyesight.

Nowalk's talking style is very interesting. It is not overly descriptive at all, it just gets straight to the point. Maybe details are included but there is no superfluous fluff as you may see in Madame Bovary and Proust.

"If you never change your mind, why have one?"

Here's how Jared Friedman ended his email. He flips the script on you and offers his help—see if there is any way you can do this: "We'd love to keep in touch and hope to see many of you at YC someday. Feel free to reach out in the future if we can help. Best, Jared and Ankit"

While praying at CWG today, after a chaotic curling weekend and missing church, I realized one thing—that the name "Jesus" is one that I almost want to shut away. Whenever "Jesus" is mentioned, I do not think perfection. It feels more like babbling evangelical to me and there's just hesitance whenever someone mentions Jesus. But I pray I would see the beauty of Jesus' name again. So that whenever his name is mentioned, I would think of his sacrifice. That it would make me emotional and I would associate beauty with "Jesus." Sure, culture may be corrupting and that is unfortunate, but I do not have to abide by them. I can trace closer to their origin (in that sense, I can be evangelical too in the "spreading the good news" meaning, but more importantly is "Jesus"). Jesus we believe is our savior, and I want to be hearing his name again with confidence and faith. I pray I would see the beauty, sacrifice, and passion in "Jesus," again.

If Christianity were just a moral code and set of rules, that would indeed be oppressive. And that is how a lot of outsiders see it. But instead, we live seemingly "under rules" because we are actually living lives fully for Christ (so we can account for all we do, Eccl. 11:9). We are not our own, we were bought with a price. We were bought by Christ, and yes, maybe that seems slave-like but consider that the alternative is slavery to death. The price Christ paid for us is a *gift*, and we are not serving him as slaves under obligation, therefore we are free to live lives for Christ in our own unique ways. Yet no matter what, living for Christ requires our all, and that will always be true.

Perhaps a theory expounds on this. That yes, we are united in the Body of Christ, but when we accept his salvation, our internal moral compasses change to be aligned with his, and because it is internal, then we all live our own unique lives for Christ? The theory then is this: We are meant to be diverse members of the Body (1 Cor. 12:12) by living for Christ in our own unique manner guided by our individual moral* compasses that are inspired by the Spirit

**against Kant's exception-less morality, I would say exception-less items only apply in extreme circumstances. (?)*

***I keep using the term "diversity," and I think I mean it differently than DEI. I would say the purpose of diversity is to accentuate the natural beauty of the world, people, etc. of God's creation **insofar as it does not contradict God's original design for people (i.e. morality)**, and thereby not force people into molds of living the exact same way. I mean "diversity" in a "specialization" way (i.e. specialized workers but not just in career contexts, specialized skills and interests too (all skills + interests (if knowledge sold, although harder) could potentially be used for profit + undergird a career so I guess they're ultimately under the same umbrella)).*

****(later) Turning Christianity into a moral code is something I could argue extensively against. That is, 1) not how Christians should perceive it themselves, and 2) incredibly detrimental to how non-believers will see the religion. Christianity is not a code imposed from the outside, but a life guided from understanding within.*

*****This is something Kierkegaard may agree with. "The highest truths of God, morality, etc. must be personally appropriated rather than objectively proven." Sartre may be a more radical form of this—no guiding principles at all, but*

must be decided through existence. Whereas, I think the specialty lies in blending these principles into our lives. We walk by God's will, but perhaps we all wear different sandals.

- The "double dimension": A lot of groups I'm in on campus have two elements that bond them. Living Water is Christian and singing. UCW is Christian and asian. (Bio-E Capstone was scientific entrepreneurs and black). Marching band is music and... queer. And there is a careful order to which element is the outward presentation, and which is the deeper root we can all fall back on. Living Water sings first and foremost, and we can confide in each other that we are all Christian and relate. UCW should be Christian, with the ability to make cultural references to illustrate Christian points when necessary. BUT, when this imbalance is disturbed and asian-ness becomes the outward element, then what is UCW as a Christian group anymore? I think there is more to investigate here about how to two elements interplay

It's not about avoiding sin, because then you are still defining everything in terms of sin (and that's what a moral code is), but it's about seeking righteousness where sin will be completely off your mind.

Church is more than just the sermon, and more than just the liturgy. Community matters too, which we see in the early church. That's why Liberty still has its merits.

Christianity is not something to wear, but to bear.

Im not asking you to take this step (Rom. 10:9) because you 100% believe. I'm asking you to move on the faith that you do have, whether it's 50%, 20%, etc. and that as you continue, your belief will be confirmed more and more.

"Repeat this in your heart."

You don't need everything figured out to be a Christian. You can have questions about how different things were possible in the Bible. All you need is to believe at the core, is that he rose from the dead.

What to make of "genocide" in the OT? First, God always sends prophets to warn them, and when he does punish, sometimes it is to eradicate a culture of evil where he knows people are beyond the point of saving and will only cause greater destruction (to the points of Pharaoh hardening his heart and blaspheming against the Holy Spirit). Also, "the same God who destroyed the ancient world with a flood is the same God who will destroy the world with fire at the end of this age."

"If you think you're running 10 minutes late, text to say you'll be 15 minutes late. That way the other person gets one disappointment and one pleasant surprise. Most people do the opposite: they say they're 5 minutes late when it's 10 and end up annoying the other and looking like total fools."

- Preparing to do the thing isn't doing the thing.
- Scheduling time to do the thing isn't doing the thing.
- Making a to-do list for the thing isn't doing the thing.
- Telling people you're going to do the thing isn't doing the thing.
- Messaging friends who may or may not be doing the thing isn't doing the thing.
- Writing a banger tweet about how you're going to do the thing isn't doing the thing.
- Hating on yourself for not doing the thing isn't doing the thing.
- Hating on other people who have done the thing isn't doing the thing.
- Hating on the obstacles in the way of doing the thing isn't doing the thing.

- Fantasizing about all of the adoration you'll receive once you do the thing isn't doing the thing.
- Reading about how to do the thing isn't doing the thing.
- Reading about how other people did the thing isn't doing the thing.
- Reading this essay isn't doing the thing.

When you commit sexual immorality it is not a just a personal matter, but also detrimental to the entire community.

It's not that God can just keep forgiving us continually, but we need to be free from sin if we want to be loving, contributing members of his body and uphold ourselves without shame.

Don't go on trips just because you can, go because there something really interesting to you there. Especially don't go if you're going to end up missing other things as a result. And in general, AACC ❌ CASA ✅

You'll find more Christians in the sciences than in any other field. Because everyone else points to science as disproving God, but scientists know they can't say that.

The vast majority of books should really be magazine articles.

It's not that someday we will find an explanation, but our whole frameworks of thinking are incorrect (Copernican Revolution) and it's not an absence of evidence, but an abundance of disproving evidence (failed experiments) that the spontaneous framework is not possible.

The Copernican Revolution explained: Take, for example, the law of gravity, that if you merely let to the world mold our minds and make impressions on us, we can never be sure that things in of themselves will keep falling (only induction). However, when we project our mind onto the world and mold the world to our minds, we know that with *a priori* rationality, that from the human perspective these objects will continue to fall, and we can be confident in the law of gravity as true for humans. We can never be sure of enduring characteristics for objects in of themselves, but we can make judgements about our own perspective.

A lifelong testimony for Christ.

Every time God prepares my heart to receive from him, I cannot but help feel how beautiful it is.

May we not give ourselves the Christian name, but may we earnestly receive that gift from God.

Is my purpose for Christ, or have I made Christ for my purpose?

It's not whether or not you're walking the right path, but whether or not you will let yourself be found again.

We can be anointed (and be saved) but not yet washed. I do think both are necessary as in John 3:5. But then, 1) with the thief on the cross God can "wash" you without physical water (living water), and 2) in Romans 10:9, it says "you will be saved," not "you have been saved by that." If you believe, you have been anointed, and God promises he will wash you. That is the meaning of John 9:6-8, first having mud smeared on his eyes, and then washing in the pool.

It's because of his love. Christianity centers on love. The Übermensch is missing love. When Nietzsche calls us to "love fate," how can he do so?

Pray that Jesus would carry us from (one place of) glory to glory, until we see him face-to-face.

No one is perfect, there is always something that can make us hesitate. Choose to recognize and learn from the talents and good sides of people.

What is the purpose of diversity? To make a community where, if the group's purpose is not related to an identity characteristic, anyone trying to join will feel comfortable fitting in. In short, don't mix identity characteristics into the group's purpose if that isn't stated, and a natural byproduct of doing this is to ensure no one identity group dominates the community.

I did then what I knew how to do. Now that I know better, I do better. — Maya Angelou

"Disgraceful for the soul to give up when the body is still going strong." — Marcus Aurelius

"It is not happiness that makes us grateful. It's gratefulness that makes us happy."

Nietzsche would disagree that Christianity has won, because they have not won by his definition of strength—we fall right into his trap of relativist flaws on strength + weakness if we say Christianity has won. Rather, criticize his philosophy as it stands by itself, grant him what he desires but show that you can still tear it down.

- I've later thought, if BG's criticism of Nietzsche is that Christianity has actually won and Nietzsche harbors his own resentment, perhaps we do buy into his ideas of relativist "winning," and maybe we can then critique on Nietzsche's own terms (i.e. Hegel's immanent critique). But maybe my thinking has hit a slide somewhere.

I was so caught up on striking the gold head when I should have aimed for the clay feet.

"The most impressive people I know have strong beliefs about the world, which is rare in the general population. If you find yourself always agreeing with whomever you last spoke with, that's bad. You will of course be wrong sometimes, but develop the confidence to stick with your convictions. It will let you be courageous when you're right about something important that most people don't see."

"I make sure to leave enough time in my schedule to think about what to work on. The best ways for me to do this are reading books, hanging out with interesting people, and spending time in nature."

"By the way, here is an important lesson about delegation: remember that everyone else is also most productive when they're doing what they like, and do what you'd want other people to do for you—try to figure out who likes (and is good at) doing what, and delegate that way."

"I prefer lists written down on paper... I can access them during meetings without feeling rude. I re-transcribe lists frequently, which forces me to think about everything on the list and gives me an opportunity to add and remove items."

"God is dead! We have killed him" But God does not depend on our belief. What if he is real anyways?

To know is to love.

Eternal life begins now, once we are saved. It is not something exclusively reserved for heaven.

Is not the resurrection the greatest act of self-overcoming? The greatest victory possible?

The strongest counterargument to Nietzsche: He seems to understand "weakness" as lack of action, in contrast with the warrior class, etc. But Christianity's idea of faith in no way calls you to have lack of action, it calls you to take so much action in boldness. And while we may "subordinate our desires to God," going along with my previous theory on the conscience compass—this does not mean following a set of rules, but actively charting your own life path according to his will in you.

Essentially, Nietzsche believes bad conscience causes you to feel a state of woe and weakness constantly. But rather, this humble, "bad" conscience one receives from God leads one to live actively. We end up charting our own, unique path through life that necessarily incorporates our personal interests and unique "gifts from God," and this is not something that can be done passively/given to us. No longer do we live by Law, but Christ allows us to live from the heart, and while our hearts are "transformed to be more like Christ," whose heart is it still? Your heart is still yours.

*And in this sense, we can lend credence to Nietzsche as he criticizes the idleness that weakness brings. God despises idleness too.

Slavery looks past your humanity, it treats you as as a function where if you have the right rule inputs, you will accomplish the end. Their "how" for reaching an end are the rules. But Christianity is very different, it is never following a rulebook. Christianity has a "how" for the "how," how one is to follow the rules. By fully acknowledging your unique humanity (and interests), this then influences the way you "follow the rules," and how you obey Christ.

Perhaps this is what humanity is then. The "how" of the how to reach things.

His statements feel non-falsifiable because they can just as easily be applied to the strong-man, Machiavellian viewpoint (just as "the ascetic ideal springs from the protective instinct of a degenerating life," the sensual ideal springs from the protective instinct of the flourishing life to preserve itself).

Ultimately, Nietzsche's worldview without love is just racist. It is impossible to see one another as equals. Do you want racist individual strength, or do you want to bring up the "rear of the caravan" with diverse yet collective strength?

"Let the lie come into the world, let it even triumph. But not through me."

"The 2-step process for exceptional results:

1. Spend a little time each day thinking about the highest leverage activity available to you.
2. Spend a little time each day working on it."

"I can only make sense of my unaccountable good fortune by assuming that it means I am under special obligation to make good use of it."

Don't enter a relationship to take (happiness, children, etc.), but go in with something to give.

"But if the unbelieving partner separates, let it be so... God has called you to peace. For how do you know, wife, whether you will save your husband? Or how do you know, husband, whether you will save your wife?" - 1 Corinthians 7:16
How do we know that we will be the ones to save someone? "Let it be so... God has called you to peace."

Run as fast as you can towards Jesus and look around at who is running with you.

If you can get through the urge one time, you can get through it again and again, and soon it will cease to be anything you think about.

This is where Nietzsche's idea of *amor fati* comes from, albeit counterintuitively. We need to face our circumstances, own up to pride (which seems anti-stoic with cosmos), and only then mourn failure with dignity.

It's not that we can't have sex and we secretly want it as Nietzsche argues, but even if we could have all the sex we wanted, that is not "good" and we would genuinely prefer keeping sex sacred within God's framework. It is not us trying to rationalize our situation, but it is because this is how we were designed from the beginning, and our emotions, hurts, etc. confirm this fact.

This is of course the way to understand and comprehend anything important. *By doing the work.*

I am constantly running as fast as I can to the Lord because I know as soon as I do anything different, I will be dragged so far back away from Him.

Diversity only needs to be done to the extent of making one feel comfortable. For example, in Royal Family KIDS Camp, I am the only Asian person there, but I feel completely at home. Perhaps religion is the greater unifying factor? Can anything else supersede race in this sense? Where you can be race-blind, be race-blind.

Where does your heart lie? If you feel empty not going to all these social events—what does that say about what you really care for? Seek communion, even independently, with God first.

Faith is not believing, but living according to the will of God.

Jesus is both the shepherd and the door by which the shepherd enters. He is the way, the truth, and the life.

Christ "opens his hands so you can embody him to a broken and hurting world."

We follow "rules" (that we just read directly from Scripture) about communion presence, etc. because we want to live according to his will, which is the Word.

- Honestly, it's not even a rule. Christ just says we "feed on his body," and with our will aligned with his, we recognize what his language really means.

Is God just an endpoint you travel towards by your own path, or are you actively traveling along his path?

Live a lifestyle so rooted in faith and different from others that people can only wonder why.

The Ethiopian eunuch “rejoiced” at hearing the gospel, and I wonder, and hope, that we can do the same.

- For this to happen the recipient needs to understand their state of sin somehow, to see into darkness while surrounded by darkness, and Hegel would say this is one of the hardest things to do.

God only works miracles to the point of belief for, “unless you see signs and wonders you will not believe,” and maybe that’s why he doesn’t give miracles out freely to the faithful (certainly not as a reward), but then he also doesn’t do it out in the world because they are not in a place to believe.

- And honestly, God did work a miracle afterwards when she upgraded my language placement out of nowhere

I think the question of whether DS is worth it comes down to whether it will have a lasting, lifelong effect or if it is just temporary. It’s too early to tell.

We need to read the Bible broadly. Each part of the Bible addresses different topics, and it is only when we read everything that can know how to live a lifestyle fully for God.

Runze’s theory: That genes which are epigenetically turned on by the environment influence our mindset. One could say that is just learning, but perhaps, radically, does he have some truth?

Yet again, my agony with Lily was immediately overshadowed by more pressing matters. Seeing her with a guy was nothing in face of my disappointing philosophy + literature essay grades and poor Chinese placement forcing a whole schedule overhaul. And for Cindy, the losses hedged against wins—the fixed Chinese placement—was able to overshadow that too.

How does one master, The Art of Hanging Out?

I believe in human agency, and once we are out on our own, we are our own. In the fullest sense. That is perhaps the Protestant attitude. Even when we choose to “follow God’s will,” we have to *choose* to do so from our own will. On the other hand, Mama has raised Walter a certain way, but once he becomes an adult, he must be let go. Maybe the determinist/free-will dichotomy is exactly right here. We have full free will over ourselves, and life requires active choice. But for others and everything outside ourselves, we can only pray and acknowledge it is out of our hands. The Stoics got it exactly correct.

It is not that we should fear our ancestors and pay respects before them to the point of making them gods as Nietzsche says, but we should take what our ancestors have given us and *go forth* (and make disciples). Not clinging to the past—I wouldn’t want my future descendants to be hung up on my “greatness” in their eyes—but paying it forward.

Nietzsche thinks of the master-slave dynamic as complete ignorance from the master—the slaves care about their master, but the master “doesn’t even know who you are” to the slaves. However, Hegel says that the masters do care about their slaves, for they need to subjugate them. They gain their power from being recognized (whether they are conscious of it or not, i.e. they have become ungrateful towards their slaves), and Nietzsche’s conception is incorrect.

“About half of American adults have changed religious affiliation at least once during their lives.” Both into and out of faith. Many have changed multiple times. This goes to show that if you *randomly* pick anyone, they have either asked questions

of faith before, or it is statistically in their future to ask that question, and you can be the conduit. Sharing your faith is definitely *more often* fruitful than not. I hope that encourages you to do so.

"If you're 37... Instead of regretting that you can't wake up age 18 again, pretend to yourself that you're 90 and you've woken up age 37 again, and that you get to magically, wonderfully have the next 50 years again."

What we were supposed to rule over (the creatures of the earth) instead comes to rule over us. And they are non-human, so Nietzsche's master morality is putting the non-human above the human. We are not actually true to our nature in his framework.

Sin is disordered love, until God is the first of our love. Only then can we be right.

We ought to reflect God's love, because so many people feel that they are unworthy of being loved. Love them anyway.

Don't say it's okay when it's not okay and they're in sin, but let them know that God has all the compassion in the world for the lost—he loved even Judas who betrayed him.

Give yourself for people who oppose you as Jesus did on the cross, so love your neighbors, and serve their needs/interests.

Heterosexuality doesn't get you to heaven, so how could homosexuality send you to hell? What sends you to hell is self-righteousness, thinking you can be your own savior. This is the sin underneath the "sin" of homosexuality.

"Judas betrayed Jesus for 30 pieces of silver, but we betray him for free."

"Why does God permit death and suffering" is a uniquely American question, because we hide away death so much

"and for your sake I am glad that I was not there, so that you may believe. But let us go to him." (John 11:15)

Just think about how this portrays you as a witness for Christ. He thought you were under the influence, and there are probably many others who think the same that you never get to correct.

"You can't make time go faster or success come sooner. The only thing you can control is the next action."

"In some areas of life, your reputation is defined by your wins.

- Creative pursuits. One bestseller or hit song can erase the memory of the ones that didn't work.
- Entrepreneurship. People rarely remember your failed business ideas, only your winning ones.

In areas like these, your mistakes fade away and the breakthroughs last. But in other areas of life, your reputation is defined by your losses.

- Crime. You can drive safely 364 days a year, but one DUI changes everything.
- Ethics and morals. One unethical decision can ruin a reputation and destroy trust.

In areas like these, your mistakes linger and consistency is rewarded.

Some areas of life reward your best day. Others punish your worst day. Know which situation you're in, and you can better decide when to be risky and when to play it safe."



Why is language so powerful? Because words don't actually *mean* anything, their meaning is substantiated uniquely by who is *reading*.

Not it's my pain to do this, but it's my *joy*.

I've realized that working on humanities is like progressing in a video game that I cannot press save on. That's why I have to be locked in, whereas with STEM I can make progress and have assurance that if I ever come back I'll be exactly where I left off. But too many ideas float around in my mind while I write essays, and I have to ground it (at least in an outline first).

On relationships. Only do it if the circumstances *really really* convict you. Only do it wholeheartedly.

You may think this choice would make the story beautiful, but you must believe that God will make this even more beautiful beyond your greatest imaginations.

You think it's a good idea to sell and give this to the poor, but when was the last time *you* gave to the poor?

That our sacrifices would fill, would completely permeate our surroundings with *the* fragrance.

You didn't get the job because you didn't pray about it, and you can blame busyness/sickness etc., but if you really cared, you would have asked, and only then received.

"Someone will start with more money than you. Someone will get into a better school. Someone will inherit connections you need to build from scratch. Someone will get picked before you. In other words, you'll have no problem finding people with a head start.

That's not the point.

The point is: when you get your opportunity, you make the most of it."

"We assume that the more arguments we give, the better our case. In reality, our weakest arguments dilute the strongest. Generally, you'll only be as convincing as your worst point, so instead of making as many arguments as you can, make only the best."

Look at all the good around you. Of all the lives you could have lived, how wonderful and special is it that you get to live this one?

The undefined, existentialist bundle.

One claims, "Not everything that we see or feel is profound, but it all still adds up to who we are."

I respond, are we existentialists or are we essentialists? Is the divide really as stark as we think? Maybe there's nuance to this statement, to be more in line with Casey Neistat's "those stupid meaningless obsessions and accomplishments," that's what adds up to your life

Is essential existentialism possible? That God gives you an essence but you must uniquely mold this to your existence.

I guess I would agree that every small interaction finds its butterfly-effect way back to you, but I don't know if that makes *who you are*.

"The ability to observe without evaluating is the highest form of intelligence."

"The sword glitters not because the swordsman set out to make it glitter but because he is fighting for his life and therefore moving it very quickly."

God wants to give you confidence with the saving miracle he's done already, to go out and bring even more people (perhaps underclassmen) to him.

Mentor someone, to the point of envisioning them entering the gates of heaven with you together.

Pour out a puddle of water on a table and feel it, the properties are so fascinating.

Who knows if you yourself have distant, non-Chinese ancestors, mixed into your bloodline but still transformed into one dominant culture.

The "Nutties" were curling's most important event of the year, yet you didn't attend because you really were too busy. So have grace when you plan an event, even if it is the most important of the year, and others are unable to come.

What is success? Success is not happiness, it is joy. Success is not individual but in others, and that is the difference.

I live for Christ. And not for anyone else. Only for Him. Eternally, always.



Alison isn't like Maddie. She's not the person you're searching for.

I still think the reason you hesitated and didn't tell her was because you weren't 100% sure, and that's probably for the better.

Do not be upset, this is what you prayed for, that God would clearly convict you to either tell her or not. He gave you doubts during your conversation, and since then, he's provided you with clear disinterest while still remembering your sentiments and not utterly breaking your heart (hence that she has still replied). You don't need to know the noumenal of how things in themselves—God's got that. Just take things as they appear and follow the clear path God has shaped for you.

What you SHOULD investigate is how your "situation" with her arose from a single text?? Or maybe it was a few things—chart the journey so you can learn.

Almost like an *ex machina* with the super sudden change out of nowhere, God is clearly at work.

Herod commands worship to take life from us. Christ commands worship to give life to us. He commands us to have his life more abundantly.

From William Chen:

Read a lot, write a lot

Don't just read writers that are hard or famous

Read ones that make you want to write

It's like when you've seen someone build this amazing house of their dreams and then you get jealous and want to build your own house ig

But without the jealousy

"What I am doing today becomes important because I am exchanging a day of my life for it."

Remember what Kant said, any work built towards a non-good will is not good, it will instead be good to destroy and undo that work.

"When the storm comes — when night falls — what's worse: the danger or the fear of danger? Give me reality, the danger itself." — Vincent Van Gogh

God doesn't ghost us, he ghosted his Son for us. That's how much "he gave his one and only begotten Son," he gave him so he will never leave us.

Christianity is an ancient faith, one that has endured through rulers and regimes far more ignorant and brutal than anything we've ever confronted in the United States. All too many American evangelicals are disconnected from that history.

- But we also can't base ourselves on history... or we will be too complacent and not actually act on faith

Empty yourself of eloquence so God's power may move through you, for "My grace is sufficient for you."

There is no such thing as a strong Christian, only a weak and praying man with a strong God.

It's not a matter of your history it's a matter of where your heart is now and how much you pursue God right now.

The best stories are the ones where you don't know who is right.

Sometimes, a break with no conversation is better than meaningless conversation that drags on for its own sake and does not reach deep topics where bonds are actually formed.

The cost of convenience is vitality. You can have a lot of things done for you in the modern world — and many of them are great time savers! — but the feeling of being alive comes from being fully engaged in the right task, not free from all tasks.

Sure, you can automate and delegate all sorts of things, but the more interesting question is, "What fills you with so much liveliness that you want to do the work yourself?"

"When I'm in writing mode for a novel, I get up at four a.m. and work for five to six hours. In the afternoon, I run for ten kilometers or swim for fifteen hundred meters (or do both), then I read a bit and listen to some music. I go to bed at nine p.m. I keep to this routine every day without variation. The repetition itself becomes the important thing; it's a form of mesmerism. I mesmerize myself to reach a deeper state of mind."

Notice your advantages, your unique strengths, and really take advantage of them. You can out-present almost anyone. This is your specialty, your God-given gift, and use this to your benefit. Sometimes, we might also not notice our gift quickly. I did so poorly in speech, and even in science fair, but I believe it is sometimes unfair consequences that restrain us. I bet (from a humble point) that today I can out-present almost any of the former kids in speech, and if I was provided a spot at ISEF, I would have done decently well. Steven (Zhang) says this too, "you have such a soothing voice." We don't have many of these advantages in life. This might really be my only one. So I have to use it.

Truth be told, I'm scared. I'm scared of what may happen if we enter into a relationship. My own family has provided me with an abysmal reference, and I... I don't know. I don't want to repeat the same mistakes again. I don't want to hold resentment against any of your family. *I'm scared*. I don't quite know what will happen. If it's a good idea. I just pray that God would provide a capacity anew within me.

On responding to Jewish people about Jesus being the Messiah. They claim that because he did not politically emancipate the Jewish nation, he is not the Messiah. But Joe's counter is, do you care more about yourself or your nation? If your nation does well like Qatar but you're an enslaved migrant worker is that any good? Any great nation will be built on labors of the undignified. On the other hand, you could be living in a poor nation, destitute by your surroundings, yet still be joyful as an individual. And I believe this is a larger theme throughout the Bible (joy in the Psalms even in despair). Also, if you do well under a corrupt country, that's like the "skills/talents" of the evil, which Kant says cannot be counted good because they do not serve a good will. And sometimes, this corruption isn't evident, but marked by the undignified that surround you. So we must be careful about striving after a "free nation" as our goal.

"ask the reader to, paradoxically, see beyond what they can see, and bridge the gap with a leap to render themselves one of the reader's own. It is from here that our journeys continue hand-in-hand, along a solitary, yet human way."

We can't live like Hume. If you let your desires guide you completely you will die. You have to restrain them. Some desires are objectively bad, not only because they lead to terrible outcomes, but because those outcomes are a reflection of the innate corruption that exists in those desires. Only God can help us through.

- There is a fine line between the existentialist theory of the self and this. Right now they all exist under the umbrella of "libertarianism"
- The theological reason for this is, in our human state, our desires are imperfect because we do not have full knowledge of the future and how our desires tie into God's larger picture. We ought to live according to the should/should not principles we have outlined in our lives, for that is the best we can do. However, we cannot treat our desires as supremely correct (and Hume's position, by denying that the desires can be wrong, is to treat them as right), for else that is living like we have full knowledge when we clearly do not.

"Thinking only about how to get to heaven is essentially gnostic because that's just an invisible church, whereas as NT Wright says, we must bring the kingdom of heaven to Earth"

We always pray for his presence to come, but when will we pray for his presence to stay? Hover, over the waters of our heart, dwell in us so that we may dwell in the house of the Lord forever.

I offer all that I am, all that I can be, all that I ever will be. It's not much, it's nothing in God's eyes. But I offer myself because of what he's done for me.

Teach me God to be satisfied with nothing and to be overjoyed at something.

You claim you don't want to read books because it feels like you're wasting time when you could be working on the startup, etc. But think about how that spare time is *already currently* used. I would so much rather read any book than watch non-edifying YouTube videos.

"All this stuff I want to do, but suddenly this emotion hits me that I don't want to do any of it. I don't want to do anything"

Humans are naturally restless, because we search for meaning. Is this something we have the overcome, because God has already given us more meaning than we could ever try to define ourselves?

Paradoxically, boredom has only started to pick up when cities are growing and everything is bustling.

We decompress through stories, it's been done for all time.

If we scroll to cure boredom every time, we never get out to push our car, assess our life, and think about the larger meaning of our lives.

We have three options when we get bored, the sadist route, the hard constructive route, or the cruise control route. The first step is, see the boredom itself. Look and acknowledge it.

The 2024 WUSTL Oncolmunology paper used PCA + K-means for their clustering. **People are close**, it's not so far off.

"Your first task is to find what feels effortless to you. Your second task is to put maximum effort into it."

"Time will multiply whatever you feed it. Good habits make time your ally. Bad habits make time your enemy."

"I have noticed that doing the sensible thing is only a good idea when the decision is quite small. For the life-changing things, you must risk it."

O God for your word to remain in me, what a beautiful thing that is. For then whatever we ask he will give.

You said this was not sustainable. So why are you dismayed when things slow down? This is the summer after all, independent of what will happen in the fall. In many cases, life does not depend on history. Things are always changing. And here, they will change.

"The time to relax is when you don't have time for it."

Ponder this:

During my years as a somewhat militant atheist, the problem of evil was my go-to argument. During those days, I ran into only one Christian (Brian... God bless you where ever you are) who managed to turn the question of Evil around on to me. It was a very odd experience at the time. Now I look back on it as the first small crack developing in my hard heart, before

it became soft and human again.

After I would present the problem, Christians would typically go right to the "free will" rebuttal, for which I had my ready made reply and further questions. But Brian didn't bring up free will at all. Instead he asked me to define what I meant by the word "evil". That began a long exchange in which I was cornered into admitting that the reason evil is not a problem for an atheist is because evil simply is not a thing that truly exist in any substantive sense in an atheist universe. It is just a label we slap on things that we happen not to like. And Brian's attitude became one of complete dismissal, "Well, I'd rather have God and the problem of evil, than your no god and Evil? No problem!"

But then he went further than this on a philosophical level, explaining something I had never quite considered before. Brian framed all virtue as a sort of hierarchy, pointing out that the highest forms of what we call "good and virtuous" in human behavior would not even be possible in a world where evil was never manifested. The things we most admire when we see them in others, and those things we so badly wish others would see in us, couldn't even exist at all had evil never existed. What is forgiveness, if there is not transgression and real harm? What is admirable about keeping one's promises, if breaking promises were not so easy and common place? What is the virtue of charity, if there is not also real need and a cost to you for meeting the needs of others? Would there be anything like courage and valor, if there were not also danger and pain? [We borrow from Derrida in this sense]

Now here is where Brian struck me right between the eyes with the Gospel. My reaction to this explanation was to try to turn the question of virtue around on him, just as he had done with the question of evil. I asked him how this God of his, all powerful and indestructible as he is, could ever himself share those virtues he demands from his creation, without apology. And Brian, rather than saying a single word, simply reached up and pulled out a small wooden cross that was hanging around his neck, laying it outside his shirt, and then just stood there, looking at me. And I think at that very moment I had my first wild doubt about doubt.

Towards becoming more of God and less of myself, what this really means is imagining his essence literally molding into who I am and my flesh disappearing slowly, until my flesh is gone completely and I cannot act on those desires anymore. That point has to be achievable. Sanctification is a full removal of the flesh, so we are 100% filled with God.

The Stoics [or any other book] are not something you *have* read. They are something you *are* reading. Always. At every age, every era of your life. The world is constantly changing. *We* are constantly changing. Therefore what we get out of these books changes, too.

"To improve, compare little things.

- marketing strategies
- exercise technique
- writing tactics

To be miserable, compare big things.

- career path
- marriage
- net worth

Comparison is the thief of joy when applied broadly, but the teacher of skills when applied narrowly."

Mastering your craft is a great kindness, because through it, "a major part of how he survived was because for several decades leading up to that moment, numerous nurses, nurse practitioners, respiratory therapists, doctors, surgeons had committed themselves wholeheartedly to mastering their craft... I owe everything to (them), because they gave me the gift of being Theo's dad."

You can be beautiful, and to borrow an expression from Epictetus, still be ugly if you make ugly choices.

"You're never so centered on yourself as when you're depressed. You're never so ready to forget yourself as when you are happy. Happiness releases you from self. It is suffering and pain and misery and depression that tie you to the self. Look how conscious you are of your tooth when you have a toothache. When you don't have a toothache, you're not even aware you have a tooth, or that you have a head, for that matter, when you don't have a headache."

— Awareness by Anthony De Mello

Never in the course of human history have so many written so much and said so little.

As long as some conversation is had, that feels enough. It warms my heart.

But I'm really starting to think that this may not be it. There's a reason God is having you wait a summer. To realize that, long term, you don't have the same love languages, or that you don't have *the same expectations* for a relationship. And that will tear you apart like a knife wrenching its way through your heart. Perhaps God is teaching you to be patient again. Remember it's a rocket launch, you have to be fully prepared. This is just how she is, how she texts, and *I don't know if you can keep trudging through it. Just do your part, show your enthusiasm and interest, and if her manner still isn't reciprocating, it is so.*

If a relationship is 20, 30+ years, eventually you'll run out of things to talk about together. Then it has to be that both of you share the other's curiosity at new, interesting things that make their heart flutter.

"Ask for things. Ask for things that feel unreasonable, to make sure your intuitions about what's reasonable are accurate (of course, try not to be a jerk in the process). If you're only asking for things you get, you're not aiming high enough."

Timing influences communication.

Talk about potential mistakes before they happen and people start looking for ways to prevent them.

Talk about actual mistakes after they happen and people start looking for reasons to defend their actions.

"**20** To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. **21** To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law. **22** To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some." - 1 Corinthians 9:20-22

Kierkegaardian faith is crushing, like grapes crushed on a threshing-floor so that the best in them is drawn out.

- **"When we are crushed like grapes, we cannot think of the wine we will become."** - Henri Nouwen

Pastor Sergio only served 2 years out of a 12 year sentence. How could he *not* be grateful to God? How could he not serve God with all that he is? God bought back 10 years of his life. And for you, God has restored your family and is bringing your best friends to Christ. How can you *not* serve God with all that you are? It doesn't even begin to compare to the love he has shown you.

Some questions I had:

- How are we to think of the self? When we say "less of me" on the mission field, should we try praying without the words "I, me, our, we, etc."? And instead pray to understand God's objective glory as described in Revelation?
- How should we let go of certain parts of our history (Abraham leaving his family in Genesis because God has called him to greater purposes, through faith that stretches our comforts), but also remembering God's faithfulness? Are we *remembering* in different ways? Or shall we be selective?
- In my dream right before EADS, Pastor David said: "Jesus has to bless his own body, because once a sinner, always a sinner" What could this mean?
 - Perhaps it's just false and an attack by the devil.
 - Or, as PJosh said in his sermon at Rehab #2, "Christ lived a sinless life, yet he was punished as a sinner in finality." If this line is treated in the context of the Last Supper, it could make sense if Jesus is not speaking of us, but himself. His blessed body is the only one we eat because he is the "forever sinner" by which, if he remains dead, sin will reign forever. But because he rose from the grave, our sins are forgiven for, forever.
 - Or, is it related to my family or future family? That once we sin, we will always be caught in this perpetually until death. "Some mountains are not meant to be moved, but meant to move us"

What he needs is surrender. Not our credentials. To do this, we must lean fully into weakness, and not have weakness that is pitied, but weakness that when we face God makes us as bold as a lion. *This is an extra step to Nietzsche's calculus, we go from strong to weak, but then back to strong.*

As you watched in De Su Gloria, Jesus loves you so so much. He will keep reaching for you when the devils block your way. He will fight the devils with all his might while you are still stuck in your sin (Romans 5:8, that "while we were still sinners he died for us" is ONLY possible through spiritual warfare)

When you pray for other people, pray that you would see the image of God in them.

Not just entering into certain times of worship, but that you would be in a state of worship from sun-up until sun-down.

Maturity as a Christian starts with your mouth, and it's not just profanity, but your attitude.

There's a tangible difference from Nietzsche — in those moments of weakness, God wants to fill us, for us to find rest in him, and be strengthened by him. This strength, boldness, even by worldly standards, is actual strength. It is not a "mere redefining." When we meet him in our brokenness and come as we are, he will reveal his glory.

Give thanks. Always, for that is the one opportunity God has made available for us all the time. Psalm 100:4 and 1 Thessalonians 5:16 concur. We are to "give thanks whether life is at its peak or we are on death's doorstep."

John 4, The Samaritan Woman is a case-study on how God's salvation extends to Gentiles. He says in v. 22, "You worship what you do not know, we [Jesus] worship what we know, for salvation comes from the Jews" (*Why it comes from the Jews is a different question*). And then v. 23, "The hour... is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people... (How the Father as God can *seek* is another question) But *not only the Father*, v. 24 "God is spirit." God is seeking true worshipers, with the only criteria being to be "in spirit and truth" beyond your nation.

Jesus isn't just inviting us to do better, but to KNOW HIM, and when that happens the response is worship. Worship is ascribing worth, empty praise does not mean anything (hence an AI-generated prayer, no matter how beautiful, is empty)

- Then how do we understand Gen. 4:6-7? Maybe doing better for Cain is to know the LORD, that's what it means

Gen. 4:7 directly refutes Hume when it says "Its desire is contrary to you, but you must rule over it."

In heaven all we have is Jesus and full worship of him. There is no family, no electronics, or anything.

If you truly learn how to worship God, you can overcome fear, confusion, and your worries about reconciling history with remembering and letting go. Do you truly believe that one look at Jesus can change everything?

At the 2nd service before breakfast on Tuesday, I now confess I understand more of why I am here. Praying yesterday really felt like stretching muscles, but today, I believe I can pray with much more communion in the spirit. And DLee asked us during devos, "What do you put more worth on than Jesus?" Because it is for that that we cannot fully worship God. My faith has increased, and I feel more at home here.

Pr. Eleanor Parable of the Talents. God gives according to each one's ability. The 2 talent man could have looked at the 5 talent man with envy, but if he had 5 talents it could've crushed him. The Lord provides the same commendation to everyone, but if you have 5 talents, do not compare your returns to the average, to the 2 talent people.

Why is Jesus so harsh with the servant who merely buried the talent? Because he looked wise in the eyes of the world, he "kept it safe," and what isn't in Scripture is that the man went off to live his own life, chasing his own and keeping his portion safe to not upset anyone. Will the will of God actually reign in my life? Sometimes you forget that God has dreams, and he wants to share those dreams with us.

She went from an introvert who people thought was mute to receiving a conviction from God, and being spurred by that alone to pray for a Michael's employee, just putting herself out there. Can we even get to the point of asking "God please don't fire me?" Because right now you aren't even working for him.

God is not an accessory to your ambitions—lay down your dreams and let God define them (cf. Luke 17:11-19, giving thanks). Some of our best seasons in life look like demolitions.

- Perhaps the will of God is what coalesces our personal talents into a coherent livelihood
- One talent is still 20 years wages, a huge amount of money. What would you do if you were handed that?
- The other key detail about the 1 talent servant: He didn't put the talent on a shelf. He dug in the ground and hid it. He hid Jesus.

Is it better to invite the Spirit in silence? The scary part is that this path to error is incredibly difficult to notice, when we make theories of religion secretly for our own benefit. Your theory, if not clarified, leads one on the path to sin.

The seed is only powerful when it grows. The devil will take out the seed as early as possible, but the longer it grows the better guarded it is.

Jose may be the first person God has used me to save. I remember his trembling hands before the Lord. I will pray for Ramon and Jose. I think Jose asked me a great question I wasn't prepared for: "What now?" I should have offered more guidance, but it boils down to finding a strong Christian church community and understanding his Word. And one thing to pray: Would the floodgates be opened, with nothing holding back [This may be one of my most powerful experiences of the Holy Spirit, it is a powerful word]. The image of Jesus hugging the sinner in Blood while he is still wrapped in sin is so powerful. Jesus asks questions later, and really shows Romans 5:8 come to life.

Not viewing it strictly so, but prayer is a muscle, and the more we train the more we can commune with his Spirit. That is why we pray, especially before retreats and revivals, so we can be prepared (with our prayer tools/mindset) for the unprepared (the specific ways the Spirit wants us to commune)

Is Joyce Lee just Grace? She was also raised in a broken family, fell into sin at the end of high school with relationships, and the summer after graduating, you are able to invite her on mission trips international where she can encounter God. Being born again is like a crazy drug trip, if you will. You see the skies, the trees, and the criminals all bow down to Jesus our Savior.

Pray like nobody else is here.

I really wish I could've spent more time with the rehab-ers today and gotten to know them better (like Jose who asked, "What now?"). To understand their lives. Perhaps homeless, rehab, or prison ministry where we spend multiple days with the same people is what I search for.

Sam from UCR: The Holy Spirit speaks not with words, but with groaning. If you walk into a boundary that is not under the kingdom of God, you will be influenced. For almost all of us, we are a result of our spiritual atmospheres. When people leave the city of refuge, that is basically granting legal license for the devil to operate in you. And this city is not always a physical location, but it can be. And the accused can only leave when the high priest dies because the accuser can only be atoned for by his own blood, but God will treat the high priest as if you died.

The reason God is so angry at the golden calf is because the Spirit groaned for 40 years, before God had enough trust to talk face-to-face with Moses on the nation's behalf. If you want to be close with God, remember it took Moses 40 years.

It's not about willingness, it's about worthiness. The question in heaven is not is anyone willing to open the scroll, but is anyone worthy? That's why we're in so much trouble without Jesus. Moses was willing to offer himself as a sacrifice after the golden calf, but God said no because he isn't worthy.

If Jesus was already perfect, how can he be made perfect through suffering? It is the priesthood, where he didn't become perfect until 30...

I pray that I would return to Yale with confidence in my Christianity, and have the faith to know God will deliver on opportunities I have yet to experience.

Luke 17:11-19. Jesus heals the 10 lepers, and one of them, as he is on his way to the priests when he is healed, "turned back" (v. 15) "to return and give praise to God" (v. 18). He didn't merely stop on his journey, give thanks, and keep going. But he returned to the Lord, the provider of all things, and only then did Jesus say, "Rise and go your way, your faith has made you well."

When Jesus sends us out into the world to "go our way," we first must return to him with thanksgiving, and it's only by our faith, that we can traverse the existentialist, becoming, life that he has planned for us according to his will.

- The fact that "I" is becoming, and a nurture/tabula rasa viewpoint, gives us the potential to grow in Christ and be saved. It's against the Parmenidean and Nietzschean static view of the nature-given self that cannot change. Maybe this point is nuanced with "first principles" on top of which occupations, interests, etc. constantly flip flop according one's circumstances, but so far I believe nurture does a better job of explaining upward mobility—as more is revealed to us and we are perfected with the progression of life.

As Psalm 119:11 says, if you treasure the Word in your heart (and this may not be the full Word, but certain parts of the Word that stand out), it will be a blessing. Treasuring, means keeping it mostly to yourself, for then its fruit is able to grow in you. **To treasure in your heart or to boldly evangelize, these are both sides of the same coin, and God determines which we are able to do.**

The first thing you have to do once you are saved and received his love is guard yourself against the devil. You do so by abiding in him, not the things of the world.

When you share about Christianity, the easier way to do this is to talk about yourself. By not making blanket statements of codified rules, but rather how the will of God has unfolded in your life, the worst other people can see you as is a bit mentally deranged. Not a bigot, because you are not making blanket statements on others. And if they see you as mentally deranged, that is an issue with their perspective. That's the best you can do, pray for them.

▼ On Relationships

This is an aside, but perhaps what the woman (Jeana, her mouth was a little wide with larger gums visible) who I believe is my type 100%, yet is almost certainly unattainable, is God's way of teaching me to be satisfied with what he's provided me, and that even if "greater" women come my way in the future, I shall not covet them and remain faithful to my significant other. My turn to be Kierkegaard's Knight of Infinite Resignation. To acknowledge I cannot reach her, and to accept what I can with humility and gratitude. Nietzsche's view of the self-chasing strongman must be denied.

Continuing, if I were to picture Alison and Sarah standing side-by-side, I imagine Alison would be more attractive still. More of someone I can imagine myself with. And if you are concerned about her faith (with comparison to Sarah, if by God's grace she is strengthened), bring Alison to EADS next year. It's truly transformative, and she will be where you both desire her to be.

Hopefully this is near the end of the asides, but your type comes down to three things: a pointed face shape (sort of), a vertically wide smile, and slightly curled hair. Large eyes are nice, but not an instant attractor. > The smile carries. It's like being able to see a lot of teeth. But glasses are also detracting, like they might be for Cindy

Your entire perception of attractive appearance is flawed. You learned this before. Appearance is what draws you in, but it does not sustain a relationship. VERY unpopular thing to say, but if looks is all that mattered, then so many people would not be married. It's like the stages of a company, who drives the early stage is often different from the late stage.

It's like a rocket launch, each different stage has different boosters, appearance is like MECO if MECO was 2 seconds. Yes, even 2 seconds matter so the rocket doesn't go sideways, but the rest—percentage or weight-wise—is so much more important. So therefore, appearance should not be the epitome, the best, the magnum opus, the choicest of all.

I was reminded of this by the UMich girl who looks like Rachael, who after unseeing for a while, I now see as more attractive. Not to Sarah's level, but still more than enough for MECO. I really have to know the rest of them though, if I hope to know whether the rocket will succeed.

With the FOG girl (Jeana), it's an illusion of choice. She's a little short, and you also don't know enough about her beliefs. If God really wills it, he will bring you together again in the future. *It's not your choice, it's his choice.*

*Jesus works. He opened the roads from the teachers' union protests after we prayed for his will to be done, James 1:2 that by the testing of trials he strengthens our faith. I think while I was praying there, I didn't consciously realize it, but I committed my total faith with no doubt to him in prayer. And because I did that without orienting myself, God saw my faith and he answered. We do need to pray Abba Father (Mark 14:36) sometimes, but othertimes we must speak with powerful conviction in the Holy Spirit. Pastor Paul shared Matthew 7:7, "Ask and you shall receive," and in this instance I had confidence of my communion with him, and so I just asked fully without hesitation. And I believe that's why he answered.

A strange observation I noticed about both Mexico and the US, their cell tower coverage might be similar. Mexico seems to have a lot of 5G now, and the US still has so many coverage gaps in the Midwest but also most rural areas. Perhaps this reflects limitations on technology, rather than policy. I guess this is one area in which I overlooked the shortcomings of the US, of something I assume is better than developing countries but is actually quite similar.

I opened my Bible to the page, by chance, with Psalm 50 + 51. But Psalm 50 is also convicting for how it talks about thanks. v. 14, "Offer to God a sacrifice of thanksgiving and call upon me in the day of trouble; I will deliver you, and you shall glorify me." Thanksgiving is the marks by which our faith is made well, for v. 23, "The one who offers thanksgiving as his sacrifice glorifies me," and if we order our way rightly, he will show the salvation of God.

An idea: Every day, pray spontaneously. And write down the most important things you pray for, put them into a calendar event to repeat every year (or some other frequency). Eventually, you will fill up your calendar with new things to pray for every day, fighting against religious habit.

When you don't have faith, God will not reward you needlessly. But do not brush off this problem. When you lack faith that people will answer at altar calls, you do not just have a feeling, but you are sinking like Peter. Brothers, we need faith in this world. We need to let the Holy Spirit convict our hearts so that we have faith for the unlikely, and be sure not to let your guard down. Slipping for even a moment can cause us to sink more underwater completely, like Peter. We need faith to walk. On water, and not by sight.

*I know what I said before EADS about "it's not your history, it's where you are now," but I wonder with what seems like so many young converts, how do you know their faith will stay? The history of how we've been tested with trials is what builds faith, which seems to stand as history. Does history matter? Perhaps history influences the present, yet our most recent history has the most weight, so if we let ourselves slip, our distant past goodness will no longer save us. Perhaps a more refined statement would be: "Is your recent history, including the present time, a reflection of your past faithful history?"

The idolatry of creativity. I've never heard it described that way. We must return to original roots. Is our creativity challenging the original creativity of God?

We call it a missions trip, and at first I wondered why so many people got saved on a missions trip where *they were supposed to be the ministers*. But you must understand, when you pour into other people, God also pours into you. When you fill other people's buckets, your bucket also gets filled. I think you've already started to see this play out for you, as you've learned and experienced so much of him. This is also a missions trip for you.

Sin is like a tapeworm, its appetite is never satisfied by all the different things you feed it, and it only gets worse.

So many people have been saved in this town. Think about why people cry when they talk about Jesus. Because they understand just how good news it is. His lawyer, in every single meeting, would just talk to him about Jesus for hours. He pierced through to his heart through hours upon hours of effort. By God's fueling strength. He would pray loudly in the courtroom before every hearing, and God would always deliver. His lawyer was not in the least bit ashamed of the gospel, even when urgent matters such as getting someone out of jail was on the line. So be bold about the gospel, even when livelihoods are at stake. Even when the matter seems so urgent. **Always preach the gospel first, and get the job done second. With God, if you follow this order, both will be done.**

You can fool me, but you can't fool God—on altar calls.

That was the first time I prayed God for freedom from my sexual sin not immediately after having done the act — it wasn't a prayer of atonement, but a prayer of freedom. God grants freedom when we no longer run away, but face it head on and see his glory.

Don't treat God like a hypothetical imperative: If you do this, then I will do this. But be categorical, just follow him because we ought to do so. It's reframing from about me, about what I "can" do and the transactions through me, to pointing the focus entirely on God. Yes, we live our existentialist lives as reflections of God, but the value, the worth of everything remains only Jesus.

It's not that I'm opposed to Christian schools, I think their moral guidance is good. But for the type of spiritual service that is most appealing to young adults, is it beneficial to have that for young schoolchildren? Can they understand what's going on, and if not, would the service be intimidating instead? I know we have to serve Christ first and do our job second, but how do we serve Christ in the most loving way, especially towards young children? A question I do not have the answer to yet.

My reward is to preach the gospel. Is that really your reward right now? Our only job should be a Preacher, however that may look.

Pray before you read, not for insights by your own strength but pray earnestly, fervently, for God to truly reveal these thoughts to you undeservedly.

You can love your husband/wife, but I feel that's something to keep treasured in your heart. Those who speak so positively, perhaps forget that marriage is not to make you happy, but to make you holy. Don't be like the honeymoon couples for whom everything breaks apart, the crushing weight of which is deathly. But maybe Woolf got one thing right—we don't have to use words to let each other know of our love.

No accolades or facades can mask the fact that your heart doesn't burn for God.

Maybe her message was simple and didn't really resonate with you/ But, it was still so beautiful for many. And even then, Pastor Hyemi is very gifted at leading altar calls in an inviting manner. She didn't frame it as one, she said just to come up, we won't lay hands, we won't have people pray for you, we just want you to confess before God that you need him, and you love him. Afterward, she asked those making the decision to follow Christ for the first time to cross their hands over their hearts, and only then invited pastors to come pray for them.

If God's story in my life can plant the seeds for even one person, that is infinitely worth it. Do you believe this honestly? There is a reason why God wanted you to share your testimony with the children, and the few adults in the room. His plans are certainly at work. **"Perhaps by preaching the same message twice** [for you had many overlaps with Anthea], **you will remember these words"**

Jesus humbled me. I will be thinking about Sarah's testimony for a long time. Someone who just wanted comfort, and whom the Lord kept chasing. That against all reason, he still appears. ***"I had belief, but was still lost."*** The Lord never gives up. And for those who are the most lost, they will also rejoice the most. And the warm, little house with lights on, where all she needs to do is open the door and come in, is so simple yet so beautiful — I scarce think I've heard a better analogy. Her testimony is the best "I was lost in drugs, alcohol, etc." type that I've ever heard, for its simplicity and her delivery, that fully demonstrated just how good news God is to her. I can only pray that God begins a lifelong testimony in her, that he walks with her forevermore, that she grows as a Christian, until we meet again. Like Cindy, I just pray she would continue finding Christ, even without me.

It's all for the glory of his kingdom. To ordain events so that his kingdom message is preached in the best possible manner. If Sarah and I swapped kids vs. adults, our testimonies would both have been damaged. But we pray for God to work all things for his kingdom, and that's what we saw. I truly feel that her testimony is the best gift I have received from her, far

better than a relationship with her ever could be. Perhaps Jesus used my attraction for her to realize that her testimony is even more beautiful. And maybe this is a general principle as well.

As Christ is panting, dying on that cross, he still smiles at us. We can do all the works, but Gal. 3 tells us, we may still not see the face of Jesus—we have to ask in faith.

That I would be broken down, and see others built up.

Faith. Always. Grows. When we ask for more faith, the Lord will always grant that to us regardless of the external circumstances that may abound. There is only one trajectory, and if we ask, we will always receive.

A topic that keeps coming to my *lips in prayer, without thinking*, especially today: It's not about what we can do, but what You, O God, can do.

You need to set your mind free, even if your heart is already. The Holy Spirit in all its power is able to bring this about. Jesus sends us a Helper because he knows we are helpless. We think we have the power to do the things we're called to without God, but that's self-righteousness. Prayer is not a last resort, but it's connecting to the source, like an AC getting power from the outlet. Paul, writer of most of the NT, was led on his missions journey entirely by the Spirit.

- The Holy Spirit is our power source, the plug in the wall. I actually think that's a great analogy and it really helps me with my prayer life

We cannot box the Holy Spirit into spaces, but we must draw our boxes around where the Spirit goes.

If Ezekiel was alive today, he would seem like a straight-up crackhead—lying in his house for 40 days straight cooking coals with his hair. In heaven there are 4-headed creatures with eyes all over their body. It's weird, it makes people uncomfortable, but it's Christianity.

<> I think Church history is important, I have to disagree with PJason's statement that it is irrelevant. I got into it from apologetics, which is very relevant today, and where do we look? What people have thought before. How humanities works is that history yesterday is just as relevant as history 2000 years ago, and we must hold this consistent.

If the Holy Spirit were to reveal all of our sins at once, that would crush us. So he convicts us of certain sins at certain times.

There is nothing greater than to be in full communion with the Holy Father, Holy Son and Holy Ghost (crying out in prayer). Because that's what heaven is like. And at EADS, not for the entire time, but there have been a few fleeting moments, where this has happened.

Read the Bible together every day. That's what (has seemed to) fixed your parents' marriage.

#1 thing to **keep** the person you love—**stop being needy all the time.** Have your own goals and priorities, better yourself so you can be a better you to her.

What's paradoxical is that Jesus said to Peter, "O you of little faith," yet this little faith is what led him to walk on water — perhaps faith like a mustard seed?

Every time distractions fill my mind while my eyes are closed seeking the face of God, I just picture a curtain opening towards both the left and the right, and in the middle seam, behind, I see peace again.

It is a mistake to think we know this thing or that about the nature of God. We will never know until we see his face. Stop doubting, says God. And everyday, thenceforth as we read his Word, we will see new pieces of a glory that has no bottom, that there is always more of. So I challenge you, as you revisit passages which have stood out very specifically to you (John 21, John 6:68-70), to not just remember those lessons and move on, but to always ask the Holy Spirit to reveal his new daily bread to you.

If theology doesn't lead to doxology, it is useless.

On the stickers: it's not a moral issue, I just think the band should be about musicianship, not a platform for certain groups.

Pray for David. That God would reveal more to him and lift his veil. Pray that Ricardo would find his purpose in Jesus.

I will confess, I don't think I understand the cross still. I came to Christ not through consciously "causal sin," and the cross seemed ancillary to just the power of Almighty God. But perhaps this starts with understanding that my chains of sadness took tremendous effort to break. It took his suffering on the cross. I think a lot of things changed for me also when I discovered Stoicism. But I firmly believe, this is just another way part of God is revealed to different peoples at different times. How else can you truly "Amor Fati," and relinquish control without the cross? Then it's always nihilism in denial.

- The cross requires a brokenness in our own hearts or else it will always remain bland. Without the beauty first in us we can never see the beauty.

Matthew 11, John the Baptist is still human. He was *the one* God designated to prepare the way for himself. Yet he was thrown in jail and never saw a second of Jesus' ministry before he was beheaded. Why would God do such a thing, never letting him see the fruits of his preparation? It would be the greatest gift! But God knows John. He knows he is already saved from when he was in the womb kicking. That's what matters. And God may do the same for us.

God, may you shine on them.

Javier. I don't know if what I did was right. But God permitted the act, for me to squeeze his hands and talk to him sternly. Maybe it's the fall that makes him grow. Jesus uses us for his kingdom, and I just pray that what I did would not push him away from Christ. God, I pray you would work miracles in Javier, this beloved child of yours, beyond the wildest of what my flesh can dream.

"Father" is so offensive to the Pharisees who don't even think YHWH is approachable. Jesus uses Father to emphasize that we can have a personal relationship.

Laying hands is biblical, Jesus lays hands on the little children (Mt. 19).

When you thank God for something, you surrender that to him. So many of us are good at praying for our world and nation, but we can't pray for our home. It starts with our home, the local community.

When you are a fool for Jesus, hype or emotion won't do it for you. Only the true Holy Spirit can do that for you.

In the final song, the stickers came to my mind again and uncertainty filled — then the lyrics of the song playing really convicted me. It was God's answer: Lord I offer my life to you. Use it for your glory. Lord I offer my days to you. As a pleasing sacrifice.

The secret place is a not a physical place. It's in the heart.

Elaine's testimony took so much courage to share—I don't know if I could have done that. And she said, "I said thank you God for all my sins—and it felt so freeing."

This world is so so dark. But through the darkness God is still glorified. Darkness is not even darkness for him (Psalm 139), for he turns it into a light.

At morning baptism, I felt so convicted to pray for David. He stood in line behind Alex and Jia, our entire Yale Princeton team was praying for them, I tried to join at times, but only one other guy prayed for David. So I joined and let the Spirit flow. I kept my hand on him, walked alongside him and kept praying even with my eyes open to watch Alex and Jia's baptism. And after he was baptized, only one other guy prayed briefly for him. So I came and prayed again, and I felt God tell me: he is the one you will enter the gates of heaven with, experiencing the first bit of eternal bliss together. And after some time, I left him to pray by himself and joined Yale. But I pray that I would be able to walk with him for a lifetime.

Pastors lead people to God. Missionaries lead nations to God.

I believe in tongues, but I believe it is a rare gift and today has strayed from its original manifestation in Acts 2. At least for me, I feel the Holy Spirit has not imparted this gift on me, so I will pray in English. So I think I begin to disagree with Pentecostalism on a few points. I distinguish this from praying out loud when filled by the Holy Spirit, however.

We spoke of the balance between "your will be done" and "I ask this be done." But could you possibly reconcile both and say, "We pray your will be done, speaking in faith?"

It's because what seems like opposite ends of the spectrum, is actually the same. **Faith is needed for his will to be done.** And before you had a misunderstanding of "your will be done" as doing nothing, along Stoicism relinquishing lines. Perhaps then we can adopt Nietzsche's view of Amor Fati, acting (except for us, acting in faith and humility) and then accepting circumstances, accepting his will with grace.

- To add onto this, Christianity often feels like resignation or restraint ("Your will be done," "I shall not want," etc.) But consider the mina-giving master in Luke 19, he "takes what he does not put in and reaps what he does not sow." For us to meet those same demands God has of us, we need a demanding, go-getter attitude ourselves...

Nurture over nature. That's what influences your depravity view, for people's initial natures are deep in sin. And the only thing of our nature is our talents, our gifts from God (but this is also necessary, lest we all be nurtured in the same way like a formulaic machine). But we are the product of our surroundings, and it is also *the Holy Spirit that nurtures us*.

Kant also said the only good thing is a good will, so if we use our talents without the Spirit it is useless.

- But your sister is a counter example—you were nurtured in the same family, so is the difference nature? Or was she nurtured by other forces and you the same? Was it more so that your family was *absence* of nurture, so outside forces could take hold which were then different?
- When you believe in nurture, you end up more grateful. You don't have as much, if any, pride in yourself. You know everything is given to you (Stoicism). And nurture provides optimism because everyone is capable of social mobility,

and of being saved as long as they have the right circumstances (although I guess this is very contrasted to the internal destination of Calvinism, at first—could circumstances somehow change your ability to realize this destination?). In this sense I'm also anti-Nietzschean as he believes in static natures, which (I wrote in my essay) leads to a hopeless humanity. Am I generally anti-liberalism then in the way that Christianity calls us to accept God-given circumstances and bear according responsibility for them?

- Over time as your circumstances shape you, your talents, interests etc. they become yours. And when they're yours, *you* (fully your own agency) make decisions based off of them. That's "instinct" and "merit."
- *Collected into You*
 - This is based on my conversation with Tony and Eric at Mr. Cookbop (the pork stew is the good one, not the original). I was defending my position that "We are 100% nurture and all have the same starting nature," where they seemed concerned about theological implications of self-empowerment and determinism (I am too). They were honestly the perfect conversation partners since they're twins and one of the strongest objections they lodged that I have to investigate is whether people really have different IQ levels naturally. Eric and Tony have different CS aptitudes despite being brought up in nearly the same environment, so it's a valid point. But even then, one can argue that full potential of IQ can only be realized with the right nurturing environment anyways. Now my theory necessitates God for there to be any meaning, which also causes immense gratitude. Every single event is a gift, placed there and given by God, for which we are to give thanks. But what makes things interesting is the introduction of the will, which is based on the circumstance-realizing will I've written about. You are your will. Every event is 100% determined, but your will is what dialogues with your circumstances—it can disagree, it can want different outcomes, until it either succeeds or realizes otherwise by repeated effect of circumstances. Moreover, your will is influenced by your past memories and circumstances, which influence the choices and cares you make. At this point, you might still say that the will is not free because its present state and composition can ultimately be traced to God-placed events. But what's key in all of this is "you." The memories (of your will) are collected into you. God places events in our lives, but he really gifts them, and they become ours—an element of ownership. My idea of 100% nurture sounds (and might be) deterministic, but I believe determinism can't allow us to just throw up our hands and couch potato because the determinism requires *you*. You own the events that happen (this is almost sounding like variable ownership in Rust), which means you are responsible for what your will decides. You cannot just take the sum of your memories in insolation, feed that into a magical machine, and output the next event. It needs to go through your will. You may not have power. But you matter. We often conflate the two in today's world. Even in this absolutely-controlled framework of God's, the fact that we exist means we matter, since we have a will, with memories we hold in our heart, that is ours.

When you're lost, it takes a full day of constant prayer at least before you can be in communion with him again.

Perhaps the result of this (computational) experiment will make you realize that your method is no longer quite bulletproof, which God will use to make you finally comfortable with sharing it with others to obtain the help you need.

That I would *treasure* you, that I would be filled with your Spirit in order *to be able to* hold every thought captive—and would that make the difference.

1 Peter 4:1-2 Whoever has suffered in the flesh no longer lives for human passions but for the Will of God. Lord, teach me to suffer in the flesh. Teach me to die to myself, that I might live for your will fully.

"Humble yourselves, therefore, under the mighty hand of God so that **at the proper time he may exalt you...** Your adversary the devil prowls around like a roaring lion, seeking someone to devour" 1 Peter 5:6, 8

On denominations. It's not about who is right or "one true church" thought, but the main differences should be on ecclesiology and worship style. It is also comforting knowing that you are part of a larger church body as part of a

denomination. Also, most denomination members aren't caught up with the details of everything they believe, as long as you love Christ, that is what matters.

Reformed vs. Arminian Salvation: As an Arminian, you have to discover your own sin, you have to recognize the darkness while you're surrounded in darkness. But for the Reformed one, God shows you your sin.

This is why I think Sarah's testimony is so powerful ("I had belief, but was still lost," God showing her to the house where, yes, she had to open the door, but this is clearly God working inside her heart, God is pursuing her), whereas the traditional "I was caught in drugs, alcohol, etc." story sounds mundane because it's you, somehow, being able to see darkness in darkness.

So for Reformed theology, we're not trying to present predestination/God's choice as the forefront of what we believe (though TULIP often presents it that way). Rather, God's choice is a byproduct if you will, of how he beautifully works in the lives. And to this point, consider how wonderful God's choices are. Remember the J.M.L. Monsabre quote — respecting God's choice is Reformed.

Catholics are like extreme Arminians (works-based salvation, you must do the work of believing), and Jews are extreme Catholics obeying the Law in order to believe—so you see the slope.

- Maybe it's actually in the middle. That's what Sarah's story seems to align with. And free will really is still important, that while God is so sovereign beyond our imaginations, he grants us the agency to ascertain parts of it. Free will is the whole reason this physical world that is passing away exists—otherwise he can just bring us straight to heaven right?

An unpacked suitcase, an orderly workspace, a clean car with a new air freshener—this is less about spit and polish than it is about creating space for focus, presence, peace of mind, stillness. Settle the mind. Put the suitcase away. Come home.

We are your parents on earth, but he is your Father in heaven.

Take your tuition as an example—he loves you and will provide.

To be humble and confident is one character, and to lack confidence and be prideful is one character.

You win some you lose some. Whether it's positive data results but also losing your patent attorney.

"When you talk, you are only repeating what you already know. But if you listen, you may learn something new."

- But when you talk, you are also *discovering* (and perhaps fully adding onto) what you know.

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." - Rumi

"Nothing will bring you peace, you must bring yourself to it."

Marcus Aurelius writes that if an underground spring is powerful enough, someone could "shovel mud into it, or dung, and the stream will carry it away, wash itself clean, and remain unstained." He was saying that the goodness within us has to be like that spring.

She remembered your birthday specifically, even as everyone else acknowledged other people's birthdays in the GroupMe, and that message was the first thing she sent at 5:38 in the morning after waking up.

I actually don't think the woman in Revelation 12 is Mary, for verse 17 says "the dragon went off to make war on the rest of her offspring, on those who keep the commandments of God and hold to the testimony of Jesus." If her offspring was just Jesus and his brothers, that doesn't align with "those who keep the commandments of God," which seems to suggest the descendants of Israel and the Gentile inheritors. Also, that Jesus is mentioned with "and," seems to suggest he is not part of "her offspring."

How things appear to us are not always how they appear to God.

If you're scared of feeling an emotion, you're already in it.

Constantly trying to make sense of your emotions prevents you from hearing their wisdom.

If you can't welcome the emotion, welcome the resistance to it.

Ego is as much what you don't think you are as what you think you are.

We often abandon ourselves in an attempt to prevent other people from abandoning us.

When your thinking is binary, fear is running the show.

People who are exhausted all day are often in the habit of beating themselves up or telling themselves how they should be.

Willpower is needed if it's a desire from the head.

Willpower is not needed if it's a desire from the heart.

The desire to be special can only exist when you don't know who you are. (?)

When you accept Christ, you bear his righteousness such that God sees his righteousness in place of your lack of righteousness. That is why Christ is our mediator. And we take on all his qualities through his sacrifice for us.

Ken interprets 1 Cor 2:1-2 as, Paul did not come with apologetics and reason. He came straight with Christ crucified, because what better gift or reason is there than Him?

When you're dehydrated you lose up to 10% of your cognitive function. So if you were gonna get a 100 on a test, now you get a 90.

Despite being marinated in traumatic environments, research shows that if a child has one supportive, trusted adult, it makes their life significantly better.

It's idealistic knowledge that can counterintuitively allow us to discover how to apply it to our own lives, rather than taking a pragmatist approach and forcing applications upon us which is legalistic.

I wonder if death penalty abolitionists are thinking in the Jewish messiah lens of having to redeem the nation (i.e. physical body) rather than an internal redemption by which God saves — maybe the Dahmer book will show this point? That though he stays in prison the Lord changed him.

Don't just verbally repent, but "bear fruit in keeping with repentance" (Matthew 3:8)

"Justice Scalia used to say, and I wholeheartedly agree, that if you find yourself liking the results of every decision that you make, you're in the wrong job," Justice Barrett said in 2024. "You should sometimes be reaching results that you really dislike because it's not your job to just be deciding cases in the way that you'd like them to be seen."

An overflowing river quickly gathers
mud.

The enemy will lay a snare when your mouth is unclean — it will use your own actions against yourself.

Did Peter grow angry only so far as to desire that Ananias and his wife should be slain? Certainly not. He wished that others, through knowing their example, should not perish.

The Lord does not want us to give away all our goods at once, but to impart them little by little; unless, indeed, our case is like that of Elisha... that he might give up all things, and devote himself to the prophetic teaching.

Who can be so hard, cruel, iron-hearted, as to be displeased because a man is redeemed from death... For it is better for mercy's sake to take up a case, or to suffer odium rather than to show hard feeling... to share in others' misfortunes.

- I wonder how to think about this in the context of retributive justice. Maybe yes we are to have mercy, but those dispensing justice have to hold to the hand of God?

Don't ask what's wrong with the world when one individual does such a thing. Rather, relish in the fact that dozens ran TO the blast immediately after. That's what's right with the world.

"Christians are all equal. Someone in power may meet with many people you never meet with. But you will also meet many people they never meet with too."

Lily is maybe not the smartest, but definitely one of if not the most interesting person I've ever talked with—and I will no longer think lowly of WPI students. She also mentioned that her uncle was CEO of the company owning Olive Garden/Red Lobster, and her dad is only 4 levels below Michael Dell. But she suggests cold approaching women in the city, whether Boston or Newport, along the lines of "Hi excuse me, I thought you were cute—could I get your number?" (Followed up with "I'm Joseph, what's your name? Are you in school?" Bring back chivalry, seriously) Be genuine and don't make it seem like you're trying to get something from them—of course there will still be jerks who take it weirdly, but you have to just move on to the next. Most people will be amazed that you even approached them.

The other point is, you have to figure out what you want *in a person* (not just *what they do for you*), and then you have to become the person that they would want. So for example, if you're looking for someone social, bubbly, warm, etc. you also have to be social, bubbly, warm, have some athletic ability, etc. Focus on becoming this kind of person.

Along these lines, “if you want a trophy wife, you also need to be a trophy husband.” Have your stuff figured out too, career and lifestyle wise. Dress nicely, smell nice, and communicate that you can take care of yourself. Just as you would like a girl to wear a nice dress when going out with you, dress nicely when you go out too. Because consider, for older women who like younger men, ask: do they have everything figured out? Most people at Ivy leagues, and especially them, do not. Think about what you want in a person.

- No one really “has it figured out,” but the only place where people are even close are the scholars and graduates in the 1for2 Foundation. It’s so so rare and even more special.

Chocolates + flowers from CVS will literally make a girl’s heart melt. You don’t need a fancy expensive dinner.

STOP WEARING HOODIES. Literally don’t bring them to college if you can help it.

If you are doing the same thing as everyone else it’s hard to concentrate people and talent, but when you do something that resonates with people it’s easy to get them together.

AI is in an interesting spot where the model’s ability is far greater than the current existing products, and there’s so much gap room to bridge in innovation.

Altman is very forward-thinking, even to robots and how robots can create themselves when that’s at least 10-20 years out. Have the long term vision in mind.

It took a long time for OpenAI to answer the defensibility question—now they have memory, etc. but before they just had a product. Yet they built the product, and then answered this question.

You put in the same inputs, you’ll get the same output, for life operates on consistent cause and effect. If you want to have a different output, you have to have different inputs. Sometimes the outputs are good and it’s okay to copy people’s formulas. But if you really want to be something else, a deviation from the archetype, you have to have different inputs—circumstances, motivators, and methods.

Altman says what leads to long-term economic growth is scientific discoveries and governance to make sure that science can happen and make people’s lives better. Perhaps those are the two areas in which to work.

Not machine learning, can call it “statistical physics”

In data, AlphaFold had 200k protein structures. Everyone has the same data. For compute, they had 128 TPU cores for 2 weeks, but this is attainable in academia. And people, fewer than you imagine. Their work was differentiated by their approach (AF2 with 1% training data was better than AF1)

Word of mouth is how trust is built (X tweets)
Users will learn how to use your tools better than you can

Easy to come up with dogmas, but you should be ruthlessly empirical.

Questions: How can you do this research, where progress such as publishing in journals is so heavily biased towards academia, in industry—particularly small startups, and should you do this? A: In industry you need to have an idea that works, we value beauty too much in academia over progress (be performance and progress driven, where you objectively know one is better than this other). AlphaFold was 15-20 ideas that added up to a system.

Companies that get too big like Google and Apple lose track of a focus, and I don't want Pananosis to end up like that. Apple has to worry about lobbying EU GDPR to keep lighting ports, and the effort to keep up with news/lobbying for that is something I don't want to end up doing.

Perhaps a metaphor in how we lined up at the microphones to ask questions: I stood in the right-side line, but when John Jumper took questions from the left-side, he called it his right. I can know "I am right," but appear to be left to everyone else, and what the world deems right might not actually be so. But, in the end it doesn't really matter. Which line you stand in doesn't have a bearing on your speech ability or your question that's asked. Likewise, perhaps which side you stand on doesn't impact your ability to perform.

In hiring look for, intellectual fearlessness. Embracing something hard and being all-in, solving it however possible.

Grad school **should be** 4-5 years where you're led by burning **curiosity**.

On being a minority: don't overindex on what holds you back, whether race or gender, but double down on building, creating, etc. and being like everyone else.

Apart from a few breakthrough innovations coming from researchers, all others have come from engineers. Musk prefers the term engineer over researcher.

Hinton quipped that Richard Feynman reportedly said: "Listen, buddy, if I could explain it in a couple of minutes, it wouldn't be worth the Nobel Prize."

With LLMs, recall is usually good but precision is terrible (high false positives, a wide net).

Emily said there's a fine line between biological research and healthcare, because one is making billions and the other has million dollar bills for their patients. Diagnostics then more straddle this line, because they are less expensive, still research-based, and tailored to the hospital system.

Especially early stage, silent investors are probably your best bet.

Respaid can be successful in such a crowded FinTech environment, because they differentiate themselves on the non-technical element of "respectfully" asking for invoices, which people like.

Even in the early stages, you don't have to make everyone a co-founder. You can give someone the founding engineer role, and equity is usually an excuse for a bad salary (cash flow solves everything). To get your first team member, just share *your* vision with them (it's still very much your vision at this point), and if they want to work with just let it happen.

And perhaps, equity is not really correlated with who *runs* the company. If you want to be the face, you just have to put in the most effort.

Folsom & 15th - be careful.

How often do you find yourself opening up to your family, friends, or even to yourself instead of God? As depicted in my call with my mom, I find myself opening up to my mom way more than I do to God.

Clarity is an underrated quality, people who can be dropped into unfamiliar situations and make paths straight.

"What tools can you put in the hands of people that will make them feel empowered?"

- Always be asking yourself this question, even as you think you're creating consumer products. Make your customer feel empowered.

It's been a while since I've sat and truly rested, reflected. I don't know what combination of still lacking the courage to talk to women, Alison not feeling as close, or the possibility of not being able to meet up with DYim that is twisting my heart. Like a river running through my failure.

A thousand times a thousand years my soul will sing. My heart aches, but my soul sings.

- God prepares your heart for his plans

On this rock I'll sing your praise. You are my rock God. Hallelujah. Thank You Lord Jesus. Thank you for my sadness. Thank you for my pain. Thank you

Treat coffee like alcohol. Just don't touch it at all, not even one sip. And this you avoid alcohol for the same reason as coffee, not religiously convicted, but because of the effect it will have on you.

It's hard to get close to God. But when we do, we start to bear his fruits, that others might see him when they taste of the fruits we bear.

It warms your heart to pray for other people.

Your voice, like a bird.

Mark Twain said, there is nothing as funny as the truth. That's why the most laughed-at instance at YC was when Elon said, "Okay."

All these older gay men understand that they're going against the design of nature. They know that being gay "isn't normal," and that's exactly what they want. They just want to be different, whatever it takes. In that sense, they aren't fans of LGBTQ liberation because it's normalizing all of this. Today, more youth want to be gay because they want to feel part of a "majority," or at least it's on its sure way to being one. But that's not the reason for the older generation.

Each time you resist, you pray—Lord allow me to be stronger than I've ever been before. Because yes, I really want to sin, but if I don't, I accomplish something I've never done before, and that happens every single time. That's theosis, reaching up more and more to the holiest of holies.

- This is true in general as well—talking to girls and stepping outside of your comfort zone more generally. "Lord, teach me to be stronger than I've ever been before."

Don't show me your words, show me your world. It sounds harsh, but if you dress like a prostitute, are you one?

- Although, I would push back on his views a little. He says women are maniacs for sex, but I think if you honestly believe this you it will destroy any humanity/sisterhood you can have for women. They are imago Dei, and more than sexual/household utility.

One way to start: share Bible verses in your note status.

What Gelsinger said about doing your job excellently is very true. That's why I was so shook at his Twitter feed. If he was an average guy, I wouldn't have thought much about it, but it's because he is so excellent in the workplace that God made him into witness for people like me.

When you ask, "May I pray for you?", make sure you FOLLOW UP with the person, after a week or so.

A general principle: The more curious you are about other people, the more the world will be curious about you.

In the early church, there were not thousands of autonomous churches in one city, but A Church of The City, as the epistles were written to. With today's population it is impractical to have one church for the entire city, but we should still strive after this concept of having one umbrella, a local body of Christ (across all denominations). Think with this mindset of local unity. Churches were started to change cities.

As a Christian there are things I cannot do, but there are also things I can do that you cannot. It's not just a limitation—in fact, it comes with infinite benefits.

On posting scripture verses with social media, it's like the mountain spring. As long as your motives are pure, if you don't want to be inspired by the same verses as I am, don't follow me. I'm not asking you to believe like I do or think I'm right, but I will express my opinions in non-judgmental ways because that's what Christ did—he reached out across social barriers, like he did when approaching the woman at the well.

Works and the Law are about what to "Do," but the gospel is about what is "Done."

All Scripture must be preached about Jesus. Preach Daniel not about Daniel, but about Jesus. Preach Revelation not about the eschatology interpretations, but about Jesus.

"The Bible is not about you"—but is language necessarily existentialist?

- The message of Samson isn't if you have long hair you will be strong, but no matter how strong you are you cannot be your Savior you need Jesus.

Alison might feel the same way as you felt when you were in SF as when she was in Chicago, both without letting each other know for a day or so. So have some grace.

"We took VC money because that's what everyone said we should do. Three years later, we're unrecognizable. We used to build things that worked. Now we build things that demo well."

When people ask, "Why did God choose the nation of Israel?" look where Israel came from—Abraham. So then why did God choose Abraham? Because "In hope he believed against hope, that he should become the father of many nations, as he had been told, "So shall your offspring be."" — Romans 4:18. Even the Jews find their origins in a matter of belief.

When talking won't calm a child, try food.

I don't want a doll. As Erik shared about how he talked with his wife after "feeling emotions he's never felt before," I want someone I can *run* to for support. That's why I long for someone like Maddy.

Joseph from went prison to palace in one day.

"There's no sense in being precise when you don't even know what you're talking about" — John von Neumann

How to ask about people's memories: "What do you miss most about ___?"

The thing about power is not so much that it changes you but that it changes the people *around* you. Suddenly, they want something from you. Suddenly, they are dependent on you. Suddenly, they are afraid of you. And this changes what they do and think. It changes what they're willing to say to you...and how they say it.

This is almost certainly why Marcus Aurelius talks so much about accepting correction and admitting error in *Meditations*. He knew that if he hoped to escape 'imperialization' he would first have to escape his ego and find a way around the sycophancy his occupation engenders.

In my experience, we often think about the type of sin that is active, intentional rebellion against God, but we don't think as much about the type of sin that is disconnection.

Don't solve problems that merely frustrate people, solve problems that make people sad.

When we do something wrong against our parents, like breaking something, we want to avoid them. It's the same thing with sin, we feel distant from God. We don't want to talk with him. That's the power of guilt does. But Jesus, in his greater power, wants us to run into his arms and talk with him again. He values a relationship with you **so much** that he'll do anything to remove obstacles like guilt standing in the way. And with relationship in hand, grounded and established, we'll see his love—maybe physical signs, but certainly his continuous wonder—overflow.

The only people Jesus yelled at were religious, so if you're a sinner Christ patiently loves you.

Don't complain that life isn't fair because if it was you'd be on the cross.

Oppenheimer becomes a better and better movie the more I watch it. I really feel like Cilian + the soundtrack sells everything. And the basketball auditorium scene is more and more amazing every time I see it possible in the real world.

Apparently I sleep with my EYES OPEN?? That makes for quite a fun fact.

Falling short today doesn't have to mean everything is falling apart.

Stop torturing yourself! Be present. Focus primarily on what's in front of you. Resist the impulse to add judgment or speculation to what you're dealing with.

People appreciate you, and they won't say it to your face but they do really value you. They'll say, "where's Joseph?" or "oh I wanna go fishing with Joseph" or "I want Joseph to do this with me!". We can't all witness the fruits. But God sees them. For as it is written, "your Father, who sees what [giving] is done in secret, will reward you" (Matthew 6:4).

Don't let them touch your inner-citadel. No one can steal your happiness. No one can take your joy.

"During EADS, I heard the gospel more than 30 times, but somehow it still pierced my heart every time. And I saw how it convicted and transformed lives. I saw how the gospel was spread through skits, testimonies, songs, and sermons, and how the good news led people to repentance, conviction, salvation, and freedom."

"because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction." — 1 Thessalonians 1:5

People love it when you pick up on the details about them. Be the one to ask and care.

The Logos piece could only have been written when it was, and is no longer possible after camp this year. But praise God for his timing that he harvests his fruit when it is still ripe.

Dad makes a good point that birthright citizenship is necessary for economic productivity. By ending it, you will severely remove incentives for legal immigration, and we will become like Western Europe where social safety nets are good, but people become complacent and lazy. You need to encourage new people to move in, fill jobs, and work hard to accomplish their American Dream—you can squeeze more work out of immigrants for the same amount of pay, and that's a feature not a bug. Immigrants get to live in a better country where their children have great promises, and that more than makes up for any extra effort they put in.

"Mental toughness is often framed as the perseverance that gets you across the finish line:

- Find a way to make it happen
- Push through the pain
- Grind it out to the end

But most days, mental toughness isn't about crossing the finish line. It's about getting to the starting line:

- Show up when no one is watching
- Keep your eye on the ball
- Do a little bit every day

Mental toughness is not skipping the days that are easy to skip."

How do you write? With my hands...

How can you watch those videos and expect *not* to be climactic? You must avoid them in the first place.

Limited by our own individual relativist interpretations, but also seeking an objective divine revelation, makes for the *mystery* of God.

The happiest I felt all week was Thursday night at the waterfront, when Maxx asked me to blow bubbles for him. Over and over, I would dip the wand into the soap and blow lightly to produce hundreds of bubbles that he would excitedly jump at as he tried to grab them with his hands. I saw just how excited he was for something so simple, and that makes me warm. That is childlike joy.

The more I think about it, what Audrey said is very true. The guy has to be honest from the very beginning, and the girl never at any point doubts that he is interested in her. You feel that telling someone you like them immediately means that you have to date, and that is not true. Think about what happened with Cindy, you told her after 10 days and while you didn't start immediately after, your relationship with her flourished. This is also why even "hey you're cute" works as a first line, because you establish the interest right away.

You have to be more upfront in the future. **Let her know you like her no more than a week or two after you realize it of yourself, but also say that we can take time to figure out if we want to commit to a relationship.** Don't play the stupid guessing game of a situationship.

- Ironically, this is also why dating apps could (in theory) work. Every interaction instantly has the terms established and there's no need to pretend. If only the people on them were better quality life-partners.
- Why should the truth of a simple feeling have any *obligations or commitments* tied with it? That connection is societal.
- Never let this happen again. If you *somehow* find yourself talking everyday to a girl you like *again* and an in-person meetup isn't possible, ask her to call (for something else), and tell her on FaceTime. It's not ideal, but the truth must be said. However, you should never have to resort to this situation, as long as you remain *truly upfront*.

You may have built your life without God, but God built his life for you.

We see time and time again in the Bible, the freedom of one is worth far more than the approval of the crowd.

The reason so much destruction and anger from God is present in the Old Testament is that it shows what would happen without Jesus. It shows what is "fair" for us to endure.

No human person will be 100% correct, on this flawed earth of sin (which seems to indicate more about an "original sin" state of the macro-world than individual actions). That's why we need wisdom to know what to listen to and what to ignore.

Every time you want to send (or even say) "sorry," catch yourself and examine if it is really necessary. You diminish the value of the word when you really need it.

- **Erase "sorry" from your texting vocabulary for a year. You can ONLY use it in the phrase "I'm really sorry," when you are genuinely apologizing for serious transgressions.** Otherwise, use "my fault/bad" or play it off with "oops." Be a man.
 - **Never say "sorry." You can only say "I'm sorry."**

If your prayers aren't intimidating to you, they well could be insulting to God.

The Bible presumes relationships and responsibilities between people. Liberalism flips this on its head with personal responsibility and only being held responsible for what you "choose."

Alison was impressed by you at TNT (an encounter you don't even remember) and planning the April 9/10 birthday party, something you had no idea would communicate so much about your character to other people. Even if it doesn't work out with her, the point is that you have no idea what the effects of your actions even a *few months* down the line will look like.

God is at hand. You see this time and time again. And he HAS to work in these mysterious ways because otherwise, the world is without meaning. Every single action you take is God-substantiated and intricately weaved into his greater plans—think about that. It's beautiful

Maybe the purpose of Alison was just to break your hesitations on inter-ethnic dating. Now you can be fully prepared and upfront for whomever God sends next.

"The fundamentals: Something many people know, but few people practice."

"When I notice myself worrying about 'what other people will think,' I find I'm usually not worried about *any single person's opinion*.

If I pick a *specific* person, I'm rarely concerned about what they will think. What I fear is the collective opinion in my head. It's imaginary."

"I wish my parents got to see me at the Oscars, but they got to see a lot" — Conan O'Brien

Don't let another Jessica happen (always get their contact info)

Don't let another Lily happen (never use in "waiting" to talk to someone)

Don't let another Alison happen (always tell her you like her when the first opportune opportunity arises)

A business lesson: Truly, the darkest hour comes right before the sunrise. On Tuesday July 1st, after basically two weeks off, I was about to throw in the towel on the whole sequencing operation. Delays accumulated one by one, and eventually I reached a breaking point after learning we'd have to set up the whole new BuyWays payment system. Nothing "physical" had been done for so long and it seemed impossible we were even going to get a sale in the entire month we set aside for marketing. I told Dad: two weeks, and if we don't start making real progress by then I'm out. The very next day, we did our first wet-lab sequencing run and our website seems pretty much up to full production. You HAVE to keep going precisely when you are most frustrated and when it's most easy to give up.

The root of our problems is attachment. That "without this, I cannot be happy." That's false. The moment you see this, you're free.

"Sometimes the best conversations between strangers allow the stranger to remain a stranger."

Hedging. Alison may be gone, but you got the DS shirts. God hears and will alleviate your pain. He makes the small joys great.

Don't force the shot, just get to your spot.

If you're so focused on your woes you'll fail to realize how he wants to use you for his kingdom. Just as the nails are in his hands and feet, now you are also his hands and feet.

To be someone who can smile even when you need a kidney transplant or some other life-threatening saving mechanism. Have that kind of joy.

It's not "if this happens then this will happen," that's superstition. It's "if this happens, God is present." All signs and wonders are for the purpose of pointing to him.

The hardest thing with entrepreneurship is that it's unstructured, and as humans we have to create structure out of that.

- Or you just don't like marketing work?

We think probability is about uncertainty, but it's actually about proportions.

Maybe the one merit of AI-wrappers is that yes, ChatGPT can seemingly do all of these tasks—if it is just one. As soon as you scale even to like 20 examples, it is no longer consistent. Specialized AI, just like fine-tuning models, might have a place.

Joseph was 30 when he was given a wife (from a different ethnicity). Immediately before that, he had been in prison for more than two years. Even as the literal Word of God lauded him as "handsome in form and appearance," he waited his turn.

God worked through Pharaoh to give blessing upon blessing to Joseph's family, all from the interpretation of a single dream. But it wasn't his doing, it was God's, and Joseph had the faith to believe that God could do so. Therefore, he was rewarded for his faith.

Ownership informs work. Or is it that you feel like you're lying to the world and yourself? Truth in openness is what's needed.

Positive definition applies best to groups and others. We bond over what we have in common, we form affinity groups, we find the striking connection. Negative definition applies best to yourself. You discover your passions by trying many things and narrowing it down. Positive definition involves more knowledge, more observation. Negative definition involves more trying, and failure.

"Everyone believes very easily whatever they fear or desire."

- We must therefore evaluate the beliefs that do not come to us easily

It's true that we should not rely on man, but God for comfort. Yet that shouldn't stop us from trying to provide comfort too, as men. It makes the world a more bearable place and when people ask, "Why are you so nice to me?", you shall point them to the one who is your comfort.

The best question to find out *who did something* is to ask the list of suspects, "What should happen to the person who did this?" This works for both adults and kids, whether they answer harshly because they're not involved and don't care, or craft a more careful response.

On college: It's not getting into college, it's about figuring out what you want to do with your life (and only you can do that). You go about this by trying a bunch of opportunities, seeing what you like most, and then pursuing more narrowed opportunities there, and then out of what you like there, pursuing even more narrowed ones. If you reach a dead end, it's okay, you can back up and try a different branch. Every single pursuit is a new opportunity on this "tree of trying" you grow.

It's not about doing the minimum to get to heaven. It's about loving God. And when you love something, you don't care about the limit

Building your network isn't about finding more people. It's about making the most of your 150 spots. You have decide who is most important, and cultivate those limited friendships. If you're really lucky and social, maybe you can get an expansion up to 300 spots. But still, that's it. You must be intentional about friendships—that's network.

And also, the feeling must be mutual. Take some time to reflect on what you can offer other people too. It could be a conversation partner, spiritual leadership, or a myriad of things. Because only then will people *want* to be friends with you, since there's something interesting about you.

"When you wash the feet of another person, you find out why they walk the way they do." — Bill Johnson (Bethel Church)

What does it matter to lose material possessions (up to the entire world) if the gospel is spread even for one more person?

- Maybe you could give away your sweater next time. You have no idea the impact it would have

"Love doesn't consist in gazing at each other, but looking outward together in the same direction"

How to lose the person you love:

- Don't trust them when they're away
- Spend more time thinking about the relationship than real problems in your life
- Don't take care of yourself (hygienically too)
- Make every situation dramatic and traumatize yourself in the process
- Be available all of the time, make sure you are constantly putting yourself next to them
- Cry all the time. (even in your heart.)

This is the best possible world yet still so full of sin, because truly, even an iota of our free will leavens the whole world with sin.

My Dad once said: "If you're not happy in a cardboard box, you won't be happy in a mansion."

If you can't learn to be content where you are, and deal with life's issues with a smile, don't be surprised when adding another human being with their own issues doesn't fix yours.

Address the emotion people are feeling (that causes them to say something), and never address exactly what is being said.

- Roots and axes

Sometimes you're tempted for hours. Sometimes you're tempted for less than 5 minutes. Don't even play. You ask, "What are the problems I need to fix in my own life?" I hope it's evident you need to start with this one.

You seek such content to escape your hurts, but it only creates more. Look instead straight at the eyes of God, his warm face, and he will share his soul with you.

"Jesus, rejection is hard but you know better than anyone else what that is like."

"If there is any part of me that is filled with fear, reveal to me how you will use that fear for your glory."

There are two types of people related to you.

Some are attached, but the moment you make a *demand* on the relationship (shifting the equilibrium), they begin to detach. We cannot try to keep these detachers from detaching (that is against their nature, as Nietzsche* would say).

And some are assigned. They are not in the relationship for what they can get out of it, but they are in the relationship for what they can *give* to it.

▼ *

Yes, natures are not permanent as I believe with "becoming" etc., but natures are true at their moments in time, during which we cannot ask someone to go against their own nature

There is nothing God has for you that is trapped in a person who's walked away from you.

Using modal logic to refute relative morality? *The very possibility that someone walks away from you even after you've done everything "right" for them means that people (and their opinions) cannot not a solid foundation, because it contains this possibility.*

I think I became an opinionated person (from the stoic, no opinion version of me at the Bacchanal) after Nietzsche. Because he really got me to think.

"Strangely, life gets harder when you try to make it easy.

Exercising might be hard, but never moving makes life harder.

Mastering your craft is hard, but having no skills is harder.

Uncomfortable conversations are hard, but avoiding every conflict is harder.

Easy has a cost."

"Our life is a lot more precious than any work." Anything we spend our lives doing, it's our lives themselves that are more valuable.

However I do think, given what you've realized about waiting for God, in this time while you're waiting, earnestly seek the voice of God.

Just as you wait in bed for an extra 5, 10 minutes, even though you know you'll wake up soon, so it is with God having you wait a little longer before he sends someone your way. He wants you to cherish this time by yourself, just as you cherish the time in bed before you get up and begin a long, long, day.

God speaks to you in dreams, but so does the devil. May the Lord grant wisdom in your heart to discern between the two.

Outdated maps might be worth less than no map at all.

There are no side effects, merely effects.

A good deal is better than a big deal.

Write down the things you're sure you'll never forget.

Generous doesn't mean free.

Culture conceals systems.

Ideas that spread, win.

Normal product development: Have an idea → make a product → market it → success/failure

AI-driven development: Have an idea → market it → make a product → guaranteed success

This is exactly why celebrities are successful businesspeople. They've already done the marketing.

On searching for things vs. asking for recommendations. What you search for will be good. It will work, but it may be more expensive than it needs to be. If you ask friends, it depends how much knowledge your friends have. Are they truly *experts*, enough to comment on the entire field? Or do they just know their friends which get them by, but may not suffice for your purposes. TL;DR, searches work, but your friends—provided they have expertise matching your situation—can save you unnecessary (usually monetary) costs.

People debunking the Trinity always focus on the gospels, but NEVER mention any of the epistles written by first-hand disciples.

Clean and bail water out of the sink all you want, but you must remove the clog at the center. That's the only way to clean your heart.

Why are you home this summer? I thought God put it clearly on your heart. But has anything really happened? Was this all just a waste? I'm reminded of Piper's story about the woman whose husband died at church and he was so unsure of what to do. But he stuck with what he had prepared, he trusted that God had a purpose, and when she came back to hear his sermon less than an hour later, God only knows how he spoke to her heart. We have to believe the same way, even if we don't see how anything's changing. Because everything's always changing at the hand of an almighty God.

A lot of marketing is for other people to simply see your face. So when you talk to them for the first time, they already know you in a sense.

No matter what city you're in, if you just step out of your house you'll meet suitable (aside from faith) people everywhere, in the most quotidian places.

"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world" — CS Lewis

So many companies are essentially CROs (doing B2B) and there's a lot of money to be made there, but they're just solving optimization problems. Solving the problems that actually make people sad, that's always B2C, you're reaching the ordinary human.

B2B sales need relationships. They NEED network. Cold sales don't work, they'll only work for true B2C, where marketing is directly for the customer even if there's an "ask your doctor" B2B layer like drugs have.

Maybe I need to make a principle that I can never work in high-level management at a B2B company. The end goal is meaningless and I don't have the network.

- Salesforce is probably the biggest purely B2B company, but they even reach a point where they're treating businesses as customers. Every large company is B2C.
- I take that back. Palantir has to be the biggest B2B company. It's interesting AI work, and I now make a distinction between B2B that merely provides a side tool for another company (like many biotech CROs), and that which provides the (or one of several) *primary* tools. Examples are Palantir with their analytics for car companies, etc. that NEED them for functioning and Smith that makes X-ray machines for the TSA (integral for their functioning). It also helps that for Smith, everyday people come in contact with their machines. That's very similar to your diagnostics—B2B in distribution but B2C for who they benefit in the end.
 - Actually no I don't think I could work at Palantir long term because it's still B2B just siphoning revenue from other large companies. But at least the work of AI at scale is interesting so that'd keep me going for a while.

I think the one place where mom beat me to a trend was Labubu.

Jesus of all people, we have no idea what he was doing from when he was 1 to 12 and 13 to 28. How secret of a life did he lead! And here's the other thing, Jesus was a carpenter. If God had an earthly vocation, how much more are we called to the same.

Can you get to the point where Jesus TRUSTS you enough to share secrets with you like he did with John and the seven thunders in Revelation 10, and would that be enough? Would the value of that message and the fact that you can cherish it be greater than having to share it?

We hide our sins and share our good deeds, but Jesus tells us to confess our sins and hide our good deeds.

A church is truly the people, when they change the church changes. That's why Paul calls us people the Body and Church of Christ.

The spirit turns the ordinary into the *extraordinary*, because what is that? That is redemption.

You'll look back on this and see just how insignificant the things you worried about now are, but just how significant every little action that build up your faith now is.

Almost always, set up a meeting time. If you go in unannounced and are just waiting idly, that's pretty awkward.

A didn't like the story, and I think that's all I needed to know that I must absolutely let go now and forget. No timelines, no deadlines, no considerations for this or that, no nothing anymore. It's the same as that day in May when Steven said Vicky walked past and ignored him. All I can think about this situation right now is Chuck Swindoll saying over and over, "I trust God, I trust. God." I have to trust him. What reason have I not to? From December 17th to February 20th I flung myself

down fully at his feet each and every day, and the day came when he gave me the strength to walk back up. He has shown his power with bringing Cindy to Christ when you thought she was beyond willing to receive the idea, and when he worked all things for his kingdom at EADS. Trust God. I fully trust you God.

- (After the birthday flowers) You've shaken this door as hard as you can and God would not reopen it. That's the truth of the world. So God's mercy is totally abnormally undeserved. His mercy to stop you from hurting yourself more because you are honestly so foolish

"Chase your desired lifestyle, not your desired title. People are blinded by status and labels. Once you release the need for a specific title, there is almost always an easier path to living your preferred lifestyle."

"Many frustrations are the result of unspoken expectations. Before you get too annoyed, make sure you are clearly expressing your thoughts."

Hashem is the primary funding source but he doesn't review applications. Because he trusts his friends, and his friends share his dream.

If the self is always becoming, then the self is fundamentally and essentially physical. One that moves together. Therefore, there is something special about the (God-given) body.

- Logos asarkos or logos insarkos, "Jesus' body is the crucified body."

Because the mental self, constrained only by the body, is fundamentally relative, we must tether it to something external like God.

But you have this unique grace imbued within you that you are to share with the world.

What we know from historical documents is that the tomb was closed, and then it was empty.

"Rational" reasons for the resurrection: Roman soldiers are trained at killing. The women witnesses, and it is not in Jewish culture for spirits to appear alive. The disciples have no reason to believe.

I'm not Christian because it helps me deal with stress better. It's not about worldly benefits. It's because Christ makes me whole, without him I am dead in my sin. To be Christian you need to believe in this supernatural realm. But I think science already leads us there. Beliefs in the mind have tangible real world impacts—you don't want to distill it down into what impacts, but it's a general leading force.

You need to share details of your parent's long-standing conflict, it draws out the particular really. It's not "it helps me deal with stress better," it's "I faced things that I genuinely don't think I could've survived without God." I've experienced true evil, but I now know God can overcome that. That's what the resurrection is about.

Restaurants have only been around for 50 years... since the rise of McDonalds

I just remember my dream vividly. If Alison removes you as a follower from either of her insta accounts, that is it. I will not pursue her actively at all anymore.

"The idea is that each time I go back to [an old book], the book is the same, but I am different. The world is different. And thus, we benefit by not just reading, but also rereading."

"[Writing about history] is not that easy because you always have to have a unique take. If it's not unique, then no one should read your book....It's very much a cheat code to take these historical stories that have survived and use them, but to turn it into your own story is still a very difficult skill."

We tend to limit opportunities for the things we care most about.

Use the 1for2 network, really. They will truly help—just call them.

I really feel like startups got big this year in popular culture, and the rise of Series kind of followed that. They certainly weren't big during Startup School East last year.

You've already set your goal. Stay focused on it, regardless of what other people do.

Now if you have the exact same goal as someone else, don't be discouraged. Instead think to collaborate (especially now you have IP for skin in the game).

(Something like this) Normally when you are self employed you pay 7.5% social security and 7.8% employment tax for 15.3% total. In W-2 the employer pays the employment tax. HOWEVER, this 15.3% is often way less than income tax. So if you had an LLC making \$500k in a year and pay yourself a (reasonable) salary of 100k, you only pay income tax on the 100k (39% [bracket rate] + 7.5%) and save on the 400k (15.3%)

Business expenses:

- "Non-ordinary and non-necessary" things like excessive restaurant visits only 50% deductible
- Ordinary things like electricity, etc. are 100% deductible same year
- "Capital goods," items with a life longer than 1 year, were normally 100% deducted over 5 years or so. But BBB made them all deductible in same year.

We explained what we were building, and why we thought Boom would succeed where Concorde failed... "I'm not asking for your money," I said. "I'm asking whether when this flies, if you'd like to have the first few airplanes exclusively for Virgin. If you're willing to raise your hand and say you want the jet—you can have it before your competition, and I'll get all the money I need elsewhere."

Commit to a few things, and commit fully. If they take a lot of time, that's okay. If anything, that's an indication you're creating substantial change.

Maker vs manager time: set certain days/hours to be maker or manager time, so you have a general rule of consistency.

What do you struggle with in terms of productivity? Answer: staying with your habits when other tasks become super pressing, how to break down those big tasks and "live a life" still.

When someone says “describe X in 1 sentence,” ignore pressure to optimize and cram into that sentence. Just let the extra bits fall away and state plainly what is left.

Elevator pitch exercise:

- We make blood tests leveraging signals in the immune system to detect cancer early and save more lives.
 - I’m a Yale student creating a blood test that unlocks new signals in the immune system to detect cancer early and save more lives. Could I get 15 minutes of your time to hear your advice?
 - *[Do you see the difference between “leverages signals in the immune system” and “unlocks new signals in the immune system”... the 1st makes you say “What signals... (you should’ve told me more)” but the 2nd is “ooh... what signals?” NEW is the keyword here.]*
- I’m a Yale student interested in tying computers, medicine, and big data together so that people live better, longer, lives.
- I study computer science but I have broad-spanning interests with literature and philosophy. I enjoy finding connections between ideas in the western canon and modern technology.

Partnership might be too strong of a word. Collaboration is better.

Not “hoping to do ____,” but “I’d like to ____”

From Ava: You see, you care, you do.

Gazmend went from breakup (after 8 years) to wedding with that same person in exactly one year. Literally anything is possible.

The darkness may seem absolute, but look closer—the stars are not extinguished; they burn for us with a fiercer light. — Van Gogh

All these little things are so insignificant. But all things God are so so significant.

“The world is full of magic things, patiently waiting for our senses to grow sharper.”

We may not know God’s will, but we can know for sure is that what is already done had to happen this way.

“You can attract luck simply by telling people what you are working on.”

Joan feels like a giant middle finger to all the people who talk about history being deterministic. Sometimes you get a Great Woman and then history does something really weird.

“Working on a problem reduces the fear of it. It’s hard to fear a problem when you are making progress on it—even if progress is imperfect and slow. Action relieves anxiety.”

"To love someone long-term is to attend a thousand funerals of the people they used to be. [And even as they change, you shall still find certainty in who they emerge to be]. The people they're too exhausted to be any longer. The people they don't recognize inside themselves anymore. The people they grew out of, the people they never ended up growing into.

We so badly want the people we love to get their spark back when it burns out; to become speedily found when they are lost. But it is not our job to hold anyone accountable to the people they used to be. It is our job to travel with them between each version and to honor what emerges along the way."

Which belief once protected you, but now confines you?

"Coaches don't play."

A goal in life: be friends with enough people to be able to say happy birthday to someone everyday.

I believe the number one character trait for success is being proactive.

- And the hardest question in the world is, how do you make friends?

[They] work on community projects less often, attend fewer dinner parties and fewer club meetings, spend less time visiting friends, entertain at home less, picnic less, are less interested in politics, give blood less often, write friends less regularly, make fewer long-distance calls, send fewer greeting cards and less email,

Great example of writing on the complexity of single events:

"It would be easier for everyone—young people, parents, and commentators—if every social trend was either terrific or terrible. But like the rise of the dual-earner household, the turn against alcohol among the same young people whose socialization has plunged is a complicated phenomenon that defies easy good-bad categorization. I cannot deny that abstinence is good for young people's livers; but I worry that it's part of a larger set of behaviors that's bad for their hearts."

In life, we have to say, "we'll see" to the invisible hand of God. But we cannot be saying this about our spouse, someone who grounds us in certainty. If you always have to say "we'll see" about her, I assure you she is not saying it back, for she does not care deeply enough about you for that to even cross her mind.

We may not know God's will, whether this is what he desires, but we can have confidence that what is done already had to happen this way.

God hedges my disappointments—thoughts of the poor Beam/sequencing meeting overshadow Alison's message response containing a complete lack of interest.

You applied for the health tech challenge before you knew what you would use the money for and only later did it cross your mind to file a patent. You acted on faith.

When you're providing a goods/service and they ask if you have questions, the most obvious is to ask about their needs, for which you are providing the goods/service.

"And God said, and God said. In the beginning was the Word, and through the Word all things came to be." Is our world word based? Yes. Mathematical equations, and the biological language of life. God told us to use words to name the animals—basic taxonomy—and more broadly, to use language to describe everything.

- And it is really words because "words" in biology are converted into words in CS programming languages, and these words are analogous to human words (Karpathy: "English is the best programming language")

Present the Bible to someone as **intellectually exciting**, with archaeology, philosophy, etc. not just a boring list of words.

Alex O'Connor and many people have moved away from formally structured debates because they are not places to seriously consider what the other person says. Rather, just have a discussion with someone.

The Problem of Evil is THE question, discussed for centuries. But likewise, when mathematicians have been attempting the same problems for centuries they begin to say, "Maybe we're asking the wrong question."

God knows that what gets you over someone is not resignation, anger, or sadness, but confusion and bewilderment.

It's easy to count the times when God has miraculously answered yes, but when has he equally used miracles to tell you no?

Klarna's angel gave them 60,000 euros for 10% of the company, and 5 tech staff for another 37%. They took it, and still became successful.

We acknowledge the world is ultimately out of our control, but there are still moments when we ought to press for the things we can change, even if not by our own hand. This is effective delegation, even if the power structure is not exactly so that they are underneath you.

Your success depends on the risks you take.

Your survival depends on the risks you avoid.

Running one mile has more in common with running a marathon than sitting at home.

Investing \$100 has more in common with being a millionaire than being broke.

Writing one sentence has more in common with writing a book than never writing one.

"Success is being excited to go to work and being excited to come home."

"If someone so perfect can love me despite my brokenness, I can try to love what is." (What does this mean?)

"The person you love most will hurt you most and will be the one you forgive most."

Some loud people just love loudly and that's okay.

I want to get better at talking to strangers and conversing for the sake of conversing. Even if I do not know the sake, may I not presume and dismiss, for the sake will be known to them.

If you look at Apple's stock price, in 2007 they released the iPhone, the best innovation of the century, and over the next year came the biggest drop in their stock price ever. Only a few years later did the stock climb to an all-time high. Their reward came after.

From Din Tai Fung — Cooking is ALL about the sauce

Something out of a movie when they raised and waved their hands in unison, and then disappeared behind a bush as we drove forward.

In terms of the cold approach, you're often thinking about yourself. "What if they reject me?" "What if I'm not good enough or in an optimal state?" But consider, their shoes. Even if they are already in a relationship, almost certainly it will feed their ego, and we like our egos fed. In the initial moment they're not thinking "dang this guy looks great/horrible," but "wow I am attractive enough for someone to say this to me." Our instinct is always to think of ourselves before the other person. I doubt they would feel disgusted or turned off by it, unless you genuinely present as a weirdo. Consider, in a world where even Christians with the ultimate love are still struggling to feel loved, how much more the non-believers! By no means is this categorical—there's no need to try this with people with whom it realistically won't work out, but put yourself in the receiver's place. And maybe you'll start cold approaching more.

Next time, simply make the decision to start walking towards her. Just decide to move your legs. And once your legs start moving, the rest will happen. You will learn that you are prepared as you approach. Just start moving your legs first. And also, yes non-Christians are arguably not worth dating but, perhaps don't make summary judgments at such a primordial state. You have no idea the testimonies God can use you to write in other people's lives.

You can't download someone else's relationship with Jesus. Likewise, you can't download someone else's wisdom.

Here's what it means to be Christian, and the starting point for how you should respond to other people: "Jesus is Lord." Lord over all. **Jesus is not a good-luck charm that you confine to an area of your life, but Lord over your entire life.** Whether we like it or not, we are all serving someone or something. Who do you choose to serve?

My job is to simply follow Jesus. He determines the direction.

Courage isn't the absence of fear, it's obedience in the face of fear.

It's a miracle that God gives humans gifts and chooses to work through us. In doing so, we can call part of God in gifts our own. We have a share in God.

History doesn't live in books, it lives in being told.

I believe in diversity, to learn of other people's practices and perspectives on things we take for granted. However, diversity as we have it here in the US is so focused on a few specific groups (African American, Latino, etc.) that by focusing on certain groups, they are no longer unknown, minor, and definitionally "diverse."

Do you live by your religion? Because so many Christians don't, and so many shamists do.

As God willed the world into existence, we too in the image of God can will anything into being.

"If you're afraid, don't do it. If you do it, don't be afraid."

One year ago today, I moved into college. Today I filed my first (real) patent. I never would've imagined that these events would follow a year apart. And something about the 18ths are special, really.

- Yo, my provisional was filed on January 18th...

- Dude the 18ths are gonna drive me crazy, today (11/18) was lunch with Eugenie

You need to build your personal brand, on LinkedIn or otherwise. That's how you gain enough influence, in order to work for God's sake.

"The child is the father of the man" — Wordsworth

Remember that a person's name is to that person the sweetest and most important sound in any language. — How to Win Friends

When people say they read literally, what do they mean by "literal?"

The Holy Spirit speaks to you by *convicting* in a way that if you did anything else, you would be disobeying God. It's not just "this is good," but this is God.

"If God would concede me His omnipotence for 24 hours, you would see how many changes I would make in the world. But if He gave me His wisdom too, I would leave things as they are." — J.M.L. Monsabre

God's justice is idealism, God's mercy is realism.

When you say, "Lord teach me to do what I've never done before" it's because He is infinite. Because we are not at the peak—there is always more we haven't done and can do. But when he was on that cross, all was done. He did it all.

God great is your faithfulness to me but what about my faithfulness to you? I want to be able to sing all the lyrics in that song from my perspective too.

"Let's take a systems medicine view on things, because (most) immunity doesn't happen in the blood and involves more than some purified cells in a 96-well plate. Do you agree? Even if you don't, let me know, because I love talking about science!"

"Praise others. It will bring them peace of mind.

Do not expect others to praise you. It will bring you peace of mind."

"We often think that we want an open road and the ability to choose any direction for ourselves. But sometimes, what we need is a tunnel that can reduce our choices and send us in a focused direction."

"Obedience builds what gratitude gets to live in"

The danger is that religion is syncretic, and new practices "just need to work," to make our lives better. That's why that criteria, of "religion makes our lives better," is not enough. There needs to be a whole new regeneration of who we are from our experience of the Truth who sets us free.

I think the biggest argument against the papacy is look at how many popes had heretical beliefs (Honorius, Vigilius?). It was often church fathers, who never served as pope, that argued for the right beliefs.

That time that you have with yourself is **vital** to your growth, because when you take care of you, that's when you do your most learning.

"Once we regard mitochondria as dynamic energy and information processors, an entirely new perspective of life emerges. Think of yourself as a waterfall. The waterfall exists only insofar as the water molecules keep flowing down. You learn as much about the waterfall when you scoop up a few inert H₂O molecules as you learn about how healthy a person is by sequencing their genome: close to nothing.

The waterfall cannot be understood from its parts, only from its movement. And once the flow stops, there is no more waterfall. The waterfall is not a thing that appears and disappears. It is a *process*—a process that flows and stops flowing. Like a waterfall, you are not a thing. You are a process—an energetic process, to be precise."

- Therefore, we are all energy (Jeff Lieberman)

When you read Joshua 7-8, somehow the stoning of Achan seems so much more unforgiving than the destruction of Ai. Eliminating the individual makes us seem sure of his sin rather than civilians caught in the crossfire of warring nations. But the tragedy for Ai is, quantitatively, much larger. What does this reveal about human psychology? And the reason Achan is punished with death is, he is not himself, but he is part of the nation of Israel, and it must be cleansed from sin. Let's be honest, that's not some anti-liberalism fantasy, but very well what heaven is like—**one**, one family. And it's not just expensive stuff he stole, but things that were "holy to the Lord." May we be careful with that which is holy.

I don't care if it's selfish. I would rather you pray a prayer that means something. Perhaps you aren't in the position to share someone else's prayer needs.

Good Friday is about the sorrow of the cross and fully taking in the cross with lament

Other people can believe but why should I believe?

Are you just as human as other people? Then you just as much share in God's treasure

Let's spend less time writing emails and more time doing actual work

Our inability to empathize with other people. We *can't* feel the intra-family and relational pain of others, even if we tried.

For Cindy to even be able to realize Ascent isn't the home church for her for these theological reasons is amazing. I pray she finds home, and I pray for her parents.

From my recent reflections on Alison (and today has to be the end of it, for her unarchived post and the true reason for "visited your blend"), I think I've come to realize an important theological truth.

In our minds, there's a difference between knowledge and our will, and our will—God always respects. He does not change our will, in this sense occasionalism is definitely wrong. But what God is in control of and does change is every outside action. Our will is internal, but everything external is God's. He places actions and circumstances, signs and wonders, for us to realize them ourselves and change our own minds. Sometimes we don't realize this because the change of our will is immediate to this stimuli, but other times, it takes weeks, months, and years. The will is ours, it is free. It is God's gift to us. But the world is his, he has overcome it.

And so when you wonder, if I decide in my will to raise my hand and it correspondingly happens in real life, does that not show how I have *some* degree of control over my circumstances? No. Hume is in a sense right here about the disconnect—constant connexion. God is the one who shapes the circumstances and causes(?)allows your actual hand to be raised. Even what we perceive as cause and effect by us, is all shaped and permitted by God.

- However, observation about constant connexion is only the first part of our conclusion. Hume stops there and doubts everything. But we know seeing constant connexion, it is actually noumenally *true* because God holds it up (kind of a Berkeley here, but if you really want to be nontheist you can attribute this sync/"entanglement" Stoically to "external forces" too)

"And now that you don't have to be perfect, you can be good." — East of Eden

What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen.

Things in life, from market trajectory to relationships, do not grow continuously. They grow in stages. Of all different sizes.

"Why should we feel anger at the world," he asks, "as if the world would notice?" — Euripedes

Many of us use anger in our lives—productively, we tell ourselves. It's what's driven our career. It's what's behind our activism. It's what allows us to put ourselves out there. That desire to prove someone wrong, to punish some wrongdoer, to feel alive.

But the problem with anger, as the Sam Fender song goes, is that "it begs to stick around." As a fuel, anger is both explosive and addictive. Has anyone ever felt like they finally did stick it to those doubters and can now rest securely in their accomplishments? Of course not! Anger finds the next target, the next slight to obsess over, the next molehill to turn into a mountain. It doesn't burn itself out...but eventually, it will burn down everything around it.

You contribute nothing to your salvation except your sin.

Joshua 24:19-23 is a very interesting encounter. Joshua tells the Israelites that they are not *even able* to serve the Lord God. Is he saying they are beyond saving? Certainly not, he is making a remark about their heart posture at that specific time. But instead of resting in that, the Israelites say "we will serve God"—the recognition of their sinful state supersedes the words (interpreted in a certain manner) of any leader. They persist in their heart convictions, and Joshua uses this *whole* encounter to show how God is actually calling the Israelites back.

God himself never appears, but there are items through which he appears that we call witnesses. Signs and wonders, basically that remind us of him. If we take that view to the Eucharist, then what we're doing is remembrance. However, the "witness stone" seems to have some kind of power as an inanimate object. It has "heard things" (Joshua 24:27) But I think it is described this way because the stone is nothing, the function of the witness is not in of itself, but only substantiated when it's related to us. God is the true witness. Applying this back to communion, if we do think of the elements as witnesses, they have power. But only by God.

Does your knowledge of God puff you up or humble you? Because only the latter is true knowledge

We often conflate what we know about Christ with Christ. And this goes for everything in life too. Seek not the image in the water but the branch itself.

Is this true? My story can be anyone's story. Anyone's story can be my story.

If you can't even have faith that your alarm will wake you up how can you expect God to bring someone into your life.

In John 15, we are the branches that bear fruit. God *chooses* to use **us** to show the fruits of all that he is—that is miraculous and total grace.

People often ask the (personal) questions they themselves want to answer. And from the first answer people will relate—this builds trust.

Every time, Jesus goes to save the one he loves in the face of danger. For example, he goes to see Lazarus in the face of stoning by Jerusalem's leaders. We are the ones he loves.

God is not a god of statistics. He is a God who chooses and makes things happen in the best possible way.

Into me, see

Let us have our candle lamps lit like the virgins who waited for the hour. And the key about this parable is that wax represents, that everything we value. Our hopes, ambitions, dreams, families, etc. We have to be willing to offer it all to God. It will melt, it will disappear, but all for the sake of the flame that is the greatest thing in this world. So when he comes, let our flame be burning.

When we're saved it's not individual, but saving into the body of Christ. We are one as the Father and Son are one. And this is reason to go to church, to be part of this body.

Jesus doesn't save us from Satan. He saves us from the wrath of God. — Ponder, what are the implications of being saved from God himself?

Grimstad example — God doesn't determine the exact moment (because you could've run into him at any number of points on the path) but he determines the **direction** you walked in.

European friends. Who treat acquaintance as an actual word and aren't just nice about being friends. They warm up slowly but once you're friends, you're friends for life. You can see each other again after 20 years and the time will completely melt away. In America we're overly nice about things but often end up with nothing. I'd rather have something. I want to have more European friends and use that word, "friend," like it means something.

- In some sense this also feels like Calvinism vs Arminianism (specifically *just* the perseverance of the saints part), how we can be close and fall away, or are held eternally by the grip of God
- Spanish has the "amigo" and "colega" distinction. Amigos are really only your closest friends.

People think they can't be forced to believe something (brainwashed) until they are, ex. pride.

"Work hard on what comes easily."

"Use the best idea you have right now. Claiming you need to 'learn more' or 'get your ducks in a row' is just a crutch that prevents you from starting... You will always need to learn more."

Before you wonder, "am I doing things right?" ask yourself, "am I doing the right things?"

Europe is known to work less (*Dolce far niente*), but they're Catholic which is often associated with works-based faith. America is known for an insane work culture, yet they're Protestant and emphasize salvation by grace alone without works. Why does this religious-occupational divide exist?

Is God calling you to a season of solitude? He is certainly doing things with your life that you cannot even understand. Like a branch that is pruned. Certain leaves are cut away, to make the branch the best it can be.

I'm so dumb that God has to prevent me from doing things that would hurt me. And that he intervenes in my life is pure grace

Not to have our eyes fixated on UCW or our church, but on God.

God is love but not love is God. Because God is definitional of love but our conception of love cannot be determinative of God.

You only talked with your parents for 2 hours. Think about that when you go to any other event over 2 hours.

We think figurative speech requires our interpretation. But actually, we use our own interpretation when it comes to plain speech. Figurative speech we can only hope to understand with God.

"That was a time" — Bruce Gordon

"All the manifestations of the world of measurement—the winning and losing, the gaining of acceptance and the threatened rejection, the raised hopes and the dash into despair—all are based on a single assumption that is hidden from our awareness. The assumption is that life is about staying alive and making it through—surviving in a world of scarcity and peril."

Judges constantly repeats—"There was no king in Israel. Everyone did what was right in his own eyes." This shows that there needs to be someone whom we have absolute allegiance to (our LORD), or else we will just operate by ourselves, leading to some of the darkest stories in the Bible found in this book.

We have a cancer and we are going to die. The most loving thing I can do is not get you all jumping up and down but telling you that you will die—and that this has to change.

The most loving thing you can do is to crush every idea that you can find some way to save yourself.

Jacob I loved Esau I hated, because God did not intervene in Esau's life to let him achieve worldly success.

"You might say, how can God be loving I'm gonna be here [in prison] 8, 20 years, or even all my life. Well, you could be in hell forever."

The purpose of the Law is to reveal our sin. To realize we can't play a game of wack-a-mole avoiding God and that we have to look up

I asked "What's the most important thing you learned at Alcatraz?" and he answered, "We learned how to be better criminals." They've no idea even how to live as a good person, so they will cling only to what they know.

Even Alcatraz prisoners were given cigarettes multiple times a week regardless of if they smoked. It was just that ubiquitous in culture almost like a basic necessity.

Before we would just be friends with whatever was natural and whomever floated by in our lives. But as we get older and people focus more and more on themselves, we have to start picking our friends. We have to be intentional about who we choose to hang out with, and they will most likely be receptive of it.

One of my biggest problems is that I think I am a different Christian. I was saved early, not now. I have practiced obedience, they have yet to do so. But because of this, my heart doesn't break for my fellow man. I am unable to empathize. I have to realize that I was once just as lost as him or her, until God filled me with divine peace and joy.

Someone who has the energy/kind-heartedness of Naga/Emily Chow and the inquisitiveness of Maddy would literally be perfect. The real question is whether such a person would like me.

Anyone who has had a run of bad luck knows the feeling. It's frustrating and annoying and sometimes deeply unfair, but there is also something freeing about it. Because after a certain point, you stop fighting and start accepting. We can imagine Marcus, after the 50th piece of bad news just saying, "alright just put it on my tab." What was one more thing at that point? What did it even matter?

When you're asking God for an answer on a decision, choose not the one that is easy, but the one that makes for peace.

Recenter yourself on Christ there is literally nothing more important in this world.

On doing a project/company with a co-founder, with other people—**there is beauty in a lifelong relationship**. And for that reason itself, it may be worth to not found solo. The *whole reason* you'd come to a school like Yale and work on a startup for (at least a few years) of less pay is because you *like working with these specific people*.

Josh Gao has the same "startup/management" life path as you—he's one here at Yale to choose as a friend. He's exemplary of how working on a startup leads to transferable skills in venture, finance, management, etc. even while STEM at heart. But you MUST work on the startup seriously. For this to happen and for it to count for anything.

Why is the Holy Spirit part of the Trinity? Because the Holy Spirit speaks (Acts 8:29, 13:2, Rev. 14:13), and only Persons speak. What mere power or force can speak? In other instances, the Holy Spirit is also regarded with agency, with and the ability to lead as God would lead. He is God.

- There are multiple instances too in Revelation (2) where the Spirit speaks to the churches
- The Paraclete is the Spirit of truth. This is not a word to be used lightly

God's name is "I am who I am," which honestly sounds very Nietzschean. He is the only one with a static nature, and when we try to make ourselves the same, then we end up with Nietzsche's world.

When you know the right people, you don't have to apply for opportunities anymore. They shortcut your life—optimization. That's why network is so important.

"When determining the size or complexity of a new habit ask yourself: What can I stick to — even on my worst day? Start there. Master the art of showing up. Then advance."

"A gift you can give yourself right now:
Stop what you're doing. Close your eyes.
For the next 60 seconds, just breathe."

How do you get close with God? By inviting him into the small everyday things. Ask him, "This or that? Carrots or broccoli?" for everything! You'll think for 99% of cases, "Come on, why do I need to ask the grand God Almighty for this?" But that's precisely why you should ask. He cares about the small details, the everyday. Allow that to happen.

- Paul sought the Spirit for everything, all the time on his missionary journeys. To go here or there, and often, it might not seem like the world depends on it. But he still asked anyway and God drew close.
- Like a son with his dad, sharing everything that happens spontaneously with your father in the everyday.

A man needs to know how to take control of his time.

Why the cross? Because God wants to have a no limits relationship with you. Anything is possible, on the table, when it comes to how close he is to you. You don't understand the cross because you think—God, we don't have a problem. We never had a problem. But the problem is precisely all of who you used to be—the man who buried the talent and seems wise in the ways of the world.

What do you think you'd have to do to warrant God dying on the cross. Murder someone? Steal something? To even begin to think there is something that doesn't warrant it, that you can do without God, needs him to die for the sake of all our foolishness, pride, and conceit. Because there is nothing he can't cover—nothing that can limit his relationship with you.

Chemistry is taught weirdly. In contrast to math where you learn clear-cut topics that build on top of each other, chemistry opts to give an overview of everything at the surface level, and then dive deeper into the exceptions in latter courses (this is especially the model for general chemistry I & II). I feel like I learn things super complicated, and then when we move on to the next topic I am relearning the easiest things again, only for them then to grow in complexity. I wonder if chemistry should adopt a similar model to math.

In John 18 when Peter denies Jesus, he says, "I am not," it is the opposite of "I am." He makes himself an antichrist. Denying Christ is a great sin because we throw away our invitation to eternal life. How can God force that gift back into our hands?

Generations of Romans were told the story of Aeneas, the founder of Rome, fleeing Troy with his enfeebled father in his arms. For all Rome's obsession with power, it was this beautiful act of compassion that Rome sought to memorialize in bronze and marble and tile. How a society treats the elderly and the vulnerable reflects how the society really is.

"I think Jesus would have handled Trump like the woman in John 8, cast the first stone if you are without sin." Because we are all broken vessels, and God uses broken vessels for his glory.

- I think the flaw here is that then we have no reason to try to be good then. We have to be good because God tells us the righteous man is better than the wicked.

"The difference between pure math and applied math is about 200 years"

- *The asterisk is that there are some elements to math that are *purely theory*, and have remained that way for thousands of years. Think proofs, logic, etc. That, will not change.
- But engineers still need to make the technology that makes the pure maths possible
- This is why orgo and health class are interesting, because we can readily see the applications in everyday life
- The dot product might actually be an area where applied math came first. It physically corresponds to distances between vectors/planes when measured with lengths/angles, etc. so people formalized the idea and then the inner product abstraction came later.

Suffering is suffering.

"Distance and time are the two wedges that separate relationships.

When it really matters, get in the car (or on the plane) and meet them face-to-face."

"In the great march of society, it is rather our duty to bring up the rear than to push forward the van." — Horace Mann

"When good, normal people get out of politics, we leave it to bad, abnormal people."

"If you lose a fortune, you can always earn another, he pointed out. But if you lose your good name, you can never get it back." — Empire of Pain: The Secret History of the Sackler Dynasty by Patrick Radden Keefe

Authoritarian figures don't have ideology they do whatever is convenient for power.

- And that's the fundamental issue with policy voting in an increasingly authoritarian state

The world order is one of shamelessness.

- But has it always just been?

Just go sit with them. "Mind if I sit here?" Take that step outside of your comfort zone. Be bold.

If you want an average successful life, it doesn't take much planning. Just stay out of trouble, go to school, and apply for jobs you might like. But if you want something extraordinary, you have two paths:

- 1 Become the best at one specific thing.
- 2 Become very good (top 25%) at two or more things

[Back to Marc] "The fact is, this is even the secret formula to becoming a CEO. All successful CEOs are like this. They are almost never the best product visionaries, or the best salespeople, or the best marketing people, or the best finance people, or even the best managers, but they are top 25% in some set of those skills, and then all of a sudden they're qualified to actually run something important."

"You think your pain and your heartbreak are unprecedented in the history of the world, but then you read. It was books that taught me that the things that tormented me most were the very things that connected me with all the people who were alive, or who had ever been alive." — James Baldwin

Be like Miriam. Just to be a bold light (in a simple career) in a sea of darkness. People will notice. Every time you doubt that living a life is evangelism remember Iman

The lampstand does not give light on its own. It needs tending and care. Likewise, Christ tends to the lampstand that is us. He trims the wicks and prunes us, he refills the oil and pours out his presence, and he removes the soot and cleanses our sin. This is the same role the high priest had in the OT.

I know your works, your toil. Not your occupation, not your labels, not your hobbies, not your interests, your work. I know your works, and how hard you labor on those works into weariness.

"I lost my love because I commercialized it." *Should we be careful of this?*

Some translations like KJV say "this I have somewhat against you" in Revelation 2:4 even though it's not even in the Greek. **But what begins as a somewhat will grow into an everything.** Like a little yeast that leaven's everything.

The first love for the church of Ephesus is people, and they lost that. They hated the works of the Nicolaitans but slowly began to hate the Nicolaitans themselves. Only when we love people are we doing what Jesus did.

No one else is worthy to solve your problems. To solve your longings. She is not worthy to satisfy your deepest needs. She can only be superfluous from the eternal perspective.

They did not pray for a comfortable life. They prayed God give them a fruitful life. Relationships are comfortable. Financial stability is comfortable. Accolades and being in different groups is comfortable. Seek out fruit first.

I want to wake up every morning look in the mirror and smile.

The difference between information and knowledge. Right now computers only know information. But when (quantum) computers start using knowledge, then they can not only solve problems like chess engines, but create problems—and that's the essence of human creativity.

Underneath every fear, there is something that's ultimately positive which undergirds it, something we care about. Fear is a derivative emotion; it can't arise unless you already value something.

Fearing the Lord means valuing him and loving him above all else. Our fear is reoriented around that, and less around worldly matters.

The fear of the Lord attracts us to God; we are not approaching him as equals, but this fear draws us to him and we bow down in reverence.

There is something about Jesus coming and his redeeming work that swings the doors wide open in regard to the fatherly nature of God. God is rarely described as "Father" in the Old Testament.

- The nature of children is that when they fear, they immediately turn to their parents. They entrust their fears to their parents. We must always be like this with respect to our relationship to God.
- Fear of the Lord means obedience, even when we don't fully understand or our hearts don't agree. We relate to God like little children relate to their parents.

Next time plan the things you play-off earlier or else they will turn into nightmares that shouldn't happen

"Lessons are unlikely to stick unless they are repeated.

Behaviors are unlikely to stick unless they are repeated.

Love is unlikely to stick unless it is repeated.

The practice solidifies."

Get an extra hour of sleep. Stop trying to do so many things at once. Go for a walk or get a little exercise. Take a breath and actually think for a minute.

You can do a few things well. You can't do everything well. If you keep scattering your attention across seven different priorities, you'll keep making mistakes that your rested and thoughtful mind would never make.

"Failure + reflection + another rep = competence."

Charles F. Brannan, former United States Secretary of Agriculture, on the magic of sharing what you know:

"If you have an apple and I have an apple and we exchange apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas."

"Being annoyed is the price you pay for community. It means having guests when you'd rather be alone. It means letting someone live with you even when they get on your nerves. It means showing up for events that you'd rather not go to. It means turning the other cheek."

Where am I rushing right now when I should be moving deliberately?

Where am I dragging my feet right now when I should be moving fast?

The apostle Paul entered heaven to the cheers of those he martyred — that's how we should pray for the salvation of our fellow man.

If Omar can resist the preprofessional pressures of clubs and frats at Penn, you can do so at Yale

We ponder, which language does ChatGPT think in? Because normally we think we have to think in a language. But this entire question is nonsensical because ChatGPT doesn't think in the first place it just finds associations and probabilities (better than any human can) between words represented as numbers.

Hank Green is this example of the STEM and humanities expert. Quantitative people are inclined to trust these "US % of ___" maps, but because he understands how the data collection is done, he knows the numbers are immediately false and dependent on state collection techniques (humanities knowledge). Humanities is not just debating Kantian with Humean ethics in isolation. STEM is not just crunching numbers for Jane Street. The beauty is in both.

When Lincoln called his cabinet together in the fall of 1862, they probably expected more bad news. The war to that point had been one string of disasters after another and it seemed like all hope was lost. But Lincoln did not greet his cabinet with a revamped military strategy or open another round of debate about the slavery question. Instead, he asked if they knew the work of the humorist Artemus Ward and read them a chapter he found funny. The cabinet was not amused. Nor did they laugh at the juvenile jokes being read aloud. But Lincoln was enjoying it so much he continued, reading a second chapter. "Gentleman, why don't you laugh?" Lincoln asked. "With the fearful strain that is upon me, day and night, if I do not laugh I should die, and you need this medicine as much as I do." Then, having amused himself, he proposed a radical new policy idea that would later be known as the Emancipation Proclamation.

God's grace comes to people who will never measure up to it.

- You don't measure up because as a child, you were wise in the eyes of the world

The world is fundamentally in flux, so hold on to that which grounds you because they are so rare. God, relationships, friends, and career journey. And in part, that's why we long for true European friends—who are constant in the face of a changing world.

Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities, no doubt crept in.
Forget them as soon as you can, tomorrow is a new day;
Begin it well and serenely, with too high a spirit
To be cumbered with your old nonsense.

This new day is too dear,
With its hopes and invitations,
To waste a moment on the yesterdays.

— Ralph Waldo Emerson

I think I have to be an originalist. That's one of my other strong opinions besides being on the nurture side (and I guess these two opinions are sort of tied). Reading the Bible is always a context exercise. Reading any document should be a context exercise. Even if the Founding Fathers were trying to create atemporal writing, they cannot help but write for their timing. That isn't to say that everything in the Constitution *is correct* because we yield to the context at that time, but originalism is simply understanding (and not making judgements) words in light of their context. Even LLMs use this, although not completely analogously—contextual embeddings is far better than one-hot encoding. Interpreting centuries-old text with a modern lens is comparing apples to oranges.

The things that make you happier are doing the things that you love. That should be why your resume looks the way it does.

Being friends with someone is more important than getting a job from them. Because friendships lead to way more than just a job. It's a means, not an end.

I think Grimstad is one of the few people left who still does everything. He says he keeps everything going at once and can easily switch from one note to another. How can you be more like him?

Right now you're so searching for love but think back to your high school 4 years. Perhaps college can more mirror that. After Celia freshman year, you promised not to date until at least Junior year. Sophomore year was quiet for you. But it's also when you learned ML. Maybe you can do something similar now, and a relationship will appear later.

Prayer accentuates your weaknesses. And the items that had power over you lose their power. We realize how little we do and how much God is at work. God wants us to realize this fact.

- Where are you powerless? No amount of intelligence, skill, money, or awards can mend your like-ability and relationship with people. This is what you must improve at.

Gettier problems are due to the "Here & Now" inconsistencies of human language. I think justified true belief still counts as knowledge if only we had a non non-specific way to describe it.

Humans love stories. When your professor who normally shares impersonal textbook information shares a story, they become a human too.

When is averaging destructive such as in writing, blending all the unique flavor tones into one that tastes like nothing, and when is it constructive such as in singing where we blend voices? How can averaging lead to both outcomes? Are these two scenarios more different than I like to think?

That's the key between traditional protestantism and modern evangelism—how much we value the Church. I have to read more into how the Bible describes the Church. But honestly, the universal "Church" as protestants like to define it is ultimately nebulous. If you love "Church" so much and want to see it physically, you'll submit to Rome. I think this is a point where I must disagree with Pastor David on how important the Church is. My guess is people like him value Church over human relationship with God, and I think that is an error. The gospels consistently tell parables of servants and their masters, of how we personally are to behave and what our heart postures should be. I also grew up with an individual picture of faith due to my lack of community, and the gospels helped me here (but also, community \neq Church—the Church has more order to it). Sure, radical individualism is harmful because that is not the Bible's model either—Jesus led a *group* of disciples, he taught to large crowds, etc.—the gospels are not recounting how Jesus meditated under a tree until he started sharing all this wisdom. But to discount all of this is honestly, in my opinion, messing up the order of how our Christian lives should be.

- This is true of the gospels. But I suppose I should reread the epistles, with a bend towards church, to see how the church is really treated. I admit I have never really read for this before.

Stop worrying about accomplishing these things and instead focus on building a life where you continually practice them. The important stuff has no finish line.

A righteous man who turns away from God will not be saved. An evil man who turns to God will be saved

God, I don't know the purpose of it all. That you red-flagged my applications to other colleges as I included those religious comments. You want me at Yale, but I don't know why. Is it to meet someone? To do something? Perhaps it was DS. But what about the other aspects of my life? I can't see the perfection of "things clicking yet." Though perhaps, it will never click until the very last day. Yet on that day, I know I will only be able to stand and *marvel* at the story you've written in my life.

"Every saint has a past, and every sinner has a future." You can view this religiously as a hope for all mankind, or if you put "The only difference is" in front of this as the original context does, you disqualify the hope of the entire statement.

"The world had always loved the saint as being the nearest possible approach to the perfection of God. Christ, through some divine instinct in him, seems to have always loved the sinner as being the nearest possible approach to the perfection of man... To turn an interesting thief into a tedious honest man was not his aim."

- Wilde's statement seems true on the outside, but gets a few details wrong. Firstly, the world does not love the saint. It loves saintly actions, but it does not love *the reason for the saint* — Jesus Christ. You can appear to be good secularly, but that is only a shadow of the goodness and revelations of divine love that come when loving the Lord. Then, "Christ... seems to have always loved the sinner as being the nearest possible approach to the *perfection* of man." Christ loves the sinner, correct. But not because the sinner is perfect. Christ called for repentance, "Go and sin no more." Sin is in no way perfection.
- Perhaps this is the silver lining and beauty in an otherwise denigrating phrase. When we add a new context to the phrase, it takes on a whole new life. We must choose, hopefully in accordance with God's will, which view to take

Language becomes efficient when we forget what words mean. Literature tries to reverse this phenomenon. In this sense, language and literature are opposites.

So likewise with math, the formulaic language often overemphasizes certain numbers (or does it? It "overemphasizes" by treating all numbers the same roughly—maybe making exponents smaller or hiding square roots in plain sight are the rare exceptions—but perhaps our present biases are what lead us to think certain things we don't care about are more prominent than needed. But maybe we should care where no one else has already). But for the sake of learning, you have to view it in chunks and not care about every term. For example, $(V(G) \text{ choose } 2)$ is just the total possible edges, but if you get hung up on G , 2 , etc. you will be confused. " 2 " is emphasized more than necessary where the only place it's used is in the definition of an edge.

I remember how mom would check out the Schlessinger "All About" DVDs for me at the library, and I would be so excited to watch them on our DVD player at home. "All About Volcanoes," I remember that one for sure. That fueled my love for video essays later on in life. Which led to YouTube, which led to origami and so many other things.

I've noticed that the way mathematical formulas are written is very different from the "CS" optimization mindset. For example, $\{e \in E(G) \mid v \in e\}$ is a very inefficient way to search through the entire list each time for the few desired points. We would like some ordered sorting to go to a specific point (in memory) and just grab the elements. Can you develop a more CS "optimized" mathematical language?

Steven Smith said, "The only way to learn together is to read/watch together."

- The strong mind finds a way to stay steady ... even when plans fall apart.
- The strong body finds a way to train ... even when the day doesn't go your way.
- The strong relationship finds a way to reconnect ... even when things get rough.

The reason intelligent people can respond quickly in discussion is because they've spent magnitudes of time more thinking and reflecting by themselves.

Note for Logos next year: Writing workshops are not very fun. But discussing readings and pieces is. See if there's a way either to read Mere Orthodoxy and similar things or general articles and take a Christian perspective.

Lean into the blog, perhaps send out a 2x weekly or weekly newsletter? Encourages people to write more and also less constrained, also keeps alumni in touch. Maybe emulate the YDN website, automatically create portfolios for writers. Collabs with churches about different things (interviews, etc.), and then also getting donations from them. Involve more people by making the bar to commitment as low as possible.

More far-fetched but Instagram upkeep — start posting reels ??

There are exams where you're like "That was hard, but honestly good job professor you crafted that well." There are annoying exams where they straight-up quiz material you didn't cover (or they can be annoying in their grading). And then there are exams that leave you scared. Because your instincts and intuitions are wrong. No amount of time could've gotten you the answer, and no amount of preparation could've helped you do better because it would require a fundamental rewiring of your thought process. You are older, and I think you're at a point where if that's the case you have to cut your losses. "If you're afraid don't do it, if you do it don't be afraid."

Remember when you didn't get into Co-study and that was the first (and probably last time) the Daily Stoic had a piece actually relevant for you? You thought it was over. And yet 3 years later you got into Yale. Everything will be okay.

God doesn't permit for you to go to this event or that because you have the wrong intentions. Only a "broken and contrite" heart before God can change your intentions, and then he will so permit. Pray near to him.

When you say you have a "feeling" for this or that, is that fundamentally unquantifiable? One can argue that a rule is like an amino-acid template whereas a "feeling" is like the region of AI-determined similar amino-acid strands that will bond and interact. But even then AI is just really advanced probability and math. So maybe a true "feeling" for writing, etc. fundamentally cannot be put into numbers.

I cannot let my college years constantly be overshadowed by the fact that I am not in a relationship, that I am lacking friends, that I am without this or that. I have to focus on the few people that I *am* close with, the few clubs that I *am* involved with—what I *do* have (even if limited) and how to make the most of that.

Towards forming friends - "Wasting time together makes the best memories."

I like hard science, and AI/medicine feels like hard science to me.

Gratitude is about being grateful *during* the process, non-contingent on whatever the end may be. We have to be able to take a chunk of the present in isolation and say I am thankful for this right now, regardless of what it may become in the future.

Treat every day as preparation for prayer (at the day's end) and see what gets in the way. That is stuff to remove.

Ask the Holy Spirit to burden you with what to pray for. The Bible tells us the Spirit is constantly groaning, let us groan with him and hear from God.

Every single thing is a gift and sacred because Jesus bought it for us. Every single thing. That is the reason we say "Thank you Jesus for my sins."

If AI can give us forever memory that will make us superhuman [why?]. This is what the entire field of history has been trying to do, to make us not forget.

The Empire State Building remains one of the tallest buildings even today nearly 100 years later, and continues to generate nearly all of its building costs in revenue each year. It was built in a year and 45 days with primitive technology. Most

construction projects today take decades. Goes to show that if you plan well, you can get anything done quickly.

Failure Doesn't Define You—Neither Does Success

It had been a long and hard fall. He'd ascended from West Point to second lieutenant during the Mexican-American War, but now Ulysses S. Grant was selling firewood by the side of the road. He must have hoped that nobody would recognize him and his heart would have sank when an old school and war buddy, Simon Buckner, did. "Good God, Grant," he burst out. "What are you doing?!" But Grant decided he would not be ashamed. "I am solving the problem of poverty," he replied.

Grant understood this so-called menial work of selling firewood was just that—work. All he cared about was that he was making an honest living and providing for his family. Besides, status high or low is, at best, only temporary. It's crazy to think that a few years later, Grant would become general of the Union Army, and a few years after that, President of the United States. Yet once again, Grant knew to refuse to let those high positions define him either.

"Above all, do not lose your desire to walk: Every day I walk myself into a state of well-being and walk away from every illness; I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it." — Kierkegaard

From CZI on the immune system being the next target for health

*Priscilla: "The clinical impact of understanding the immune system is huge. **Because biology has already given us a way to keep the body healthy.** And it also sometimes goes awry and causes disease with autoimmune disease, right?*

*Yeah. **It's a very complex system that has to stay in balance. And if it goes out of balance in either direction, you get sick.** It can also go into your body, and it's a privileged system that is mobile and can go into places like your brain, your pancreas, your heart, to either do maintenance or to collect signal. That's built in. **So if we can understand this system, we can use it to keep people healthy.***

*We already kind of do. There's CAR T-cells, where we reprogram T-cells to go in and fight cancer. And in our New York Biohub, we're doing cellular engineering to say, like, hey, **can you go in to this person's heart, check if they have plaques that are causing problems, read it into your DNA, self-analyse, and then we can read out the signal as cell-free DNA and give us a binary answer, yes or no.** Right? I know it sounds sci-fi. It is realistic. It is happening.*

*And then on the other end of understanding the balance, like, so many autoimmune diseases, MS, lupus, those are the ones, examples of ones we know. I think **there are other things that are autoimmune that we don't understand, like dementia, [where] autoimmunity can play a large role in that.** And so **if we can understand the fine balance that the system needs to be kept in, then we can understand the balance. Then we can actually impact a lot of the ways the human body is maintained.** So I think it's both interesting from a biology perspective and feasible to model, and probably one of the highest sort of now impact systems if we can learn how to manipulate."*

Mark: "Amazing. But it's only one system, right?"

Priscilla: "So it's a subset but if you're focused on curing and preventing diseases, the immune system is a pretty important one."

"But nostalgia is for feeling, not for expecting to be real... You don't get to have nostalgia. That's why they call it nostalgia."

"Stupid is as stupid does"

Happiness cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. The more a man tries to demonstrate his sexual potency or a woman her ability to experience orgasm, the less they are able to succeed. Pleasure is, and must remain, a side-effect or by-product, and is destroyed and spoiled to the degree to which it is made a goal in itself.

—Viktor Frankl, *Man's Search for Meaning*.

Nietzsche was opposed to hedonism, but I believe they fundamentally share the idea that egoism is good. Nietzsche says the strong should rule, and if you are the strong (which I think he considers himself part of in *Ecce Homo*), great! Moreover, the egoist hedonists believe we should seek pleasure for ourselves and subordinate the regards of others, kind of in a Darwinian "survival-of-the-fittest" contest. But the paradoxes, especially where actively pursuing pleasure often leads to less, complicate how true Nietzsche and hedonism are. Nietzsche does believe embracing suffering (*Amor Fati*) to be a good thing, but only for those who are able to come out on top and be strong. It's an exclusive philosophy. Hedonism is an exclusive philosophy. So is Darwinism. Is Christianity too? To follow this pattern would suggest Christianity is flawed. But the Reformed Christians need not panic, because I do think like Augustine that even if God foreknew the damned, he did not cause them so, like how these other philosophies actively exclude on the basis of the weak one's *nature* being weak. All humans are in the image of God. He has no pleasure in their death, like how these others may be *pleased* that the weak get what they deserve.

But the damned are simply given over to themselves, and God knows this ahead of time—that's foreknowledge. Whereas the saved do not do it out of their own power or striving after a goal, but of God's mercy.

The brokenness of humans necessarily means: "All my wins are God's (his sovereign choice is the reason for my salvation), all my losses are mine alone (my free will is the reason for my damnation)"

One can try to trace reasons for Nike's marketing success but ultimately Nike got lucky betting on Michael Jordan who would become the greatest basketball player of all time.

Kepler loathed astrology as "the foolish little daughter to mother astronomy," but he still did it to pay the bills as he worked on his real scientific discoveries. We have to first survive in the system before we can thrive in areas outside of it.

"In the long-run (and often in the short-run), your willpower will never beat your environment. The more disciplined your environment is, the less disciplined you need to be. Don't swim upstream."

"An object in possession seldom retains the same charm that it had in pursuit."

"Self improvement is like making a garden to attract butterflies, because even if the butterflies don't come, you're still left with a beautiful garden"

Being a believer does not automatically mean you are a disciple.

It's interesting. Humans take instructions, and AI was supposed to be the opposite—taking in data to learn the instructions/principles. But now with LLMs we are back to giving them instructions. We treat them as human now.

"LV is not going to disappear tomorrow but love can go at any moment" — to justify valuing luxury goods over love. What's the problem with this statement? Worldly things will ultimately fade away, but the difficulty of love is what makes it beautiful.

"I avoid looking forward or backward, and try to keep looking upward."

Hanging out with people at Yale: Invite them to play pool, late at night and the conversations will flow. In the butterfly. Sing and play piano and stuff.

Most of the Exodus pre-calf takes place within 3 months. The Israelites could not “forget” God, unless their sin was so near to them. May we remember the proximity of sin.

Forgiveness is not just saying we are okay, but to cherish (in the Stoic sense). To adopt the murderer. To cheer for those we were martyred by.

What is the fruit of my parents if not the traditional sense? They were broken but had strengths in other areas

- They know that God is real to a degree few others match

In heaven, we become the pillars. We make the bed, we are involved (like clubs) it is not sitting idly enjoying the perfect place.

Don't talk badly about other people's majors, especially in front of specific individuals. That's sacred to them and I don't care the reasons you have. They always have a reason for wanting to study it. Better to be passive and quiet (consistently) than randomly rude. Remember how you felt after Oli criticized you for being a CS major, and he even had reasons? How much worse you are for being baseless. This is just something that people don't feel good about. Pray the Lord gives you a kind heart in the future.

The technology that transforms our core institutions like social media, similar to Burke's warnings, will be regressive and damaging. Most other innovation is edifying and builds new things.

Marc Andreessen created an internet browser that lost to Microsoft Edge. Not even Chrome. It closed after just 14 years. But here he is leading the largest VC firm in the world now. The lessons, 1) You don't need (and likely can't have) success everywhere, and 2) Try and try again until it works.

“Take care of the minutes; the hours will take care of themselves.”

Words are not just words, data is not just data, numbers are not just numbers. (Against pure isolated-rational studies of things)

There will always be more attractive women. If the baseline is met, all that's left to consider is how present God is in their lives.

When God says, “It is not good for man to be alone, I will make a helper fit for him,” he may actually be calling us to pursue the Lord. Remember? The Lord says he will send a Helper. We have both an earthly helper and a Heavenly Helper. The former is to help us pursue the latter.

Only within the confines of a lifelong relationship can you experience “nakedness and no shame” — nothing you feel you cannot share

What is a coincidence? [Fundamentally, can we challenge the assumptions we have about this word?] We're living through coincidences every single day every single second.

Maths is solved but the world with God is fundamentally unsolved. Maybe statistics would be a better field to study.

When you have memorized something, that means it's in your heart. Only once that happens is it no longer an external fact, but part of your palette to create new notions/ideas.

You want that life? Go ahead. (Romans 1, giving us over to our passions). Go walk down those stairs without me. You will stumble and be gravely injured.

The Bible does not say "if you want to be Christian you call yourself a Christian"

Take everything in the world you have away. Then what do you have? [This is the question to get to the heart of someone].

When people ask you what you are and what you do how do you respond? Right now, it's nothing.

"Who the Son sets free is free indeed." There is nothing the Lord cannot free us from. The devil wants us to believe it is impossible and to give up. But we cannot keep defending, we have to begin being on the offensive. We have to defeat the devil as Christ defeats with his heavenly army at the end times.

Part of overcoming this sin is seeing the women you lusted after as daughters of Christ again. You have to destroy the barriers the devil puts up between human and human *imago Dei*. It's learning to forgive yourself.

"Very often, the way we learn what our ethical code is, is that we violate it or we disappoint ourselves. Or we do make a decision for which we have to apologize or make amends or change our behavior."

The reason for the Virtual Cell Atlas is if we pick up on any anomalies, we're be able to simulate *every cell* in the human body (similar to simulating every quantum particle to recreate a human) and examine how they interact to see what the anomalies will actually be. Because right now treatment for diseases like depression is empirical, but by understanding cells we can treat in days instead of month timelines.

Also, we have no idea how many different cell types there are in the human body.

All of this medical innovation is not to say there won't be bacteria/viruses in the world anymore. It simply gives us better understanding.

Church in America is quite individualistic, how can I get more of God, etc. But what if we were a church where we only focused on helping one another? Even submitting ourselves to one another? To be completely open in light and not have to operate in darkness.

You are roughly as happy as you decide to be today. And some day, years from now, after you accomplish the thing you've been striving for, you'll have to decide to be happy on that day too."

"Attention is the rarest and purest form of generosity."

Being Christian means I am not longer the person I used to be. I put on the armor of God since Jesus first put it on for me (Isaiah 59:17).

I'd rather you talk the truth in language that the world does not understand than dumb it down to a level where it is no longer compelling. Jesus tells us that the world will only understand if they are receptive

On pruning. This is a detail I never really noticed when reading John 15. Pruning is an act of negation. It is not watering good branches, nourishing the right conditions, but pruning is cutting away branches. Every branch that does not bear fruit he will cut and throw into the fire, but every branch that does bear fruit will still be cut. God will still remove negative influences from our lives, and we may not realize it. We may wonder why God is taking away some of the things we cherish most, or don't think were harmful. But Scripture tells us that even if we are doing things right, God will still take away.

Pruning is to first break us down, so that we can be built up stronger.

In dating, you switch it up. So switch it up with God too. Talk to him at different places and times. Talk to him about different things. Give him a comprehensive overview of your life, because in doing so, you will give yourself an overview.

For sayings and wisdom in life, you remember two people: the creator and the messenger. The Father and the Son. I would argue the context in which a message was delivered matters just as much as the message itself.

In the case of the Bible (and other wise writing), we may think Paul for example is the original author. But who is actually the author? The Holy Spirit.

Everyone has the same capacities. But what we choose (or what the circumstances choose for us) to be is different. That's what matters

Why are people so easy to disobey when it comes to drugs and alcohol, but not the capitalist system? They are immediate tangible goods. But money is intangible actually. I don't know if this heist/fraud that I'm about to do will actually result in money. And society still has shame for financial fraudsters. Whereas the drugs are right in front of me and I know they will have a nice effect. Plus, society has gotten rid of the stigma for drug addicts. They are people to be pitied, rather than to be viewed with any disdain for their actions.

So for the drug addict, maybe we should adopt Nietzsche's anti-pityful attitude? Drugs should be taboo. But what about the fraudster? Are we correct to maintain Nietzschean strictness? Should we not pity him too for the circumstances that led him to commit these acts? Society has started down this road of empathy. Republicans would love Nietzsche, ideas of static justice. Maybe that's why I, as a Christian, have dissonance with the Right.

Consider if your parents met in high school. Then you would have the pressure to do the same in high school. But there's so many more opportunities. So the same is with how they met in undergrad. God wants us to believe in things we do not have a pattern or frame of reference for.

The photo that never was, of us on the PWG rooftop with my arm around her as the sun sets in the background — I don't know if Alison even has it anymore. It represents what could've been. What seemed close. But I never even got to see it with my own eyes. Does it actually exist then? Berkeley enters the room.

ChatGPT is not a great therapist because it doesn't know right from wrong (exactly the alignment problem). It is only a very good non-directive Walden peer counselor who will never intervene and tell you you should or shouldn't do something. Morals presuppose the ability to give advice (prescribe). This is a broader lesson, that humanizing the unhuman as in Romans 1 costs lives. I guess that is an argument against sympathy for Frankenstein's monster. But Victor abandoned the monster from the start. It was "human" and became "unhuman," whereas an AI program will never be human, no matter what. AI does not have the capacity to feel emotion. It cannot serve as a therapist.

You don't deserve friends, you don't deserve love. You don't deserve anything, for the sin that you've done. (So don't complain if these don't come for the rest of the semester, or even year. The Lord would visit iniquity upon generation to generation.) But it's not just recent sin that makes this true, it's your ongoing *state of sin*. As long as you remain human you will always be overshadowed by this sin. Pray the Lord that he gives you the strength to overcome your flesh because it is not easy. It is the hardest thing in the world, harder than the hardest thing you know.

A prayer: Lord teach me to love every single woman that I see today. To recognize the image of You that she has in herself. To love the fullness of your creation that she is. To admire her humanity, and make such impersonal actions and perspectives abominable.

What about the world changes when you do this? It has no effect. Put your effect into things that make an impact

It'll take a trip around the before he gives you a loving relationship. Commit to this and focus on purifying/edifying yourself for this year. Anything shorter is God's grace to you.

Just be careful not to fall into depression. In this time you choose to focus on the areas to improve, but you very well can shift your focus when needed to highlight the God-given beauty inside you as well.

What but can you do when serving a prison sentence?

Should we be caught up in proving that we are good to others? Are businesses (not ones that raise round after round but smaller ones, simply operating in their lane) a way to avoid this trap and therefore more godly?

Be an interrogator, better than being a giver of unsolicited advice.

I completely forgot this was in my EADS letter, but I wrote Ezekiel 18:23 - "Have I any pleasure in the death of the wicked... and not rather that he should turn from his way and live?" Mom said she read this a few months ago and suddenly felt sad for her enemies. For dad, for the people she previously only despised. God is gracious and able to soften the hearts of anyone.

Today, November 11th, I had lunch with ALee. And I was humbled. I've been in a tough spot spiritually, just no motivation to really seek God. But ALee shared much great wisdom in terms of where you are, and where you want to be. Last year when I would lowkey lecture on philosophy during our weeklies, he was humble during it all. And now it's my turn. Let's all be willing to learn from each other.

Jesus is good. If you do not doubt this then run to all things him. You don't have to sort out a compromise, don't be lukewarm. Even City of God is fundamentally predicated on the goodness of Jesus. Matthew 6:33, if we are of God he will provide all things.

Write where you are and where you want to be. "I want more friends" is not the end goal, our end goal is to love as Christ does. Pruning will get us to this point.

Write down your prayers again. Like when you kept a journal. Start journaling again. Get a separate prayer journal if it helps.

God is alive because of the people at Yale. Love your brothers. They are imperfect, but at least they understand that all life on earth leads to death.

During CWG today, I somehow decided to pray through the Fruit(s) of the Spirit and I felt very convicted about the last two: gentleness and self-control (taking back time). These are the two I need to focus on.

To what extent should we balance

On the consequences of personal-relationship Christianity vs. the church and college (and life at large) being a place to balance your relationship with others vs focusing on yourself and classes.

"The greatest project you'll ever work on is you"

Well is this really true? If we are selfless can we take ourselves out of the equation?

"Do not wait to strike until the iron is hot, but make the iron by striking"

Most essays are double the length they should be. I think when an essay gets to listing points 1 2 3 or a mold of "where/when/what/why/how," it is no longer natural. I prefer writing discourses, and those are hard to make long beyond 1000 words if not in the narrative form.

Mathematicians are painfully aware that most things have already been discovered/done. Other fields like CS are filled with Dunning-Krugers who constantly think they're inventing the next newest thing.

You have to constantly zoom out in life and have that scepter over you like the memento mori whisperer for Roman triumphs.

The "failing fast" entrepreneurial attitude carries over into test-taking. I do better on quizzes with more problems that are shorter (like the SAT), than a few long problems. Because getting one problem wrong is always $1/n$, if n is smaller that hurts you more.

Yet at the same time I am not like typical entrepreneur who runs from one idea to the next -- I take one problem and want to work on it for years (probably with different angles).

But I do better when tested on broader knowledge, so maybe I am still combinatorial in the end.

It's not about finding what you're good at, it's about realizing you're not good at any particular thing, least of all being good to God, and that you can't do anything but rely on God.

"If you go along with the mob, you are guilty of its crimes; if you endorse the demagogue, you are party to his sins. But their culpability isn't causal, and if you removed them from the story, someone else would play their part, and the underlying crisis would probably look more or less the same." — very nice phrasing by Douthat

While you do not know when the Lord will come to return, it's probably far off. **But what you don't know is when the Lord will come to test your faith and your ability to share it with others.** This can and will happen anytime, when you least expect it. And you never know when something will break in the heart of an adamant one.

Frats are just networking simulation, trying to get into a party is the most mundane example of getting someone to do a favor for you. But that's the extent of networking most people have access to in college. So those who end up joining frats are likely to succeed when real networking opportunities arise in the future.

Sometimes there just aren't enough rocks. Enough ways to express our pain and grievances.

[The desert... When the sun comes up] "I couldn't tell **where heaven stopped and the earth began.** It was so beautiful."

If Grace has evangelized to her AP bio teacher and rekindled her faith, she has done more than me. More than any "global" impact I can have.

It just matters how well you can navigate life with her, how well you can look out into the horizon together.

Be the living proof of a loving father.

The world says follow your heart but the Bible says guard your heart.

On signs and wonders—you don't stop at a sign, it points to something.

Example: "Keep your fork" (points to) "the best is yet to come"

"Without God, what am I but a guide to my own destruction?" — Augustine

Don't even try to sleep before a big event, like a date. Your heart cannot settle.

Flirting is designed to make them blush/cringe. That's the desired effect.

"Greatness takes guts.

And often, it's the courage to eliminate the things you can do fairly well so you have the capacity to do one thing exceptionally well. Have the courage to take more off your plate."

"Many situations in life are similar to going on a hike: the view changes once you start walking.

You don't need all the answers right now. New paths will reveal themselves if you have the courage to get started."

"The grass is only greener if you're obsessed... the energy that comes from hype is different than the energy you need to make something part of your daily lifestyle."

"Love isn't saying, I love you, but calling to say, did you eat?"

"Habits are either the best or the worst things in the world; they either carry us to heaven or hurl us to hell."

"Today is a good day to reclaim some of your time and energy. What project, commitment, or responsibility have you known for a while you should let go of (or wrap up), but still haven't?"

Even if she's great, her greatness does not equal your happiness. If you can't be happy by yourself you won't be happy with her. Things don't bring you happiness. Only you can do that yourself. And God becomes part of you to bring you happiness. Optimum solacium sibi se est.

Even if the two of you have a lot of shared interests, if all your time is spent discussing that instead of getting to the heart of who you are, that's a friendship (yes, boyFRIEND and girlFRIEND) solely circumstantial, instead of based on the solid rock of virtue

Part of perfection in someone is the timing. So if the timing at which you meet them isn't great, then that subtracts from their perfection (via your perspective).

I will be prudent, but will not play (course) politics with my learning.

You see a gazelle being eaten by a lion on Nat Geo but that isn't cruel. For nature, that's normal. The circle of life is good in the sense that it maintains normality (could it be better? perhaps—but when does "less good" reach a point of being classified as "bad"?). It's only we who make that evaluative judgement (contra Alex O'Connor, who feels there is innate evil in a Zebra being ripped apart).

Perhaps the answer is not you should've done this, but simply that that outcome wasn't God's plan for you, so it didn't happen. If something *is* God's plan for you, be most certain that it will happen. **That is both terrifying to our flesh and amazing for our souls.**

"You're trying to take control of a situation you don't have control over." — Audrey

- At the very least, wait until God gives you control. And until then, don't expect God to do so and forget about it.

What is manliness? Manliness is not just asking every shot. Because the shot has a cost. It is drawing close to God. To be so close to God that you are ready to take control of the situations he gives you.

In high school you were close to God. In high school (at least from 10th to 11th, when you were really desperate for God) you didn't care about dating.

Emotions are deceptive. They depend on how you receptive you are to emotion overall, and the context of what you know. I was far more sad over C than this for E, way more sad over A, and WAY WAY more distraught over CN. But funny, it's an inverse order of who would've been optimal. So it's interesting: God keeps providing better and better people in your life. Do you have faith that the trend will continue?

Universities started in the Middle Ages and are some of the last remaining feudal institutions.

T.S. Eliot completed the requirements for a doctoral dissertation but never formally received the PhD degree. Think about that the next time you freak out over a low grade—at least you're getting a degree.

"Inside the word 'emergency' is 'emerge;' from an emergency new things come forth.

From the wall of 376 Elm:

- If you are still hungry, have another fortune cookie
- All the darkness in the world cannot put out a single candle
- Don't be afraid of fear
- Every good friend once was a stranger
 - Including Jesus

I never would have expected at a journalism conference to sit next to a VC partner at the final dinner, after wondering if the entire weekend had been a waste. If the entire purpose of you attending ISI—which came up very ex machina via Sydney—was to meet Zak at the very end, that is God's Providence. If the entire purpose of the Holiday Dinners being on Friday this year instead of Saturday for the whole 6,700-strong university was to move the UCW Christmas Party to

Monday so that you would go shopping at Target today (and not tomorrow, since Living Water concert/preparation is then) with Timothy and be late so you had to sit on the outside with Zak, then that's worth it. No human could have planned this.

Zak brings up an interesting parallel—CROs to cloud computing. Only that CROs are still very expensive, even for the smallest experiment it's still hundreds or thousands, whereas you can still do *something* in an hour with \$5 on AWS. But maybe biotech is just in a different tax bracket from software. CROs are probably still cheaper than setting up a whole lab from scratch (cost us \$30,000 not including tons of free stuff)

There's this dialectic between "God (the Father) makes his way" and "Prepare the way of the Lord." If we want to do the latter we need a power that's not desire or discipline, but the Holy Spirit that transforms us from the inside.

Jesus steps into your wilderness with mercy

Intensity is a gift worth sharing. That's what all great artists do.

"Not everything is for you. Not everything is about you. Most things, in fact, have a context, a specific audience, a telos. The sooner you realize that you are not the center of the universe or the intended recipient of everything, the more understanding you can be, the less judgment you'll feel required to have. You can simply appreciate things for what they are, whether it's a work of art, a video online, or the personal writings of the emperor of ancient Rome."

- Yes that's true when we work selflessly. But also I think it can be appropriate to see ourselves at the center, and how God writes a universe—level plan in our lives? Yet it's like the shifting center overlay by Vsauce—every single point can be the center of the universe. To recognize that is to realize "Not everything is for you."

The reason I think writing is special is because it's a time slice. It can't be written again or at another time.

Math (at least linear algebra) is idealistic, predicated on the specialty of the pure 0. The real world almost never has zeros, and if it does we use epsilons to avoid it.

We often forget that CS is a very nascent field. Less than 100 years old. So probably much of the vibes-based "time vs. complexity" tradeoffs we make now will be much more formulaic in the future. We're gonna look back on CS now like we do with the vibes-based four humors, genuinely.

"Earlier this week I read a line that stood out to me, "Your goal in life should be to reduce the amount of time it takes you to get out of a bad state." The ability to bounce back quickly is a key skill in life. My wife once told me, "When you're five, you can be mad for a day. When you're ten, you can be mad for an hour. By the time you're thirty, you get ten minutes—and then you have to move on."

Remember what happened today. Remember it. (You'd be surprised at how good the human mind is at forgetting things). Sin is always close when you let your guard down—we *cannot return to what was before*. We cannot return to that sin when we're no longer busy, when things go well, etc. We have to dwell in the house of the Lord continually. "Better is one day in your courts," we say, and do you know what the gift of the gospel is?? We can spend far more than one day in his courts. If we try, we can spend everyday there. Let's do that instead of "letting ourselves 'enjoy' for a second." If Jesus didn't forsake us for even a moment, how can we return the counterhand? Live every second for God. And run away from your old self.

Do you not understand you've been different your whole life. From your childhood upbringing (*What I Should've Written My College Essay About*) where all your peers seemed to have fine home situations in upper-middle-class suburbia and you dealt with more sustained emotional trauma than probably 99% of people in this world. So don't be surprised if you're the one-percenter (and it's by far not 1%) as your friends find relationships in college. You will be different from those around you.

"Ladies and gentlemen of the class of 2005 at Emory, real life is not college; real life is not high school. Here is a secret that no one has told you: Real life is junior high. The world that you're about to enter is filled with junior high adolescent pettiness, pubescent rivalries, the insecurities of 13-year-olds, and the false bravado of 14-year-olds."

The things that are a "little strange" when you first meet someone will add up and multiply. (*"What starts as something becomes everything"*) The only (one) that's worked so far are people you hang around for a long time, and their idiosyncrasies were never noticed in the first place.

Cancer gets a tremendous amount of attention because people lose their lives from it.

Neurological disorders often are not life-limiting, but they cause a tremendous amount of disability. I think that's probably the biggest thing that people don't realize: they interfere with people's ability to work and their economic output. They can require the input of caregivers, which represents an opportunity loss for the economy.

The most common ones are what is known as "tension-type headaches." People tend to think, "It's just a headache. It's not a big deal." But even tension headaches can interfere with your ability to work. You may need to lie down. You can't do anything at that point.

Migraine headaches are a separate disorder. They affect up to 60 million Americans, closing in on 20% of the population. Even a single migraine headache can floor you and put you out of commission for a day or more. And that is a loss of quality of life. It's also a loss of your ability to do anything useful during that day.

"Give us a try, I can guarantee it won't be your last"

One year ago today, I learned as I was coming home, that our home finally shattered. One of the few moments in life where I've felt true disbelief. I didn't know what to say or do. I sat the rest of the car ride in silence. I still remember how I felt that night. I really wanted to eat an egg (but I don't think I did—the sadness won out in overbearingness). Tonight, there was no such news. Our car ride was instead filled with recanting my busy days over break and mother's nonstop yap. In fact, dad has been sleeping the whole night and I haven't seen him at all. The very absence of struggle is a peaceful state. One year ago today was one of the worst days of my life. The entire past year has been a healing process. The entire past year has been filled with more miracles than in the rest of my life. If you told me a year ago that we'd be fine in a year, perhaps I'd believe you, but I certainly wouldn't be confident in *how* we'd get there. That would totally be unclear to me, and hence it was such a shock when there was no "how" to get there but dad just invited mom and Grace back one random day. Last year, God let our home shatter (to teach me lessons beyond my wildest imaginations). This year, God held us in place. Next year, we've no idea what God will do. But today, I can revel in the grace that God has brought, and need not worry about the past or future. God shatters. God heals. Today we are reminded of the former, so that we can fully experience the latter.

"Everyone thinks of changing the world. But no one thinks of changing himself." — Tolstoy

"Learn from yesterday live for today hope for tomorrow" — Einstein

Questions by Pitch Judges:

How quickly can you pivot from one beachhead to these other markets that you mentioned?

B2B vs. licensing of the technology as revenue model — weighing each?

Why will you succeed where others have failed?

When it's a binary question, you don't have to answer directly. You can explain the story of why you seemingly chose one option but another is viable (glorified question dodging).

If you have a partnership with even just one company (that's substantial), that's really really helpful because you can speak so much in depth about that. Better all in one than spread across many which is none

It's quite hard for an idea to beat an actual company, even if the idea has greater potential. Startups want you to design Platonically but they judge Aristotelianly.

"People may say I can't sing, but no one can ever say I didn't sing." — Florence Foster Jenkins

An active dependence on God, living everyday for him, is different from a cobbling of signs and wonders that we present as a story. The former is an inward transformation made present in the outward, and latter is an outward that we try to make inward. It is true that before we believe, we need the latter route to develop the inward. But then there's the conversion experience (which we need not all consciously remember), and at that moment it shifts from outward primary to the inside first.

Machine learning is using a firehose to wash a plate. It will use the most complex mathematical properties (that it discovers through data) like the cosine addition identity to do addition. The world out there really is still a black box. The function peaks to predict even when to break a line of text are just beginning to be understood. Mechanistic interpretability.

"When you're screwing up and nobody's saying anything to you anymore that means they gave up."

"Experience is what you get when you didn't get what you wanted"

God may pause your progress to re-establish your spiritual identity.

- It was absurd why the entire army should circumcise before the battle of Jericho, a clear disadvantage

God moves us from miraculous provision to faithful dependence (outward to inward)

- Manna disappears, and the Israelites move to eating the land's fruit. They are to be in the world

The Angel of the LORD had a sword in his hand. Jesus came with a sword. But he laid it down to have nails pierced through his hands.

We want

Power without authority

Blessing without presence

Victory without surrender

You don't come out of college and immediately become a director (or C-Suite), just as you don't get baptized and immediately become pastor of a church. Yes it's possible but so so rare. So rare even that you should not presume you are in the odds.

If you're not fighting (maybe disagreement is more loving) you're not getting to know the other person.

- It's like muscular training, you have microtears which heal

As soon as you get into a relationship, you're gonna have so many more things to worry about and so many more lessons to discover. You're not ready for that.

How can we be slaves if we willingly sin? We are so trapped in our sin beyond conscious effort that the only way we can be set free is by the new master.

Jesus not only died for you, **he lived for you**. And we are dressed in his righteous works.

- This is called double imputation

A common objection by atheists like Heliocentric say "we're just great storytellers," and that the universe has no underlying meaning but as humans we are able to ascribe such meaning to it. I think it's the best objection to God I know so far, and it's very true.

To that end, I would say invite them to think about the Bible, written over thousands of years by different authors. And yet, the *entire* Bible tells a cohesive story. Every single verse, whether census numbers or scenery details ties into the larger picture—**no detail is irrelevant**. That every single author was needed over such a wide span of time indicates to me that the Bible is beyond a human project. Joseph Smith and Muhammad might be great storytellers. But the Bible has an underlying thread.

With every given decision we need a fishbowl, or we will be paralyzed by choice and dissatisfied that we didn't choose something better. Likewise, our entire lives need a fishbowl since we lack the wisdom to swim in the oceans (can our fishbowl move?)

Remember that when Jesus came it wasn't celebration, but he was rejected. We closed our doors to him then, and we close our doors now. Yet he still loves us.

Reading Mark today, and the gospels generally, you see just how commonplace demon possession is. And that's the scary thing, the devil can possess you if you keep dancing around him. I already felt his stronghold on my heart, a physical squeeze and tug. Realizing the gravity of my situation, my very free will and humanity on the line of being possessed, I cried out "Be gone Satan!" as Jesus did after his 40days temptation. Nothing immediately changed, so then I cried "Come, Lord Jesus!" from Revelation, and immediately the irritating pain in my heart subsided. The realities of spiritual warfare are near. I have to keep my heart a dwelling place for God, lest I lose my new creation, and revert to even lower depths than my flesh ever was.

A woman marries a man thinking he will change. A man marries a woman thinking she'll stay the same.

Admittedly, I'm not great at the cold approach (in a networking context). I prefer things that happen more naturally—repeated interactions—and then my social side shines in relationships, rather than the mass meet-and-greet. Maintaining a CRM for a wide net of personal connections has always felt... superficial to me.

My two favorite (or default) words are "interesting" and "strange"

"Improvements are only temporary until they become part of who you are.

- The goal is not to read a book, the goal is to become a reader.
- The goal is not to run a marathon, the goal is to become a runner.
- The goal is not to learn an instrument, the goal is to become a musician.

Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.

This year, focus on the identity you want to build."

We hide behind fig leaves, when God wants pure, innocent communion as in the Garden of Eden.

2 Kings 5:1-14

5:2 - The purpose of the kidnapped servant girl is this sign and wonder, that the Name of God would be known to Naaman and that he would believe. She could've let him suffer, since he makes her life miserable, and she would probably be free after he dies. But she still serves in her role while evangelizing.

5:13 - The servants call him father. They are his children.

"Jesus+" is the reason for our demise, because Jesus is all we need.

Sometimes we want to break an addiction and rid our sins to glorify ourselves. That is Phariseeism. We want a testimony. But the ONLY testimony we can boast in is Jesus' testimony.

"We're more scared of boredom than hell"

Is this a good parenting strategy? "To encourage your children to make as many mistakes as possible, by faith"

Maybe learning shouldn't be about reading but about doing, an apprenticeship/discipleship. Similar to my comments on language being too verbose.

Jesus is the Word, we have to have a relationship with the Bible to be Christian

Sin is simply putting yourself where do not deserve to be, at the center. Jesus deserves to be there. That is why you can be morally righteous and still go to hell.

Salvation is when Jesus put himself in a place he does not deserve to be—our place.

The only way someone can betray you is if you trust them. It is extremely difficult to show mercy to our betrayers.

"Praying Jesus make me more like you is the most dangerous prayer because then you will be betrayed by your closest friends."

Love is not love and mercy is not mercy if you can't take advantage of it.

Even if it's 5% your fault, own that 5% and work on it.

Do not think technology and policy are separate. Even old documents like the Constitution consider powerful technology like guns. Political thought is always influenced by its society, which includes technology.

How do you reconcile the fact that your parents are imperfect with that everything had to happen the way it did?

Jesus spent his whole life ruining his reputation by eating with sinners. We have to take a side like the God of Heaven did.

What kingdom people used to laugh about they now cry about, and what they used to cry about they now laugh about

- The disabled, inept, foolish, powerless
- Grades, career, relationships