

# WHAT MAKES YOU **HAPPY**

## 10 Ways to Be Happier Today

1. Exercise – 7 minutes might be enough
2. Sleep more – you'll be less sensitive to negative emotions
3. Move closer to work – a short commute is worth more than a big house
4. Spend time with friends and family
5. Go outside – happiness is maximized at 13.9°C
6. Help others – 100 hours a year is the magical number
7. Practice smiling – it can alleviate pain
8. Plan a trip – but don't take one
9. Meditate – rewire your brain for happiness
10. Practice gratitude – increase both happiness and life satisfaction

- 1. Fellowship with the Father and the Son*
- 2. Walking in the Light*
- 3. Do Not Love the World*
- 4. Against Antichrist*
- 5. Be the Children of God*
- 6. Love One Another*
- 7. God Is Love*
- 8. Concerning Committing A Sin*



*True Life among Us*



# ***1 John 4:7-21*** ***For True Life ...***

Ἀγαπητοί, ἀγαπῶμεν ἀλλήλους,

*Dear friends*  
*[Beloved, NRSV],*  
*let us love one another!*



***Dear children, this is the last hour ...***

# *1 John 4:7-21*

## *That Love Comes from God*



"Dear friends, let us  
continue to love  
one another,  
for *Love* comes  
from *God*.

Anyone who loves is a  
*Child of God*  
and knows God."

1 John 4:7

ὁ θεὸς ἀγάπη ἐστίν.

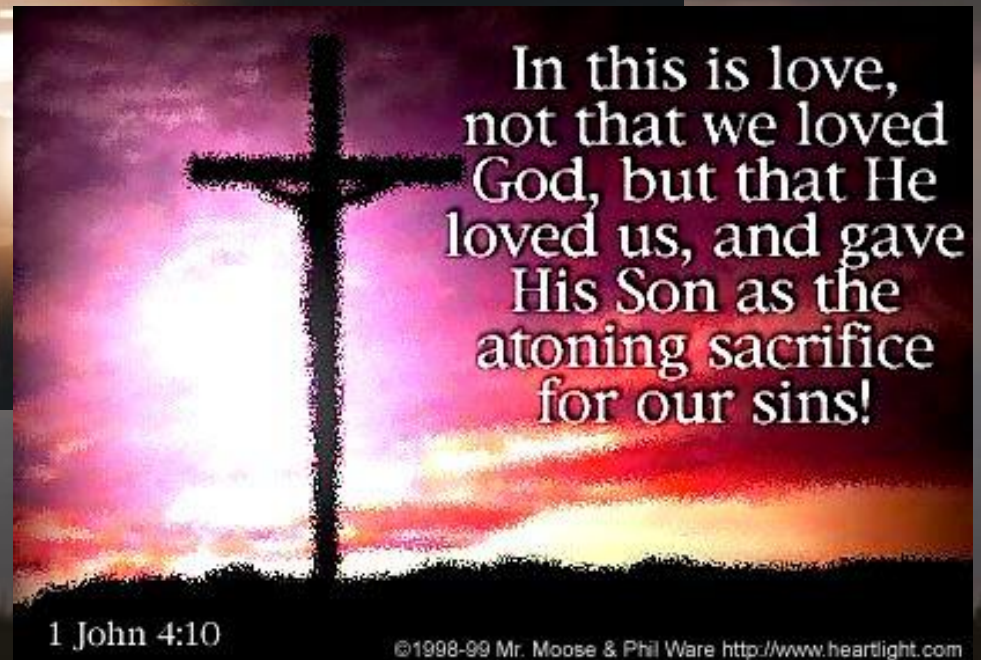


# ***1 John 4:7-21***

## ***Acknowledge His Son, Jesus Christ***

This is how God showed his love among us:  
He sent his one and only Son into the world  
that we might live through him.

**1 John 4:9**



In this is love,  
not that we loved  
God, but that He  
loved us, and gave  
His Son as the  
atoning sacrifice  
for our sins!

1 John 4:10

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# ***1 John 4:7-21***

## ***His Love Is Made Complete in Us***

WHOEVER LIVES IN  
LOVE, LIVES IN GOD,  
AND GOD IN HIM.  
IN THIS WAY, LOVE IS  
MADE COMPLETE  
AMONG US.

(1 JOHN 4:16)



***a church that loves...***

***Johannine Ecclesiology for Today!***

# ***1 John 4:7-21***

## ***We Love because He First Loved Us***



*The Lord did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples.*

*But it was **because the Lord loved you** and kept the oath he swore to your forefathers that he brought you out with a mighty hand and redeemed you from the land of slavery, from the power of Pharaoh king of Egypt. Deuteronomy 7:8-9*

*1. Everyone who loves has been born of God.*

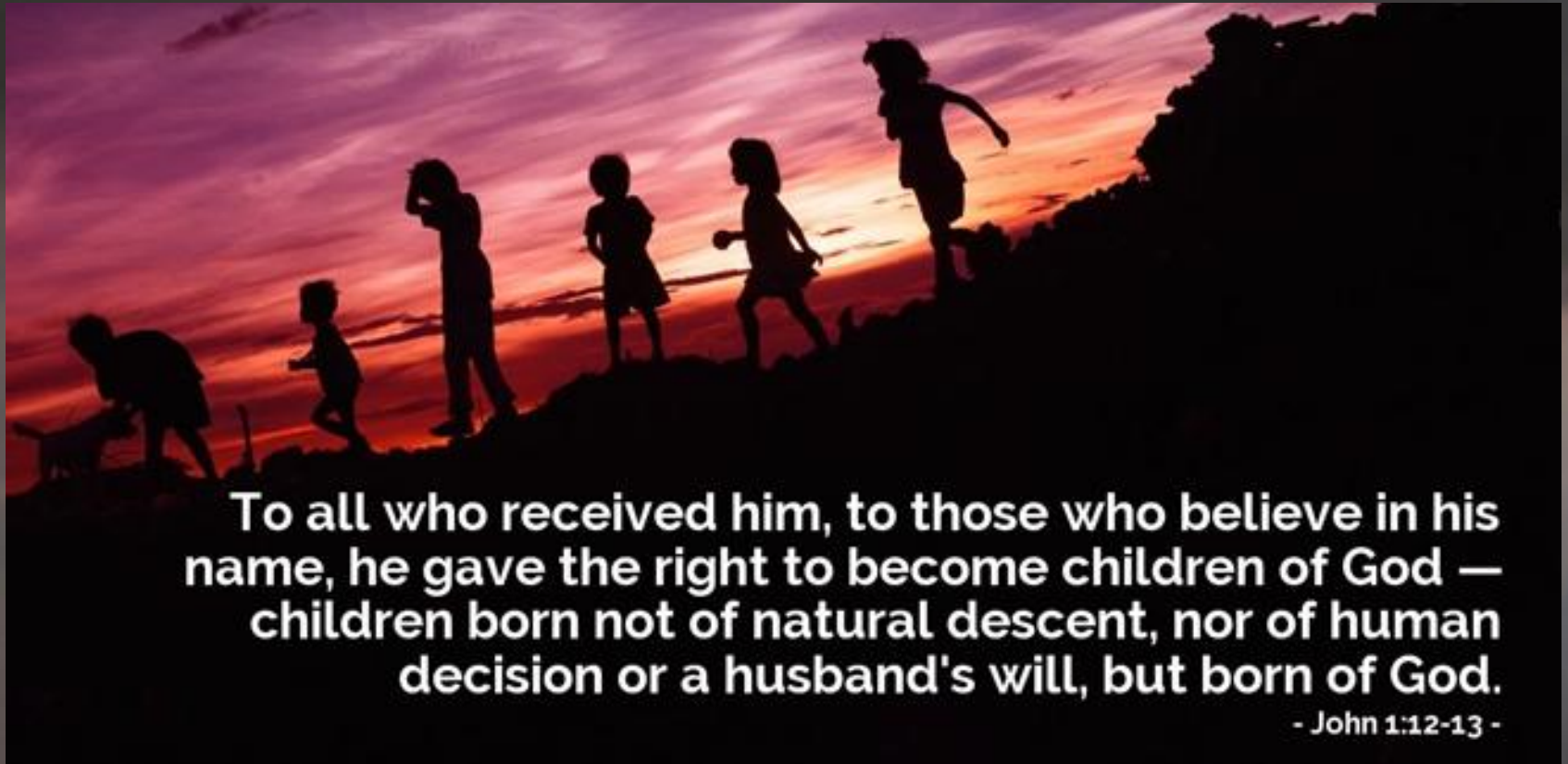


***“True Life among Us”***

***Part 7. God Is Love***



1. *Everyone who loves has been born of God.*



**To all who received him, to those who believe in his name, he gave the right to become children of God — children born not of natural descent, nor of human decision or a husband's will, but born of God.**

**- John 1:12-13 -**

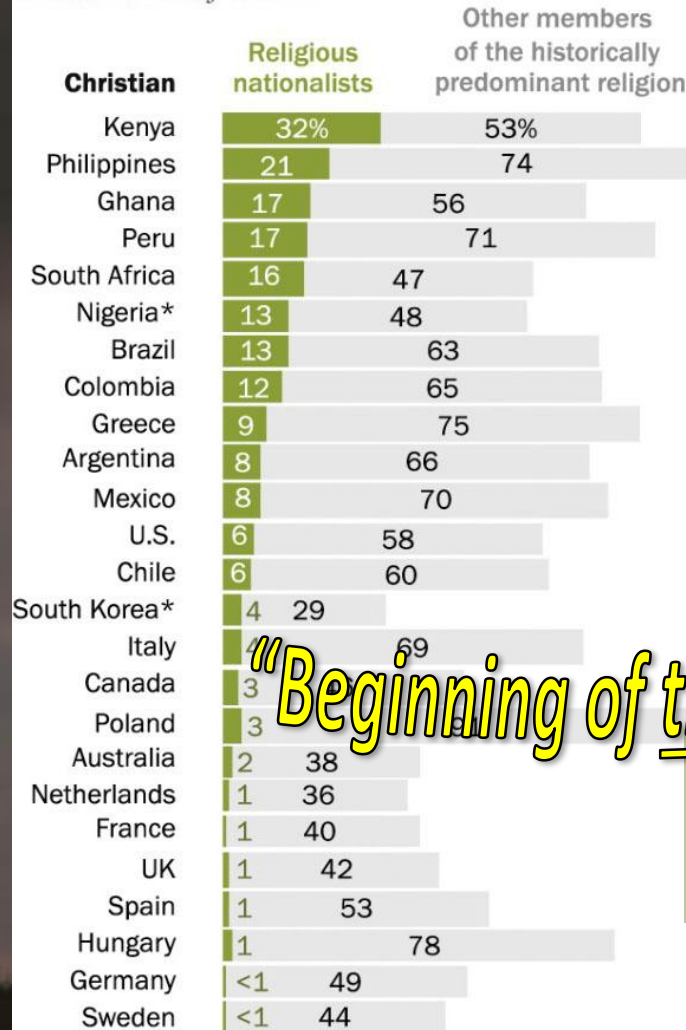
***“True Life among Us”***

***Part 7. God Is Love***

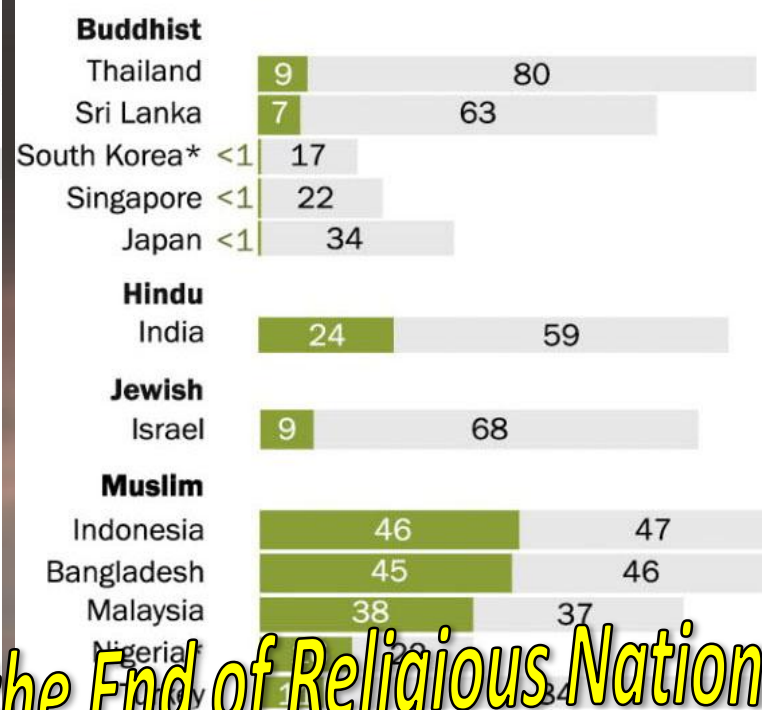
# 1. Everyone who loves has been born of God.

## Share of religious nationalists varies widely across countries

% who are classified as ...



Pew Research Center, January 2025, "Comparing Levels of Religious Nationalism Around the World"



Laura Silver

**"Beginning of the End of Religious Nationalism!"**

[pewresearch.org/global/2025/01/28/comparing-levels-of-religious-nationalism-around-the-world/](https://pewresearch.org/global/2025/01/28/comparing-levels-of-religious-nationalism-around-the-world/)

**"True Life among Us"**

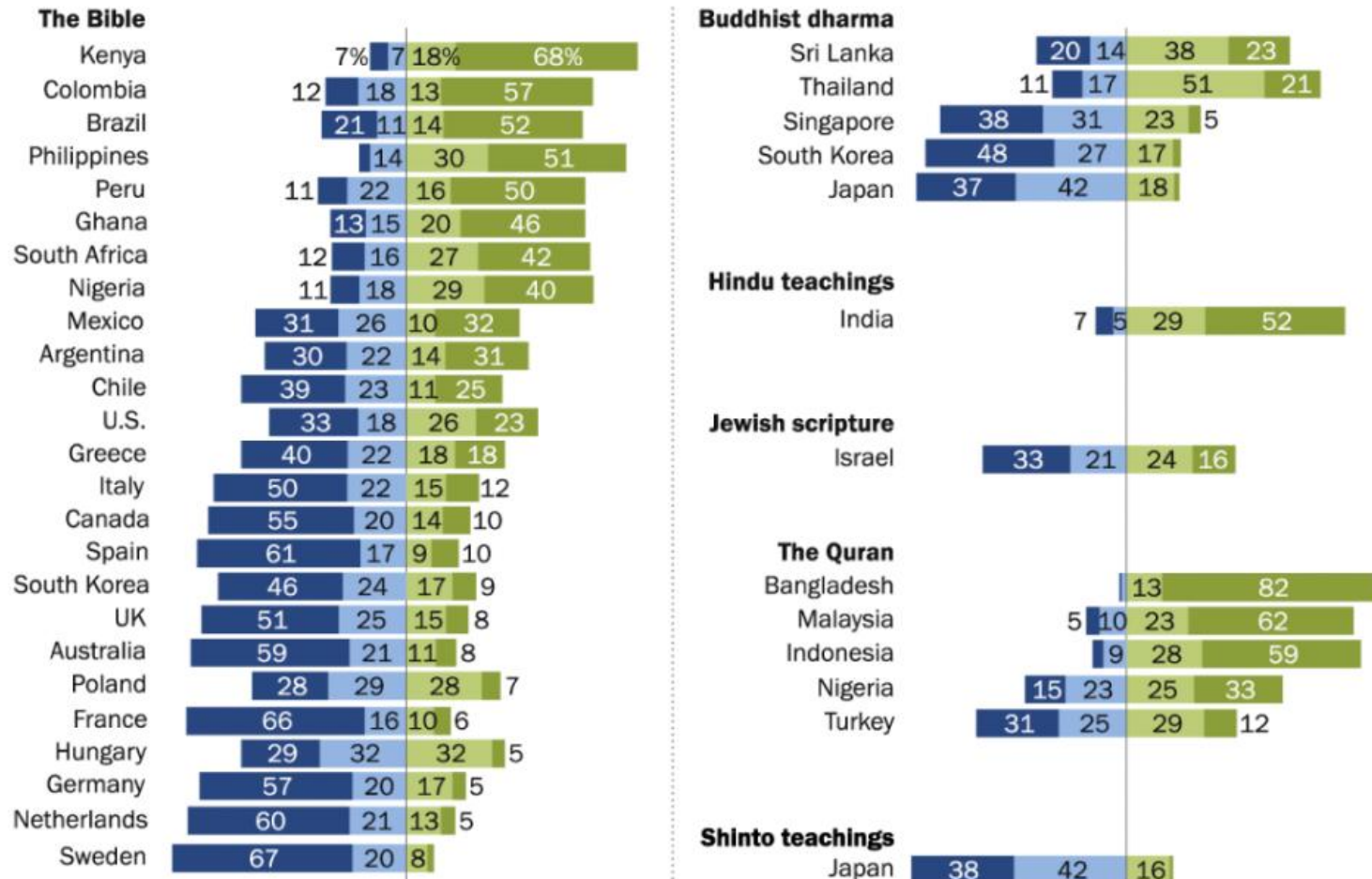
**Part 7. God Is Love**

# 1. Everyone who loves has been born of God.

## Countries diverge over level of influence religious texts should have on national laws

% who say [the Bible, Buddhist dharma, etc.] should have (a) \_\_\_ on the laws of their country

■ No influence at all ■ Not too much influence ■ Fair amount of influence ■ Great deal of influence



**“True Life among Us”**

**Part 7. God Is Love**



1. Everyone who loves has been born of God.

**Let us end an Era of “Contempt”!**

The Lord said to Moses, “How long will these people treat me **with contempt**? How long will they refuse to believe in me, in spite of all the miraculous signs I have performed among them?”  
Numbers 14:11

He who oppresses the poor shows **contempt** for their Maker, but whoever is kind to the needy honors God.  
Proverbs 14:31; 17:5



# *1. Everyone who loves has been born of God.*

If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen.

**1 John 4:20**



***“True Life among Us”***

***Part 7. God Is Love***

- 1. Everyone who loves has been born of God.*
- 2. If anyone acknowledges that Jesus is the Son of God, God lives in him.*

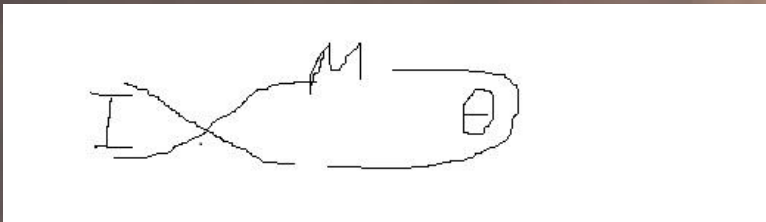
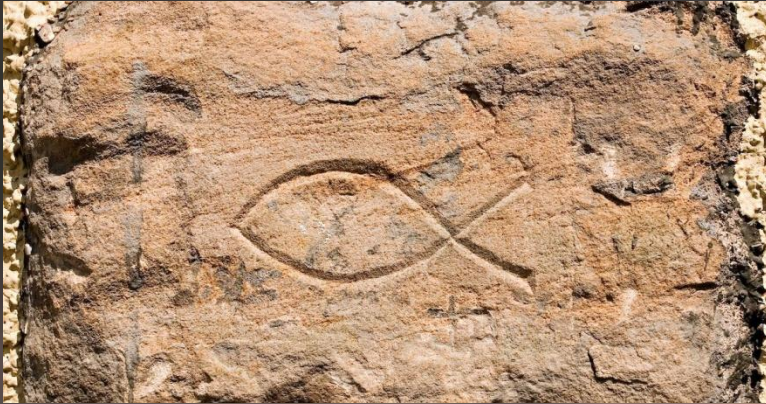


***“True Life among Us”***

***Part 7. God Is Love***



2. If anyone acknowledges that Jesus is the Son of God, God lives in him.



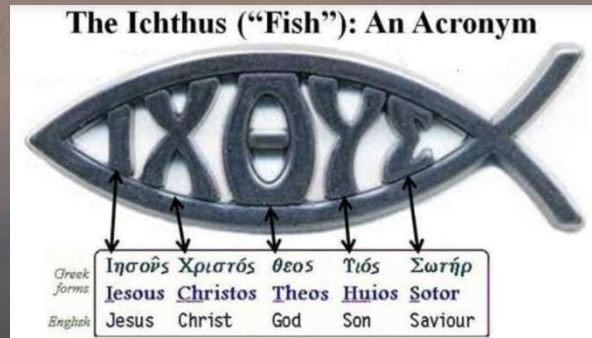
I – Iota or Iesous (which means Jesus)

X – Chi or Christos (which means Christ)

Υ – Upsilon or Yidos/Huios (means Son)

Θ – Theta or Theou (which means God)

Σ – Sigma or Soter (which means Savior).



**“True Life among Us”**

**Part 7. God Is Love**

2. If anyone acknowledges that Jesus is the Son of God, God lives in him.

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. We write this to make our joy complete.

1 John 1:1-4

***Proclaim Our Fellowship***

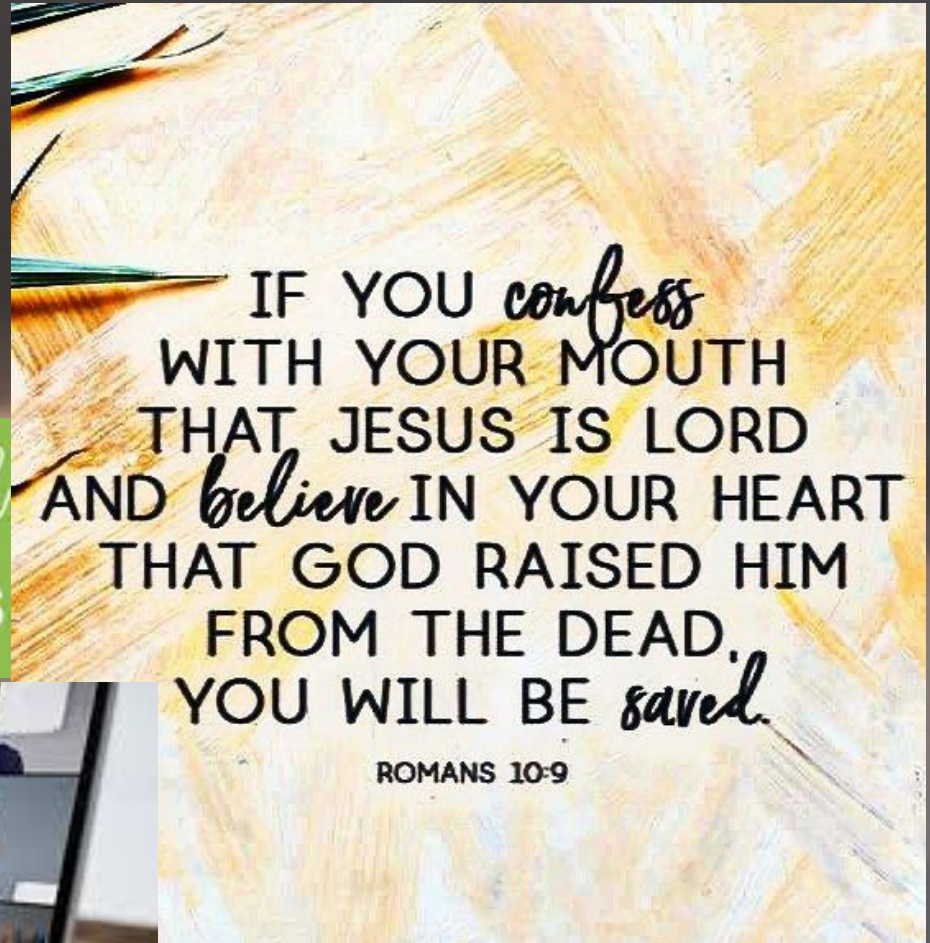
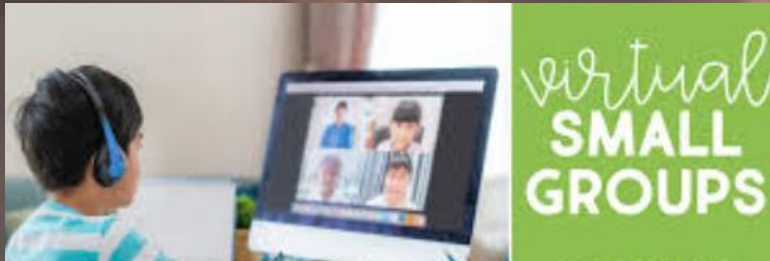
*with the Father and His Son, Jesus Christ!*

***“True Life among Us”***

***Part 7. God Is Love***



2. If anyone acknowledges that Jesus is the Son of God,  
God lives in him.



***“True Life among Us”***

***Part 7. God Is Love***



- 1. Everyone who loves has been born of God.*
- 2. If anyone acknowledges that Jesus is the Son of God, God lives in him.*
- 3. There is no fear in love.*



***“True Life among Us”***

***Part 7. God Is Love***

### 3. There is no fear in love.



The LORD is  
on my side;  
I will not fear

P S A L M 118 : 6

*The Lord is with me; he is my helper. I will look in triumph on my enemies. (v.7)*

*It is better to take refuge in the Lord than to trust in man. (v.8)*

*This is the day that the Lord has made; let us rejoice and be glad in it. (v.24)*

**“True Life among Us”**

**Part 7. God Is Love**

### 3. *There is no fear in love.*

LET NOT  
your heart  
BE TROUBLED;  
*Believe* IN GOD,  
BELIEVE ALSO IN ME.

In My Father's house are many mansions;  
if it were not so, I would have told you. I go  
to prepare a place for you. And if I go and  
prepare a place for you, I will come again  
and receive you to Myself; that where I am,  
there you may be also.

JOHN 14:1-3

I am with  
you always, to the  
end of the age.

- Matthew 28:20



***“True Life among Us”***

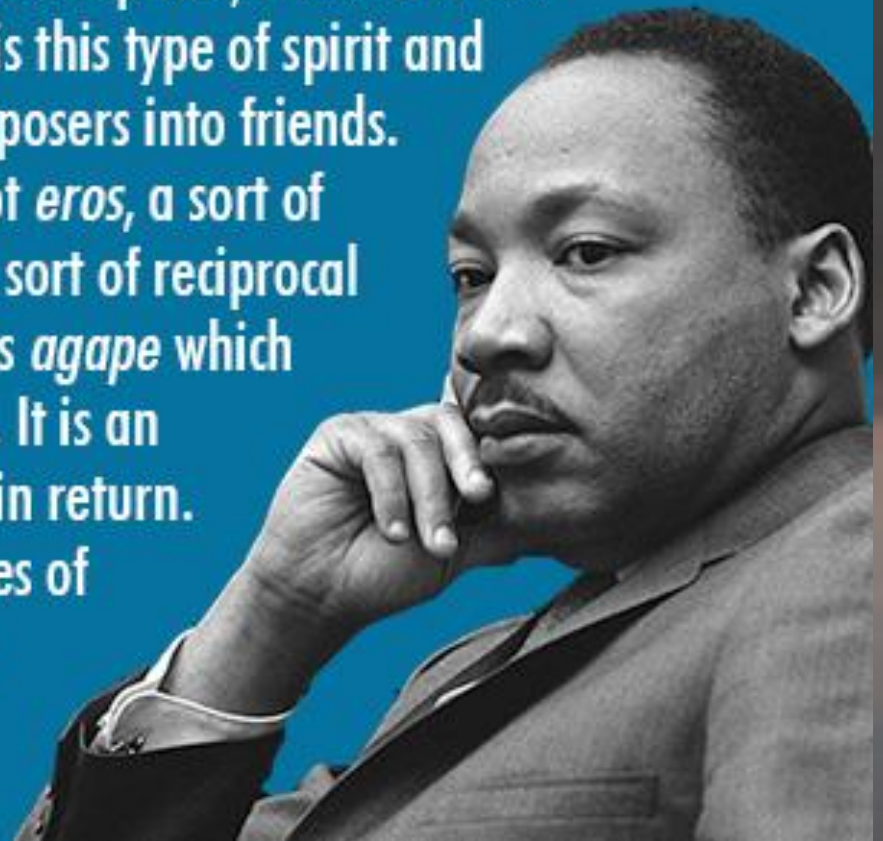
***Part 7. God Is Love***



### 3. *There is no fear in love.*

"The end is reconciliation; the end is redemption; the end is the creation of the beloved community. It is this type of spirit and this type of love that can transform opposers into friends. The type of love that I stress here is not *eros*, a sort of esthetic or romantic love; not *philia*, a sort of reciprocal love between personal friends; but it is *agape* which is understanding goodwill for all men. It is an overflowing love which seeks nothing in return. It is the love of God working in the lives of men. This is the love that may well be the salvation of our civilization."

—MARTIN LUTHER KING, JR.



***"True Life among Us"***

***Part 7. God Is Love***

### 3. There is no fear in love.

*"I must continue by faith or it is too great a burden to bear and violence, .... **Only a refusal to hate or kill**, can put an end to the chain of violence in the world and lead us toward a community where men can **live together without fear**.*

*Our goal is to create **a beloved community** and this will require a qualitative change in our souls as well as a quantitative change in our lives."*

**Martin Luther King, Jr.**

*from "Non-Violence: The Only Road to Freedom"  
May 4, 1966*

**"True Life among Us"**

**Part 7. God Is Love**

### 3. There is no fear in love.



History Prof. Alfred W. McCoy  
Univ. of Wisconsin - Madison

POLITICS

## The World's Four Legacy Empires Are Going Down

**Fair Observer**<sup>o</sup>  
Independence, Diversity, Debate

*What's next?*

*... ending **Washington's world leadership** ...*

*... a new order,*

*whether redolent with promise or  
laden with menace...*

***“True Life among Us”***

***Part 7. God Is Love***



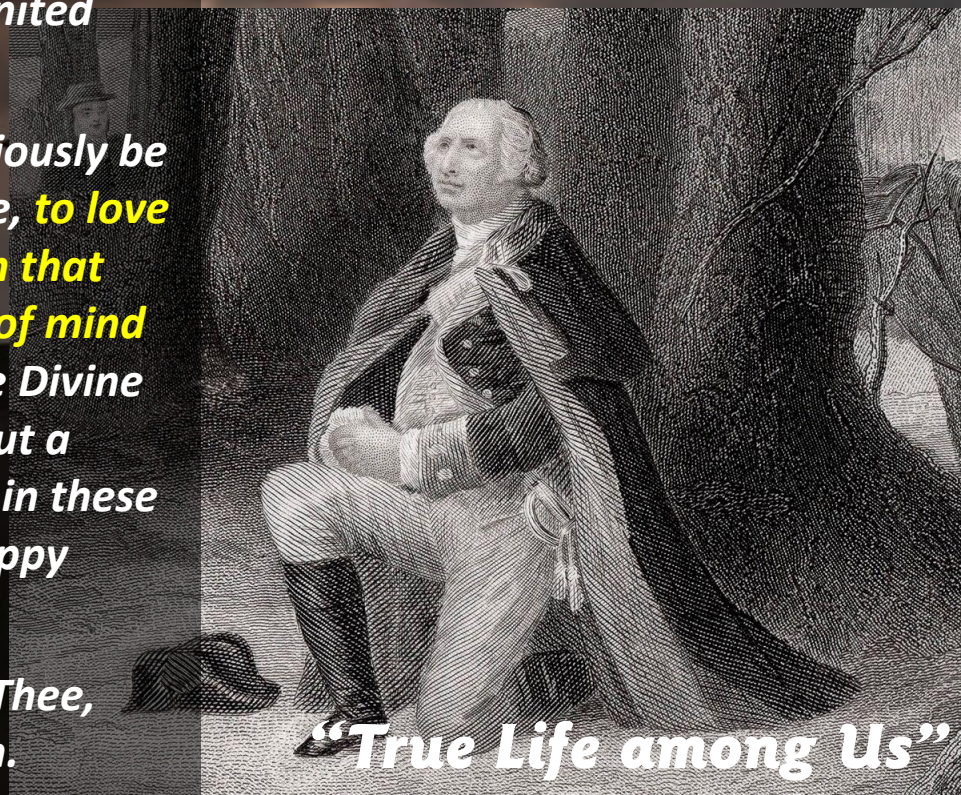
### 3. There is no fear in love.

#### **Almighty God:**

We make our earnest prayer that Thou wilt keep the United States in Thy holy protection; that thou wilt incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government, **and entertain a brotherly affection and love for one another and for their fellow-citizens** of the United States at large.

And finally that Thou wilt most graciously be pleased to dispose us all to do justice, **to love mercy and to demean ourselves with that charity, humility and pacific temper of mind** which were the characteristics of the Divine Author of our blessed religion without a humble imitation of whose example in these things we can never hope to be a happy nation.

Grant our supplication, we beseech Thee, through Jesus Christ, our Lord. Amen.



**“True Life among Us”**

**Part 7. God Is Love**