

## Well Lived Life

### 12 Signs That You Are Wasting Your Life

1. You spend too much time doing things you shouldn't be doing. (TV, video games, internet, golf)
2. You find yourself complaining much.
3. You don't feed your mind.
4. You run yourself down often.
5. You don't plan for your future.
6. You spend too much time with people who don't contribute to your growth.
7. You are addicted to your phone.
8. You spend money on things that don't matter.
9. You don't get enough sleep.
10. You're not taking care of your body.
11. You never leave your comfort zone.
12. You're living a life you don't like.

### Ecclesiastes 11:7-13

- Rejoice
- Follow your heart
- Remove sorrow from your heart
- Put away evil

### Treat your work & wealth as a gift from God & a gift to God & others

- Ecclesiastes 10:19
- Ecclesiastes 9:7-10
- Ecclesiastes 4:9-12

### Glorify God & Enjoy Him Forever

- Ecclesiastes 12:5-7
  - What returns to God after your body has returned to the dust is your spirit fitted from the whole known & hidden history of your life.
  - A person enters the fullness of life, eternity, with everything that his life has been.
  - Your breath brings with it all that your life has been, a unique person living before God. It is not VAPOR; it is the imprint of all that I have been in the life lived under the sun.
  - What will you present to God?
- Judgment follows death
  - Hebrews 9:27, "And as it is appointed for men to die once, but after this the judgment."
  - Romans 2:5-11 Judgment is based on actual observable data

### What does a man gain for all of his effort under the sun?

- First part of Ecclesiastes is VAPOR!
- Conclusion—ANSWER—Life under the sun is designed to make us fit for everlasting communion with God
- We are all being outfitted for eternity in God's world, which is glorious beyond imagination OR for everlasting horror!
- Ecclesiastes 12:13-14

Will you fear God and follow him in the midst of all that appears to be VAPOR?

## Contentment Quotes:

"Many people lose the small joys in the hope for the big happiness." — [Pearl S. Buck](#)

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough" — [Oprah Winfrey](#)

"For after all, the best thing one can do when it is raining is let it rain." — [Henry Wadsworth Longfellow](#)

"A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor — such is my idea of happiness." — [Leo Tolstoy](#), *Family Happiness*

"Happiness is not a goal...it's a by-product of a life well lived." — [Eleanor Roosevelt](#)

"Learn from yesterday, live for today, look to tomorrow, rest this afternoon." — [Charles M. Schulz](#), *Charlie Brown's Little Book of Wisdom*

"You say, 'If I had a little more, I should be very satisfied.' You make a mistake. If you are not content with what you have, you would not be satisfied if it were doubled." — [Charles H. Spurgeon](#)

"Do not spoil what you have by desiring what you have not." — [Ann Brashares](#)

"He is richest who is content with the least, for content is the wealth of nature." — [Socrates](#)

"Thankfulness creates gratitude which generates contentment that causes peace." — [Todd Stocker](#)

"Do you dislike your role in the story, your place in the shadow? What complaints do you have that the hobbits could not have heaved at Tolkien? You have been born into a narrative, you have been given freedom. Act, and act well until you reach your final scene." — [N.D. Wilson](#)

"I think instead [of happiness] we should be working for contentment... an inner sense of fulfillment that's relatively independent of external circumstances." — [Andrew Weil](#)

"The search for contentment is, therefore, not merely a self-preserving and self-benefiting act, but also a generous gift to the world. You cease being an obstacle, not only to yourself but to anyone else. Only then are you free to serve and enjoy other people." — [Elizabeth Gilbert](#), *Eat, Pray, Love*