



A Life Well Lived



Ahead

Introduction

Living Well

Suffering Well

Ending Well

Testimonies

A Life Un-Well Lived



Physical

Poor maintenance



Mental

Fear & Anxiety



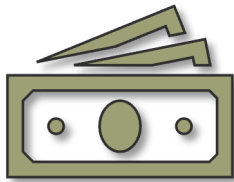
Spiritual

New or 'None'



Emotional

Leading the way



Economical

Debt



Social

Isolation



Environmental

Feast or Famine



Technological

Invasive





End of Life Regrets

1. Not spending enough time with loved ones / the Lord.
2. Working too much / on temporal things.
3. Lacking the courage to pursue one's passions / faith.





“Wellness”



“Well done, good and faithful servant.”

Matthew 25





“Not spending enough
time with loved ones.”



“Working too much.”



“Lacking the courage
to pursue one’s
passions.”



“We have regrets, because we do not
live life well.”





“Wellness”

Wellness is the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.

- The Global Wellness Institute



History



Wellness Is Multidimensional

Wellness is about more than just physical health. Most models of wellness include at least six dimensions (and sometimes up to 9 or 12):



- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.



Some of the aims & outputs of “Wellness”



Domestic

Wellness lifestyle
real estate.
Wellness
“communities”

Tourism

Travel to manage,
maintain or improve
health and well-
being.

Environment

The ‘environmental
crisis’ is also a
‘health crisis.’

Economic

The global wellness
economy in 2020
was \$4.4 trillion.

Unrealistic

“The Wellness
Moonshot:”
A world free of
preventable disease.



Life: Well Lived



End of Life (Christian) Regrets





End of Life (Christian) Regrets

“Resolved, that I will live so as I shall wish I had done when I
come to die.”

- Resolution #17, Jonathan Edwards





“Not spending enough
time with loved ones.”



“Not spending enough
time with the Lord.”



“Working too much.”



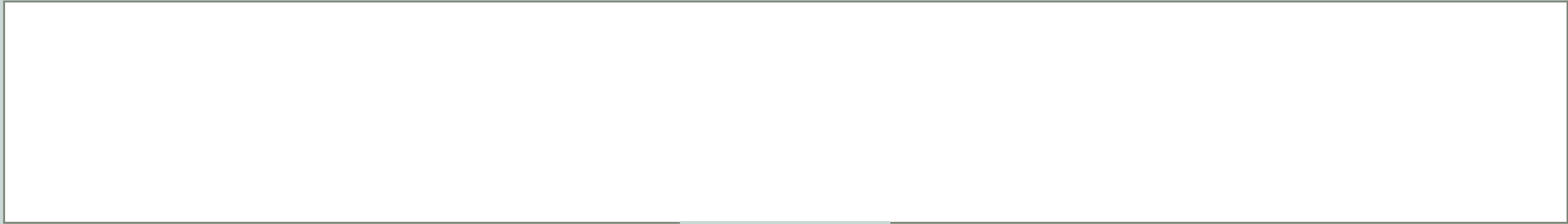
“Working too much
on temporal things.”



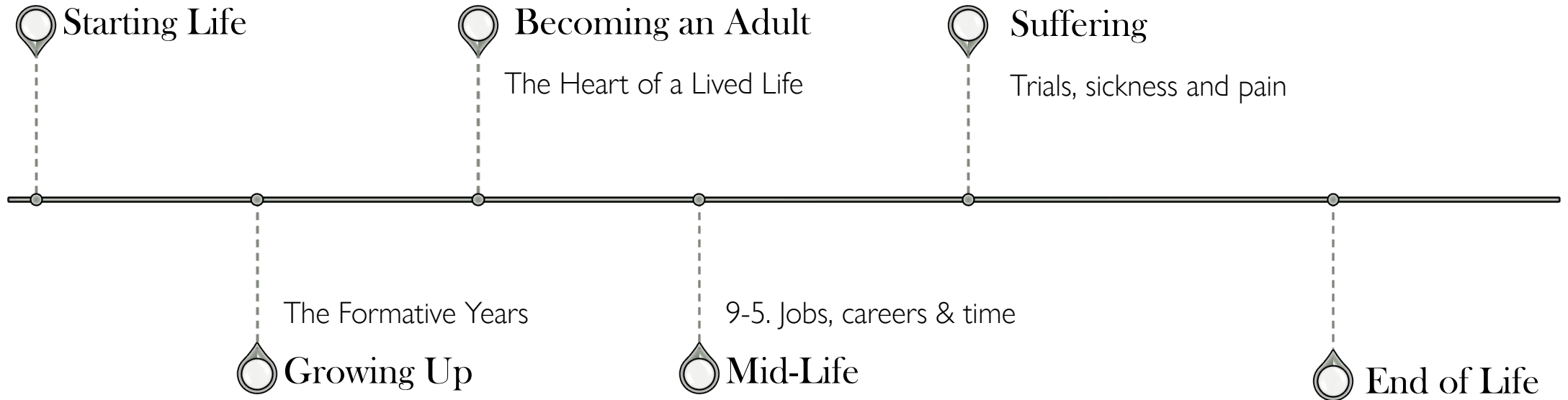
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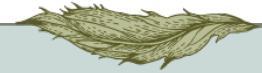
“Lacking the courage
to pursue one’s *faith*.”



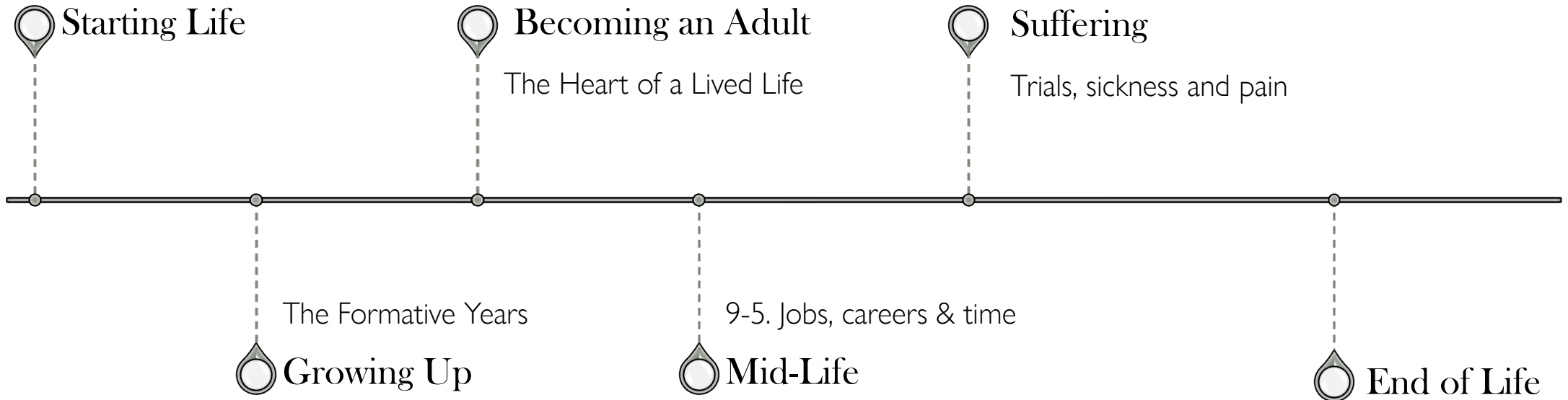
Life Below



Life Above



Life Below





“The words of the Preacher, the son of David, king in Jerusalem. Vanity of vanities, says the Preacher, vanity of vanities! All is vanity. What does man gain by all the toil at which he toils under the sun?”

- Ecclesiastes 1:1-3





“The words of the Preacher, the son of David, king in Jerusalem. Vanity of vanities, says the Preacher, vanity of vanities! All is vanity. What does man gain by all the toil at which he toils **under the sun?**”

- Ecclesiastes 1:1-3





Starting Well



“ Aim at heaven and you get earth thrown in. Aim at
earth and you get neither. ”

C. S. Lewis



False Starts



False Starts



Independence

Be self-sufficient





“The God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man, nor is he served by human hands, as though he needed anything, since he himself gives to all mankind life and breath and everything.”

- Acts 17:24-25





“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

- John 15:5



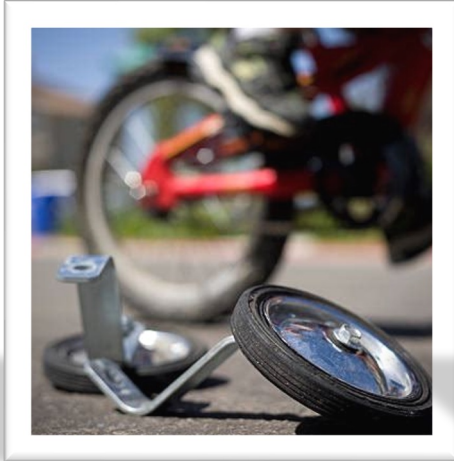


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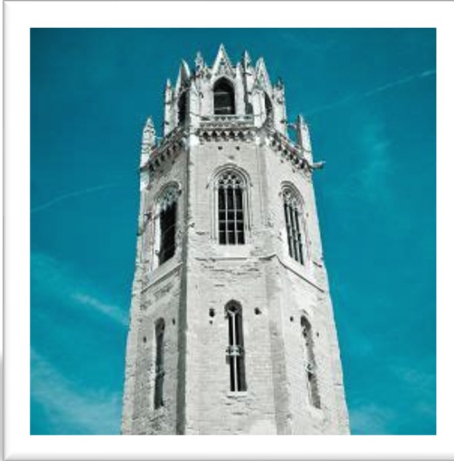


False Starts



Independence

Be self-sufficient



Knowledge

Go to the Ivory Tower





“We have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.”

- Colossians 1:9-10





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False Starts



Independence

Be self-sufficient



Knowledge

Go to the Ivory Tower



Immortality

I will live forever





“For everything there is a season, and a time for every matter
under heaven:
a time to be born, and a time to die.”

- Ecclesiastes 3:1-2





“Man who is born of a woman is few of days and full of trouble. He comes out like a flower and withers; he flees like a shadow and continues not... Since his days are determined, and the number of his months is with you, and you have appointed his limits that he cannot pass.”

- Job 14:1-5





“It is appointed for man to die once, and after that comes judgment.”

- Hebrews 9:27



False Starts



Independence

Be self-sufficient



Knowledge

Go to the Ivory Tower



Immortality

I will live forever



Happiness

My chief end





“ What is the chief end of man?
Man’s chief end is to glorify God, and to enjoy him
forever. ”

Westminster Shorter Catechism, Question 1





“The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man.”

- Ecclesiastes 12:13





“The end of the matter; all has been heard. Fear God and keep his commandments, **for this is the whole duty of man.**”

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Starting Well



“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”

- Colossians 3:1-2





Race Preparations





A Firm Foundation.

Colossians 1:15-18

1 Corinthians 3:11

Matthew 7:24-27





Clear Direction.

Mark 2:13-14

Ruth 1:15-18

Acts 5:29





Unhindered.

Hebrews 12:1-2

Exodus 12:7-11

1 Corinthians 9:24-27





Looking Forward.

Philippians 3:12-16

Genesis 19:23-26

Luke 9:62



A Life Well Lived: Recap



Regrets

- Not enough time with *loved ones*.
- Not enough time with *the Lord*.
- Working too *much*.
- Working too much on *temporary*.
- Lacking courage to *pursue*.
- Lacking courage to *pursue one's faith*.

Wellness

- Modern “Wellness” movement.
- Wellness “Under the Sun,” vs. Wellness “Under the Son.”
- Defined by God: “Well done good and faithful servant.”

Starting Well

- Set the right aim and focus.
- Firm footing.
- Clear direction.
- Unhindered.
- Looking forward with goal in view.



February



February 8: Living Well

February 15: Living Well

February 22: PODS



Questions?