

11-17-17 Who's happy?

Researchers sought out the characteristics of the happiest ten percent among us, in other words, the happiest of the happy. Do they all live in warm climates?

Are they wealthy or physically fit? Turns out, there was only one characteristic that distinguished the happiest ten percent. It was the strength of their relationships.

A study of Harvard undergraduates found a similar result that social support was a far greater predictor of happiness than GPA, family income, SAT scores, age, gender, or race. The point is the support from relationships is key.

Which is why Jesus linked faith, not only with God, but with people and community.

Just a thought. I'm Sid Batts from First Presbyterian Church in downtown Greensboro, fpcgreensboro.org.