

Four Family Loves:

A Curriculum for Building
Good Character and Loving Families

Children's Love



Introduction

Four Realms of Heart



Children's Love



Siblings' Love



Conjugal Love



Parental Love

Chapter 1:

What Does It Mean To Be “Good”?

Everyone wants to be happy.
When we fulfill our desires, we feel happy.

However, when our desires are bad, then our happiness is only temporary. In the end, fulfilling bad desires makes us miserable and unhappy.

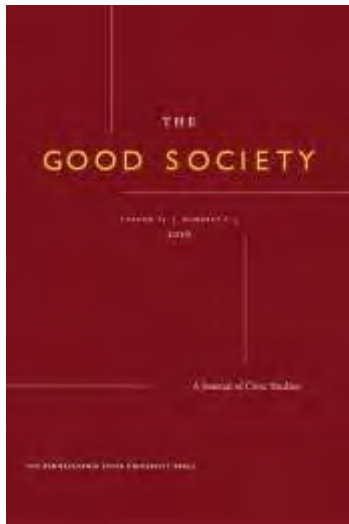
On the other hand, when our desires are good, then our happiness is lasting.

Can we find a
universal definition
of what it means to be “good”?

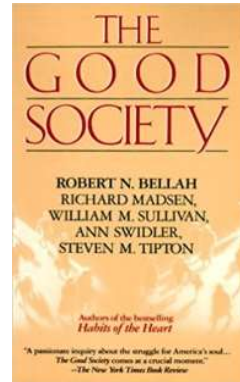


United Nations
Economic and Social Commission for Asia and the Pacific

What is Good Governance?




Good Thinking



adjective, (better, best.)

1. morally excellent; virtuous; righteous; pious: a good man.
2. satisfactory in quality, quantity, or degree: a good teacher; good health.
3. of high quality; excellent.
4. right; proper; fit: *It is good that you are here. His credentials are good.*
5. well-behaved: *a good child.*
6. kind, beneficent, or friendly: *a good deed.*
7. honorable or worthy; in good standing: *a good name.*
8. educated and refined: *She has a good background.*
9. financially sound or safe: *His investments are good.*
10. genuine; not counterfeit: *a good quarter.*
11. sound or valid: *good judgment; good reasons.*
12. reliable; dependable; responsible: *good advice.*
13. healthful; beneficial: *Fresh fruit is good for you.*
14. in excellent condition; healthy: *good teeth.*
15. not spoiled or tainted; edible, palatable: *The meat was still good after three months in the freezer.*
16. favorable: *opinions; good news.*
17. cheerful; optimistic: *amiable in good spirits.*
18. free of distress or pain; comfortable: *to feel good after surgery.*
19. agreeable; pleasant: *Have a good time.*
20. attractive; handsome: *She has a good figure.*
21. (of the complexion) smooth; free from blemish.
22. close or intimate; warm: *She is a good friend of mine.*
23. sufficient or ample: *a good supply.*
24. advantageous; satisfactory for the purpose: *a good day for fishing.*
25. competent or skillful: *level; a good manager; good at arithmetic.*
26. skillfully or expertly done: *a really good job; a good play.*
27. conforming to rules of grammar, usage, etc.; correct: *good English.*
28. socially proper: *good manners.*
29. remaining available to one: *Don't throw good money after bad.*
30. comparatively new or of relatively fine quality: *Don't play in the mud in your good clothes.*
31. finest or most dressy: *He wore his good suit to the office today.*
32. full: *a good day's journey away.*
33. fairly large or great: *a good amount.*
34. free from precipitation or cloudiness: *good weather.*

34...
Definitions
of "Good"

35. *Medicine/Medical.* (of a patient's condition) having stable and normal vital signs, being conscious and comfortable, and having excellent appetite, mobility, etc.

36. fertile; rich: *good soil.*

37. loyal: *a good Democrat.*

38. (of a return or service in tennis, squash, handball, etc.) landing within the limits of a court or section of a court.

39. *Informal.* (used when declining an offer or suggestion, as to communicate that one is already satisfied): "*More coffee?*" "No, thank you, I'm good!"

40. *Horse Racing.* (of the surface of a track) being after a rain so as to be still slightly sticky: *This horse runs best on a good track.*

41. (of meat, especially beef) meeting or coming to the specific grade below "choice," containing more lean muscle and less edible fat than "prime" or "choice."

42. favorably regarded (used as an epithet for a ship, town, etc.): *the good ship Sycamore.*

noun

43. profit or advantage; worth; benefit: *What goodwill has he?*

We shall work for the common good.

44. excellence or merit; kindness

to do good.

45. moral righteousness;

to be a power for good.

46. (especially in the United States) an official grade below that of "choice."

47. goods.

a) possession, especially movable effects or personal property.

b) articles of trade; wares; merchandise; *cheap goods.*

c) *Informal.* what has been promised or is expected *to deliver the goods.*

d) *Informal.* the genuine article

e) *Informal.* evidence against a stolen article: *to catch someone with the goods.*

f) cloth or textile material: *high-quality linen goods.*

g) *Chiefly British.* merchandise sent by land, rather than by water or air.

48. the good.

a) the ideal of [goodness](#) or morality.

b) good things or persons collectively.

interjection

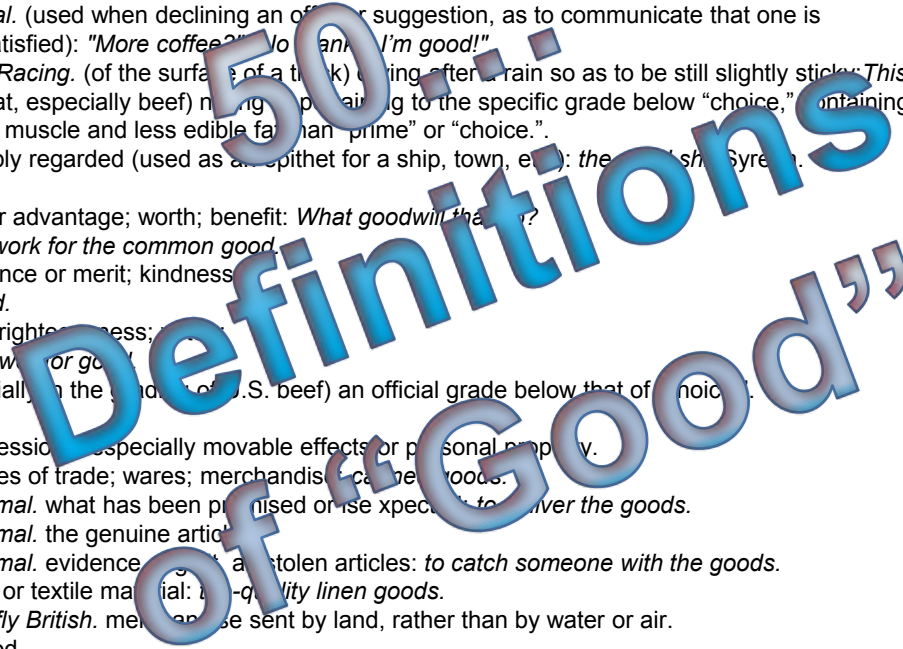
49. (used as an expression of approval or satisfaction):

Good! Now we can all go home.

adverb

50. *Informal.* [well](#)¹ (defs 1–3, 8): *I wish I could cook this good!*

Yes, we knew him pretty good.



Idioms

51.as good as. [as](#)¹(def 20).

52.come to no good, to end in failure or as a failure:

Her jealous relatives said that she would come to no good.

53.for good, finally and permanently; forever:

to leave the country for good.

Also, for good and all.

54.good and, *Informal*. very; completely outstanding:

This soup is good and hot.

55.good for,

- certain to repay (money owed) because of integrity, financial stability, etc.
- the equivalent in value of: Two thousand stamps are good for one receipt.
- able to survive or continue functioning for (the length of time or the distance indicated):
These tires are good for another 10,000 miles.
- valid or in effect for (the length of time indicated): Police are good for one year.
- (used as an expression of approval): *Good for you!*

56.good full, *Nautical*. (of a sail or sails) well filled, especially when sailing close to the wind; cleanfull; ready.

57.make good

- to make a compromise for, repay.
- to implement an agreement; fulfill.
- to be successful.
- to substantiate; verify.
- to carry out; accomplish; execute: *The convicts made good their getaway.*

57 Definitions of "Good"

Can we find a
universal definition
of what it means to be “good”?

Activity #1:

Please write down, in one sentence, what you think it means to be “good.”

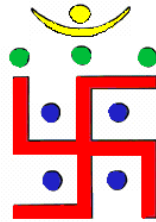
“Being good means ...”

Who will teach us to be “good?”

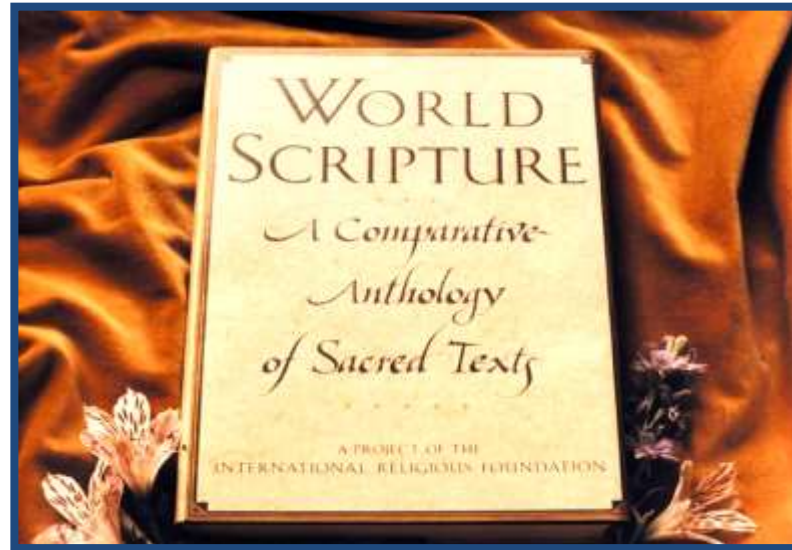
Who will decide on the universal
definition of “goodness”?

Religious scriptures are the best teachers of what it means to be good.

儒



Amazingly, we find that all religions agree about the definition of what it means to be “good.”



World Scripture published 1991.

Principle of Goodness



“Live for the
sake of others.”

**Father and Mother
Moon**

Principle of Goodness



The sacrifice performed... by those who desire no reward, this is the nature of goodness.

Bhagavad Gita 17:11

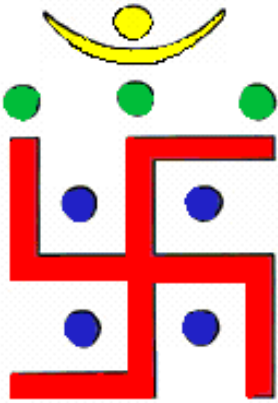
Principle of Goodness



All men are responsible
for one another.

Talmud, Sanhedrin 27b
(Judaism)

Principle of Goodness



Rendering help to another
is the function of all
human beings.

Tattvarthasutra 5.21 (*Jainism*)

Principle of Goodness



Cut the love of self ...
Develop the path of peace.

Dhammapada 20:285

Principle of Goodness



Selfish people certainly
do not go to the heavens...
but noble men find joy in
generosity...

Dhammapada 13:177

Principle of Goodness

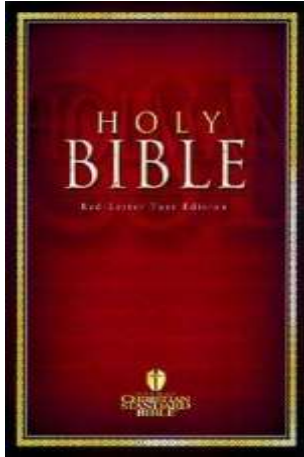


養心莫善於寡欲

To nourish the mind there
is nothing better than to
make the desires few.

孟子 - Mengzi

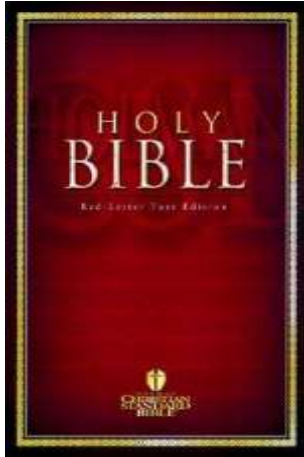
Principle of Goodness



Let no one seek his own good,
but the good of his neighbor.

1 Corinthians 10.24

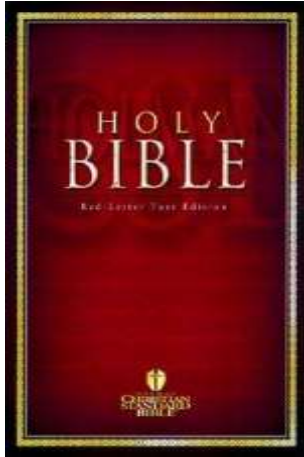
Principle of Goodness



Do nothing from selfishness or conceit, but in humility count others better than yourselves.

Philippians 2.3-4

Principle of Goodness



“Whoever seeks to gain his life will lose it, but whoever loses his life will preserve it.”

Luke 17:33

Principle of Goodness



Do not expect, in giving,
any increase for yourself!

Quran 74:6

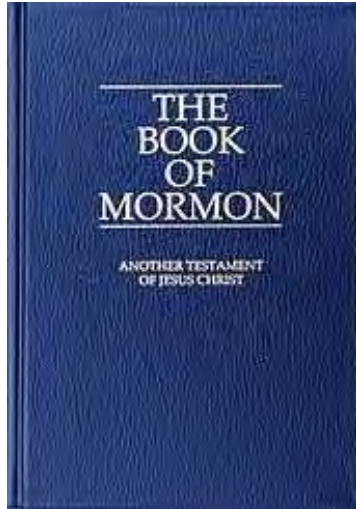
Principle of Goodness



One who serves and seeks
no recompense finds union
with the Lord.

Adi Granth, Sukhmani 18,
M.5, pp. 286f. (*Sikhism*)

Principle of Goodness



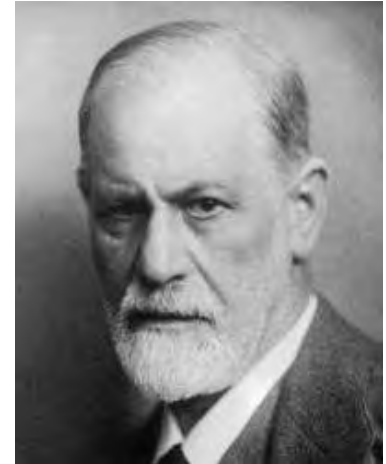
When you are in the service of your fellow beings you are only in the service of your God.

Book of Mormon, Mosiah 2.17
(Latter-day Saints)

Principle of Goodness

Delayed Gratification; (Impulse Control)

an important component
of emotional intelligence
and maturity.



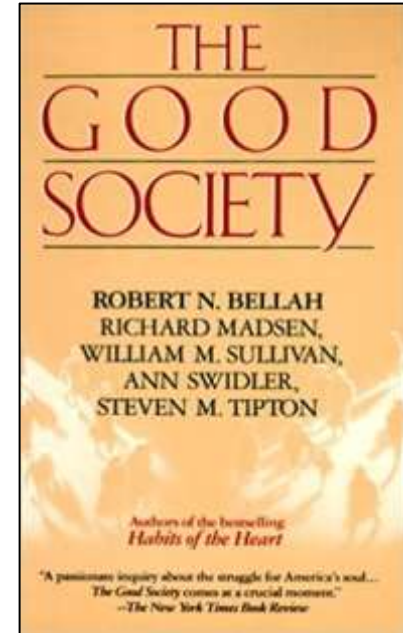
Sigmund Freud,
Founder of Psychoanalysis

"Living for the Sake of Others"

- Sacrifice without reward
- Be responsible for one another
- Render help to others
- Joy in generosity
- Make your desires few
- Seek the good of your neighbor
- Give without expectation
- Serve without payment
- Delayed personal gratification

Principle of Goodness

“The most profound decisions about justice are not made by individuals as such, but by individuals thinking... on behalf of institutions.”



Principle of Goodness



“Live for the
sake of others.”

Principle of Goodness

“Live for the sake of others.”

What we learn:

1. The religious definition of goodness is universal.
2. It is consistent with psychology and sociology.

Universal Principles

**You don't need to change your religion to be good!
This principle is already in every religion.**

But we still need to change:
priorities, attitudes, behaviors,
character, and culture...

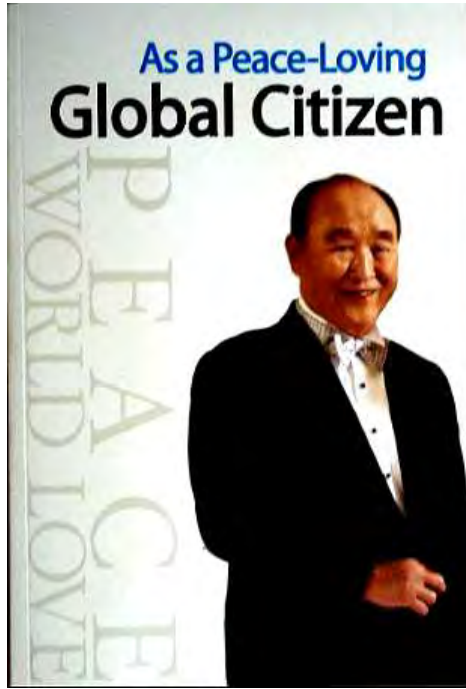
Principle of Goodness

“Live for the sake of others.”

We also learn:

3. The rival of goodness is living only for myself and sacrificing others for my benefit.

Live for the Public Good



A true life is a life in which we abandon our private desires and live for the public good. This is a truth taught by all major religious leaders past and present, East and West...

Thank you!



Activity #2:

How can you be good today? List three things you will do today to be a good person. Post it on the bulletin board, tell a friend, a fellow student, teacher or parent.

Making your commitment public helps you to be more serious and committed.

Activity #3:

Write a note to yourself about how you felt after doing those three things. Was it a good day? Did you feel good about yourself?

Can you see how goodness leads to happiness?