



LIVING *Connected*

A TWO PART SERIES



The Royal Law of Love

34 "A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this everyone will know that you are my disciples, if you love one another."

JOHN 13:34-35

And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us.

1 JOHN 3:23

And now, dear lady, I am not writing you a new command but one we have had from the beginning. I ask that we love one another.

2 JOHN 5:5

If you really keep the royal law found in Scripture,
"Love your neighbor as yourself," you are doing right.

JAMES 2:8

22 Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart.

1 PETER 1:22

John Cacioppo

You are a member of a social species. We are born dependent on other (parents) for survival. Our advantage over other animals is our brain with its ability to communicate plan, reason and to work together. Our survival depends on our collective abilities, not on our individual might

JOHN CACIOPPO "THE LETHALITY OF LONELINESS" TED TALK

Social species by definition create emergent structures that extend beyond the single organism. These structure go hand in hand with neural, hormonal and genetic mechanisms to support them because the consequent social behaviors helped them survive, reproduce and leave a genetic legacy.

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The growth to adulthood in a social species is not to become autonomous and solitary, its to become the one on whom others can depend. Whether we know it or not our brain and biology have been shaped to favor this outcome. We have a number of biological machineries that capitalize on aversive signals to

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motivate us to act in ways that are essential for our survival. Hunger for instance is triggered by low blood pressure and motivates you to eat. An important early warning signal for an organism that used to require much more time and effort to find food than going to the refrigerator, cabinet or

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fast food restaurant. Thirst is an aversive signal that motivates us to search for drinkable water prior to falling victim to dehydration. Pain is an aversive system that notifies us of potential tissue damage and notifies us to take care of our physical body. You might think that the biological warning system stops

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there. But the pain and aversiveness of loneliness, of feeling isolated from those around you is also part of a biological early warning machinery to alert you to threats and damage to social body which you also need to survive and prosper. All of us have felt physical pain, and all of us have felt the pain of

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homesickness, the agony of bereavement, the torment of unrequited love and the pain of being shunned.

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Odds ratio for premature death

Air Pollution |  **5%**

Share Burdens

to fulfill the Law of Jesus

Carry each other's burdens, and in this way you will
fulfill the law of Christ.

GALATIANS 6:2

Dr. Caroline Leaf

Human beings are social animals, whether we like having alone time or not we all need community. In fact engaging with people positively in our social networks correlates with a number of very desirable physical and mental outcomes. Being involved in the community has been associated with mental health

DR. CAROLINE LEAF

and cognitive resilience. Studies show that people with a greater involvement with their community will have stronger mental health, thinking skills and the ability to bounce back from from challenging mental health, work or academic situations. It also helps to reduce chronic pain. Community helps to lower

DR. CAROLINE LEAF

blood pressure and also improves cardio vascular health. Developing a strong community focus and a strong community mindset are proven to be extremely helpful in many aspects pertaining to our lives. Isolation is a rising epidemic problem. Loneliness increases the risk of premature mortality

DR.CAROLINE LEAF

amongst all ages, making it a growing public health hazard along with smoking, cancer and others. Some scientists now believe that social isolation and loneliness kills more people than any disease known to mankind.

Helping people develop a community mindset should be a public health priority.

DR. CAROLINE LEAF

Share sacrificially
to fulfill the Law of Jesus

8 Yet I am writing you a new command; its truth is seen in him and in you, because the darkness is passing and the true light is already shining.

9 Anyone who claims to be in the light but hates a brother is still in the darkness. 10 Anyone who loves their brother lives in the light, and there is nothing in them to make them stumble.

1 JOHN 2:8-10

14 We know that we have passed from death to life, because we love each other. Anyone who does not love remains in death. 15 Anyone who hates a brother or sister is a murderer, and you know that no murderer has eternal life residing in him. 16 This is how we know what love is: Jesus Christ laid down his

1 JOHN 3:14-18

life for us. And we ought to lay down our lives for our brothers and 17 If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? 18 Dear children, let us not love with words or speech but with actions and in truth.

1 JOHN 3:14-18

1 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

EPHESIANS 5:1-2

Dr. Brene Brown

A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get

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sick." We are profoundly social creatures. We may think we want money, power, fame, beauty, eternal youth or a new car, but at the root of most of these desires is a need to belong, to be accepted, to connect with others, to be loved. We pride ourselves on our independence, on pulling ourselves up by our

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own bootstraps, having a successful career and above all not depending on anyone. But, as psychologists from Maslow to Baumeister have repeatedly stressed, the truth of the matter is that a sense of social connection is one of our fundamental human needs

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Keep growing in Love
to fulfill the Law of Jesus

May the Lord make your love increase and overflow
for each other and for everyone else, just as ours
does for you.

1 THESSALONIANS 3:12

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

2 THESSALONIANS 1:3

C.S. Lewis

To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully round with hobbies and little

C.S.LEWIS

luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket- safe, dark, motionless, airless--it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable.

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