

A LIFE  
WELL  
LIVED...



Be  
Good  
and  
Kind  
to  
Whoever  
You  
Meet  
Yes



# A Life Well-Lived

Luke 15:11 Jesus told them this story: “A man had two sons. <sup>12</sup> The younger son told his father, ‘I want my share of your estate now before you die.’ So his father agreed to divide his wealth between his sons.

<sup>13</sup> A few days later this younger son packed all his belongings and moved to a distant land, and there he *wasted* all his money in *wild living*. (NLT)

# A Life Well-Lived

Ecclesiastes 2:10 I denied myself nothing my eyes desired; I refused my heart no pleasure.



"It's not the mountain we conquer but ourselves"  
~Edmund Hillary







# A Life Well-Lived

- Self-control of our thoughts
- Self-control in the expression of emotions
- Self-control in our behavior

Greek – *enkrates* - self-governance, rule of self, self-mastery.

# A Life Well-Lived

1 Corinthians 9:24 Run in such a way that you may win. <sup>25</sup> Everyone who competes in the games exercises self-control in all things. So they *do it* to obtain a perishable wreath, but we an imperishable. <sup>26</sup> Therefore I run in such a way as not *to run* aimlessly; I box in such a way, as to avoid hitting air; <sup>27</sup> but I strictly discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. (NASB)



# A Life Well-Lived

Greek – *sophron* - soundness of mind or judgment.

Most people do not have a goal in life that is inspiring enough to motivate them to choose to be self-disciplined.