

## ***It's Only the Beginning***

*We must make our hearts instruments of peace and nonviolence.  
Because when the heart is right, the mind and the body will follow.*

Coretta Scott King

Yes, it is true that we are living in a world where we are constantly bombarded by the media with images and words of stress, violence, terrorism, and war. In your family, you may experience a lot of stress and fighting. Although this may be occurring, it is only a small picture of what is real. Start noticing the joy that exists around you as well. Every day, in every part of the world, people are falling in love, helping each other, being the hands and feet of Jesus, giving birth, and fulfilling their God-given purposes. Begin to shift your attention to what is good and godly; feel it inside your heart and begin to see it in your life. Healthier relationships and peace begins with you.

You might ask, “How can I as one person bring peace to my family, work, church, or community?” The answer: you are doing it already. By understanding the principles in this course, awakening to the true nature of who you are, how your mind works, deepen your relationship with Christ, you are experiencing more peace within yourself. You have set in motion more peace around you. If one by one each of us takes personal responsibility for being more Christlike in our lives and sharing that peace with others, we will contribute greatly to those around us.

Change happens in a powerful way from what is called a critical mass shift or a *tipping point*. This means that one person begins initiating a behavior, others observe it, and then begin imitating the action. One by one others join in until enough people are behaving in the same way and the entire crowd follows. It's like a flash mob or a video going viral. Jesus and his disciples were the perfect example of this in action. This is how his powerful message of love, healing, grace, and mercy spread to the multitudes. Many years ago, when my daughter was 8 years old, she demonstrated how one person can be a spark of change that ignites a tipping point.

One glorious spring day my husband and I took our children to a Florida Marlins baseball game. The stadium was filled with the energy of 5,000 people, each brought together to enjoy an afternoon of baseball. My little girl was fascinated by the crowd. As she looked around with determined eyes, she leaned over and said, “Mommy, do you think I can get the whole stadium to start doing the Marlins cheer?” I told her, “Go for it and see what happens.”

She began quietly saying, “Let’s go, Marlins.” Then she looked around and noticed her father, brother, and I were cheering with her. She became more confident and began cheering louder. The section behind and in front of us joined in. Within moments, all 5,000 people erupted in a frenzy, shouting, “Let’s go, Marlins!” My daughter beamed, knowing that she’d ignited a spark of passion that spread so quickly.

Our world desperately needs the peace of Christ alive within each of us. You can help ignite this peace at any moment, in the same way my daughter started the cheer taken up by the whole stadium. Change always occurs with one little spark, just as Jesus did and still does today.

By learning the principles shared in this course, could you be the spark in your family or in your community that will lead to more peace? Through our thoughts, actions, and intentions, could we as a society be on the brink of creating peace on our planet? I invite you to let go of any disbelief and try to imagine the ramifications of this. Knowing what you know now, will you continue to allow the negative effects of stress and conflict to affect your life or are you willing to begin implementing these strategies and walking in God’s ways daily in your own life?

So now the task of living and loving peacefully is on you. Thank you from the bottom of our hearts for being a part of this experience. It is our greatest joy to share this wisdom with you. One by one, as we create peace within ourselves and our families, we then create a peaceful world.

By learning these strategies, each of you has become a seed of peace. When you practice these principles in your life, you fertilize that seed to allow it to grow and become the beautiful flower it was meant to be. As beautiful as this is, the most amazing part is yet to come. Just like that

flower, you can begin to spread your seeds, to pollinate others with your behavior, your intentions, and the calming peace you bring. Imagine if just two people are moved to deepen their walk with Christ and experience peace within themselves and their families by your example. Then those two people inspire two more.

If people keep inspiring each other to get closer to Jesus, we can reach a tipping point where more people are experiencing peace than chaos.

How will this change you, your family, your church, and our world? Some of you might think this is impossible. But as a favorite hymn goes, “Let there be peace on earth and let it begin with me.” That day is today. Within every moment you have the choice to create peace or chaos. For the sake of our future, we must make conscious choices in our thoughts, words, deeds, and actions. Go to God daily and find the light of peace, from our Prince of Peace, Jesus, through his Holy Spirit, who sits in the center of your heart. Then recognize that same possibility in every person who crosses your path. Begin to practice these principles and share them with others, and one day soon, through God’s grace and our actions, we will all know peace on earth.

You can do it. I believe in you. Are you going to make mistakes? Yep, so many, because you’re human. But no matter what, God loves you so much. Never forget that.

May you and your loved ones be blessed to be a blessing, in Jesus’s name.

Debbie Milam

[Gracelovewell.org](http://Gracelovewell.org)

## ***Resources***

### **Support**

*Please pray for guidance and consult with your physician or mental health professional before using any of these resources. Using any of these resources is your personal decision and we are not recommending any of them, just letting you know what's out there.*

#### **Crisis Intervention**

Text to 741741

#### **Family Recovery Resources**

786-859-4050

12stepfamily.com

#### **First Call for Help: Broward County, Florida**

24-Hour Suicide and Emotional Help Lines

Dial 211

#### **First Call Line for Seniors**

954-537-0211

#### **Help Hotlines**

<http://www.iamonevoice.org/helphotlines>

### **Prayer Lines**

Daystar Prayer (800) 329-0029

Joel Osteen Prayer Line (888) 567-5635

KCM (817) 852-6000

Silent Unity (800) 669-7729, available twenty-four hours a day, and they continue to pray for thirty days

## *Overflowing Gratitude*

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### ***Final Prayer***

May the Lord cover you and your family in grace May his favor surround you like a shield. And from the fullness of his grace, may you and your loved one's experience one blessing after another. In Jesus's name.