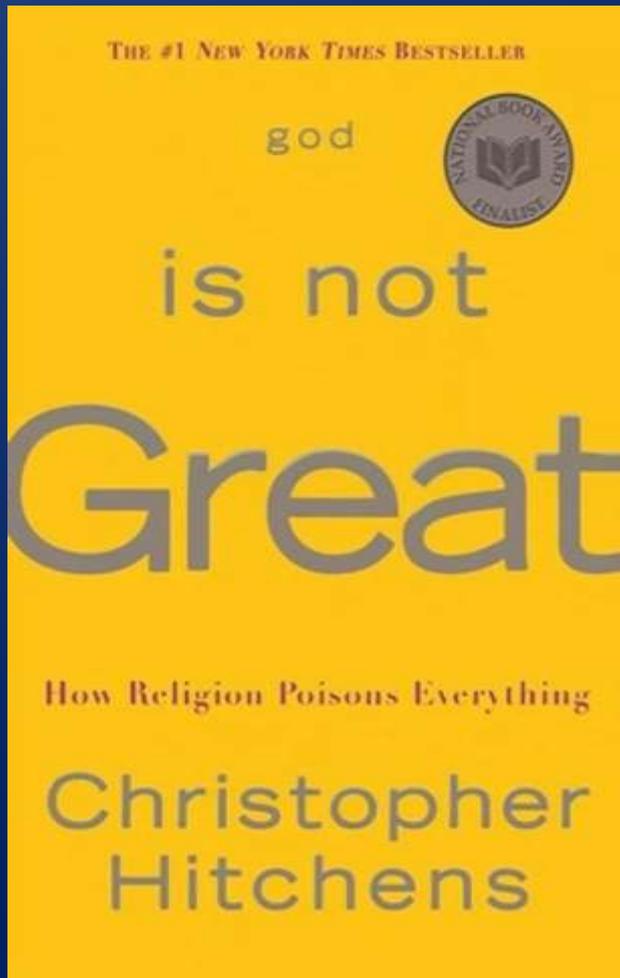


The Abundant Life Now and For All Eternity

- John 10:10 Jesus said *“I came that they might have life and have it more abundantly.”*
- Luke 9:23-24 (NASB) *23 And He was saying to them all, “If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. 24 “For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it.*
- Luke 9:23-24 (LBLA) *23 Y decía a todos: Si alguno quiere venir en pos de mí, niéguese a sí mismo, tome su cruz cada día y sígame. 24 Porque el que quiera salvar su vida, la perderá, pero el que pierda su vida por causa de mí, ése la salvará.*

**DID YOU KNOW THAT PEOPLE WHO GO
TO CHURCH ARE HAPPIER AND
HEALTHIER THAN THOSE WHO DON'T?**



**RELIGION
POISONS
EVERYTHING.
AS WELL AS A
MENACE TO
CIVILIZATION, IT
HAS BECOME A
THREAT TO
HUMAN
SURVIVAL.**

CHRISTOPHER HITCHENS





- **Harvard Prof. Tyler VanderWeele** in his article “Religion May Be A Miracle Drug”
- Considered to be a world expert on this subject. Says that rather than religion being poisonous, going to church every week is like drinking a *magical medicine.*



• Prof. VanderWeele found that children who are brought up going to church tend to end up being **happier** and having a greater sense of **purpose** in their lives than those who are raised nonreligious.

People who go to church every week are less likely to get **depressed**.

- **Prof. VanderWeele says that attending religious services weekly may be the best protection there is against suicide.**

- Hebrews 10:24-25 (NASB) *24 and let us consider how to stimulate one another to love and good deeds, 25 not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.*
- Hebrews 10:24-25 (LBLA) *24 y consideremos cómo estimularnos unos a otros al amor y a las buenas obras, 25 no dejando de congregarnos, como algunos tienen por costumbre, sino exhortándonos unos a otros, y mucho más al ver que el día se acerca.*

Acts 2:42 (KJV) **42** *And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.*

Acts 2:42 (LBLA) **42** *Y se dedicaban continuamente a las enseñanzas de los apóstoles, a la comunión, al partimiento del pan y a la oración.*

- Colossians 3:16 (NASB) *16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.*
- Colossians 3:16 (LBLA) *16 Que la palabra de Cristo habite en abundancia en vosotros, con toda sabiduría enseñándoos y amonestándoos unos a otros con salmos, himnos y canciones espirituales, cantando a Dios con acción de gracias en vuestros corazones.*

LOVE IS THE MOST IMPORTANT THING

- For 75 years, professors at Harvard have been doing a study on human well-being.
- *Robert Waldinger, “What Makes A Good Life? Lessons From The Longest Study On Happiness.”* What they found in their studies is that good relationships with family and friends are what kept people happiest and healthiest.

1 John 4:8 (NASB) The one who does not love does not know God, for God is love.

1 John 4:8 (LBLA) El que no ama no conoce a Dios, porque Dios es amor.

- **John 15:12 (NASB)** 12 "This is My commandment, that you love one another, just as I have loved you.

John 15:12 (LBLA) 12 Este es mi mandamiento: que os améis los unos a los otros, así como yo os he amado.

1 John 3:16 (NASB) ¹⁶ We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.

1 John 3:16 (LBLA) ¹⁶ En esto conocemos el amor: en que El puso su vida por nosotros; también nosotros debemos poner nuestras vidas por los hermanos.

HELPING OTHERS IS GOOD FOR US

- Acts 20:35 – *“it is more blessed to give than to receive.”*
- In Mark 12:31 – he commanded *“love your neighbor as yourself.”*
- Mark 10: 44–45 – he said *“he came not to be served but to serve.”*

Titus 2:14 (NASB) who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.

Titus 2:14 (LBLA) quien se dio a sí mismo por nosotros, para REDIMIRNOS DE TODA INIQUIDAD y PURIFICAR PARA SI UN PUEBLO PARA POSESION SUYA, celoso de buenas obras.

Galatians 6:10 (NASB) So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.

Galatians 6:10 (LBLA) Así que entonces, hagamos bien a todos según tengamos oportunidad, y especialmente a los de la familia de la fe.





GRATITUDE IS GOOD FOR US

- **Philippians 4:4 (NASB)** ⁴
Rejoice in the Lord always;
again I will say, rejoice!
- **Philippians 4:4 (LBLA)** ⁴
Regocíjaoos en el Señor siempre.
Otra vez *lo* diré: ¡Regocíjaoos!

In 1 Thessalonians 5:16-18

(NASB) Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18 (LBLA) Estad siempre gozosos; orad sin cesar; dad gracias en todo, porque esta es la voluntad de Dios para vosotros en Cristo Jesús.

FORGIVENESS IS GOOD FOR YOU

- **Matthew 18:21-22 (NASB)** Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus *said to him, "I do not say to you, up to seven times, but up to seventy times seven.
- **Matthew 18:21-22 (LBLA)** Entonces se le acercó Pedro, y le dijo: Señor, ¿cuántas veces pecará mi hermano contra mí que yo haya de perdonarlo? ¿Hasta siete veces? Jesús le dijo: No te digo hasta siete veces, sino hasta setenta veces siete.

In Luke 11:4 – he taught us as his followers to pray, “*forgive us our sins, for we ourselves forgive everyone who is indebted to us.*”



"Father, forgive them for they
know not what they do."

Luke 23:24

Romans 12:19 (NASB) ¹⁹ Never take your own revenge, beloved, but leave room for the wrath *of God*, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord.

Romans 12:19 (LBLA) ¹⁹ Amados, nunca os venguéis vosotros mismos, sino dad lugar a la ira *de Dios*, porque escrito está: MIA ES LA VENGANZA, YO PAGARE, dice el Señor.

LOVE OF MONEY WILL LET US DOWN

“Do me a favor, do not drink from that cup. I promise you, there’s not enough money and power on earth for you to be satisfied.”



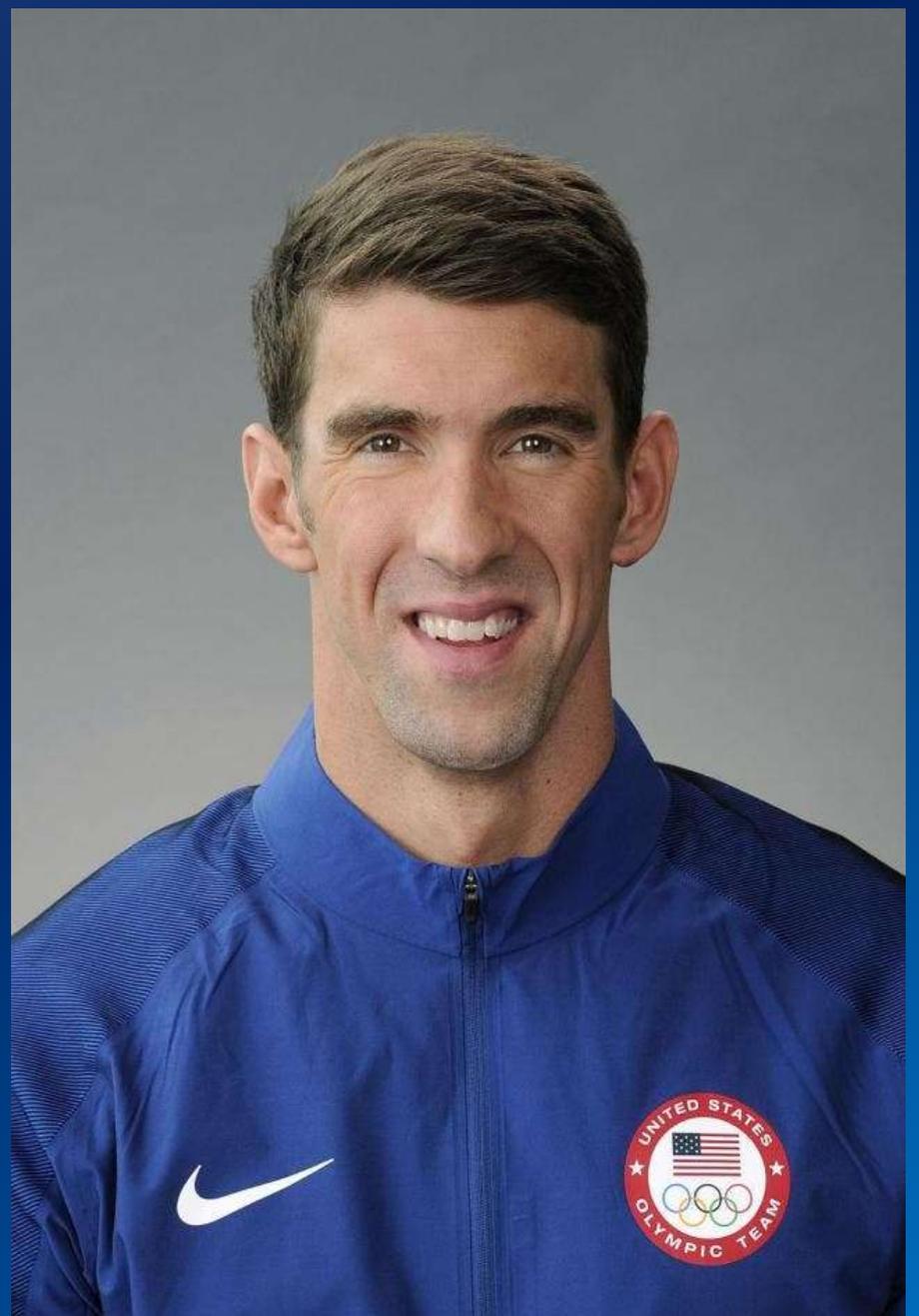
- **1 Timothy 6:9-10 (NASB)** ⁹ But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. ¹⁰ For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.
- **1 Timothy 6:9-10 (LBLA)** ⁹ Pero los que quieren enriquecerse caen en tentación y lazo y en muchos deseos necios y dañosos que hunden a los hombres en la ruina y en la perdición. ¹⁰ Porque la raíz de todos los males es el amor al dinero, por el cual, codiciándolo algunos, se extraviaron de la fe y se torturaron con muchos dolores.

- **Ephesians 4:28 (NASB)** ²⁸ He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.
- **Ephesians 4:28 (LBLA)** ²⁸ El que roba, no robe más, sino más bien que trabaje, haciendo con sus manos lo que es bueno, a fin de que tenga qué compartir con el que tiene necesidad.

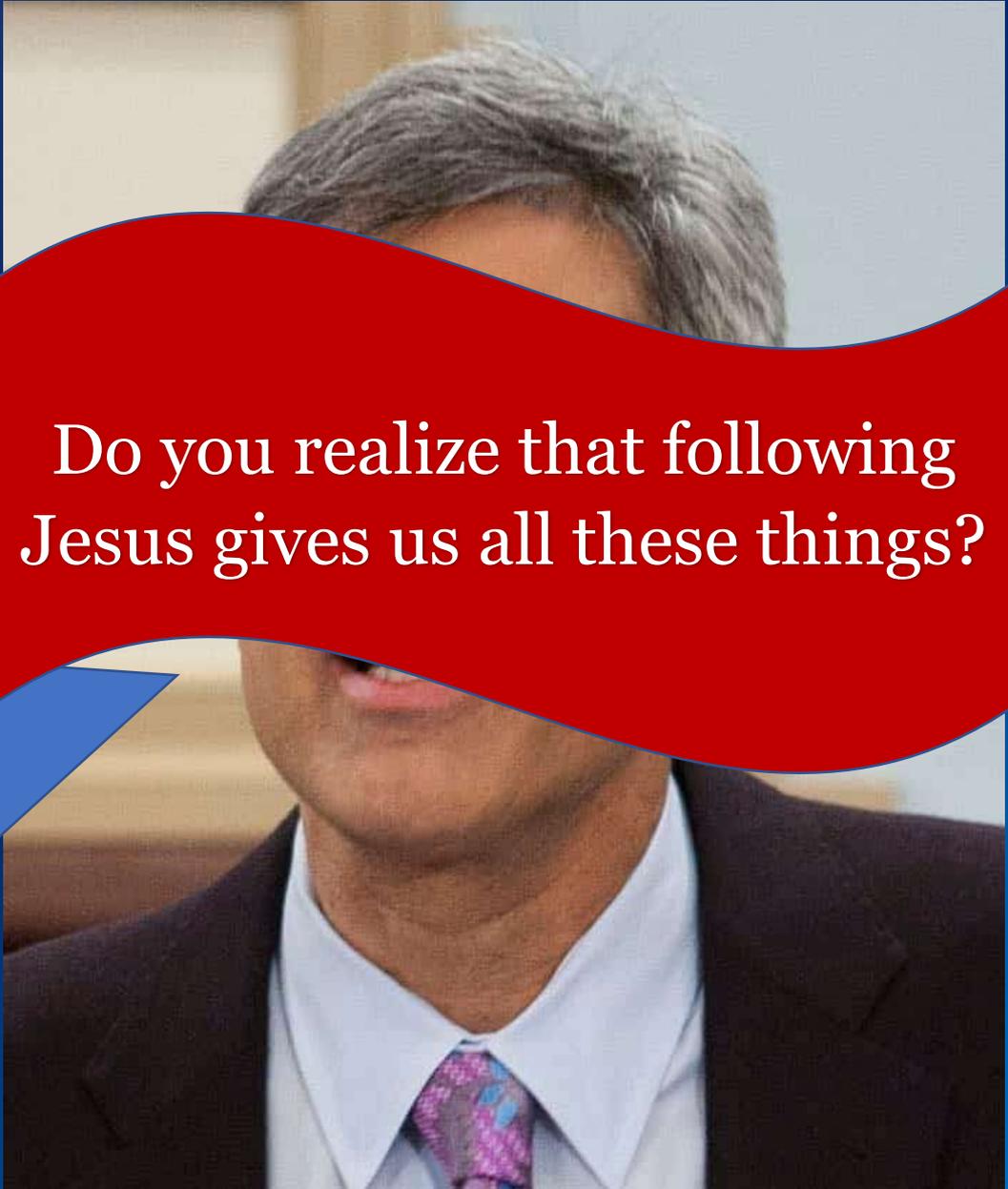
- **Colossians 3:23 (NASB)**

²³ Whatever you do, do your work heartily, as for the Lord rather than for men,

- **Colossians 3:23 (LBLA)** ²³ Y todo lo que hagáis, hacedlo de corazón, como para el Señor y no para los hombres,



Atheist
psychologist
Jonathan Haidt
summarizes our
psychological
needs in this way:
“Just as plants
need sun, water,
and good soil to
thrive, people need
love, work, and a
connection to
something larger.”



Do you realize that following
Jesus gives us all these things?

Experts have found that going to church is good for us. That we benefit physically and mentally, as well as spiritually when we do this.

- We are Happier
- Healthier
- Live longer
- Are less likely to suffer from depression
- Less likely to commit suicide
- Less likely to abuse drugs or alcohol
- More likely to volunteer to help others
- Far more generous with our money

Experts have discovered that many of the things the Bible teaches us are good for us that includes:

- Going to church
- Putting loving relationships first
- Helping others
- Being thankful
- Forgiving others
- Not loving money
- **John 10:10 (NASB)** ...I came that they may have life, and have *it* abundantly.

INVITATION SONG

**902 Nothing But
The Blood**