

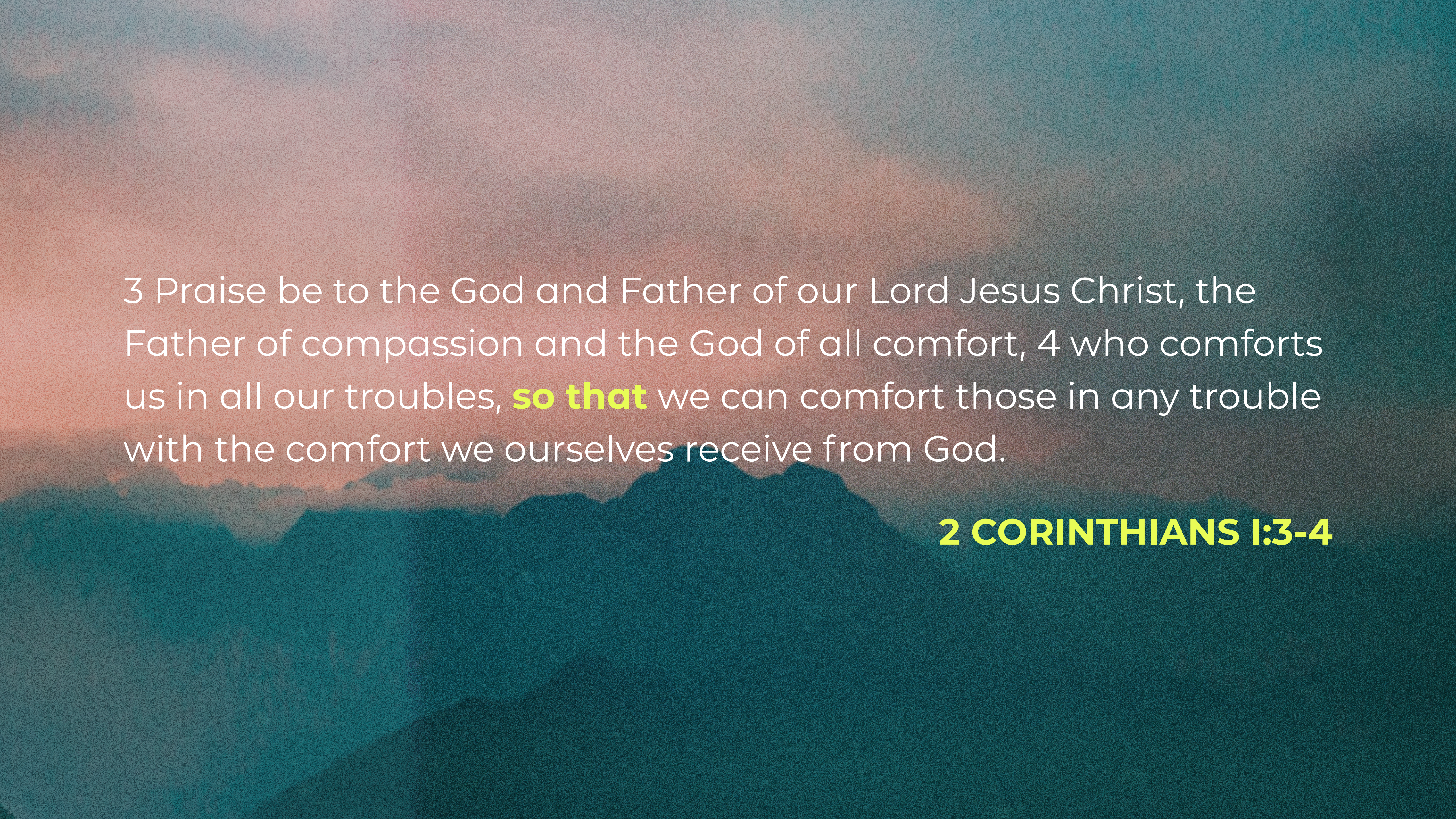
Better *Together*

2023

YOU WERE NOT MADE TO
WALK THIS JOURNEY ALONE.

Two are better than one, because they have a good return for their labor: 10 If either of them falls down, **one can help the other** up. But pity anyone who falls and has no one to help them up. 11 Also, if two lie down together, **they will keep warm**. But how can one keep warm alone? 12 Though one may be overpowered, **two can defend themselves**. A cord of three strands is not quickly broken.

ECCLESIASTES 4:9-12



3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, **so that** we can comfort those in any trouble with the comfort we ourselves receive from God.

2 CORINTHIANS 1:3-4

Robert Waldinger: **What makes a good life?**

Lessons from the longest study on happiness

Good relationships keep us happier and healthier

1. Social connections are really good for us, loneliness kills
2. It's the quality of your close relationships that matters
3. Good relationships don't just affect our bodies but they protect our brains

Matthew D. Lieberman, director of UCLA's Social Cognitive Neuroscience lab, shared the following in his book, *Social: Why Our Brains are Wired to Connect*:

"By activating the same neural circuitry that causes us to feel physical pain, our experience of social pain helps ensure the survival of our children by helping to keep them close to their parents. The neural link between social and physical pain also ensures that staying socially connected will be a lifelong need, like food and warmth. Given the fact that our brains treat social and physical pain similarly, should we as a society treat social pain differently than we do? We don't expect someone with a broken leg to "just get over it." And yet when it comes to the pain of social loss, this is a common response. The research that I and others have done using fMRI shows that how we experience social pain is at odds with our perception of ourselves. We intuitively believe social and physical pain are radically different kinds of experiences, yet the way our brains treat them suggests that they are more similar than we imagine."

MICHELLE HASWELL:LIVING REFRESHED

Emma Seppla, Ph.D, Science Director of Stanford University's Center for Compassion and Altruism Research and Education and the author of The Happiness Track states the following in her book: Strong social connection:

- leads to a 50% increased chance of longevity
- strengthens your immune system (research by Steve Cole shows that genes impacted by loneliness also code for inflammation and immune malfunction)
- helps you recover from disease faster
- may even lengthen your life!

People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional, and physical well being.

MICHELLE HASWELL:LIVING REFRESHED

1 So King Solomon was king over all Israel. 2 And **these were his officials**: Azariah the son of Zadok, the priest; 4 Benaiah the son of Jehoiada, over the army; Zadok and Abiathar, the priests; 5 Azariah the son of Nathan, over the officers; Zabud the son of Nathan, a priest **and the king's friend**;

1 KINGS 4:1-5

36 "Teacher, which is the greatest commandment in the Law?"
37 Jesus replied: "'Love the Lord your God **with all your heart** and **with all your soul** and **with all your mind**.' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor **as yourself**.' 40 All the Law and the Prophets hang on these two commandments."

MATTHEW 22:36-40



A new command I give you: Love one another. **As I have loved you**, so you must love one another.

JOHN 13:34

Husbands, love your wives, just **as Christ loved the church** and gave himself up for her

EPHESIANS 5:25



By this everyone will know that you are my disciples, **if you love one another.**"

JOHN 13:35

**You can watch the TED talk mentioned in todays sermon by
scanning the QR code below with a smart phone:**



SCAN ME

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