

“Are You Living Your Best Life?”

Introduction. A popular question is, “Are you living your best life?” What do people mean when they ask this? What they are asking is some variation of the following: Are you living your happiest life? Are you pursuing and accomplishing your dreams? Are you being the best version of yourself that you can be? Are you living a fulfilling life?

All of these questions sound really wise to people, but none of them really “hit the nail on the head” as it pertains to living a good life. In today’s world, we are practically shoved towards living a fulfilling earthly life with all of its trappings. However, whatever you might acquire (education, money, fame, family, earthly happiness, retirement, etc.), none of these will truly result in your “best life.” Let’s see what you need to do and what you need to avoid to live your “best life.”

I. The Bible Message: Live Life For God

- A. Exodus 20:3.
- B. Psalm 27:4.
- C. Proverbs 3:9-10.
- D. Matthew 13:44-46.

II. A Pleasure-Filled Life Is A Distraction

- A. “Living your best” worldly, pleasure-filled life is a distraction from a Christian’s true goal.
 - 1. If you think your best life involves money, remember that you will never have enough of it (1 Timothy 6:10).
 - a) The accumulation of wealth is a poor pastime. It’s hard to do, it takes considerable time, concentration, and attention to accumulate wealth.
 - b) Then there is the managing of the wealth which takes even more of your attention away from more important matters.
 - c) Many men have died heartbroken and alone because in their pursuit of wealth, for their families to “have a good life,” they lost the very family they were working to fund. In the process they denied their children and wives what they needed most: the father’s/husband’s time, energy, attention, comfort, and leadership.
 - 2. If you think your best life involves fame and lots of friends, remember that friendships are fleeting and finicky (Proverbs 18:24; 1 Peter 4:4; 1 John 3:13).
 - a) To garner the popularity you crave, you will have to compromise. The sinful people of the world will not join you to be your friend if they don’t want to be a friend of the Lord.
 - b) Your courtship of their favor, therefore, will mean that you will have to join them on the side of sin.
 - 3. If you think travel and vacations represent your best life, remember that sooner or later you will run out of places to visit.
 - a) Travel for pleasure is a relatively modern concept.

- (1) There is a whole movement in America today in which 20-30 year-olds forsake home, family, work, and an income in order travel all the time.
- (2) This vagabond lifestyle is justified by them saying, “I don’t just want to exist on this planet, I want to live!” They equate living the good life with being constantly on the go and having new experiences.
- b) People certainly traveled in the Bible, but it was for different reasons than pleasure most of the time.
 - (1) Abraham traveled because God made him a nomad (Genesis 12:1; Acts 7:3).
 - (2) Paul traveled more than any other apostle, but it was for evangelism instead of pleasure (Acts 16:6-13).
- c) This obsession with travel can distract Christians from godly duties. A part of godly living involves the interaction that we have with a local church (Acts 13:1-3).
 - (1) How can you worship with the saints locally when you are gone most of the time (Acts 2:42)?
 - (2) How can you do your part to encourage the saints when you are rarely with them (Hebrews 10:23-25)?
 - (3) How can you submit to the oversight of elders if you are rarely at home because you travel all the time (Hebrews 13:17)?
- 4. If you think your family represents your best life, remember the time will come when your family will leave home. Then what?
 - a) How about the father of the younger son (Luke 15:13)? This boy broke his father’s heart, leaving home and wasting his father’s substance on riotous living. As far as the father knew he might never see his boy again.
 - b) Every family changes over time. Kids grow up and move away. Parents age, and have to be cared for by the children who once cared for them.
 - c) Those who long for family over the Lord want everything to always remain the same, but families rarely do. Although most families remain close, they are often separated by distance, pursuits, and interests as years come and go.
 - d) Many husbands and wives separate eventually because what held them together — the children — went away.
- B. Paul was willing to “reach forward” and “press toward” being a completely devoted disciple of Christ (Philippians 3:13-14).

III. Enjoy Life While Submitting To The Creator

- A. Solomon taught a principle in Ecclesiastes 11:9-12:7 that, although aimed at youth, should resonate throughout every stage of a Christian’s life.
- B. Enjoy your youth, but not to the exclusion of submission to the Creator.
 - 1. Youth is a time for lightheartedness and ease from responsibilities that adulthood will bring. Enjoy your life.
 - 2. However, youth is not a time when responsibility to God is non-existent. In our youth we remember that all of our words, deeds, beliefs, and actions will be brought into judgment before the Lord.

Conclusion. The very best life recognizes that God is always at the helm (Proverbs 3:5-6). The very best life is the one which bows to Jesus Christ as King (Philippians 2:9-11). The very best life is the one in which worship is its primary focus (Psalm 122:1). The very best life is the one that is spent in service to God and man (Philippians 2:3). The very best life is spent in regular, careful Bible study (Psalm 1:1-2). The very best life is converting people to Jesus (Romans 1:14-15). The very best life is the one aimed at heaven and is not used in the pleasures of this life (Philippians 3:20). Are you living your best life? If not, it's simple to fix today if you'll obey the gospel or recommit yourself to the devoted passion of serving God.

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