

the **One**
Sentence
You Are Searching For

How to Discover
the Greatest
Hidden Treasure
in Your Lifetime



FRANK WARNER

**THE ONE SENTENCE
YOU ARE SEARCHING FOR**

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An Ocean of Sentences

Sentences. They are an essential part of our communication. We use them to express our thoughts and feelings, and we listen to others as they express themselves.

Sentences have a different value. “I love you” sounds much better than “I hate you.”

But the question is: Is there *one* sentence that is in some way the most valuable? Is there one to which you may say, I wouldn’t want to live without this. Can we find such a sentence?

If there is such a sentence, chances are that finding it is not easy. Not because it is hidden under a large stone or behind a locked door, but because of the enormous amount of speaking that surrounds it and makes it like a microscopic needle in a gigantic haystack.

We live in an ocean of sentences. One survey showed that socially active people say about one thousand sentences a day. Women say more than one thousand sentences a day, men say less than nine hundred, and the average is close to one thousand.

Let’s do a little counting:

1 hour = 60 minutes.

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1 day = 24 hours.

If we were supposed to sleep about 8 hours a day, this leaves us with 16 waking hours. This means that we are awake about 16×60 minutes a day.

$16 \times 60 = 960$.

This is how many waking minutes we have a day, and this is about how many sentences we say a day. This means that, as a rough average, we say one sentence per minute.

Let's go on counting. We can propose that an average lifetime is about 75 years. Of course, our life can be shorter or longer, 50, 60, 90, or even 100 years. Let's count on 75 now.

1 year = 365 days.

$75 \times 365 = 27,375$.

So, we live about twenty-seven thousand days on this earth.

If we multiply the 27,000 days with the 1000 sentences we say a day, that is:

$27,000 \times 1000 = 27,000,000$.

We say about twenty-seven million sentences in our lifetime.

At the time of the writing of this book, about 7.5 billion people live on the earth. So let's multiply the 27 million with the 7.5 billion.

$27,000,000 \times 7,500,000,000 = 200,000,000,000,000,000$.

It is two hundred quadrillion. That is a two at the front followed by seventeen zeros. That is, roughly, how many sentences humanity says in our lifetime.

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How many is two hundred quadrillion? It is a lot. Our brains are not tuned to handle such big numbers. We can just agree that we live in an ocean of sentences.

Starting the Search

But our question is, is there *one* sentence that somehow emerges from this ocean? Is there some truth hidden somewhere that is more precious than money, gold, or diamonds? Is there one sentence to which you can say, I must not live and die without hearing this one sentence?

Are you willing to start a search? Will you start the adventure to find the sentence you wish you knew? Then put on your diving suit and jump into the ocean of sentences to find that one. Or put on your hiking equipment and walk into the jungle of words and sentences of news, messages, and opinions that try to impose themselves on you from every direction.

Life is short. Do you remember? About 27,000 days. It seems a lot when you live only about 5,000, but after you pass 20,000, the remaining thousands begin to seem less and less promising.

So, do yourself a favor. Come with me, and let's find the treasure.

An Interesting Tale

If you are familiar with self-help and business literature, then you've probably heard or read this story.

It is told in a nice, little tale format and is about a king who wanted to learn wisdom. He called his wise men and told them to bring him the wisdom of the world. The wise men went out to other countries, near and far; they spoke with kings and wise men, people of power and knowledge, and they brought back to their king a massive amount of materials they collected.

The king looked at the huge pile and said,
"This is good but too much."

So, the wise men went back and began to reduce the number of wisdom materials. Later, they came back to the king and said:

"King, we brought you the summary of wisdom. Here it is, ten books."

The king looked at the ten books and said,
"It is still too much."

So the wise men went back again. They were thinking, straining, picking and choosing, and sometime later they came back to the king and said:

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“King, we summed up the wisdom of the world as you have asked. Here it is, only one book.”

The king looked at the book and said,

“This is much better, but it is still too much.”

So, the wise men went back once more, and they thought, argued, made choices, and finally, they came back to the king. They said:

“King, here we have the wisdom of the world summarized for you.”

It was one sentence.

What was the sentence?

The sentence was, “Nothing is for free.”

Good Enough?

Well, that is an interesting sentence and it has value. It may help people who think they can get something without doing anything for it. Or it can be a wake-up call for those who want to give little and receive plenty. It is true that, sooner or later, we will pay the price for everything.

But I don't think that this is the one sentence that we need the most. I'll tell you why.

What does "Nothing is for free" mean? Let me rephrase the sentence. It means everything has a price. Everything costs something.

So, we have the words, nothing, everything, and something. Is there something about these words that does not satisfy you? Well, I'll tell you why they don't satisfy me. They are too general. They are vague. They are unspecific.

It's like a mother sending her child to the grocery store, telling him, "Son, take some money with you because you will have to pay something for everything you buy." The only problem is that the child does not know what he should buy, whether it is bread, milk, vegetables, or sugar.

What Do You Need?

If you want a sentence that helps you, then that sentence has to be specific. It has to tell you what is best. Not everything, not nothing, not something, but only one thing. It has to point to the best. This may seem simple at first, but if we have a sentence that tells us what is best, we may encounter some problems.

If someone stands up and says: This is the best, it may quickly raise controversy. Doubt and disagreement may be experienced. Someone else may say, “How do you know?” “Why are you so sure about it?” “Is it really the best?” “I don’t think what you’re saying is the best. I think something else is the best.”

There are so many opinions and ideas and theories. Subjective thinking is highly esteemed nowadays. So even if there is a sentence that points to the best, it is hidden in a giant pile of other viewpoints, opposing opinions, and diverse sentences.

So, you may assume that the sentence will be somewhat unpopular. Not everybody will like it. The reason that the sentence “Nothing is for free” is so popular is that it is not specific. And as such, it does

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not hurt many people. But at the same time, the help it provides is also limited.

So, the sentence has to tell you what is best. The best thing, the best person, the best situation, or the best condition you can be in.

It has to point to the best.

What Can We Say About It?

What can we say about what is best for us? What is the best situation, the best condition?

First of all, it must have a lot of joy in it. Great, great, great joy. If something does not make your life happy, it cannot be good. So there has to be joy.

Also, that joy has to be lasting. If a young man falls in love with a beautiful young girl and she returns his feelings, this makes him very happy. He feels that he is on top of the whole world. Life is beautiful. But if one month later the girl says to him that she is in love with another boy, then the young man's joy quickly disappears. The joy was great, but it did not last long.

So, what you need is great joy that lasts for a long time. This means that your joy needs to be safe. You need to be in a secured position, one where you don't lose what you have. How can that be?

How Do You Get It?

You need to know what is best for you. But it is not enough. You also need to know how to get the best, how to get into that situation.

If you want to get into a good school, you need to have a good mind and you have to study hard. If you want to be a great musician, you need to have musical talents and you have to practice diligently. If you want to be a sports champion, you need talent, a fit body, and a lot of training.

It is not enough to know what is the best, you also need to know how to get it, receive it, obtain it, accomplish it, or get into it.

If there is such a sentence that you need to know, it has to tell you what is best and how to get it. So, the sentence has to have at least two parts. One part must tell you what is best, and the other part must tell you how to obtain it. If that sentence exists, then it must be a great one. Well, that sentence exists, and you will read it soon.

Where Do You Find It?

Let us continue our search. Let us get closer to that sentence. You already know some things about it. It tells you what is best and also how to have it. Let's try to see where and how we find such a sentence.

The sentence must be somewhere. You may guess that somebody already said such a great sentence. And if that sentence was remarkable, then somebody recorded it. It should be printed in a book, scribed on a parchment, or engraved on a stone. You can be sure that it's on the Internet too.

I offer you one method. This is not the only way, and it may not even be the best method, but it's one possible way.

Let's look at bestsellers.

We could look for average sellers and worst sellers, but they seem to be unlikely targets. The difficulty with average sellers is that it is hard to find out what is the average. And even if we find it, there are so many writings in that category that it hardly narrows our search.

If we look for worst sellers, we run into another problem. Depending on our definition of what is a worst seller, we are looking for writings or books

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which sold 0 or 1 copy. If it is 0, then only the author has read it. It could be you, but it's unlikely. If it sold only 1 copy, the chances that you were the buyer is almost negligible.

So, let us try the bestsellers. If a sentence is so great, there must be some people who love it. Maybe there are many who don't like it or reject it, but there are many people who love it. So let's take a look at the bestsellers.

Let's review the top three bestselling authors of all time.

Number three is an English woman. Her name is Agatha Christie. She lived mostly in the 20th century, and she is best known for her detective novels. I've read many of her books and enjoyed them greatly. They were interesting, exciting, and funny. They estimate her book sales between 2.5 and 4 billion. That's a lot of copies.

Number two is also English. He was a man by the name of William Shakespeare. He lived in the 16th and 17th centuries and is best known as a playwright and poet. His stories are entertaining, and they contain moral messages. His book sale numbers are close to Agatha Christie's. The estimates are also between 2.5 and 4 billion. So, we cannot even be sure who is number two and who is number three.

Our question, however, is, "Will we find our sentence in their writings?"

I've read most of Agatha Christie's books, and I liked their moral stand. But I did not find a sentence that fits our criteria in them. To be honest, I haven't read much from William Shakespeare, so I've run an

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Internet search. That did not bring up a positive match, and I don't think you can find the sentence in his writings. But I am not sure.

Let's now move on to the top of the best-seller list. The all-time bestseller is the Bible. The estimate of sales is 6 billion, and it is said that every year, 100 million Bibles are sold. I've also read that the largest Bible society sells 400 million New Testaments a year.

Can you find the sentence we are looking for in the Bible? If it is such a great book as some say it is, then it must contain great sentences.

I know that the Bible is not an easy-to-read book. First of all, it is big. Most copies that we can buy today are 1000 to 2000 pages, depending on the printing. It is a long book with different writings in it. Some parts of it are easy to read, while others are quite difficult.

Can we make it easier for ourselves? Let's try.

The Bible contains two main parts, the Old Testament and the New Testament. The Old Testament is about three times as long as the New Testament. But about three-quarters of the most important information is in the New Testament, which is about one-quarter of the whole Bible. So if you want to read the Bible, I definitely recommend starting with the New Testament.

As you begin to read the New Testament, you'll quickly find that the central figure is Jesus. You will read a little about His childhood, and then you will learn that He was about 30 years old when He began to preach.

As we look at the world today, I think we can safely say that Jesus was one of the best speakers of human

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history. He was possibly the best speaker in human history. His influence is still a great world shaper.

When Jesus began to preach, He knew what to say.

Imagine, if you could have the chance to speak to an audience and could say only one sentence, what would you say? The stage would be yours, lights and cameras would be focusing on you, and the people would wait for your words. What would you do? Could you express yourself in one sentence?

Maybe you would want to say, “Let us love each other,” but could you tell people how to love each other more? Maybe you would want to express your desire for world peace, but the vast majority of the people in the world want world peace, and we still don’t have it.

So, listen to what Jesus said. You don’t have to read far. The first book in the New Testament is the Gospel of Matthew. As you start reading it, you will soon get to Chapter 4 and find a sentence there which reads, “From that time Jesus began to preach and to say...” and here comes the sentence. Are you ready? Here it is. This is the sentence: From that time Jesus began to preach and to say,

**“Repent: because
the kingdom of heaven
is near.”**

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Jesus preached in a way that His listeners understood and remembered His message. When people went to their homes after hearing a sermon from Jesus, they could tell what Jesus said. He said, “Repent: because the kingdom of heaven is near.”

I think Jesus could make this impression in two ways. One way could be that He said the sentence only once but prepared it very well. This is the case with the sentence, “Nothing is for free.” That little story is well built up. At the end, you are waiting for the sentence, and when you hear or read it, you are open and receptive. So, it may be enough to say the sentence only once, and you will remember it.

The other way to make people remember what you say is to repeat the sentence you want to emphasize. Maybe Jesus said in His sermons, “Repent: because the kingdom of heaven is near” and later repeated it several times, “Repent: because the kingdom of heaven is near.”

I don’t know which method Jesus used; He may have used both. But we know for sure that as Jesus began to preach, those who recorded His preaching came up with the message in one sentence, and it was: “Repent: because the kingdom of heaven is near.”

Why Is This the Sentence?

Why is this sentence so great? Because the kingdom of heaven is the best place, the best situation, the best condition you can ever find. The greatest joy available to you is God's joy in the kingdom of heaven.

The Bible says that the kingdom of heaven is righteousness, peace, and joy in the Holy Spirit.

There is the greatest joy.

There is nothing better than this.

The kingdom of heaven is not a place where the unrighteous rule over the righteous. There are no tyrants to oppress honorable people. There is peace based on righteousness. Because everybody is happy and content with the righteous state, there is peace. And there is such joy with God in heaven that it is much better than anything on the earth.

The kingdom of heaven is eternal. It lasts forever. If you enter the kingdom of heaven, you will never lose it. You will not lose it in one month, or one year, or ten years. There, you will not die as we do on the earth after 60, 70, or 80 years. The kingdom of heaven lasts forever.

I have experienced the joy of God, and it is much better than anything else I have ever experienced

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without God, and I am sure that if you experience it, you will feel the same.

Why is Jesus' sentence so great? Because it points at the best thing you can have, the kingdom of heaven. And it also tells you how to get there: repent.

What Is Repentance?

What does “repent” mean? The Bible uses at least three words that are translated as “repentance.” One of these means to “think after.” Its equivalent today would be a slang phrase, “think again.” What does it say to you?

It says:

“Do you think you are all right?”

“Think again.”

“Do you think you are living the best possible life?”

“Think again.”

“Do you think you are walking the right way?”

“Think again.”

Jesus, God, and the Bible call you to think again. Are you in the right position? Are you in the right place? Have you surrounded yourself with the best people? Are you doing what is best? Are you the possible best you can be? The Bible says, repent – think again, rethink it.

Another word that is translated as “repent” means to “sigh.”

It means to be sorry.

Sorry for what? Sorry for your sins and your whole previous life you lived without God. It means realizing

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that you are not a good person, but a sinner. By your own standard, you are probably good. Our own standard is usually subject to the principle, I am good. But if you get nearer to God and see His standard, you realize that you are a dirty sinner.

A third word that is translated as “repent” means to “turn back.”

It means that you were going in one direction, and you have to recognize that it is not the right direction, so you have to turn back. It's like you're riding on a train and you see that the landscape doesn't look like you had expected, and you think, “Am I on the right train?”

You have to recognize, No!

Repentance means recognizing that you are not doing the right thing and you are not going the right way.

So, what shall you do?

Get off the train and get on another one, which will take you to the right destination.

This is repentance: You realize that without God, you are going in the wrong direction. You recognize this and turn around. You turn back from your own way and begin to walk on God's path instead. You turn away from living for yourself and turn to God, and you begin to live for Him.

This is repentance: turning from your ways, from yourself, from the world, and from sin – to God; and starting to live with Him and for Him, and walking on His path.

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There is a great description of repentance in the Old Testament, in the book of Isaiah, chapter 55, verses 6 – 9, and reads:

*“Seek the Lord while he may be found,
call upon him while he is near:
Let the wicked forsake his way,
and the unrighteous man his thoughts:
and let him return unto the Lord,
and He will have mercy upon him;
and to our God, for he will abundantly pardon.
For my thoughts are not your thoughts,
neither are your ways my ways, says the Lord.
For as the heavens are higher than the earth,
so are my ways higher than your ways,
and my thoughts than your thoughts.”*

Return to the Lord – this is repentance. The unrighteous man has to leave his sins, his thoughts, his way of thinking, and he must return to the Lord. Why? Because God’s thoughts are so high above men’s thoughts, your thoughts, my thoughts, as the heavens are higher than the earth. And you have to turn because God’s ways are above your way as the heavens are higher than the earth. That’s why you have to think after, think again, change your thoughts, turn to God, and walk with Him.

Repent. This is the way into the kingdom of heaven, the best place, the best situation, the best possible life, the greatest joy, which lasts forever.

This is what God has for you and me. I came to know God over 35 years ago, and this is still the best

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part of my life. And this can be and should be the best part of your life too. If you want to know how to live your life, if you want to know what to do with your life, and you don't know God yet, then this is the sentence for you: "Repent: because the kingdom of heaven is near." This is the sentence you need to know.

Everyone says so many things. But if you want to know the one sentence that shows the way to go, this is it. So, let this one sentence keep ringing in your ears and move you to act accordingly.

**"Repent: because
the kingdom of heaven is near."
Matthew 4:17**