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# STAND FIRM

— A STUDY IN 1 PETER —



*“The Longevity Project uses one of the most famous studies in psychology to answer the question of who lives longest—and why. The answers will surprise you. This is an important—and deeply fascinating—book.”*—MALCOLM GLADWELL

# THE LONGEVITY PROJECT



Surprising Discoveries for Health  
and Long Life from the  
Landmark Eight-Decade Study

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For he knows what we are made of,  
remembering that we are dust.

As for man, his days are like grass—  
he blooms like a flower of the field;  
when the wind passes over it,  
it vanishes,  
and its place is no longer known.

Psalm 103:14-16

For the one who wants to love life  
and to see good days

1 Peter 3:10

I have come so that they may have  
life and have it in abundance.

John 10:10

For the one who wants to love life  
and to see good days

1 Peter 3:10

Those who are happiest and healthier reported strong interpersonal relationships while those who are isolated had declines in both mental and physical health as they age.



# 1 Peter 3:8

Finally, all of you be like-minded

# 1 Peter 3:8

Finally, all of you be like-minded  
and sympathetic,

# 1 Peter 3:8

Finally, all of you be like-minded  
and sympathetic, love one  
another,

# 1 Peter 3:8

Finally, all of you be like-minded  
and sympathetic, love one  
another, and be compassionate

# 1 Peter 3:8

Finally, all of you be like-minded  
and sympathetic, love one  
another, and be compassionate  
and humble

# 1 Peter 3:8-9

Finally, all of you be like-minded and sympathetic, love one another, and be compassionate and humble not paying back evil for evil or insult for insult

# 1 Peter 3:8-9

Finally, all of you be like-minded and sympathetic, love one another, and be compassionate and humble not paying back evil for evil or insult for insult but, on the contrary, giving a blessing

But I say to you who listen: Love your enemies, do what is good to those who hate you, bless those who curse you, pray for those who mistreat you.

If you love those who love you, what credit is that to you? Even sinners love those who love them. If you do what is good to those who are good to you, what credit is that to you? Even sinners do that... But love your enemies, do what is good...

Luke 6:27-28, 32-35



## 1 Peter 3:10-11

For the one who wants to love life  
and to see good days,  
let him keep his tongue from evil  
and his lips from speaking deceit,

## 1 Peter 3:10-11

For the one who wants to love life  
and to see good days,

let him keep his tongue from evil  
and his lips from speaking deceit,

and let him turn away from evil  
and do what is good.

Let him seek peace and pursue it,

If possible, so far as it depends on  
you be at peace with all men.

Romans 12:18

## 1 Peter 3:10-11

For the one who wants to love life  
and to see good days,  
let him keep his tongue from evil  
and his lips from speaking deceit,  
and let him turn away from evil  
and do what is good.  
Let him seek peace and pursue it,

## 1 Peter 3:12

because the eyes of the Lord are on  
the righteous  
and his ears are open to their prayer.  
But the face of the Lord is against  
those who do what is evil.



