

# How I Learned to Stop Worrying and Love God

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In 2019, at the age of 52, I accepted the Christian story. If you knew me before then, you may be asking yourself what exactly happened (or, perhaps, why it took me so long).

What happened is that I discovered that my lifelong worldview, naturalistic atheism, wasn't wearing any clothes.

The first signs of trouble came in my late thirties. In nearly four decades, I'd never stopped to really think through what it meant that free will was a mirage, morality was a figment, and meaning was a meaningless concept. When I did, I found such oddities as these:

- I experience, every waking moment of every day without exception, the completely figmentary sensation of having free will.
- I consistently assess how I and others are doing in life using the wholly imaginary yardsticks of progress and purpose.
- I hold myself and others to a shared yet wholly nonexistent standard of fairness.
- I am moved to the pointless experience of joy by such useless things as sunsets and symphonies.

Perhaps unsurprisingly, I found “artefact of evolution, much like the appendix” to lack explanatory punch.

Over the next fourteen years—worldviews don't cede the field overnight—I came to realize that the atheism I thought was a factual stance based on scientific observation was actually a philosophical claim (and a logically inconsistent one, at that). I discovered that the more we learn, the more it looks like information is the fundamental building block of matter, and the undisputed facts of science leave plenty of room for an intelligent creator. In exploring the possible nature of that creator, I found (to my vast surprise) that Christianity offers by far the best explanation for *my* experience of human existence.

By that, I mean that Christianity most satisfyingly explains why it depresses me to think that life has no purpose or meaning, and why I believe that caring for the poor is a good way to spend taxpayer money. Christianity most satisfyingly explains why I abhor the way we treat animals we plan to eat, and why I have always voted for the candidate who champions equality. Christianity most satisfyingly explains why I find friendship rewarding, mathematics beautiful, and generosity superior to greed.

If, like me, you start to find your worldview wobbling on untenable legs, I suggest you consider the Christian claim. Forget what you think you know,

and let go of the irrelevant datum that Christians can be terrible jerks. (If all it took to prove a system false was its practitioners behaving badly, we'd have to abandon the whole of human enterprise.) Instead, examine the actual data. Examine this world we live in, from bacteria to brains and from conscience to choice. Examine the Bible, in conversation with people you trust, and discern the real picture it paints of the God of Abraham, Isaac, and Jacob. Examine *everything*—then listen to that small, still voice deep inside, buttressed from the tyranny of public opinion. As Emily Dickinson said: Much madness is divinest sense, to the discerning eye; much sense, the starkest madness. And as the apostle Paul said: Test everything, and keep what is good.

## Suggested Reading and Viewing

- Bell, Rob. *Love Wins*. ISBN: 9780062049650.  
— *What We Talk About When We Talk About God*. ISBN: 9780062378279.
- Berlinski, David. *The Devil's Delusion: Atheism and Its Scientific Pretensions*.  
URL: <https://www.youtube.com/watch?v=0XIDykeZp1U>.
- Chartres, Richard. *Tree of Knowledge, Tree of Life*. ISBN: 0819281239.
- Collins, Francis. *The Language of God: A scientist presents evidence for belief*. ISBN: 9781847390929.
- Craig, William Lane. *Reasonable Faith*. ISBN: 9781433501159.
- Flew, Antony. *There Is a God: How the world's most notorious atheist changed his mind*. ISBN: 9780061335303.
- Fulwiler, Jennifer. *Something Other Than God: How I passionately sought happiness and accidentally found it*. ISBN: 9781621641520.
- Kastrup, Bernardo. *More Than Allegory: On religious myth, truth and belief*. ISBN: 9781785352874.
- Keller, Timothy. *Making Sense of God*. ISBN: 9781444750195.  
— *The Reason for God*. ISBN: 9780340979334.
- Lennox, John. *Seven Days That Divide the World*. URL: <https://www.youtube.com/watch?v=0Fm02XKMe6g>.
- Lewis, CS. *Mere Christianity*. ISBN: 9780007461219.  
— *Miracles*. ISBN: 9780007461257.  
— *Surprised by Joy*. ISBN: 9780007461271.  
— *The Problem of Pain*. ISBN: 9780007461264.
- Meyer, Stephen C. *God and the Origin of the Universe*. URL: <https://www.youtube.com/watch?v=7pk9oDrpf6k>.
- Ordway, Holly. *Not God's Type: An atheist academic lays down her arms*. ISBN: 9781586179991.
- Schroeder, Gerald L. *God According to God: A scientist discovers we've been wrong about God all along*. ISBN: 9780061710162.
- Smith, Huston. *The Soul of Christianity*. ISBN: 9780060858353.
- Tour, James. *The Mystery of the Origin of Life*. URL: <https://www.youtube.com/watch?v=zU7Lww-sBPg>.
- Williams, Rowan. *Tokens of Trust*. ISBN: 9781853118036.
- Wright, NT. *Simply Christian*. ISBN: 9780281064762.  
— *Surprised by Hope*. ISBN: 9780061551826.  
— *The Resurrection of the Son of God*. ISBN: 0800626796.