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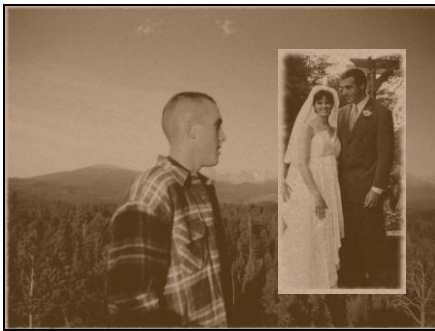


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How is YOUR life?
Are you satisfied?

Slide 3



When I met my husband Jim he was an athlete. And his schedule went like this:
4 am he loaded trucks at UPS
8 am - 4 pm he built houses

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In the evenings Jim went cycling.
Biked <30-50 miles ea. Day
Raced on weekends. He was a semi-professional and won a large number of the races he competed in.

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So you might be able to imagine the number of celeries he was burning at this time.

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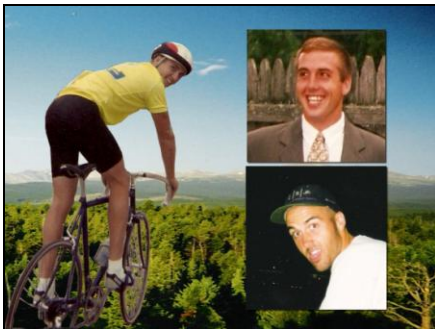
But I couldn't!

Before we were married my groceries budget was adequate at \$60 per month.

I decide to pack a lunch for Jim to conserve money...

Then I found out he was eating it as a second breakfast on the way to work... and going out to eat for lunch.

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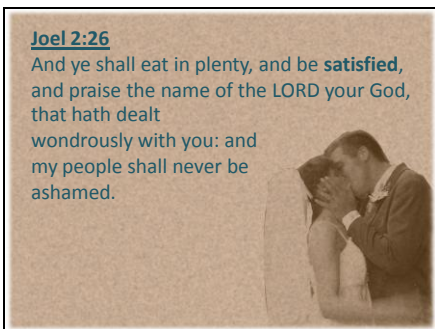
When he came home he would have a bowl of cereal

Then the dinner I prepared – Enough for 5 people

Then a couple more bowls of cereal...

I COULDN'T SEEM TO SATISFY HIS CALORIC NEED

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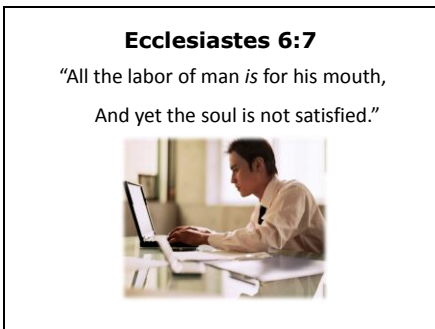
Joel 2:26

And ye shall eat in plenty, and be **satisfied**, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed.

Today we are not talking about calories. Or the satisfaction of food.

Today we are talking about the **satisfaction of the SOUL!**

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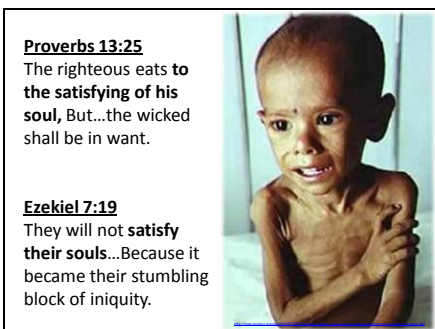


Ecclesiastes 6:7

"All the labor of man *is* for his mouth, And yet the soul is not satisfied."

How do we get Soul Satisfaction?

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Proverbs 13:25

The righteous eats to the **satisfying of his soul**, But...the wicked shall be in want.

Ezekiel 7:19

They will not **satisfy their souls**...Because it became their stumbling block of iniquity.

We are not talking about physical starvation.

But the pictures of physical starvation help us visualize how **debased our souls can become when we are not "satisfied with good."**

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Satisfied!

Habakkuk 2:4-6a, 20

Get in the way of Soul Satisfaction:

- wine
 - pride
 - adultery
 - his desire like hell - death, it cannot be satisfied
 - gathers unto him all nations, and heaps unto him all people
- "Woe to him..." "20But the LORD is in his holy temple:"

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Sign Language:

A family was happy
 Mommy having a baby
 Daddy happy
 Mommy laughing
 But when the baby was born the baby was dead
 Daddy was sad
 Mommy Cried
 Brother and Sister cried too

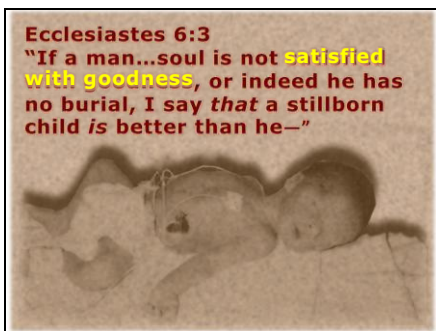
Jesus loves us!

The Lord tells us in the Bible: When we give our heart to Jesus we are to be baptized - buried in water
 Like this: In the name of the Father, Son, and Holy Spirit

In the Bible Eccl. 6:3 this tells us:

If we are not satisfied with good
 If we are not buried
 Then, We are like a baby born dead

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How do we get Soul Satisfaction?

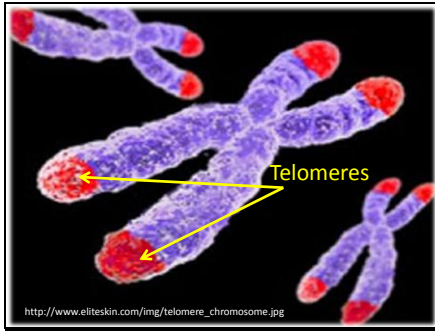
How do we become "Satisfied with good"

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If our souls are **Satisfied with Good** it naturally follows that our **physical** and **mental health** are **correspondingly improved!**

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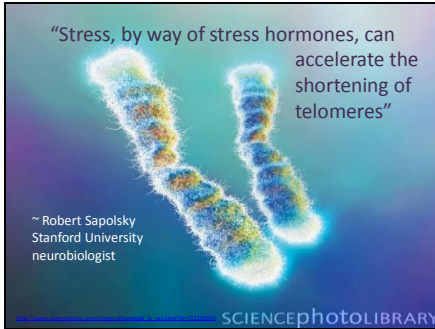
We have 46 Chromosomes.

Genetic structures, called Telomeres, cap off our Chromosomes. Telomeres responsible for protecting the ends of the Chromosomes from fraying.

As we age our telomeres shorten.

National Geographic: Stress, Portrait of a Killer (2008)
How Stress Affects Our Telomeres (Chromosome / DNA)
<http://www.youtube.com/watch?v=cvjzwTBjXMI>

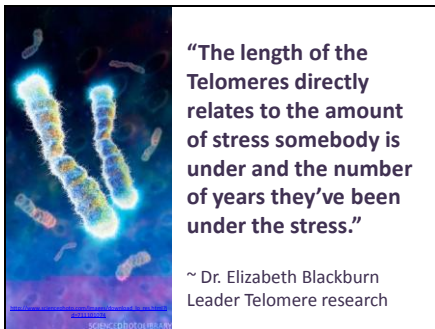
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“Stress, by way of stress hormones, can accelerate the shortening of telomeres” ~ Robert Sapolsky Stanford University neurobiologist

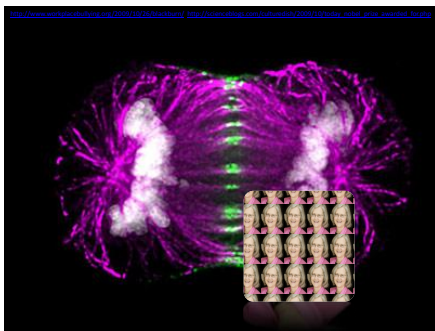
In a **study of mothers** caring for **chronically ill children**: It is roughly estimates that for every year of chronic stress the telomeres aged roughly 6 years.

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“The length of the Telomeres directly relates to the amount of stress somebody is under and the number of years they’ve been under the stress.” ~ Dr. Elizabeth Blackburn a Leader in the research of Telomeres in the Bio- Chemistry and Bio-physic Dept. University of California San Francisco

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Dr. Elizabeth Blackburn was awarded the 2009 Nobel Prize in Psychology of Medicine for the 1984 co-discovery of the enzyme Telomerase which can repair the damage of Telomeres. Telomeres can actually grow longer... Theoretically this is a fountain of youth.

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Conclusions for reducing Stress and Lengthen our Telomeres
National Geographic: Stress, Portrait of a Killer

1. Lifestyle and Diet change
2. Connecting with Others
3. Significant Involvement Environment
4. Giving Kindness (vs. Evil)
5. Service to and Caring for Others

Conclusions for reducing Stress and Lengthen our Telomeres

National Geographic: Stress, Portrait of a Killer

- Lifestyle and Diet change
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1. Lifestyle and Diet change
 •Does God have a message about healthy lifestyle and diet?




Satisfied!

Lifestyle and Diet: “One study and found that lifestyle and diet INcreased the Telomerase enzyme. Their report states, **‘Comprehensive lifestyle changes significantly increase telomerase activity and consequently telomere maintenance capacity in human immune-system cells...’**” Dr. Dean Ornish and others foodpowers.wordpress.com/2009/10/07/telomerase-enzyme-diet-lifestyle-and-health/

Does God’s have a message for us about healthy lifestyle and diet?

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2. Connecting with Others
 •**Hebrews 10:24-26** “Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.”
 •**James 5:14** “Is anyone among you sick? Let them call the elders of the church to pray “
 •**Ephesians 5:19** “speaking to one another with psalms, hymns, and songs from the Spirit.”




•**Connecting with others:** Meeting of minds (support from our community) stimulates healing effects of Telomerase (National Geographic: Stress Portrait of a Killer)

•Hebrews 10:24-26, James 5:14 & Ephesians 5:19
 The closer we get to Jesus return the more important it is to connect with each other! A supportive community which holds us accountable is important for generating feelings of satisfaction.

Does God have a message for us about church community – and connecting with others?

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3. Environment Control - Significant Involvement
 •**John 10:17-18** NIV “The reason my Father loves me is that I lay down my life—only to take it up again. No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father.”



Finding a place where we have control and/or involvement:
 “More involvement... more of a say in what they doing... give them more reward for the effort they put out.” (National Geographic: Stress, Portrait of a Killer)

John 10:17-18
Jesus could endure the most appalling circumstances because He held 2 beliefs:

- God Loved Him
- He held a God given ultimate choice

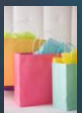
Do we hold an ultimate choice? No matter the circumstance of our life we alone can control if we will hold onto God’s love and be saved. Charlie Plum, Corrie ten Boom....

Seeking out opportunities to work/play in environments where we have talent, skill and knowledge that is valued will also bring satisfaction.

Does God’s have a message for us about our involvement in life now and here after?

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4. Giving Kindness (vs. evil)
 •**Acts 20:35** “Jesus...said, ‘It is more blessed to give than to receive.’”
 •**Proverbs 25:22** “If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: For thou shalt heap coals of fire upon his head, and the LORD shall reward thee.”
 •**Proverbs 19:22** “What is desired in a man is kindness”



Giving kindness: “Don’t bite someone because you’re having a bad day. Don’t displace them in any sort of manner. Social affiliation is a remarkably powerful thing... and one of the greatest forms of sociality is giving rather than receiving and all those things make for a better world!” ~ Neurobiologist Robert Sapolsky

Acts 20:35, Proverbs 19:22 & Proverbs 25:22


KINDNESS IS WHAT IS DESIRED IN A PERSON

Does God’s have a message for us about “being kind one to another”?

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5. Service (Caring for Others)

- Luke 22:26** “the greatest among you should be like the youngest, and the one who rules like the one who serves.”
- Mark 10:45** “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”



•**Service to and Caring for Others:** “What are the active ingredients that reduce stress and that promote longevity? ...Caring for others may be one of those most important ingredients.” ~ Elissa Epel PhD University of California San Francisco

Luke 22:26 & Mark 10:45

The Boomerang Effect: Service – the act of giving a blessing – results in receiving of blessings.


Jesus didn’t come to serve but to serve.

Does God’s have a message for us about service?

Since Jan. 1, 2011, Maren McNees has made a daily effort to do at least one good deed each day for someone who needs help.

“It’s just about helping other people. You’re not really involved in this. It’s not about you,” said 14-year-old Maren McNees.

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“It’s just about helping other people. You’re not really involved in this. It’s not about you,” said 14-year-old Maren McNees.

<http://www.ketv.com/27100637/detail.html>

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“Just a random person like me, going up to them and helping them out,” said McNees

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“Just a random person like me, going up to them and helping them out,” said McNees

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“If we can make something a habit, we know we’re doing it because we’ve completely embodied it,”

~ Pastor Lynette Plambeck of First United Methodist Church in Atlantic, Iowa

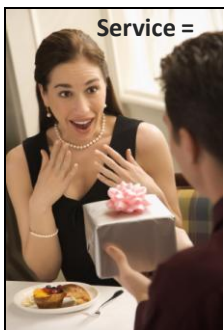
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Service = Satisfying Others



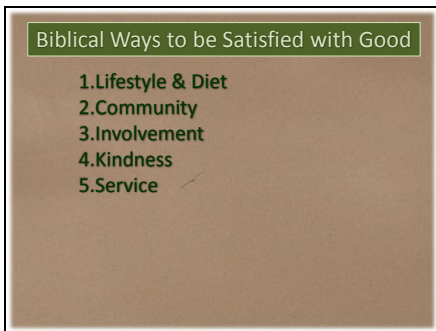
•**Isaiah 58:10**
“If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.”

Service = Satisfying Others

Isaiah 58:10

If we extend our soul to the afflicted soul
Our light dawns in the darkness

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Satisfied!

God really has given us an **owner’s manual** for our life – it’s called the Bible

Science is confirming that God knew all about Telomeres and Telomerase long before Dr. Blackburn chanced upon it in the mid 1980’s

God knows what Satisfies our souls and how we can be “satisfied with good.”

In addition to the 5 ingredients for repairing our Telomeres God has given more instruction...

When we are Satisfied with Good our physical and mental health correspondingly improved!

God is all-knowing so let’s look at 4 more ways we can be satisfied with the goodness of God and be revitalized.

In our search for the fountain of life we find 2 verses that confirm that without trust in God we will not find satisfaction or rejuvenation

Psalm 36:7-9

How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings. They shall be abundantly satisfied ...For with thee is the fountain of life: in thy light shall we see light.

Proverbs 19:23

The fear of the LORD tendeth to life: and he that hath it shall abide **satisfied**; he shall not be visited with evil.

Does God’s have a message for us about trust? “Trust in the LORD with all your heart and lean not on your own understanding”

In a wilderness ... in a drought of spiritual satisfaction ... We can relate to one of Jesus’s disciples who asked:

Mark 8:4-9 NKJV

“How can one satisfy these people...here in the wilderness?”

This was asked as 4000 men sat on a hill side hungering for the gospel message, to the point of forgetting about their stomach hunger.

How can we satisfy the spiritual hunger of the people in the spiritual drought (wilderness) around us today?

Mark 8:4-9 NKJV

⁵ ...“How many loaves do you have?” And they said, “Seven.” ⁶ ...He took the seven loaves and gave thanks, ...blessed them...they ate and were filled, and they took up...leftover

The loaves (bread) can represent the “bread of Life” Jesus and the Scriptures.

Jesus asked what they had (**Take inventory** of skills, experience, scripture... God has given you! God prepared you for this moment?)

Gave thanks (Give thanks for what God has given you)

God blesses what He has given as we give thanks (i.e. Suddenly your 15 min worship this morning has the ability to **satisfy many** other people, with leftovers.)

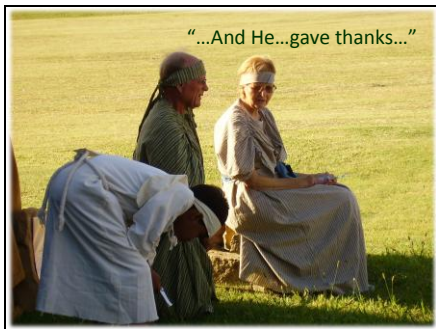
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When Jesus asked the disciples what they had they answered that they had 7 loaves. **Seven** in scripture is a **perfect number**. God always gives us the perfect amount to meet our need. 2Peter 1:3-4 "God has given us everything we need for life and godliness..."

Does God's have a message for us about giving thanks? "O give thanks unto the Lord for He is good..."

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7. Taking Inventory & Give Thanks

- Mark 8:6
- Took inventory of what they had
- "gave thanks" and "blessed it"
- Even having leftovers



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Biblical Ways to be Satisfied with Good

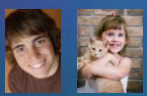
- 1.Lifestyle & Diet
- 2.Community
- 3.Involvement
- 4.Kindness
- 5.Service
- 6.Trust in God
- 7.Giving Thanks

When we are Satisfied with Good our physical and mental health correspondingly improved!

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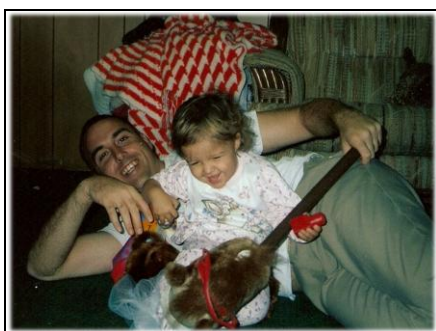
8. Delight in good

- Isaiah 55:2
- Why do you spend money for what is not bread, And your wages for what does not **satisfy**? Listen carefully to Me, and **eat what is good**, And let your soul **delight itself in abundance**.
- Jeremiah 31:13b-14
-my people shall be **satisfied** with my goodness, saith the LORD.



Does God's have a message for us about being satisfied with good?

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Our Father in Heaven is DELIGHTED in us He wants us to be delighted in Him too!

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9. Glory in trouble
 •Romans 5:1-5
 we also glory in tribulations, knowing that tribulation produces perseverance



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Biblical Ways to be Satisfied with Good


- 1.Lifestyle & Diet
- 2.Community
- 3.Involvement
- 4.Kindness
- 5.Service
- 6.Trust in God
- 7.Giving Thanks
- 8.Delight in Good
- 9.Glory in Trouble

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Psalm 145:16
 You...satisfy the desire of every living thing.

Isaiah 58:11
 The Lord will...satisfy your soul in drought


Psalm 37:19
 They shall not be ashamed in the evil time...they shall be satisfied.



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Ultimate Satisfaction!

Psalm 17:15
 I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.



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Biblical Ways to be Satisfied with Good

- 1.Lifestyle & Diet
- 2.Community
- 3.Involvement
- 4.Kindness
- 5.Service
- 6.Trust in God
- 7.Giving Thanks
- 8.Delight in Good
- 9.Glory in Trouble

Satisfied!

Romans 5:1-5

“we also glory in tribulations, knowing that tribulation produces perseverance...”

...and perseverance, character; and character, hope. Now hope does not disappoint, because the love of **God has been poured out in our hearts by the Holy Spirit** who was given to us.”

Story of my deaf /mute friend: **God’s have a message for us about giving glory in trouble?**

When we are Satisfied with Good our physical and mental health correspondingly improved!

GOD’S PROMISES!

Psalm 145:16

You open Your hand And **satisfy** the desire of every living thing.

Isaiah 58:11

The LORD will guide you continually, And **satisfy** your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

Psalm 37:19

They shall not be ashamed in the evil time: and in the days of famine they shall be **satisfied**.

Ultimately when we look into the righteousness of Jesus we are empowered by Him! And our souls are satisfied with good!

Psalm 17:15

As for me, I will behold thy face in righteousness: I shall be **satisfied**, when I awake, with thy likeness.

When we are Satisfied with Good our physical and mental health correspondingly improved!

Does God’s have a message for us about being satisfied with His goodness and all He calls good?

God truly knows what is best for us! He can satisfy our souls!