

You Asked For It: Endure or Enjoy

July 24, 2016

David Emery, Senior Minister



Focus Verse

“This is the day that the LORD has made; let us rejoice and be glad in it.” -- Psalm 118: 24 (ESV)

I'll enjoy my life when...

I can't enjoy life when...

“Seize life! Eat bread with gusto, Drink wine with a robust heart. Oh yes - God takes pleasure in your pleasure!” -- Ecclesiastes 9:7-9 (The Message)

Discoveries from a Fifty-Something

1. If I'm not enjoying life now, I will not enjoy life when.
2. There will always be some weeds, and there will always be some flowers.
3. We either make ourselves happy, or we make ourselves miserable. The amount of work is the same.
4. When you focus on the good, you create more good.

The Secret to Enjoying Life More

1. Pause.
2. Rewire.
3. Savor.
4. Attach.

“Don't ask what the world needs. Ask what makes you

come alive, and go do it. Because what the world needs is people who have come alive.” -- Howard Thurman

Additional Scripture

John 10:10, Romans 12:1-2, Philippians 4:4-9

Reflection Questions

1. Where are you enduring life? Where are you enjoying life?
2. What will you do to begin enjoying your life more?

 **Group Life @ Middletown**
If you are interested in taking part in a sermon-based discussion group or other small group, visit middletownchristian.org or contact Tracy Spann, tspann@middletownchristian.org to learn more.

Middletown Christian Church (Disciples of Christ)

500 N. Watterson Trail • Louisville KY 40243

502.245.9793 • MiddletownChristian.org