

# LIVE THIS LIFE

*But, there is one thing that happens to everyone—we all die!  
Death comes to good people and bad people.* Ecclesiastes 9:2a



Before the Corona-virus Global Pandemic, statistics revealed that **151,600 people die** each day worldwide. And as of September 6, 2020 there were **884,524 deaths worldwide** this year alone just due to the Global Pandemic, and the deaths are growing rapidly. So whether there is a **special cause** like a Pandemic or just **everyday life**, **Death is all around us everyday**. Knowing these truths about **Death**, one would assume that humans are very comfortable with the topic, but it is just the opposite. The very topic of **Death** produces **Fear, Anxiety, Sadness**, and many other **unwanted** and **unhealthy emotions**. These **emotions** are **legitimate** if you **don't believe** that you have a **Secure Eternal Life** beyond your current human existence....if you don't:

**The Reaper is Grim!!!!**



## Not Age, But Value

*Any of you who try to save the life you have will lose it. But you who give up your life for me will find true life.*

Matthew 16:25 ERV



**NEVER TOO YOUNG** Make a difference

Jesus 33, Martin Luther King Jr. 39, Abe Lincoln 56, John F. Kennedy 46, William Shakespeare 52, Virgin Mary 56, Malcolm X 39, Bob Marley 36, Bruce Lee 32, Jimi Hendrix 27, Sam Cooke 33, Srinivasa Ramanujan 32, Joan of Arc 19, Alexander the Great 33, Wolfgang Amadeus Mozart 35, Vincent Van Gogh 37, Billie Holiday 44, Eva Peron 32, Simon Bolivar 47, Ludwig van Beethoven 57, Steve Jobs 56, Anne Frank 15, Marcus Aurelius 59, Sophia Scholl 22, Iqbal Masih 12, Nkosi Johnson 12, Witold Pilecki 47, George Orwell 47

I used to think that a **successful life** could be measured by living to a **Grand Old Age** before death....and reaching **"milestone"** birthdays while living into the **"Glory Years"**.

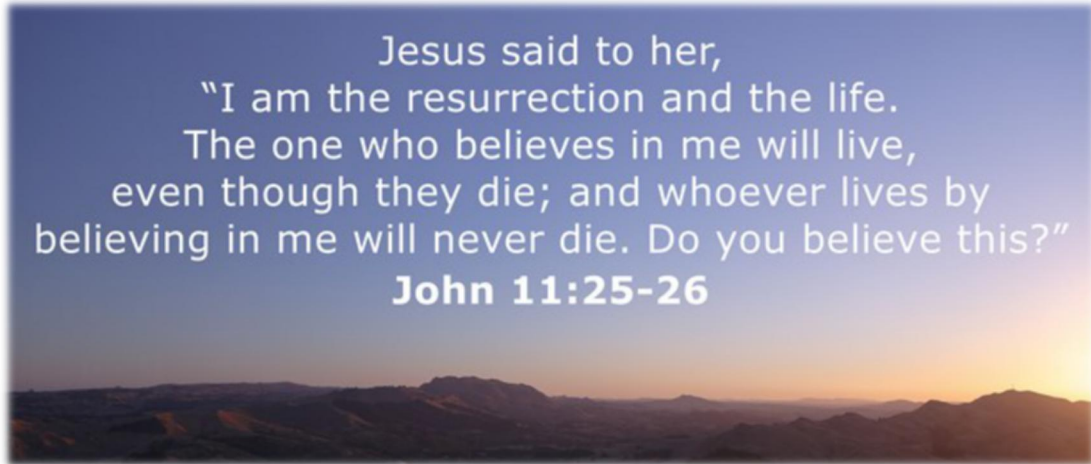
**News Flash---Not True**

**Our lives are What We DO with the TIME We Have**

**Jesus** the Son of God and Saviour of the World **lived only 33 years on Earth**, but his enduring **Impact** for Mankind can still be felt today worldwide. Our **Unknown Length** of **Life-Time** is **a Gift**; designed so that we **Value Daily Living** and **Don't Waste any moments**. Many Believers say that *I want to be like Jesus* except when it comes to **Length of Life** and **Suffering**. But in order to find **True Life**, Believers must be willing to **accept the 'complete unknown package'** that comes in the life-journey.



## Believers Need Not Fear Death

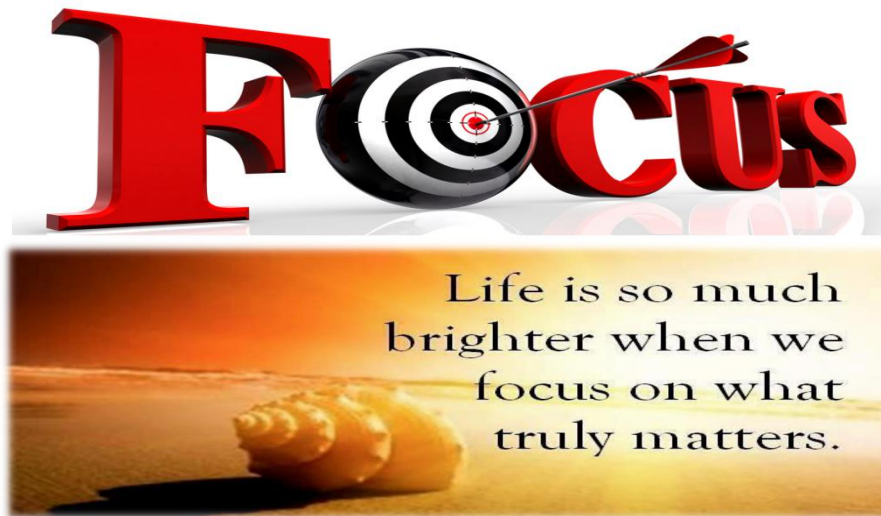


**True Believers** in Jesus that have accepted Him as their Saviour and are **filled with** and **led by His Holy Spirit** need not fear **Death**. Jesus conquered **Death** and removed its **"Sting"** for **Believers** with His Atonement for Mankind's Sin. For **Death's Sting** is an **Eternal Existence Without God's Presence**, and oh what a **"Sting"** it will be for **MANY** who do not Believe in the sacrifice of **The Creator's Only Begotten Son Jesus**.



True Followers **Believe** that because Jesus was raised from Physical **Death** to **Eternal Life** that we will also be resurrected from **Death** to **Life**. **If there is no fear of Death, what is there left to fear?** Jesus paid the **Ransom** for a hopeless Mankind so that **we can be SECURE to Live This Life as He did**.

## Believers Focus on Life

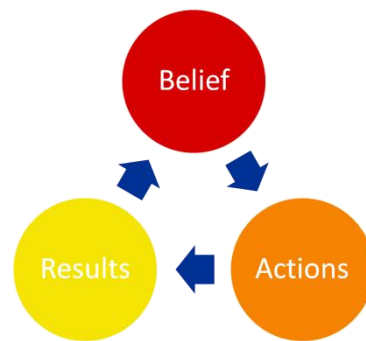


Believers **Focus** should be on **LIFE**...living the **Earthly Life** that **Our Creator** designed for us **HERE & NOW** while savoring the **Hope** that comes with **Our Secure Eternal Life** after Our Earthly Adventure ends. In the Digital Age, there is so much **"Stuff"** that people can focus on. We are bombarded with information that tells us what lifestyle choices we should focus on to make our lives **Meaningful, Successful, and Happy**. Yet statistics say that most people around the world are terribly dissatisfied.



In researching the history of societal beliefs around the world, **The Five "F's"** consistently exist in seemingly every group no matter the time frame or location. Focusing on **The Five "F's"** will simplify the clutter of options that the *Digital gods* dictate to us as requirements to have a **good life**. **The Five "F's"** for focus on **Living This Life** are:

# #1 Faith



Because much of our lives are spent learning, we assume we know many things that are **True**. The **truth** is that we **don't always know True things**....rather we know what we **'Believe'** and have **'Accepted'** to be **True**. **Faith** are our **Beliefs** that we **turn into Actions**. No matter who, when, or where we are, **we ALL have Faith in something or someone that drives our daily actions**. It is **Extremely Important to Focus on Faith First** because **It Fuels All** of the **Discretionary Actions** (*choices on life principles, health, rest, foods, friends, mates, lifestyle, politics, work, travels, home, giving, deity....*) that we all **execute everyday** of our brief lifetime.



*Not everyone who calls me Lord will enter God's kingdom. The only people who will enter are those who do what my Father in heaven wants.* **Matthew 7:21**

Not all of our Actions lead us to **acceptance** into The Creator's kingdom, hence it is **critical** when obtaining **Faith** that we **focus**

**ONLY ON JESUS...not religion, not rituals, not education, not feelings, not religious/political leaders...** Focus Solely on what Jesus Said and Did. **His Action Model is The Only One That Believers Need To Practice Daily.**

**Demonstrating Love Everywhere Everyday**

*Thus, by their fruit you will recognize them.* Matthew 7:20

Focusing on **Faith First** makes it easier to Focus on the other Four “F” Areas and ensures **Our Daily Actions** are completely aligned with **Our Beliefs.** **ENJOY YOUR FAITH!!!**

## #2 FAMILY

**Believers Get (2) Families: Natural & Spiritual**



**Natural Family** are people who are connected to us **on our 'string' for life.** *Ancestors, parents, children, spouse, aunts, uncles, cousins, grandchildren....* are all **Family.** **Focusing on Natural Family** can provide not only **biological connections** but also an **example**, an **identity**, moral/social/economic **support**, and **expectations.** They are the **foundation** that we are **permanently connected** to and play a **major role (sometimes good/sometimes bad)** in influencing us throughout our life.

*Other things may change us, but we start and end with*  
**FAMILY**



## Spiritual Family

Jesus' mother and brothers came to visit him. But they could not get close to him, because there were so many people. Someone said to Jesus, "Your mother and your brothers are standing outside. They want to see you." Jesus answered them, **"My mother and my brothers are those who listen to God's teaching and obey it."**

Luke 8:19-21 ERV



When we accept Jesus as our Lord and Saviour, we immediately join **The Body of Christ** which is **Our Spiritual Family**. The Apostle Paul explains that **Jesus** is the **Head of The Body** and **Family**. Our natural body has many different parts and each part has a specific function that enables the body to function at its optimal level. Likewise each Believer has a specific role in **The Body of Christ** so that the **Body** can produce much needed **Spiritual Fruit**. *Thus, by their fruit you will recognize them.*



**Focusing on Our Spiritual Family and our role yields great benefits to ourselves and Mankind.**

**Note:** Not everyone in a church is in The Spiritual Family; only those who are **LED** by the **Spirit of God** and **OBEY** the teachings of **Jesus**.

**ENJOY YOUR FAMILY!!!**

# #3 Friends



*Some friends are fun to be with, but a true friend can be better than a brother.* Proverbs 18:24



*Two people are better than one. When two people work together, they get more work done. If one person falls, the other person can reach out to help. But those who are alone when they fall have no one to help them.* Ecclesiastes 4:9,10



WHAT IS A FRIEND?  
A SINGLE SOUL  
DWELLING IN TWO BODIES.



**ENJOY YOUR FRIENDS!!!**



A TRUE FRIEND  
ACCEPTS WHO YOU ARE,  
BUT ALSO HELPS YOU TO  
BECOME WHO YOU  
SHOULD BE.

FRIENDSHIP ISN'T  
ABOUT WHO YOU'VE  
KNOWN THE LONGEST.  
IT'S ABOUT WHO WALKED  
INTO YOUR LIFE AND SAID  
"I'M HERE FOR YOU"  
AND PROVED IT.  
~UNKNOWN

a **good** friend  
knows all your best stories  
a **best** friend  
has lived them with you

WE WILL  
ALWAYS BE  
BEST FRIENDS.

YOU KNOW  
TOO MUCH.

True friendship  
isn't about being  
inseperable, it's  
being separated &  
nothing changes.

Good friends  
are *hard* to find,  
*harder* to leave,  
and *impossible* to forget.

*This is what I command you: Love each other as I have loved you. The greatest love people can show is to die for their friends.* John 15:12,13





*God said, "I am giving you all the grain bearing plants and all the fruit trees. These trees make fruit with seeds in it. This grain and fruit will be your food. And I am giving all the green plants to the animals. These green plants will be their food.*

**Genesis 1:29,30a**



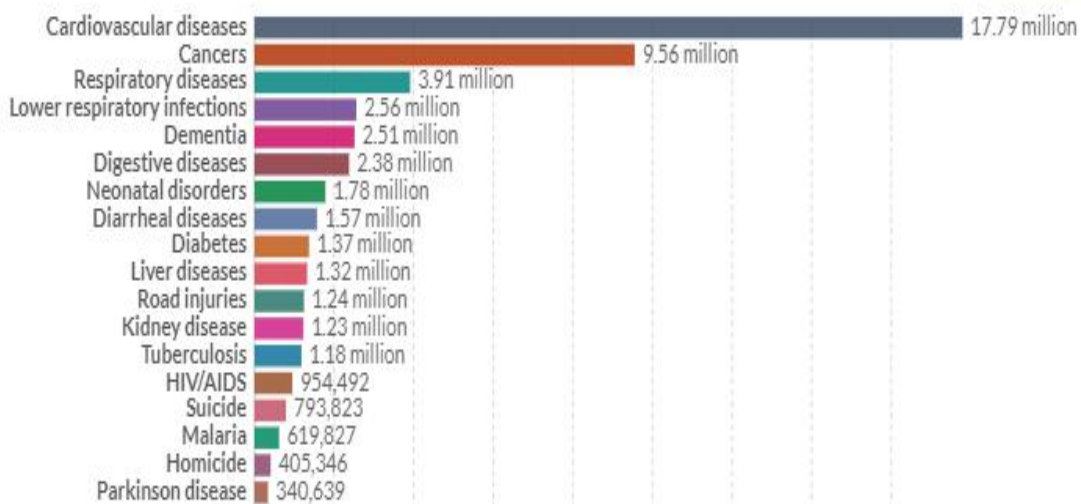
From the moment we start living, we require food as nourishment for life. **Food** is both **Natural and Necessary**. Food is so important that it is **one of the (4) original instructions** in Genesis chapters 1&2 **given to ALL Mankind** by **Our Creator God** before the *Fall of Mankind*. We are **designed to Eat GOOD Healthy Food**. But throughout the ages, people have adjusted the original healthy food instructions to a variety of foods that are **not optimal** for the body.





When we search the menus across the world, there are a **HUGE Number of Good Options** to choose from. But let us remember that what we choose to put in our natural and spiritual body as food can have **positive** and/or **negative** consequences.

Number of deaths by cause, World, 2017



**Focusing on Food** is Important because the **#1 Cause of Death Worldwide is Cardiovascular Diseases**, and what we choose to eat is **strongly correlated** to this cause. Several other top causes of death can also be linked to an unhealthy diet. Our choice of food and drink may be the **Single Most Important Daily Decision** that we make to have a **Healthy Quality of Life**. Being **Obedient to the Original Designed Diet** is a No-Brainer.



## More Than A Meal



Sharing **Food** with Friends, Family, & Needy is **More than a Meal**. It has always been one of the **most important social bonding periods of the day and life** in every culture. Good food needs no invitation. *You make it and they will come.*



### My simple Food Philosophy is:

- Good Food
- Taste Good
- Proper Proportions of The Good Stuff (Essential Nutrients)
- Proper Portion Size
- Share With Friends, Family, & Needy



**ENJOY YOUR FOOD!!!**



*You don't know what will happen tomorrow. Your life is like a fog. You can see it for a short time, but then it goes away.*

**James 4:14**

So I recommend  
**HAVING FUN,**  
because there is nothing better for people in this world  
**THAN TO EAT, DRINK AND ENJOY LIFE.**

*That way*

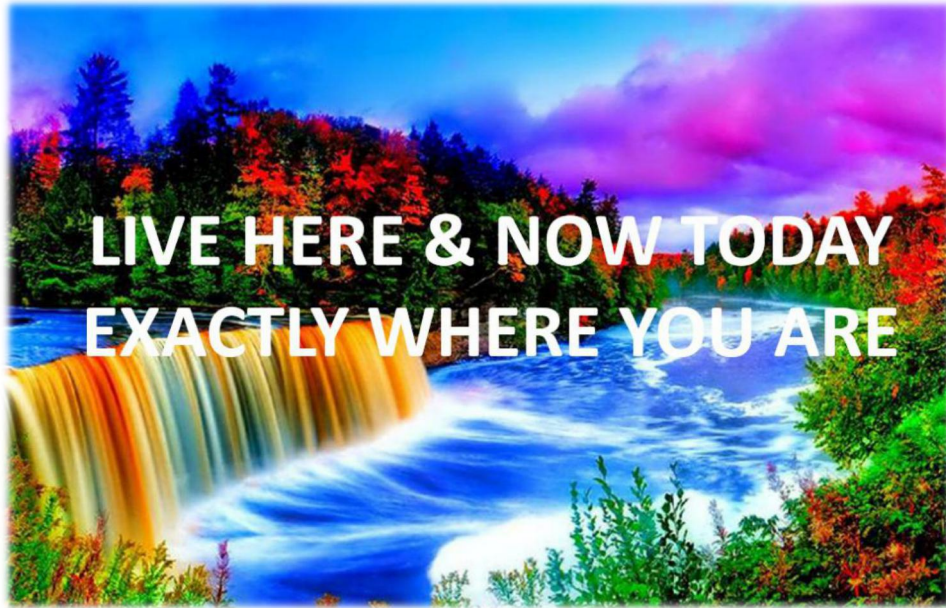
**THEY WILL EXPERIENCE SOME HAPPINESS**  
along with all the hard work

**GOD GIVES THEM**  
**UNDER THE SUN.**

Ecclesiastes 8:15 NLT AIR1

Not many words needed on having **Fun**. Each person must decide their **Fun** based on their **Faith**. Believers have the Word of God and Jesus example.... **Yes Jesus Had Fun Too!!!**





**Don't Wait To Start Living.** Don't wait for *milestone birthdays, holidays, graduations, weddings, honeymoons, retirement, funerals....* **Live This Life Everyday.** Cherish the **Good Times** and the **Bad Times.** Don't be afraid of **Death**, it will soon come to everyone. Instead Focus on **The Five "F's": Faith, Family, Friends, Food, & Fun.**

