



# THRIVE THRIVE

## 6 Keys to T.H.R.I.V.E.

Pastor Jeremy McGarity

2021 Skyline Church Word of the Year: **THRIVE**

"I have come that you might have life and have it more abundantly."

JOHN 10:10 | NIV

## 6 Keys to THRIVE in 2021

T **otal** **commitment**

"Today I have given you the **choice** between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life ...

You can make this choice by loving the LORD your God, obeying him, and committing yourself firmly by **committing** yourself firmly to him. This is the key to your life."

DEUTERONOMY 30:19-20 | NLT

"Now fear the LORD and serve him with all faithfulness ... But if serving the LORD seems undesirable to you, then **choose** for yourselves this day whom you will serve ... But as for me and my household, we will serve the LORD."

JOSHUA 24:14-15 | NIV

"If you need wisdom, ask our generous God, and he will give it to you ... But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do."

JAMES 1:5-8 | NLT

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows **all** your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

MATTHEW 6:31-33 | NIV

Greek: **πάντα**: *Panta* = *all, whole*.

H ave a quiet time

- Have a time .

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

MARK 1:35 | NIV

- Have a place .

"At daybreak, Jesus went out to a **solitary place**."

LUKE 4:42 | NIV

- Have a plan .

**In order to THRIVE in 2021 you must be committed to the fundamentals .**

R emember to rejoice

"I rejoice. Yes, and I will continue to rejoice."

PHILIPPIANS 1:18 | NIV

"'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"

JEREMIAH 29:11 | NIV

- If you have a pulse God still has a purpose for your life.

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

PSALM 139:13-16 | NIV

## **10 Key Actions to THRIVE based on Scientific Research**

- 1** Meditate.
- 2** Thank people often.
- 3** Write in a gratitude journal.
- 4** Pay attention to things you say.
- 5** Be thankful for people before things.
- 6** Practice spirituality and prayers of gratitude.
- 7** Remember to look for the good in the bad.
- 8** Think about solutions not just the problems.
- 9** Think positively and be thankful for the small things.
- 10** Do kind things for others and volunteer for meaningful causes.

## Small Group Questions

- 1** What is one thing God is speaking to you through this message?
- 2** Pastor Jeremy shared that our Church's word of the year is THRIVE. **Do you have a word of the year? If so, share your word with the group and why you picked it?**
- 3** When people talk about quiet times, they are usually referring to two things: prayer and Bible study. **Of those two, which seems to be the most important? Why? Which of these two seem to be the most difficult for you? Why?**
- 4** As a group, read Deuteronomy 30:19-19. **What is this verse saying is "the key to life?" Why would Moses say this? Share what this means to you and how you can live this out in your own life?**
- 5** How can we be praying for you this week?