

US Average Life Expectancy 77.4 years (Pennsylvania 76.4 – West Virginia 71 – Ohio 74.5)

Life = 16 hours of a 24 hour day (- 8hrs sleeping) to create your TikTok video for God.

Reflection

- What has your life TikTok video looked like so far? What do you think Gods view of it is?
- Where do you discern God is leading/directing you serve in the next phase of your life TikTok video?

Christian Theological Approach states: “Aging is a movement toward Eternal Sabbath Rest”						
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7
Infancy (0 – 1 yr)	Childhood (1-11)	Adolescence (12-18)	Youth (19-45) [prime of life]	Maturity (46-65) [productivity]	Elderhood (66+) [old age] (66 – 77)	Resurrected Body Youth (19-45) [Prime of Life]
< 1/2 hr.	2 hrs.	2 hrs.	6 hrs.	4 hrs.	> 2 hrs.	No more night...the sun (Son) will not set. (See Rev. 21:23, 22:5, & Isaiah 60:20)
6am	6:15 – 8 am	8 – 10 am	10 – 4 pm	4 -8 pm	8-10-???	#7 Bible Significance Complete/Full, Rest, Wholeness, Holiness, Covenant, Divine, Creation
-- Determine your 16 hour clock age --						
Breakfast		Lunch		Dinner	Evening Snack	Tree of Life
Spring		Summer		Fall	Winter	Garden of Eden Restored
-- Determine your spiritual maturity level --						
Baby		Teenager	Adult - Parent		Grandparent	Eternal Sabbath Rest
-- Create a Season of Life Service Plan --						
5 parts to YOUR life TikTok Video						
Service	Exposition (life is getting setup) 0-11 years	Rising Action 12-45 years		Crisis 46-65 years	Falling Action 65+ years	Resolution (New Heaven & New Earth) Time No Longer Exists
Past Service	• •	• •		• •	• •	Create a <u>No More List</u> (see Rev 21:4) 1. _____ 2. _____ 3. _____
Future Service	• •	• •		• •	• •	

2 Corinthians 4:16 (NIV) “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”

- As you spend more time with God, you will be able to more clearly discern what activities are still yours to do from the ones that were only yours for a **season**.
- Reflect on the ways God has blessed you when you have previously obeyed His call to serve.

1.

2. _____

3. _____

Attitude of Gratitude (Thanksgiving season): Continue to reflect on your life...think of the Hymn **Count your**

blessings...Count your blessings name them one by one and it will surprise you with what the Lord has done. Reflecting on God's faithfulness in our lives (past & present) inspires a deeper sense of gratitude. Regularly taking inventory of the

ways God has blessed us releases new faith, hope and joy. It breathes new life into our circumstances and relationships. In what ways have you seen God blessing you recently?

4.

1. _____
2. _____