

Imagine that you are living  
“the good life”. Write down what  
*the good life* would be for you.

*What would need to change about  
your life to reach this level of living?*

## *Our Idea of The Good Life*

- *Peace and contentment*
- *Health*
- *Physically fit*
- *A bigger house*
- *A better car*
- *More money*
- *A mate that I'm compatible with*
- *Enjoying my family*
- *A better job*
- *Healed relationships*
- *Retirement*
- *Travel*
- *Able to work for myself*

Write down what you believe the “good life” would be for this family...



## *Their Idea of The Good Life*

- *Shoes*
- *Water*
- *Food*
- *A Hot bath*
- *Clean clothes*
- *Parents*
- *Transportation*
- *A warm bed*
- *A comfortable place to call home*
- *The ability to get an education*
- *Feeling Safe*
- *Feeling Loved*
- *To play like other kids and enjoy childhood*



## *Are You Living a Blessed Life?*

### OUR IDEA OF THE GOOD LIFE

- *Peace and contentment*
- *Health*
- *Physically fit*
- *A bigger house*
- *A better car*
- *More money*
- *A mate that I'm compatible with*
- *Enjoying my family*
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*Life Lesson:  
It is too often that we forget how  
blessed we truly are...*

We ought to pray...  
*"Lord, help me realize how blessed I  
truly am"...*

*Yes...our problems are big and...  
Yes...our pain is real...but, we are still  
blessed...*



*Our problems are big...  
but we must remember that our lives  
aren't designed to be perfect...*

## *Our lives aren't designed to be perfect...*

*Trials and difficult times can be a blessing...*  
James 1: 2-4

*Difficulties and burdens in life are there, in part, to cause us to seek God...*  
Matthew 11: 28-30

*We are blessed when we are weak, attacked, hurting, and mourning... We are blessed because God will deliver us one day...*  
Matthew 5: 1-12

## **Counting Your Blessings**

*Give yourself 1 point for each blessing you have on this list...*

- I had enough health and strength to get up today*
- I have a family that I love and they love me*
- I have good food to eat*
- Most of my bills are paid*
- I have a roof over my head*
- I know the Lord and am trying to live according to His will*
- I have peace in my home and in my family*
- I have a job, I am successfully retired or I don't have to work*
- I have a job I really enjoy*
- I have no serious illness or health condition*
- I have peace and contentment within myself*
- I have support from good friends and family members*
- I have joy and a sense of personal fulfillment*

*If you were able to give yourself at least one point, then you are truly blessed...*

*Give thanks in all circumstances...*

- I Thessalonians 5: 16-18
  - Despite our circumstances, we should give thanks because the Lord has blessed all of us in some way.
- Philippians 4: 11-13
  - Paul has learned to be content despite his circumstances because he realizes that as long as he has Christ in his life that...*he is blessed.*

*When we expect our lives to be perfect and dwell on what's wrong in our lives, we dishonor the blessings God has given us...*

## *When we realize how blessed we are...*

- *How does realizing how blessed you are change your*

- 
- » ATTITUDE?
  - » WORSHIP?
  - » PRAYERS?
  - » RELATIONSHIP WITH GOD?

*We become better when we focus on what we have rather than focusing on what we don't have. Our attitude, worship, prayers and relationship with God all become better when we realize how blessed we truly are.*