



Inspirational Quotes & Proverbs **For October 2019**

October 01, 2019

***“When our greatest satisfaction becomes getting the other guy
what type of darkness pervades our souls?”***

Luke 11:35 Therefore see whether the light that is in you isn't darkness.

Luke 11:35 Therefore see whether the light that is in you isn't darkness.

1 John 2:11 But he who hates his brother is in the darkness, and walks in the darkness, and doesn't know where he is going, because the darkness has blinded his eyes.

1 Peter 2:9 But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, that you may proclaim

the excellence of him who called you out of darkness into his marvelous light:

1 Thessalonians 5:5 You are all children of light, and children of the day. We don't belong to the night, nor to darkness.

Ephesians 6:12 For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places.

Facts: As with all internal experiences, being mindful of what you are experiencing is the first step. Thoughts of revenge apparently feel good and may be a basic human instinct, perhaps to help us survive. Accept your urges and thoughts of revenge as a basic human response related to trust.

Trust is important in any relationship and critical for cooperative societies. When you are thinking about revenge, it usually means you believe trust has been broken. Remember, while the anticipation of revenge may feel pleasurable, the actual carrying out of revenge brings little satisfaction and may create more problems and suffering. Acts of revenge do not repair trust or reestablish a sense of justice for both parties. (Facts by Judith Orioff MD.)

October 02, 2019

“The only person that can give us respect and dignity is the last person social media points to which it is us, by personal responsibility!”

Job 33:14 For God speaks once, yes twice, though man pays no attention.

Psalms 107:43 Whoever is wise will pay attention to these things. They will consider the loving kindnesses of Yahweh.

1 Timothy 1:4 neither to pay attention to myths and endless genealogies, which cause disputes, rather than God's stewardship, which is in faith--

1 Timothy 4:1 But the Spirit says expressly that in later times some will fall away from the faith, paying attention to seducing spirits and doctrines of demons.

1 Timothy 4:16 Pay attention to yourself, and to your teaching. Continue in these things, for in doing this you will save both yourself and those who hear you.

Facts: When blame and guilt come up, recognize that they are ways of evading the difficulties involved in tackling an issue. If you find yourself looking to blame others or yourself, consider thinking in terms of acceptance as opposed to judgment. It's a very simple distinction but it is powerful because it can help you step back from your conditioned response patterns. Granted you have your way of looking at things, but sometimes you may forget that you are making choices and those choices have consequences that profoundly affect your relationships and your perspective on life.

October 03, 2019

“Anger and fear and the works of our flesh come from trying to control things that are out of our control as humans. The wicked spirit force are very angry because they are using all their power to control humans on earth.”

Proverbs 14:29 He who is slow to anger has great understanding, but he who has a quick temper displays folly.

Proverbs 15:18 A wrathful man stirs up contention, but one who is slow to anger appeases strife.

James 1:20 for the anger of man doesn't produce the righteousness of God.

Revelation 12:12 Therefore rejoice, heavens, and you who dwell in them. Woe to the earth and to the sea, because the devil has gone down to you, having great wrath, knowing that he has but a short time."

Revelation 11:18 The nations were angry, and your wrath came, as did the time for the dead to be judged, and to give your bondservants the prophets, their reward, as well as to the saints, and those who fear your name, to the small and the great; and to destroy those who destroy the earth."

1 John 5:19 We know that we are of God, and the whole world lies in the power of the evil one.

Facts: violence, vengeance or punishment.

Anger is often expected, understandable, even if frightening, anger is normally a result of an activating event. Once it escalates from feeling to action, anger becomes wrath.

Wrath is what is done with anger, it's a matter of action and intensity. Wrath does damage and leaves more wreckage than anger ever will.

Wrath (rage) is nothing more than an adult tantrum. Facts by Annie highwater website.

October 04, 2019

“The world function and survives by wiping their bloody hands on the goat of Azazel which ultimately is our neighbor!”

Proverbs 1:11 If they say, "Come with us, Let's lay in wait for blood; let's lurk secretly for the innocent without cause;

Proverbs 1:16 for their feet run to evil. They hurry to shed blood.

Proverbs 1:18 but these lay wait for their own blood. They lurk secretly for their own lives.

Proverbs 6:17 haughty eyes, a lying tongue, hands that shed innocent blood;

Proverbs 12:6 The words of the wicked are about lying in wait for blood, but the speech of the upright rescues them.

Isaiah 4:4 when the Lord shall have washed away the filth of the daughters of Zion, and shall have purged the blood of Jerusalem from its midst, by the spirit of justice, and by the spirit of burning.

Facts: Azazel, in Jewish legends, a demon or evil spirit to whom, in the ancient rite of Yom Kippur (Day of Atonement), a scapegoat was sent bearing the sins of the Jewish people. Two male goats were chosen for the ritual, one designated by lots “for the Lord,”

the other “for Azazel” (Leviticus 16:8). The ritual was carried out by the high priest in the Second Temple and is described in the Mishna. After the high priest symbolically transferred all the sins of the Jewish people to the scapegoat, the goat destined “for Azazel” was driven into the wilderness and cast over a precipice to its death. Azazel was the personification of uncleanness and in later rabbinic writings was sometimes described as a fallen angel.

October 05, 2019

“Culture is created by the flow of information the problem is when that flow washes away human respect and dignity it also eroded personal responsibility not just for us but everyone!”

Proverbs 3:33 Yahweh's curse is in the house of the wicked, but he blesses the habitation of the righteous.

Proverbs 11:29 He who troubles his own house shall inherit the wind. The foolish shall be servant to the wise of heart.

Proverbs 14:1 Every wise woman builds her house, but the foolish one tears it down with her own hands.

Proverbs 15:27 He who is greedy for gain troubles his own house, but he who hates bribes will live.

Proverbs 17:1 Better is a dry morsel with quietness, than a house full of feasting with strife.

Proverbs 17:13 Whoever rewards evil for good, evil shall not depart from his house.

Luke 6:48 He is like a man building a house, who dug and went deep, and laid a foundation on the rock. When a flood arose, the stream broke against that house, and could not shake it, because it was founded on the rock. 6:49 But he who hears, and doesn't do, is like a man who built a house on the earth without a foundation, against

which the stream broke, and immediately it fell, and the ruin of that house was great."

Facts: Human dignity is a sense of self-worth. Therefore, dignity is a sense of pride in oneself that a human being has with them. This conscious sense makes them feel that they deserve respect and honour from other human beings. Many scholars argue that if a human being is in a humiliating or compromising situation then this is a major threat to their dignity. However, other human persons may still assert that they have dignity even though they find themselves in such situations. All in all, humans deserve dignity not because of their lifelong achievements but by the fact they are already human beings (TerMeulen Ruud, 2010).

October 06, 2019

“The Spirit is the truth, putting us beyond the law, replacing it with God's law of love written into our hearts, filling us up with the righteousness of Christ; who of us would preach that without the written Law God's children are lawless?”

1 John 5:6 This is he who came by water and blood, Jesus Christ; not with the water only, but with the water and the blood. It is the Spirit who testifies, because the Spirit is the truth.

2 Corinthians 1:22 who also sealed us, and gave us the down payment of the Spirit in our hearts.

2 Corinthians 3:3 being revealed that you are a letter of Christ, served by us, written not with ink, but with the Spirit of the living God; not in tablets of stone, but in tablets that are hearts of flesh.

Philippians 1:11 being filled with the fruits of righteousness, which are through Jesus Christ, to the glory and praise of God.

Philippians 3:9 and be found in him, not having a righteousness of my own, that which is of the law, but that which is through faith in Christ, the righteousness which is from God by faith;

Romans 4:14 For if those who are of the law are heirs, faith is made void, and the promise is made of no effect. 4:15 For the law works wrath, for where there is no law, neither is there disobedience.

Romans 7:6 But now we have been discharged from the law, having died to that in which we were held; so that we serve in newness of the spirit, and not in oldness of the letter.

Facts: 78% of the unchurched would listen to someone who shared what they believed about Christianity. 77% of all Americans believe that personal salvation is a result of good works. More than 2 million people have left the church every year for the past 7 years. 65% of all "Christians" believe there are multiple paths to Heaven.

October 07, 2019

"Headship is God's living truth for all families, but without it being from a heart of love God's provision of headship will never work. It is the deepest form of respect for God and the greatest honor for the person receiving it from love. It should be a gift to the receiver from the giver of it not demanded or legislated."

Rom.13:8 Owe no one anything, except to love one another; for he who loves his neighbor has fulfilled the law.

13:9 For the commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not give false testimony," "You shall not covet," {TR adds "You shall not give false testimony,"} {Exodus 20:13-15,17; Deuteronomy 5:17-19,21} and whatever other commandments there are, are all summed up in this saying, namely, "You shall love your neighbor as yourself." {Leviticus 19:18} 13:10 Love doesn't harm a neighbor. Love therefore is the fulfillment of the law.

Eph.5:24 and Christ also is the head of the assembly, being himself the savior of the body. 5:24 But as the assembly is subject to Christ, so let the wives also be to their own husbands in everything.

5:25 Husbands, love your wives, even as Christ also loved the assembly, and gave himself up for it; 5:26 that he might sanctify it, having cleansed it by the washing of water with the word,

5:27 that he might present the assembly to himself gloriously, not having spot or wrinkle or any such thing; but that it should be holy and without blemish. 5:28 Even so husbands also ought to love their own wives as their own bodies. He who loves his own wife loves himself.

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

1 John 4:16 We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him.

Facts: Be careful of soul ties that allow others into places they do not spiritually belong. The marriage bed is to be undefiled. The Lord did not marry you and your son and daughter to your husband or wife. You are the one married. This is why you keep the family out of your business as a married couple. Its not their marriage and they should not be the ones that you are confiding in. The Lord did not make your son or daughter your confidant in marriage. You are married to each other not the children. What you do and where you go and what goes on as a couple is not their business. If they are asking about it then decide to tell them its not their business. If you marry someone and they already have children or you do be aware that you are bringing them into an intimate place that they have no business in. As a christian you are going to have to stop doing it. Learn to be married to your wife or husband and let your children

have a better example of privacy. No privacy for a marriage couple is sinful. What God has joined together let no man put usunder is still Bible. (Facts Written by Dana Dartez Klein)

October 08, 2019

“When we belittle others for some sick satisfaction we destroy the foundation of our own life.”

Titus.3:1 Remind them to be in subjection to rulers and to authorities, to be obedient, to be ready for every good work,

3:2 to speak evil of no one, not to be contentious, to be gentle, showing all humility toward all men.

3:3 For we were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful, and hating one another.

3:4 But when the kindness of God our Savior and his love toward mankind appeared,

3:5 not by works of righteousness, which we did ourselves, but according to his mercy, he saved us, through the washing of regeneration and renewing by the Holy Spirit,

3:6 whom he poured out on us richly, through Jesus Christ our Savior;

James 3:17 But the wisdom that is from above is first pure, then peaceful, gentle, reasonable, full of mercy and good fruits, without partiality, and without hypocrisy. 3:18 Now the fruit of righteousness is sown in peace by those who make peace.

Proverbs 21:8 The way of the guilty is devious, but the conduct of the innocent is upright.

1 Peter 2:12 having good behavior among the nations, so in that of which they speak against you as evildoers, they may by your good works, which they see, glorify God in the day of visitation.

Facts: Narcissists suffer from a mental illness known as Narcissistic Personality Disorder, in which they have an exaggerated, grandiose opinion of themselves and expect the world to revolve around them. They belittle the views of others because they believe that their own opinions and observations on the world are the absolute truth and anyone who questions them is wrong.

Narcissists belittle others because they have their own insecurities, fears and flaws, and are afraid of having them exposed to others. In making hurtful comments to others, they reinforce their own feelings of importance and hide the low self-esteem and self-worth that may be lurking within. (Facts by Dr. Kevin Solomons.)

October 09, 2019

“Why is walking in love as impossible as Peter walking on water, because we are conceived in sin, and we fall short of the glory of God, but it doesn't change the truth of love which is how God changes us by unmerited kindness.”

2 Corinthians 5:7 for we walk by faith, not by sight.

2 Corinthians 8:7 But as you abound in everything, in faith, utterance, knowledge, all earnestness, and in your love to us, see that you also abound in this grace.

Matt.18:21 Then Peter came and said to him, "Lord, how often shall my brother sin against me, and I forgive him? Until seven times?"

18:22 Jesus said to him, "I don't tell you until seven times, but, until seventy times seven.

Matt.18:23 Therefore the Kingdom of Heaven is like a certain king, who wanted to reconcile accounts with his servants.

18:24 When he had begun to reconcile, one was brought to him who owed him ten thousand talents.{Ten thousand talents represents

an extremely large sum of money, equivalent to about 60,000,000 denarii, where one denarius was typical of one day's wages for agricultural labor.} 18:25 But because he couldn't pay, his lord commanded him to be sold, with his wife, his children, and all that he had, and payment to be made.

18:26 The servant therefore fell down and kneeled before him, saying, 'Lord, have patience with me, and I will repay you all!'

18:27 The lord of that servant, being moved with compassion, released him, and forgave him the debt.

18:28 "But that servant went out, and found one of his fellow servants, who owed him one hundred denarii,{100 denarii was about one sixtieth of a talent.} and he grabbed him, and took him by the throat, saying, 'Pay me what you owe!'

18:29 "So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will repay you!'

18:30 He would not, but went and cast him into prison, until he should pay back that which was due.

18:31 So when his fellow servants saw what was done, they were exceedingly sorry, and came and told to their lord all that was done.

18:32 Then his lord called him in, and said to him, 'You wicked servant! I forgave you all that debt, because you begged me.

18:33 Shouldn't you also have had mercy on your fellow servant, even as I had mercy on you?'

18:34 His lord was angry, and delivered him to the tormentors, until he should pay all that was due to him.

18:35 So my heavenly Father will also do to you, if you don't each forgive your brother from your hearts for his misdeeds."

Facts: Dr. Tom Farrow, a clinical psychologist from the University of Sheffield, in the United Kingdom, studied the effects of forgiveness on the brain. Using high definition magnetic resonance imaging, he and his colleagues scanned the brain, and found that when a person is forgiving there is an increase in activity in the frontal lobe of the brain, the zone also responsible for problem-solving and complex thought, or the

higher functions of thinking and reasoning. Other studies of forgiveness have found it good for your heart.

One study from the Journal of Behavioral Medicine associated forgiveness with lower heart rates, lower blood pressure, and stress relief. Another from the University of Tennessee and University of Wisconsin, Madison, attributed forgiveness to fewer medically diagnosed chronic conditions and fewer physical symptoms from illness. (Facts by Therese J. Borchard)

October 10, 2019

“A reasonable person hates propaganda, it is propaganda that takes away all reasonableness replacing it with demonic extremism!”

James. 3:14 But if you have bitter jealousy and selfish ambition in your heart, don't boast and don't lie against the truth.

3:15 This wisdom is not that which comes down from above, but is earthly, sensual, and demonic. 3:16 For where jealousy and selfish ambition are, there is confusion and every evil deed. 3:17 But the wisdom that is from above is first pure, then peaceful, gentle, reasonable, full of mercy and good fruits, without partiality, and without hypocrisy. 3:18 Now the fruit of righteousness is sown in peace by those who make peace.

Proverbs 4:7 Wisdom is supreme. Get wisdom. Yes, though it costs all your possessions, get understanding.

Proverbs 8:11 For wisdom is better than rubies. All the things that may be desired can't be compared to it.

2 Timothy 4:3 For the time will come when they will not listen to the sound doctrine, but, having itching ears, will heap up for themselves teachers after their own lusts;

Ephesians 6:12 For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places.

Facts: The extremist emotions and behaviors may be expressed both in non-violent pressure and coercion and in actions that deviate from the norm and show contempt for life, freedom, and human rights. A complete inroad to psychological mechanism involved in the process of radicalization is offered in order to have a broad image regarding current research in the field.

Starting from this point, a rational emotive and behavioral conceptualization on radicalization has been developed, bringing together all the concepts and knowledge in the field. A complete and clear conceptualization is crucial for developing prevention/intervention programs and good practices in dealing with this process which has been spreading in the past years. The final part deals with directions regarding prevention/intervention programs from a rational emotive and behavioral perspective, and also from the perspective of European policies. (Facts by Front Psychol)

October 11, 2019

“No one could educate themselves perfectly enough not to sin. God gives us the free gift of his grace so we are freed from the judgment of sin; how could that become a little things unless we think that by works of law we can stop sinning?”

1 John 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

Philippians 3:9 and be found in him, not having a righteousness of my own, that which is of the law, but that which is through faith in Christ, the righteousness which is from God by faith;

Romans 7:18 For I know that in me, that is, in my flesh, dwells no good thing. For desire is present with me, but I don't find it doing that which is good.

Romans 8:6 For the mind of the flesh is death, but the mind of the Spirit is life and peace; 8:7 because the mind of the flesh is hostile towards God; for it is not subject to God's law, neither indeed can it be. 8:8 Those who are in the flesh can't please God.

Romans 8:9 But you are not in the flesh but in the Spirit, if it is so that the Spirit of God dwells in you. But if any man doesn't have the Spirit of Christ, he is not his.

1 John 3:9 Whoever is born of God doesn't commit sin, because his seed remains in him; and he can't sin, because he is born of God.

John.1:12 But as many as received him, to them he gave the right to become God's children, to those who believe in his name:

1:13 who were born not of blood, nor of the will of the flesh, nor of the will of man, but of God.

Facts: 77% of all Americans believe that personal salvation is a result of good works. 70% of all young people who grow up in church leave the church by their 20's. 65% of all churches in America have less than 100 people in their congregations including children.

October 12, 2019

“Do we hold the treasure of Christ as a fine pearl, rare, and precious, so precious that we would not even consider taking our treasure into a pig pen or letting a dog chew on it like a bone?”

Matt.13:44 "Again, the Kingdom of Heaven is like a treasure hidden in the field, which a man found, and hid. In his joy, he goes and sells all that he has, and buys that field.

13:45 "Again, the Kingdom of Heaven is like a man who is a merchant seeking fine pearls, 13:46 who having found one pearl of great price, he went and sold all that he had, and bought it.

Matt.6:19 "Don't lay up treasures for yourselves on the earth, where moth and rust consume, and where thieves break through and steal;

6:20 but lay up for yourselves treasures in heaven, where neither moth nor rust consume, and where thieves don't break through and steal; 6:21 for where your treasure is, there your heart will be also.

Matt.7:6 "Don't give that which is holy to the dogs, neither throw your pearls before the pigs, lest perhaps they trample them under their feet, and turn and tear you to pieces.

Facts: One of the most important things I learned is not to debate with a negative person. A negative person likely has very staunch views and isn't going to change that just because of what you said. Whatever you say, he/she can find 10 different reasons to back up his/her viewpoint. The discussion will just swirl into more negativity, and you pull yourself down in the process. You can give constructive comments, and if the person rebutts with no signs of backing down, don't engage further. (Facts by Celestine Chua)

October 13, 2019

“A person devoid of respect is offended over a word out of context, a voice infliction, anything that takes away from the pride of self importance.”

Psalms 94:4 They pour out arrogant words. All the evildoers boast.

Proverbs 17:7 Arrogant speech isn't fitting for a fool, much less do lying lips fit a prince.

2 Timothy 3:2 For men will be lovers of self, lovers of money, boastful, arrogant, blasphemers, disobedient to parents, unthankful, unholy.

1 John 2:16 For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, isn't the Father's, but is the world's.

Psalms 101:5 I will silence whoever secretly slanders his neighbor. I won't tolerate one who is haughty and conceited.

Facts: Far too many people, however, set themselves up for defeat as they are unwilling to acknowledge the destructive side of their being. Utilizing various psychological defense mechanisms such people do their best to stay ignorant to their faults and weaknesses. In so doing these elements of their personality are relegated to their unconscious and make up the realm of the psyche Jung called the shadow.

The shadow exerts an active influence on our personality and affects our behavior in a myriad of unforeseen ways. When we behave in a manner which is a product of our shadow, perhaps we treat someone poorly or take part in a self-destructive behavior, rather than taking responsibility for such actions, most people make use of the psychological phenomenon known as projection in order to avoid facing up to their shadow.
(Facts by The Academy of Ideas Carl Jung he Shadow)

October 14, 2019

“Is walking in love a miracle or a religious doctrine? If its is a religious doctrine then we don't believe in miracle which come

down to us from above by the Father of perfect lights, and love.”

1Cor.13:1 If I speak with the languages of men and of angels, but don't have love, I have become sounding brass, or a clanging cymbal.

13:2 If I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but don't have love, I am nothing. 13:3 If I dole out all my goods to feed the poor, and if I give my body to be burned, but don't have love, it profits me nothing.

James.1:16 Don't be deceived, my beloved brothers.

1:17 Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom can be no variation, nor turning shadow.

1 John 4:16 We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him.

Zechariah 8:17 and let none of you devise evil in your hearts against his neighbor, and love no false oath: for all these are things that I hate," says Yahweh.

2 Corinthians 3:3 being revealed that you are a letter of Christ, served by us, written not with ink, but with the Spirit of the living God; not in tablets of stone, but in tablets that are hearts of flesh.

Facts: Despite continued hostility from the late 1970s until now, Iranians have become the Muslim people most open to the gospel in the Middle East. More Iranians have become Christians in the last 20 years than in the previous 13 centuries put together.

Almost 50% of Christians think that most non-Christians have no interest in hearing about Jesus.

October 15, 2019

“If we want to hear only one side of an allegation we are a wicked person spreading corruption of yeast into all of our life!”

Luke 12:57 Why don't you judge for yourselves what is right?

Luke.18:2 saying, "There was a judge in a certain city who didn't fear God, and didn't respect man. 18:3 A widow was in that city, and she often came to him, saying, 'Defend me from my adversary!'

18:4 He wouldn't for a while, but afterward he said to himself, 'Though I neither fear God, nor respect man, 18:5 yet because this widow bothers me, I will defend her, or else she will wear me out by her continual coming.'" 18:6 The Lord said, "Listen to what the unrighteous judge says. 18:7 Won't God avenge his chosen ones, who are crying out to him day and night, and yet he exercises patience with them?"

Micah 3:11 Her leaders judge for bribes, and her priests teach for a price, and her prophets of it tell fortunes for money: yet they lean on Yahweh, and say, "Isn't Yahweh in the midst of us? No disaster will come on us."

Revelation 6:10 They cried with a loud voice, saying, "How long, Master, the holy and true, until you judge and avenge our blood on those who dwell on the earth?"

Facts: The [Confrontation Clause](#) found in the [Sixth Amendment](#) provides that "in all criminal prosecutions, the accused shall enjoy the right...to be confronted with the witnesses against him." The Clause was intended to prevent the [conviction](#) of a [defendant](#) upon written [evidence](#) (such as [depositions](#) or [ex parte affidavits](#)) without that defendant having an opportunity to face his or her accusers and to put their honesty and truthfulness to test before the [jury](#).

October 16, 2019

“Light is shown out of darkness, if mankind is so enlighten than why does God say the world is in darkness?”

1 John 2:9 He who says he is in the light and hates his brother, is in the darkness even until now.

1 John 1:7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus Christ, his Son, cleanses us from all sin.

1 John 1:5 This is the message which we have heard from him and announce to you, that God is light, and in him is no darkness at all.

1 Peter 2:9 But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, that you may proclaim the excellence of him who called you out of darkness into his marvelous light:

Ephesians 5:8 For you were once darkness, but are now light in the Lord. Walk as children of light.

2 Corinthians 4:4 in whom the god of this world has blinded the minds of the unbelieving, that the light of the Good News of the glory of Christ, who is the image of God, should not dawn on them.

Facts: Out of 560 million Protestants, more than 228 million call Africa home in 2017. That's more than 2.5 times as many as Europe and almost 4 times as many as North America.

Asia has the second highest Protestant population with almost 100 million. In 1910, the 10 nations with the largest population of Protestants were all in Europe or former British colonies such as the United States, Canada, and Australia.

Only three of those nations—the United States, United Kingdom, and Germany—remained on the list in 2015. African nations like Nigeria, Kenya, and Ethiopia jumped onto the list, along with Brazil and the Asian countries of China, India, and Indonesia.

Of the 10 nations with the fastest Protestant growth rate from 1910-2015, seven are African, including the top five. Facts by *Aaron Earls*

October 17, 2019

“The unrighteous takes both sides of every issue if it will bring down their enemies. They stand for nothing, and do evil to justice!”

Romans 16:18 For those who are such don't serve our Lord, Jesus Christ, but their own belly; and by their smooth and flattering speech, they deceive the hearts of the innocent.

Psalms 55:21 His mouth was smooth as butter, but his heart was war. His words were softer than oil, yet they were drawn swords.

Job 32:21 Please don't let me respect any man's person, neither will I give flattering titles to any man. 32:22 For I don't know how to give flattering titles; or else my Maker would soon take me away.

Psalms 12:3 May Yahweh cut off all flattering lips, and the tongue that boasts.

Facts: In a study first published in 1998 in the *Journal of Personality and Social Psychology* (1), children were rewarded for simply 'doing their own thing' – drawing, playing and so on.

But when the rewards were discontinued, the children tended to lose interest in the activity.

They went from being satisfied with the intrinsic reward the enjoyment of doing the activity for its own sake to contingent reward – doing the activity for the sake of an external reward. Contingent reward reduces the appeal of intrinsic reward. The children stopped seeking satisfaction from the activity itself and started expecting it from a source outside the activity, such as the praise of an adult. If this outside reward wasn't forthcoming, they lost interest.

So, expecting praise for doing things can pretty soon make that thing seem not worth doing at all if you don't get the praise. Facts by Mark Tyrrell's

October 18, 2019

“Men are not running the show,; woman are not running the show, nor children of some generation that lives on social media. That is an illusion that misleads all mankind. God will direct our lives if we seek him in all our ways.”

Jer.17:7 Blessed is the man who trusts in Yahweh, and whose trust Yahweh is.

Jeremiah 10:23 Yahweh, I know that the way of man is not in himself: it is not in man who walks to direct his steps.

2 Thessalonians 3:5 May the Lord direct your hearts into the love of God, and into the patience of Christ.

Psalms 47:7 For God is the King of all the earth. Sing praises with understanding.

Psalms 49:20 A man who has riches without understanding, is like the animals that perish.

1 John 5:20 We know that the Son of God has come, and has given us an understanding, that we know him who is true, and we are in him who is true, in his Son Jesus Christ. This is the true God, and eternal life.

Facts: Every time I utter the word ‘wisdom’, someone giggles or sneers. Wisdom, more so even than expertise, does not sit comfortably in a democratic, anti-elitist society. In an age dominated by science and technology, by specialization and compartmentalization, it is too loose, too grand, and too mysterious a concept. With our heads in our smartphones and tablets, in our bills and bank statements, we simply do not have the time or mental space for it.

But things were not always thus. The word ‘wisdom’ features 222 times in the Old Testament, which includes all of seven so-called ‘wisdom books’: Job, Psalms, Proverbs, Ecclesiastes, the Song of Solomon, the Book of Wisdom, and Sirach. ‘For wisdom is a defence, and money is a defence: but the excellency of knowledge is, that wisdom giveth life to them that have it’ (Ecclesiastes 7:12). Many things can prolong your life, but only wisdom can save it. Facts by [Neel Burton M.D.](#)

October 19, 2019

“What is life if it not the starting point of all things created? When we desire the creation over life there is no starting point, hence, no creation, nor creator, only us!”

Psalms: For the director of music. Of David. The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good.

Proverbs 17:12 Let a bear robbed of her cubs meet a man, rather than a fool in his folly.

Romans 1:20 For the invisible things of him since the creation of the world are clearly seen, being perceived through the things that are made, even his everlasting power and divinity; that they may be without excuse.

Isaiah 40:28 Haven't you known? Haven't you heard? The everlasting God, Yahweh, The Creator of the ends of the earth, doesn't faint. He isn't weary. His understanding is unsearchable.

Romans 1:25 who exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.

Facts: The debate is religious, not scientific: in the [scientific community](#), evolution is accepted as fact[1] and efforts to sustain the traditional view are almost universally regarded as [pseudoscience](#).[\[2\]\[3\]\[4\]\[5\]](#) While the controversy has a long history,[\[6\]\[7\]](#) today it has retreated to be mainly over what constitutes good [science](#) education,[\[8\]\[9\]](#) with the politics of creationism primarily focusing on the teaching of [creationism in public education](#).

Among majority-Christian countries, the debate is most prominent in the United States,[\[15\]](#) where it may be portrayed as part of a [culture war](#).[\[16\]](#) Parallel controversies also exist in some other religious communities, such as the more fundamentalist branches of [Judaism](#)[\[17\]](#) and [Islam](#).[\[18\]](#) In Europe and elsewhere, creationism is less widespread (notably, the [Catholic Church](#) and [Anglican](#)

Communion both accept evolution), and there is much less pressure to teach it as fact.[19] Facts by Wikipedia, the free encyclopedia

October 20, 2019

“This world teaches us in all things to hid the truth by the outward appearance of rightness and that is why the outer package often cost more than the enter product we are actually buying!”

1 Samuel 16:7 But Yahweh said to Samuel, "Don't look on his face, or on the height of his stature; because I have rejected him: for [Yahweh sees] not as man sees; for man looks at the outward appearance, but Yahweh looks at the heart."

Romans 2:28 For he is not a Jew who is one outwardly, neither is that circumcision which is outward in the flesh;

2 Corinthians 4:16 Therefore we don't faint, but though our outward man is decaying, yet our inward man is renewed day by day.

1 Peter 3:3 Let your beauty be not just the outward adorning of braiding the hair, and of wearing jewels of gold, or of putting on fine clothing;

Facts: Even when you're successful in parts of your outer life, neglecting the inner remains hazardous to your psychological and physical health. Without a developed inner life, you lose the capacity to regulate, channel and focus your energies with awareness, self-direction and judgment. Personal relationships can suffer, your health may deteriorate and you become vulnerable to looking for new stimulation from the outer-world

sources you know best - maybe a new "win," a new lover, drugs or alcohol. Facts by Douglas LaBier Ph.D.

October 21, 2019

“Its easy thing to judge by doctrine for it is a rule of our heart, but its not so easy to judge by wisdom, if Christ is our wisdom, and our righteousness, and he is in us, and we in him!”

John 7:24 Don't judge according to appearance, but judge righteous judgment."

John 8:15 You judge according to the flesh. I judge no one.

1Cor.1:29 that no flesh should boast before God.

1:30 But of him, you are in Christ Jesus, who was made to us wisdom from God, and righteousness and sanctification, and redemption:

Corinthians 4:11 For we who live are always delivered to death for Jesus' sake, that the life also of Jesus may be revealed in our mortal flesh.

Galatians 2:20 I have been crucified with Christ, and it is no longer I that live, but Christ living in me. That life which I now live in the flesh, I live by faith in the Son of God, who loved me, and gave himself up for me.

Facts: 14%: The rise in the number of Christians in the top 50 countries on the 2019 World Watch List (WWL) who experience high levels of persecution. (from the 2018 reporting period to 2019's).245 Million: In the top 50 World Watch List countries alone, 245 million Christians in the world experience high levels of persecution for their choice to follow Christ. 11: countries scoring in the “extreme” level for their persecution of Christians.

Five years ago, North Korea was the only one.

October 22, 2019

“Everything starts with life, not education, or position, power, wealth, or fame. Everything ends when life ends so what is the real message of life?”

Jeremiah 21:8 To this people you shall say, Thus says Yahweh: Behold, I set before you the way of life and the way of death.

Daniel 12:2 Many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt.

Matthew 6:25 Therefore, I tell you, don't be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn't life more than food, and the body more than clothing?

Matthew 10:39 He who seeks his life will lose it; and he who loses his life for my sake will find it.

John 1:4 In him was life, and the life was the light of men.

John 3:15 that whoever believes in him should not perish, but have eternal life.

1 John 5:13 These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God.

Facts: The report notes that as a Christian in China, your Bible may have been rewritten by the Chinese government, your church shuttered or demolished, and your pastor imprisoned. The Chinese government

continued to persecute all faiths in an effort to “sinicize” religious belief, a campaign that attempts to diminish and erase the independent practice of religion. According to religious-freedom advocates, more than 5,000 Christians and 1,000 church leaders were arrested in 2018 because of their faith or religious practices (most of these arrests, though, resulted in short-term detentions and did not lead to criminal charges). Authorities closed down or demolished thousands of churches or religious sites, including Zion Church in Beijing; the Golden Lampstand Church in Shanxi Province; and the Bible Reformed Church, House of David Church, and Rongguili Lane Church in Guang-dong Province.

October 23, 2019

“Why is hate, jealousy, and envy such an addiction, and the gentle wisdom of Holy Spirit so illusive? It is because all in this world is a showy display of ones pride, but the Spirit is not of this world and is free of pride of the flesh.”

Ezekiel 7:24 Therefore I will bring the worst of the nations, and they shall possess their houses: I will also make the pride of the strong to cease; and their holy places shall be profaned.

Daniel 4:37 Now I, Nebuchadnezzar, praise and extol and honor the King of heaven; for all his works are truth, and his ways justice; and those who walk in pride he is able to abase.

1 John 2:16 For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, isn't the Father's, but is the world's.

Isaiah 2:17 The loftiness of man shall be bowed down, and the haughtiness of men shall be brought low; and Yahweh alone shall be exalted in that day.

Isaiah 13:11 I will punish the world for their evil, and the wicked for their iniquity. I will cause the arrogance of the proud to cease, and will humble the haughtiness of the terrible.

Matthew 11:29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart; and you will find rest for your souls.

Facts: Humility is a rare and much misunderstood virtue. The word comes from the Latin, meaning “low.” Accordingly, to be humble is to be lowly in both one’s opinion and expression of oneself. Now, true humility is definitely not about self-denigration. Nor is it about feeling worthless. Rather, It’s about knowing one’s true worth. And it’s about knowing where that worth truly comes from.

Jer. 17 ;7 He who trusts in Yahweh, and whose trust Yahweh is. 17:8 For he shall be as a tree planted by the waters, who spreads out its roots by the river, and shall not fear when heat comes, but its leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit. 17:9 The heart is deceitful above all things, and it is exceedingly corrupt: who can know it?

October 24, 2019

“If we cut down a live tree to decorated it with glitter we have killed the life in the tree. If we decorate our life with worldly glitter have we not killed the life in us?”

Jer.17:7 Blessed is the man who trusts in Yahweh, and whose trust Yahweh is.

17:8 For he shall be as a tree planted by the waters, who spreads out its roots by the river, and shall not fear when heat comes, but its leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit. 17:9 The heart is deceitful above all things, and it is exceedingly corrupt: who can know it?

Isaiah 65:22 They shall not build, and another inhabit; they shall not

plant, and another eat: for as the days of a tree shall be the days of my people, and my chosen shall long enjoy the work of their hands.

James 3:12 Can a fig tree, my brothers, yield olives, or a vine figs? Thus no spring yields both salt water and fresh water.

Luke.18:19 Jesus asked him, "Why do you call me good? No one is good, except one--God. 18:20 You know the commandments: 'Don't commit adultery,' 'Don't murder,' 'Don't steal,' 'Don't give false testimony,' 'Honor your father and your mother.'" {Exodus 20:12-16; Deuteronomy 5:16-20} 18:21 He said, "I have observed all these things from my youth up." 18:22 When Jesus heard these things, he said to him, "You still lack one thing. Sell all that you have, and distribute it to the poor. You will have treasure in heaven. Come, follow me." 18:23 But when he heard these things, he became very sad, for he was very rich. 18:24 Jesus, seeing that he became very sad, said, "How hard it is for those who have riches to enter into the Kingdom of God!

1 Timothy 6:9 But those who are determined to be rich fall into a temptation and a snare and many foolish and harmful lusts, such as drown men in ruin and destruction.

Facts: This reflects the strong relationship between a country's socioeconomic status and the religiosity of its residents. In the world's poorest countries -- those with average per-capita incomes of \$2,000 or lower -- the median proportion who say religion is important in their daily lives is 95%. In contrast, the median for the richest countries -- those with average per-capita incomes higher than \$25,000 -- is 47%. Gallup by Steve Carbtree

October 25, 2019

“Seeking credit robs us of Christ and that is why the free gift of God’s grace gives us Christ our eternal life.”

1 Corinthians 1:29 that no flesh should boast before God.

1 Corinthians 3:21 Therefore let no one boast in men. For all things are yours.

1 Corinthians 4:7 For who makes you different? And what do you have that you didn't receive? But if you did receive it, why do you boast as if you had not received it?

Ephesians 2:9 not of works, that no one would boast.

2 Timothy 1:9 who saved us and called us with a holy calling, not according to our works, but according to his own purpose and grace, which was given to us in Christ Jesus before times eternal.

Romans 12:3 For I say, through the grace that was given me, to every man who is among you, not to think of himself more highly than he ought to think; but to think reasonably, as God has apportioned to each person a measure of faith.

Facts: the brain has been called a “random thought generator.” The average brain is believed to generate up to 50,000 thoughts per day. Every minute, 750-1,000 milliliters of blood flows through the brain. This is enough to fill a bottle of wine or liter bottle of soda. Your brain can process an image that your eyes have seen for as little as 13 milliseconds — less time than it takes for you to blink.

The popular myth that we use only 10% of our brains is flat-out wrong. Brain scans clearly show that we use most of our brain most of the time, even when we're sleeping. You may have heard that we have more brain cells than there are stars in the Milky Way, but this is not true. Best-guess estimates are that we have 86 billion neurons while there are 200-400 billion stars in the Milky Way. It's often said that there are 10,000 miles of blood vessels in the brain when, actually, that number is closer to 400 miles. Still, a substantial amount! Facts by **Created by Deane Alban | Reviewed by Patrick Alban, DC**

Last updated on February 6, 2019

BeBrainFit.com

October 26, 2019

“We can not be filled if we are full, we can only be filled when we are empty, devoid of judgments of good and evil which evil fills our hearts with lack of peace from God.”

Matt.5:2 He opened his mouth and taught them, saying, 5:3 "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven. {Isaiah 57:15; 66:2} 5:4 Blessed are those who mourn, for they shall be comforted.{Isaiah 61:2; 66:10,13}

Matt.5:6 Blessed are those who hunger and thirst after righteousness, for they shall be filled.

Proverbs 17:1 Better is a dry morsel with quietness, than a house full of feasting with strife.

Proverbs 27:7 A full soul loathes a honeycomb; but to a hungry soul, every bitter thing is sweet.

Colossians 2:10 and in him you are made full, who is the head of all principality and power;

Deuteronomy 8:3 He humbled you, and allowed you to hunger, and fed you with manna, which you didn't know, neither did your fathers know; that he might make you know that man does not live by bread only, but by everything that proceeds out of the mouth of Yahweh does man live.

1 Corinthians 4:11 Even to this present hour we hunger, thirst, are naked, are beaten, and have no certain dwelling place.

2 Corinthians 11:27 in labor and travail, in watchings often, in hunger and thirst, in fastings often, and in cold and nakedness.

Facts: Well, when times are good, people take prosperity for granted and begin to believe that they are invulnerable. In times of uncertainty, though, people realize how powerless they are to control their own destiny. If you begin to see that everything you have, everything you have counted on, may be taken away, it becomes much harder to take it for granted.

So crisis can make us more grateful—but research says gratitude also helps us cope with crisis. Consciously cultivating an attitude of gratitude builds up a sort of psychological immune system that can cushion us when we fall. There is scientific evidence that grateful people are more resilient to stress, whether minor everyday hassles or major personal upheavals. The contrast between suffering and redemption serves as the basis for one of my tips for practicing gratitude: remember the bad. Facts by [BY ROBERT EMMONS](#)

October 27, 2019

“Life is serious, it is precious, and that is why we honor and show respect for all humans born or unborn. But caveat! If we don't first measure out the same respect and honor to our own life God has given to us then others will steal it and destroy our life as worthless for their own needs just like a pig can't see a pearl's value while rolling in the mire of his pig pen!”

1 Peter 3:10 For, "He who would love life, and see good days, let him keep his tongue from evil, and his lips from speaking deceit.

James 4:14 Whereas you don't know what your life will be like tomorrow. For what is your life? For you are a vapor, that appears for a little time, and then vanishes away.

Titus 1:2 in hope of eternal life, which God, who can't lie, promised before time began;

1 Thessalonians 4:4 that each one of you know how to possess himself of his own vessel in sanctification and honor.

Titus. 3:1 Remind them to be in subjection to rulers and to authorities, to be obedient, to be ready for every good work, 3:2 to speak evil of no one, not to be contentious, to be gentle, showing all humility toward all men.

Matthew 13:46 who having found one pearl of great price, he went and sold all that he had, and bought it.

Facts: Happy New Breath, beautiful miracles!

You may think “You say that to everyone!”

ARE a miracle.

Yes, You really, you are.

ely to the point of impossible.

Odds of Being Born Infographic by Designer Sofya Yampolsky

And that is true too.

We were not born by accident given the odds calculated by scientists showing the of you being born are at least 1 in 400 trillion IF NOT 1 in 400 quad odds trillion and most likely 1 in 102,640,000. That is incredibly unlikely

October 28, 2019

“We bring nothing into this world, nothing! Should it surprise us that when we let go of material things we find the source of life God's own mind full of beauties and wisdom?”

2 Peter 2:20 For if, after they have escaped the defilement of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in it and overcome, the last state has become worse for them than the first.

James 4:4 You adulterers and adulteresses, don't you know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God.

Titus 2:12 instructing us to the intent that, denying ungodliness and worldly lusts, we would live soberly, righteously, and godly in this present world.

1 Timothy 6:17 Charge those who are rich in this present world that they not be haughty, nor have their hope set on the uncertainty of

riches, but on the living God, who richly provides us with everything to enjoy;

1 Timothy 6:7 For we brought nothing into the world, and we certainly can't carry anything out.

Facts: This instinct to measure and compare doesn't disappear once people have an obscene amount of money. "The problem is, Am I doing better than I was? is only [moving people in] one direction, which is up," Norton says. And if a family amasses, say, \$50 million but upgrades to a neighborhood where everyone has that much money (or more), they feel a lot less rich than if they had stuck to the peer comparisons they were making tens of millions of dollars ago. Hence the ever-shifting goalposts of wealth and satisfaction.

The research Norton has conducted illustrating this phenomenon is dispiriting. In a paper published earlier this year, he and his collaborators asked more than 2,000 people who have a net worth of at least \$1 million (including many whose wealth far exceeded that threshold) how happy they were on a scale of one to 10, and then how much more money they would need to get to 10. "All the way up the income-wealth spectrum," Norton told me, "basically everyone says [they'd need] two or three times as much" to be perfectly happy.

October 29, 2019

"Resting in life means does not mean not resting for us to have the life of Christ Jesus who is the fullness of God where we lack nothing good we must actually rest from our old life in this world!"

Ecclesiastes 10:4 If the spirit of the ruler rises up against you, don't leave your place; for gentleness lays great offenses to rest.

Isaiah 28:12 to whom he said, "This is the resting place. Give rest to weary;" and "This is the refreshing;" yet they would not hear.

Isaiah 30:15 For thus said the Lord Yahweh, the Holy One of Israel, "You will be saved in returning and rest. Your strength will be in quietness and in confidence." You refused.

1Cor.3:20 And again, "The Lord knows the reasoning of the wise, that it is worthless." {Psalm 94:11} 3:21 Therefore let no one boast in men. For all things are yours, 3:22 whether Paul, or Apollos, or Cephas, or the world, or life, or death, or things present, or things to come. All are yours, 3:23 and you are Christ's, and Christ is God's.

Rom.10:11 For the Scripture says, "Whoever believes in him will not be disappointed." {Isaiah 28:16}

Facts: Evidence doesn't speak for itself. It must be interpreted, people deciding what it's evidence for and how far to extrapolate from the evidence to a general certainty. Even if all of us agree that the evidence points a certain way, we may later come to a different conclusion. Even science, that most stubbornly persistent form of wondering, never proves anything. It only comes to today's best guesses, to be beaten tomorrow perhaps, by better guesses.

For example, no matter how much research you do today, you can't know with absolute certainty what year someone will die, or what music will be at the top of the pop charts in 30 years. The answer isn't just blowing in the wind for you to chase down if you had the time. It's unknowable today by any evidence. Life is not a crossword puzzle with the answer sitting there at the

back of the book. It's not like movies in which you can fast forward to see how it ends. Facts by [Jeremy E Sherman Ph.D., MPP](#)

October 30, 2019

“The fire of our soul is the pride in our flesh that fights against the power of life, one is pure, the other is refined by our fiery pride! “

James.3:5 So the tongue is also a little member, and boasts great things. See how a small fire can spread to a large forest! 3:6 And the tongue is a fire. The world of iniquity among our members is the tongue, which defiles the whole body, and sets on fire the course of nature, and is set on fire by Gehenna.{or, Hell}

Nahum 1:6 Who can stand before his indignation? Who can endure the fierceness of his anger? His wrath is poured out like fire, and the rocks are broken apart by him.

Zechariah 13:9 I will bring the third part into the fire, and will refine them as silver is refined, and will test them like gold is tested. They will call on my name, and I will hear them. I will say, 'It is my people;' and they will say, 'Yahweh is my God.'"

Malachi 3:2 "But who can endure the day of his coming? And who will stand when he appears? For he is like a refiner's fire, and like launderer's soap;

Mark 9:49 For everyone will be salted with fire, and every sacrifice will be seasoned with salt.

Luke 3:16 John answered them all, "I indeed baptize you with water, but he comes who is mightier than I, the latchet of whose sandals I am not worthy to loosen. He will baptize you in the Holy Spirit and fire.

Facts: Temperatures inside the Sun can reach 15 million degrees Celsius. Energy is generated through nuclear fusion in the Sun's core - this is when hydrogen converts to helium - and because objects generally expand, the Sun would explode like an enormous bomb if it wasn't for its tremendous gravitational pull. We live on the planet, so we think it's an equal member of the Solar System. But that couldn't be further from the truth. The reality is that the mass of the Sun accounts for 99.8% of the mass of the Solar System. And most of that final 0.2% comes from Jupiter. So the mass of the Earth is a fraction of a fraction of the mass of the Solar System. Really, we barely exist. Facts By The Planets, and Universe today

October 31, 2019

“What we create is not life, they are things we have created by our life, thus, when we worship the creation more than the creator we rob ourselves of life just like a fool because our best friend is a thief!”

Proverbs 29:24 Whoever is an accomplice of a thief is an enemy of his own soul. He takes an oath, but dares not testify.

Matthew 24:43 But know this, that if the master of the house had known in what watch of the night the thief was coming, he would have watched, and would not have allowed his house to be broken into.

Luke 12:33 Sell that which you have, and give gifts to the needy. Make for yourselves purses which don't grow old, a treasure in the heavens that doesn't fail, where no thief approaches, neither moth destroys.

John 10:1 "Most certainly, I tell you, one who doesn't enter by the door into the sheep fold, but climbs up some other way, the same is a thief and a robber.

James.5:1 Come now, you rich, weep and howl for your miseries that are coming on you. 5:2 Your riches are corrupted and your garments are moth-eaten. 5:3 Your gold and your silver are corroded, and their corrosion will be for a testimony against you, and will eat your flesh like fire. You have laid up your treasure in the last days.

Facts: That generosity and compassion are good for our health is an ever-popular topic among self-help authors and researchers. Most of us require little convincing that the world would be a better place if we were kinder to one another and to ourselves. Research indicates that generosity increases happiness (Dunn et al., 2008), increases job satisfaction (Moynihan et al., 2015), fosters collective success by improving collaboration (Stewart & Plotkin, 2013), and caregiving improves our overall sense of well-being (Poulin et al., 2010).

Generosity in married couples is associated with both greater happiness and improved long-term health outcomes (National Marriage Project, 2011).

Furthermore, doing volunteer work is associated with improvement in mental health and physical well-being (Jenkinson, et al., 2013). Facts by Mark B. Borg, Jr, Ph.D., Grant H. Brenner, MD, & Daniel Berry, RN, MHA

Completed: October 31, 2019

by Daniel a Slave of Christ Jesus

www.poweredinpeace.com

www.nu-truth.com

<http://jwsstraighttalk.squarespace.com/>



