

< **LIVING LIFE**
BACKWARD >

First Congregational Church
505 W. Mulberry St. Kokomo, IN 46901
kokomofirstcongo.org

THE WISDOM OF ENJOYMENT



5:18 This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot.

9:7 Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do. 8 Always be clothed in white, and always anoint your head with oil.

THE WISDOM OF ENJOYMENT

. . . Begins with gratitude

THE WISDOM OF ENJOYMENT

. . . Learns to live in the present God has given me

5:19 Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God. 20 They seldom reflect on the days of their life, because God keeps them occupied with gladness of heart.

9:9 Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun. 10 Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom.

THE WISDOM OF ENJOYMENT

**. . . Points us to the One who is our
enjoyment forever.**

2 Corinthians 4:13-5:10

13 It is written: “I believed; therefore I have spoken.” Since we have that same spirit of faith, we also believe and therefore speak, 14 because we know that the One who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to Himself. 15 All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

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2 Corinthians 4:13-5:10

16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

5:8 We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord. (KJV)

8 Yes, we are fully confident, and we would rather be away from these earthly bodies, for then we will be at home with the Lord. (NLT)

Applications

- 1. Be grateful for what you have today**
- 2. Be fully present in the moment God has given you**
- 3. Enjoy the ride - God's nearness IS the full enjoyment – now and forever!**

Table Discussion Questions

- 1. What is one specific thing in your life right now that God has given you—but you haven't been fully grateful for it?**
- 2. Where do you find it hardest to be present—meals, conversations, work, rest—and what tends to pull you out of the moment?**
- 3. Where in your life are you “holding something” but not actually “enjoying it”?**
- 4. What is one small, practical way you can practice gratitude or presence this week?**