

“The Good Life”

Matthew 5: 13-16 *You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.*

You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

What am I here for? What’s the good life?

You are the salt of the earth and the light of the world.

Salt protects, preserves, and provides **FLAVOR**.

Light gives hope, brings comfort, and delivers **CLARITY**.

When we’re unhealthy, we’re bland. We harm and we hide.

How do I live more of the good life?

You must understand the elephant, the rider, and the path.

The rider is the rational side of your brain.

The elephant is the **EMOTIONAL SIDE**.

The rider has to learn how to engage the elephant or you’ll stay stuck.

You can only force a 6-ton animal to move so far for so long.

1. **Direct** the rider.
2. Motivate the elephant.
3. Shape the path.

- Invest in the **INTERNAL**.

Proverbs 4:23 *Guard your heart above all else, for it determines the course of your life.*

The external will always directly reflect the internal.

- Spend time in **SOLITUDE**.

Mark 6:45-46 *Immediately after this, Jesus insisted that his disciples get back into the boat and head across the lake to Bethsaida, while he sent the people home. After telling everyone good-bye, he went up into the hills by himself to pray.*

- Set aside time to **DISCOVER**.

Matthew 7:24-27 *“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bedrock. But anyone who hears my teaching and doesn’t obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.”*

1. Think specific.
What? When? How?
2. Celebrate **SMALL**.
Small wins shrink the scale.

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3. Evaluate the situation.
Remove what hinders. Add what helps.