

Harvard Longitudinal Study of Adult Development

What Makes a Good & Satisfying Life?



The quality of relationships are by far the strongest predictor of life satisfaction

Under One Roof

- Submitting to one another
- Forgiving one another
- Carrying one another's burden
- Building one another





- Submitting to one another
- Forgiving one another
- Carrying one another's burden
- Building one another
- Living in peace with one another

¹² A new command I give you: Love one another. As I have loved you so you must love one another.

Eireneuo live in peace

Eirēneuō live in peace

Mar 9 ⁵⁰ Have salt in yourselves, and have peace one with another

Rom 12 ¹⁸ If possible, so far as it depends on you, live peaceably with all.

2Cor 13 ¹¹ Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.

1Thes 5 ¹³ and to esteem them very highly in love because of their work. Be at peace among yourselves.

Rom 12

¹⁴ Bless those who persecute you; bless and do not curse them. 15 Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. 17 Repay no one evil for evil, but give thought to do what is honorable in the sight of all. 18 If possible, so far as it depends on you, live peaceably with all.





³³ And they came to Capernaum. And when he was in the house he asked them, "What were you discussing on the way?" ³⁴ But they kept silent, for on the way they had argued with one another about who was the greatest. ³⁵ And he sat down and called the twelve. And he said to them, "If anyone would be first, he must be last of all and servant of all."

⁵⁰ "Salt is good, but if the salt has lost its saltiness, how will you make it salty again? Have salt in yourselves, and have peace one with another."

2 Cor 13

¹¹ "Be perfect, be of good comfort, **be of one mind, live in peace**; and the God of love and peace will be with you."



¹² We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, ¹³ and to esteem them very highly in love because of their work. **Be at peace among yourselves.**

3 Dimensions of Eireneuo (Living in Peace)

- 1. Keep Peace
- 2. Make Peace
- 3. Be in Peace



Keep Peace

You are more important than what happened



Make Peace

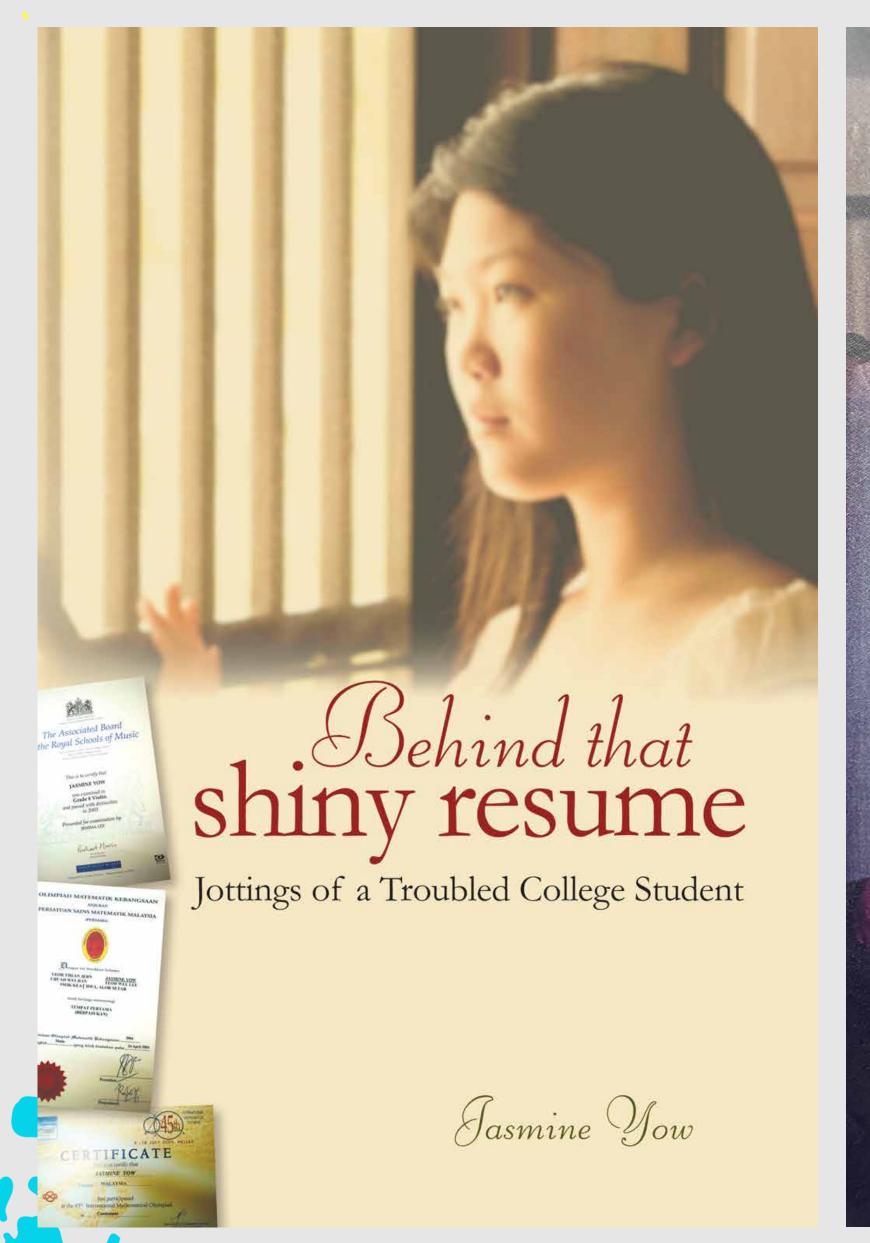
You are more important than my ego

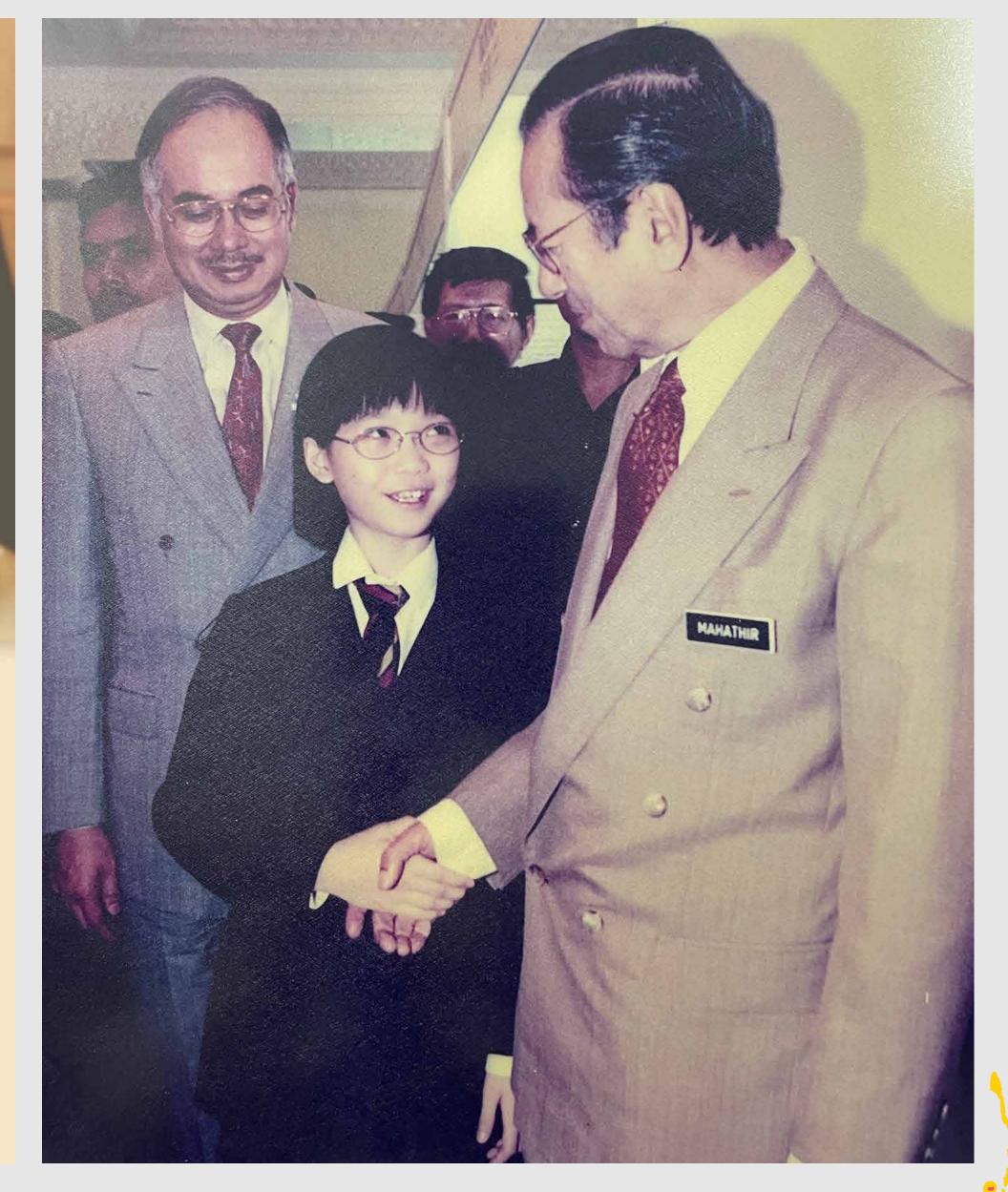


Be in Peace

God is bigger than my situation







PMR: 8A

SPM: 10A1 2A2

SAT I: 2320

SAT II: Perfect scores in Mathematics 2, Physics,

Chemistry

Experience/Achievements:

- Debate Society
- National Junior College English Debate EXCO member (JC1 – JC2)
- Aesthetics and Publicity Head
- Best Speaker at one debate at Dorothy
 Cheng Debate Championships (NTU Debate Invitationals)
- Co-organized debate outreach workshop in Bukit Merah Secondary School to impart thinking and speaking skills to the students
- National Champion and Best Speaker in Chinese
 Debate Competition (Form 5)

2. Community Work

- Tutored a selectively mute girl at a students care service centre for one year
- Collaborated with officers from Tan Tock Seng Hospital to organize a CIP project for the class, culminating in a karaoke session for the old folks at NJC during Community Service Day.

3. Outward Bound Korea

- Participated in the Outward Bound Korea
 Winter Leadership Expedition Course in Odae
 Mountain Range, Korea (JC1)
- Led team to safety as leader on the first day of the mountain expedition despite harsh conditions
- Awarded the Blue Peter Badge

4. National English Drama Competition

National Champion (Form 5)

International Mathematical Olympiad

- Represented Malaysia in the International Mathematical Olympiad in Athens, Greece (Form 3)
- Won several national level prizes (Form 1 – Form 4)

6. National First Aid and Home Nursing Competition

- Led the Nursing Cadet Team to victory in the Short Case segment
- Overall First Runners-up
- Champion in Individual Written Test

Leadership Positions:

- Aesthetics and Publicity Head, Debate Society (JC1 – JC2)
- Class Representative (JC2)
- Community Service Representative (JC 1)
- President, Christian Fellowship (Form 4 From 5)
- Assistant Divisional Secretary, St. John
 Ambulance Malaysia (Form 4 Form 5)
- Assistant Treasurer, St. John Ambulance
 Malaysia 2003-2004 (Form 3 Form 4)

Special Knowledge, Abilities, Skills:

- Piano: Grade 8 Distinction from ABRSM
- Violin: Grade 8 Distinction from ABRSM
- Music Theory: Grade 8 Distinction from ABRSM
- Ballet: Grade 8 Distinction from Royal School of Ballet
- Certified First Aider from Form 1 to JC2

Awards/Honors:

Student of the Year Award (Form 5)

Be in Peace



⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

