

The Christian Arsenal

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THE FIVE ESSENTIALS OF LIFE Essentials for 21st Century Living

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Part 1 of 9

INTRO: WHAT ARE THE ESSENTIALS OF LIFE?

1. Biologist:

1. Air
2. Food
3. Water
4. Light

2. Pharmacist:

1. Trace minerals
2. Vitamins

3. Survivalist:

1. Shotgun
2. Bottled water
3. Bunker

4. We are more than just physical life. Life has a spiritual element and life has an emotional element and these two factors are just as essential to life as air, water and food. Without these you're not living, you're just existing.

I. I NEED POWER TO LIVE ON

1. There are things that drain our power.

1. Change
2. Stress
3. Conflict
4. Delay
5. Frustration
6. Everyday work – In 1973 average worker worked 40.3 hours/week. In 1999 this rose to 50.6 hrs/week.

2. People try different things to have energy to live on.

1. Fads
2. Therapies
3. Pills

3. The real secret of power to live on is this: Focus on God

“Even youth grow weary and tired, and vigorous young men stumble badly, yet those who wait for the Lord will gain new strength. They will mount up

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with wings like eagles. They will run and not get tired. They will walk and not become weary.” Isa 40:30-31 (NASB)

There is a word for focusing on God in the Bible. That word is “worship.”

“Be still, and know that I am God.” Psalm 46:10 (NIV)

II. I NEED PEOPLE TO LIVE WITH

The Bible calls this fellowship.

“God said, ‘It is not good for the man to be alone ...’” Genesis 2:18 (NIV)
It is not God’s will for you to be lonely. You were made for relationships.

Study by Dept. of Mental Health:

If you have no intimate relationships with others you are:

1. 3 times more likely to die an early death
2. 4 times more likely to suffer emotional burnout
3. 5 times more likely to be clinically depressed
4. 10 times more likely to be hospitalized for emotional or mental disorders

“Two people are better than one, because they get more done by working together. If one falls down, the other can help him up.” Eccl. 4:9-10a (NCV)

- (1) Church is not something you go to.
- (2) Church is a family that God meant for you to be connected to.

“Let us not neglect our meeting together ...” Hebrews 10:24-25 (NLT)
It is not just what you hear and learn, it is the relationships that you build in meeting together.

III. I NEED PRINCIPLES TO LIVE BY

You need a clearly thought out philosophy of life. You need a moral foundation. You need a code of conduct and conviction that gives you stability when everything is flying off the wall.

“I am a pilgrim here on earth; I need a map – and Your commands are my chart and guide.” Ps 119:19 (LB)

If there is no such thing as truth then:

1. There is no basis for law.
2. There is no meaning.
3. There is no solid basis on which to base our lives.

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“Everyone who hears my words and obeys them is like a wise man who built his house on a rock.” Matt 7:24 (NCV)

There is a word for this way of life in Scripture – It is called Holy.

IV. I NEED A PLAN TO LIVE OUT

You need an outlet for expressing the talents and abilities that God has given you. You need a plan and a place where you can make a contribution with your life.

You have 2 options: You can live your life by design or you can live your life by default.

“God has made us what we are, in Christ Jesus, God made us to do good works, which God planned in advance for us to live our lives doing.” Eph 2:10 (NCV)

1. This verse says 3 things:

1. You are who you are and what you are because God intended that.
2. God made you to serve.
3. God planned the ways of service.

2. How do I know what God wants me to do and how do I know where He wants me to serve?

S piritual gifts
H earth
A bilities
P ersonality
E xperience

“God gives us many kinds of special abilities, but it is the same Holy Spirit who is the source of them all. There are different kinds of service to God, but it is the same Lord we are serving.” I Cor. 12:4-5 (LB)

V. I NEED A PURPOSE TO LIVE FOR

Everybody needs to feel like their life matters. In fact, if you don't understand your purpose, life doesn't make sense.

What do you do when you don't know your purpose in life?

3 alternatives:

1. You make up a purpose.
2. You get addicted to something.
3. You escape from the futility of life through pleasure.

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“The most important thing is that I complete my mission, the work that the Lord Jesus gave me – to tell people the Good News about God’s grace.”
Acts 20:24 (NCV)

God has a mission and a work for you. A life message -- a life purpose that He intends for you to fulfill while you’re here on this earth. Part of the job of this church is to help you understand that.

“The thing you should want most is God’s kingdom and doing what God wants. Then all these other things you need will be given to you.” Matt. 6:33
(NCV)

”Jesus has the power of God. His power has given us everything we need to live and to serve God. We have these things because we know Him.” 2
Peter 1:3 (ICB)