

May 18th- 24th

My Best Days pt 3: Living My Best Life

Intro: This series is about reclaiming your hope, your joy, your life. Jesus' first miracle was to turn water into wine at a party. This miracle made the party last longer and totally changed the atmosphere for the wedding guests. Today God still cares about you living an inspired, joy filled life. Prov 17:22- a merry heart is good like medicine to your body. The devil is a thief who comes to steal your joy. You may be surrounded by adverse circumstances or cruel, negative people but you can choose to have the right attitude in the midst of it all.

1. Get Your Mind Right

- A. Prov 23:7- You cannot live your best life while thinking your worst thoughts. Stop waiting on your circumstances to change for the better before you change your negative outlook. You have the power and the choice now to choose your attitude and perspective. Choose joy, choose peace, choose blessing, choose life (Deut 30:19).

2. Build Your Best Relationships

- A. This Christian life was not meant to be walked alone. You cannot live out your best days in isolation away from Christian community. Choose to develop and invest in the friends God has placed in your life. As you plant yourself in the local church, you will find that God has godly relationships for you to pursue, and a community in which to bloom.

3. Be the Best Version of Yourself

- A. Don't let a bad break or a rude person sour your day or steal your joy. Choose ahead of time not allow yourself to take offense at any wrongdoing. Soak in the presence of God at the beginning of your day and allow Him to suffuse you with peace and joy. Then you can go out into the world and be the light He has called you to be (Matt 5:14-16).

Discussion Questions

- 1. Are there areas in your life you feel are running on empty?
- 2. What community of believers are you closely connected to?
- 3. What's holding you back from being your best?