



The Magic Elixir

Out of 106 factors that influence depression there is ONE MAGIC ELIXIR that is the strongest preventor

Exercise decreases the risk of death by 23% to 30%

Diet by up to 24% _____? _____ by 45%

Friendships don't make themselves

Luke 3:4-6, 10-14, 21, 22: "As it is written in the book of the words of Isaiah the prophet: 'A voice of one calling in the wilderness, 'Prepare the way for the Lord, make straight paths for him.' ⁵ Every valley shall be filled in, every mountain and hill made low. The crooked roads shall become straight, the rough ways smooth. ⁶ And all people will see God's salvation.'¹⁰ 'What should we do then?' the crowd asked. ¹¹ John answered, 'Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.'¹² Even tax collectors came to be baptized. 'Teacher,' they asked, 'what should we do?' ¹³ 'Don't collect any more than you are required to,' he told them. ¹⁴ Then some soldiers asked him, 'And what should we do?' He replied, 'Don't extort money and don't accuse people falsely—be content with your pay.' When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened ²² and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: 'You are my Son, whom I love; with you I am well pleased.'"

Luke 3:22: And a voice came from heaven: 'You are my Son, whom I love;

Genesis 22:2: "Then God said, 'Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you.'"

Genesis 22:1: "Some time later God tested Abraham. He said to him, 'Abraham!' 'Here I am,' he replied."

Genesis 22:11: "But the angel of the Lord called out to him from heaven, 'Abraham! Abraham!' 'Here I am,' he replied."

Genesis 22:6-9: "Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, ⁷ Isaac spoke up and said to his father Abraham, 'Father?' 'Yes, my son?' Abraham replied. 'The fire and wood are here,' Isaac said, 'but where is the lamb for the burnt offering?' ⁸ Abraham answered, 'God himself will provide the lamb for the burnt offering, my son.' And the two of them went on together. ⁹ When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood."

Genesis 22:7,8(KJV): "And Isaac spake unto Abraham his father, and said, My father: and he said: Here am I, my son. And he said, Behold the fire and the wood: but where is the lamb for a burnt offering? And Abraham said, My son, God will provide himself a lamb for a burnt offering: so they went both of them together."

I get right with God by getting right with people.

"Nothing makes us stronger and happier than loving, stable long-term bonds with others." Dr. Sue Johnson

HOW TO MAKE A FRIEND

Find and attend a group that meets regularly. ↓

Assume people in the group like you. ↓

Overcome covert avoidance by opening up conversation with others in the group. ↓

Invite your favorite person(s) in the group to hang out one-on-one.

Resources

Platonic by Dr. Marisa Franco

Love Sense by Dr. Sue Johnson

Hold Me Tight by Dr. Sue Johnson