

**The Good Life**  
**January 4<sup>th</sup> & January 5<sup>th</sup> 2020**  
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**The Good Life-Living the good life means living a life that sets you free. A life that satisfies and fulfills you, that adds happiness, joy and a sense of purpose to your life. But it also means to live a life that is worthwhile – a life that makes a contribution, instead of being solely self-centered.**

1 Corinthians 11:27-31-So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. That is why many among you are weak and sick, and a number of you have fallen asleep. But if we were more discerning with regard to ourselves, we would not come under such judgment.

**Christians should look for peace in God instead of pursuing earthly comfort.**  
**Christians should be motivated by contentment, not greed.**  
**Christians should do good things as a response to grace, not to earn grace.**  
**Christians should be involved in community, not isolation.**  
**Christians should strive for authenticity, not perfectionism.**  
**Christian's identity is in glory, not shame.**  
**Christians are saved by Jesus alone.**

Luke 10:25-37 -One day an expert in religious law stood up to test Jesus by asking him this question: "Teacher, what should I do to inherit eternal life?" Jesus replied, "What does the law of Moses say? How do you read it?" The man answered, "'You must love the LORD your God with all your heart, all your soul, all your strength, and all your mind.' And, 'Love your neighbor as yourself.'" "Right!" Jesus told him. "Do this and you will live!" The man wanted to justify his actions, so he asked Jesus, "And who is my neighbor?" Parable of the Good Samaritan Jesus replied with a story: "A Jewish man was traveling from Jerusalem down to Jericho, and he was attacked by bandits. They stripped him of his clothes, beat him up, and left him half dead beside the road. "By chance a priest came along. But when he saw the man lying

there, he crossed to the other side of the road and passed him by. A Temple assistant<sup>[d]</sup> walked over and looked at him lying there, but he also passed by on the other side. “Then a despised Samaritan came along, and when he saw the man, he felt compassion for him. Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. The next day he handed the innkeeper two silver coins,<sup>[e]</sup> telling him, ‘Take care of this man. If his bill runs higher than this, I’ll pay you the next time I’m here.’

“Now which of these three would you say was a neighbor to the man who was attacked by bandits?” Jesus asked. The man replied, “The one who showed him mercy.” Then Jesus said, “Yes, now go and do the same.”

### **The Good Life- “Do this and you will live!”**

#### **Kindness-as the quality of being friendly, generous, and considerate.**

Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

You've heard about survival of the fittest and Darwin. Survival of the fittest is usually associated with selfishness, meaning that to survive (a basic instinct) means to look out for yourself. But Darwin, who studied human evolution, actually didn't see mankind as being biologically competitive and self-interested. Darwin believed that we are a profoundly social and caring species. He argued that sympathy and caring for others is instinctual (DiSalvo, Scientific American, 2017)

Current research supports this idea. Science has now shown that devoting resources to others, rather than having more and more for yourself, brings about lasting well-being. Kindness has been found by researchers to be the most important predictor of satisfaction and stability in a marriage. Many colleges, including Harvard, are now emphasizing kindness on applications for admission.

#### **Hospitality-the friendly reception and treatment of guests or strangers.**

the quality or disposition of receiving and treating guests and strangers in a warm, friendly, generous way.

**Responsibility- A duty or obligation to satisfactorily perform or complete a task (assigned by someone, or created by one's own promise or circumstances) that one must fulfill, and which has a consequent penalty for failure.**

Then Jesus said, "Yes, now go and do the same."