



The Design Laws of God

by Timothy R. Jennings, MD, DFAPA

In order for a law to be a design law, it must be a principle (or protocol) upon which reality operates. As such it will be testable — with reproducible, consistent, constant, and predictable results. In other words, it is non-changing and the consequences when violated are inherent to the law itself, not arbitrarily decreed. The only variable would be in the damage that results with various degrees of violation. For instance, if you jump off a 500-foot building, you will die; step off a 5-inch curb and you might twist an ankle — the law of gravity doesn't care and doesn't change, but the degree of the violation causes a different degree of injury. Design laws always have a natural consequence; they do not require an external agent to punish someone who violates them.

17 such laws are identified here, however, because God is infinite, there are certainly many more design laws that I have not yet comprehended or, perhaps, humans have not even discovered.

1. **The law of love:** the principle of giving upon which life is built to operate; examples:
 - We give CO₂ to the plants, and they give oxygen to us
 - The water cycle (oceans → clouds → rain → rivers → oceans)
 - Plants give pollen to bees and bees their industry to pollinate the plants
2. **The law of liberty:** Love only exists in the atmosphere of freedom. Violate freedoms in relationships and three predictable and damaging consequences will occur:
 - Love is damaged and eventually destroyed
 - Rebellion (desire to break away and get free) is incited
 - Individuality of the one dominated will be eroded and eventually destroyed if the violations do not end
3. **The law of worship:** We are changed neurobiologically and characterologically to become like what we admire, worship, and spend time watching and assimilating.
4. **The law of exertion:** Strength comes from exercise—“use it or lose it”—not just physically, but also neurologically.
5. **The laws of physics:** law of gravity, laws of friction, motion, nuclear forces, etc.
6. **The laws of mathematics:** such as commutative laws, $a + b = b + a$, etc.
7. **The laws of health:** the physical laws upon which life and health operate, including nutrition, exercise, sleep, hydration, respiration, etc.



8. **The law of restoration:** After expending a resource, one must rest and recover before enabled to expend more. For example, a baseball pitcher must rest and recover before he can pitch again, lest he cause permanent damage to his arm.
9. **The law of sowing and reaping:** We reap what we sow—not just in fields, but in life. One cannot get grapes by sowing oats, and we cannot get critical reasoning skills by allowing others to think for us; e.g., simply getting the correct answers from a textbook or teacher rather than figuring out those answers ourselves. This is why the Bible says that the mature are those who have trained their faculties by practice to be able to discern right from wrong (Hebrews 5:14).
10. **The law of love overcoming fear:** Genuine love overcomes our fear for self and allows us to sacrifice self for others. Neurobiologically, when our love circuit fires, it calms our fear circuit. For example, a mother who sees her child in danger puts herself in harm's way to save the child, but she would not put herself in such danger on her own whim.
11. **The law of fear damaging love and inciting selfishness:** When our fear circuits are active and we identify with them and focus on the fear, we lose concern for others, think of self, and neglect or harm others in order to protect or save self. Consider being in a theater during a mass shooting: If we don't know anyone else, the fear drives concern for self and most people seek only to escape the danger, maybe even pushing others out of the way to get out. But if you are with a loved one, you don't simply flee; you seek to save your loved one, perhaps even putting yourself between the shooter and the one you love.
12. **The law of forgiveness versus resentment:** When wronged, we can either forgive or not. When we forgive, we free ourselves from bitterness and resentment and experience healing of our heart and mind. But retaining resentment always injures us. We cannot experience emotional and mental wellness while harboring bitterness.
13. **The law of truth:** You can never avoid the truth; you can only delay the day you deal with it.
 - When truth is embraced and accepted, it displaces lies and frees a person from fear and misunderstanding, elevating and ennobling the individual. Truths build together into beliefs, constructs, and perspectives that together form our understanding of reality, leading us back to trust in our Creator God. In trust, we open our hearts and experience the indwelling Spirit of God that transforms and ennobles us to be beings of love rather than beings of selfishness. All truth comes from God and, if followed, will lead back to God.
 - When truth is rejected, our understanding is confused, the mind is damaged, the heart is hardened, and we slowly become less capable of understanding reality—the truth of God's kingdom and the world around us. Such individuals will one day face the truth, but it will be painful and destructive to them as they still hate the truth and want to flee from it, even begging the mountains to hide them from reality (Luke 23:30).
14. **The law of revelation:** People reveal or bring forth and share what they truly believe and value. Those who value God's principles not only speak them but live them; conversely, those who love the methods of this sinful world live them out. Thus, Jesus said, "Out of the overflow of the heart



the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him” (Matthew 12:34, 35).

15. **The law of happiness:** Happiness is the byproduct of healthiness in all domains—physical, mental, emotional, relational, spiritual. One only experiences happiness when in harmony with God’s design laws upon which these aspects are built. Break the laws of health and sickness, disease and suffering occur—thus undermining happiness. Many people fail to understand this and instead of pursuing healthiness, they substitute pleasure seeking, which often violates the laws of health (e.g., drugs, alcohol, casual sex, gambling) and only causes greater unhappiness.
16. **The law of brokenness:** Once there is brokenness (injury) of any kind, there are no pain-free options. Do nothing and one remains in pain and disabled. But healing and recovery from brokenness is painful—sadly, many fail to realize this when it comes to emotional wounds and, rather than facing the pain and healing the injury, they spend their lives seeking pain relief rather than healing. But in so doing, they never get well, and only get worse, because once there is brokenness, there are no pain-free options. The first step to healing is to embrace this truth and stop asking, “What hurts least?”, and start asking, “What is the best action to take to heal, even if it hurts?”
17. **The law of sin and death:** This is the law of survival of the fittest, the principle of fear-driven selfishness that infects the world. This is Satan’s law—the strong dominate and exploit the weak. It is the violation of the law of love and liberty, and it also has predictable results: pain, suffering, and eventually death.

God is our loving Creator who built all reality to operate in harmony with His character of love. His laws are design laws, protocols upon which life and health are constructed to operate. It is God’s plan to put His laws in our hearts and minds (Hebrews 8:10), to restore in us His design for life so that we live in harmony with Him in perfect love and health. I invite you to worship “him who made the heavens, the earth, the sea and the springs of water,” to reject the dictator, imperial views of God, to embrace our Creator’s design laws, and by beholding Him be transformed in heart and mind to be like Him. For “we know that when he appears, we shall be like him, for we shall see him as he is” (1John 3:2 NIV84).