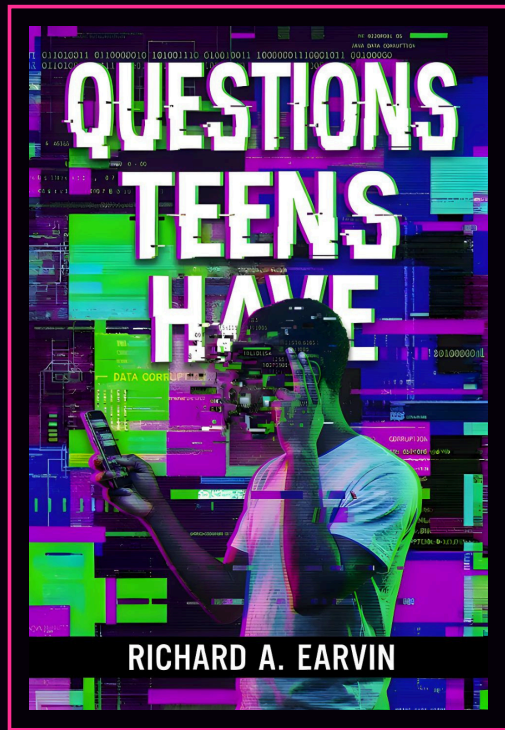


QUESTIONS TEENS HAVE

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IS THERE PROOF OF GOD'S EXISTENCE?

A full first-chapter sample from *Questions Teens Have*, written for young people asking honest questions about life, faith, and God.

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QTH_SAMPLE_01

IS THERE PROOF OF GOD'S EXISTENCE?

When you first see this question, you might say to yourself, "Wow, I never knew there was actually proof for God's existence." Well, there is—and I'm going to show it to you in two simple ways: the human body and creation itself.

But before we dive into the data, we have to talk about the heart. Even if I explain God's existence in great detail and give you all the facts, you still need to have faith. The Bible says:

"But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." — Hebrews 11:6

Understand this—seeing and touching God with your physical hands isn't how this works, because God is Spirit. So instead, I'm pointing to the visible proof around us: the things we can see, measure, and experience every single day.

THE HUMAN BODY: A WORK OF DIVINE DESIGN

The human body is absolutely incredible. As someone who loves seeing how systems work and how logistics keep things moving, the "operations" of the human body blow my mind. For example:

- The average human body is made up of around 30 trillion cells. To put that in perspective, that is more than the number of stars in our galaxy!
- In the time it takes you to read this sentence, about 50,000 cells in your body have died and been replaced by new ones. Talk about a high-speed update.
- Your fingerprint is unique; the odds of two people having the exact same one are 1 in 64 billion.
- Even your tongue print is unique! Please don't go around testing that one on people, though.

Let's look even deeper. Every square inch of your skin contains:

- 20 feet of blood vessels
- 4 yards of nerve fibers
- 1,300 nerve cells
- 100 sweat glands

Think about the "hardware" required to run your life:

- Your heart produces enough energy in just one hour to lift a ton of steel three feet off the ground.
- When you touch something, that signal travels to your brain at 124 mph. Your body has lower latency than the best fiber-optic internet.
- The average person takes about 23,000 breaths a day—so make this one count.

There's so much more I could say, but I don't want to overwhelm you. If this fascinates you, I encourage you to dig deeper on your own. I just wanted to share a few things that really amazed me.

Clearly, the human body is a masterpiece—it's far too complex and intentional to just be a product of random chance. Think about DNA: it's like the "source code" for your entire life. Just like a phone or a laptop points to a programmer and a designer, your body points to a Creator.

Let me explain it this way: If I told you that the new "Super Mac Pro Air" laptop, a name I totally made up, by the way, evolved from the first 1976 Apple computer all on its own, without any engineers, coders, or designers, would you believe me? Probably not. You'd think I was crazy—and rightfully so. Logic tells you there was a creator behind that device. So why don't we apply that same logic to the most advanced "machine" ever created—you?

"So God created man in His own image; in the image of God He created him; male and female He created them." — Genesis 1:27

God made us in His image, which means we're creators too. He gave us gifts, talents, and the ability to design—but He also wants us to remember where those gifts came from. You were created by God on purpose—not by accident—so don't live like you were made by chance.

CREATION: PROOF IN THE WORLD AROUND US

Now let's look at the world we live in. The Earth and everything on it also points to a master Architect.

You may feel like you're standing still right now, but you're actually spinning through space at over 1,000 miles per hour, depending on where you are on the globe. Our Earth weighs approximately 5.97×10^{24} kilograms. That is a number so huge it's almost impossible to wrap our heads around.

Scientists say if the Earth's oxygen level changed by just 1%, the planet could become explosive or life would cease to exist. Earth is the only known planet that sustains life. Coincidence? I don't think so. God carefully "managed the logistics" of our planet to sustain life for generations. He also filled it with creatures that reflect His massive creativity:

"So God created great sea creatures and every living thing that moves, with which the waters abounded, according to their kind, and every winged bird according to its kind. And God saw that it was good." — Genesis 1:21

The key word here is "kind." Just like humans are each "one of a kind," so are animals. Here are a few fun and slightly weird facts:

- The heart of a shrimp is located in its head.
- It takes a sloth two weeks to digest a single meal.
- Kangaroos can't fart. Funny, but true!
- An ostrich's eye is actually bigger than its brain!

Even these silly facts point to a thoughtful, intentional design. God created animals with variety, uniqueness, and purpose—just like He did with you.

FINAL THOUGHTS

Let's close with this verse:

"Then God saw everything that He had made, and indeed it was very good." — Genesis 1:31

You were made by the greatest Creator of all—and He said you are very good. You weren't a mistake or an "oops." You were made for a purpose: to have a relationship with Him.

But because of sin, that relationship was broken. That's why God sent His Son, Jesus, to restore it.

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." — Romans 6:23

"If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation." — Romans 10:9-10

You are loved. You are made on purpose. And your Creator is calling you into a real relationship—not a boring religion, but a living relationship.

PRAYER

God, thank You for opening my eyes to the wonder of Your creation. Help me to never forget that You are the Creator of the universe—and the Creator of me. Even when I struggle with doubt, remind me of the truth in Your Word and the evidence all around me. Strengthen my faith and draw me closer to You, so I can walk confidently knowing that I was created by You and for You. In Jesus' name, Amen.