

“I Love My Life or How to Love Life and Enjoy It”
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Introduction (Name and position)

“Twixt the optimist and the pessimist the difference is droll: the optimist sees the doughnut, the pessimist sees the hole.”

We all have a choice of how we want to view life. I have been looking forward to this session since Pastor first asked me to share my testimony on this topic, and I am so glad you came today so that I can share this with you.

I love my life, and I enjoy my life, and I want to share with you just a few things that I have learned from others and from my own experience of how you can learn to love life and enjoy it also.

Aristotle said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” I believe that everyone can cultivate the habit of enjoying life no matter what their circumstances may be.

- I. Be yourself—who else is better qualified? Learn to enjoy being you. It is impossible to enjoy life if you cannot be yourself.**

- II. Retain childlikeness –not childishness** (Matthew 18:1-4, 19:14: *“At the same time came the disciples unto Jesus, saying, Who is the greatest in the kingdom of heaven? And Jesus called a little child unto him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.”*)
(Read quote of George Carlin)
 - a. Simple tastes**

 - b. Simple things that give joy**

 - c. Contented (Phil 4:11: “Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.”)**

III. Realize that God has done great things for us (Ps 126:3: *“The Lord hath done great things for us; whereof we are glad.”*)

“The Glory Song”

(pass out song to people)

“I think there is a difference between happiness and joy. Happi-ness is caused by things which happen around me, and circumstances will mar it, but joy flows right on through trouble; joy flows on through the dark; joy flows in the night as well as in the day; an unceasing fountain bubbling up in the heart; a secret spring which the world can't see and doesn't know anything about. The Lord give His people perpetual joy when they walk in obedience to Him.”

-D.L. Moody

Remember, life on this earth can be misery, or life on this earth can be glory!

Lollipops

(“Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.” You will find that you will love life and enjoy it down here too!)