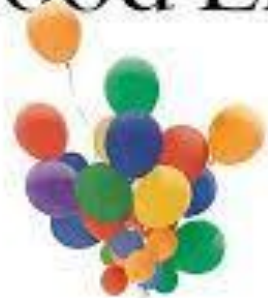


The
Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD

Myths about what makes us happy

- You must be young to be happy

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- You must be young to be happy
- We can be happy all the time
- Avoiding challenges leads to happiness
- Being rich, famous or winning awards makes us happy

I am sending you to Pharaoh so that you may lead my people, the Israelites, out of Egypt.”

But Moses asked God, “Who am I that I should go to Pharaoh and that I should bring the Israelites out of Egypt?”

He answered, "I will certainly be with you, and this will be the sign to you that I am the one who sent you: when you bring the people out of Egypt, you will all worship God at this mountain."

Then Moses asked God, “If I go to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what should I tell them?”

God replied to Moses, “**I AM WHO I AM.**

This is what you are to say to the Israelites:

I AM has sent me to you.” *Exodus 3:10-14*

- I am the bread of life (John 6:35)
- I am the light of the world (John 8:12)
- I am the gate (John 10:7)
- I am the good shepherd (John 10:11, 14)
- I am the resurrection and the life (John 11:25)
- I am the way, the truth and the life. (John 14:6)
- I am the true vine. (John 15:1)

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Jesus said again, “Truly I tell you, I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep didn’t listen to them. I am the gate. If anyone enters by me, he will be saved and will come in and go out and find pasture. A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance.

John 10:7-10



- Jesus provides **salvation** for his sheep

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John 10:7

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John 10:7

I am the gate. If anyone enters by me, he will be saved.

John 10:9

And you were dead in your trespasses and sins in which you previously walked according to the ways of this world, according to the ruler of the power of the air, the spirit now working in the disobedient.

Ephesians 2:1-2

and we were by nature children
under wrath...

Ephesians 2:3

The one who believes in the Son has eternal life, but the one who rejects the Son will not see life; instead, the wrath of God remains on him.

John 3:36

He himself bore our sins in his body on the tree; so that, having died to sins, we might live for righteousness. By his wounds you have been healed. For you were like sheep going astray, but you have now returned to the Shepherd and Overseer of your souls.

1 Peter 2:24-25

There is salvation in no one else, for there is no other name under heaven given to people by which we must be saved.

Acts 4:12

- Jesus provides **salvation** for his sheep
- Jesus provides **safety** for his sheep

Jesus provides **safety** for his sheep

All who came before me are thieves
and robbers... *John 10:8*

A thief comes only to steal and kill
and destroy. *John 10:10*

The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens it for him, and the sheep hear his voice. He calls his own sheep by name and leads them out.

John 10:2-3

They will never follow a stranger;
instead they will run away from him,
because they don't know the voice of
strangers.

John 10:5

My sheep hear my voice, I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand.

John 10:27-28

- Jesus provides **salvation** for his sheep
- Jesus provides **safety** for his sheep
- Jesus provides **sustenance** for his sheep

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John 10:9

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John 10:9-10

Jesus' blessings are for any and all
who enter through Him

I am the gate. *If anyone* enters by
me, he will be saved and will come in
and go out and find pasture.

John 10:9

But these are written so that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

John 20:31

But to all who did receive him, he
gave them the right to be children of
God, to those who believe in his name

John 1:12

For God loved the world in this way:
He gave his one and only Son, so that
everyone who believes in him will not
perish but have eternal life.

John 3:16



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