

I. ME

- A. Welcome/Online/Connect
- B. Happy New Year
 - 1. Make any resolutions?
 - 2. Give up yet?
 - 3. Resolutions are great...
 - 4. **Why do we make resolutions?** Ultimately to have a better/happier/successful life.
 - 5. **We all want a better life**... but getting there is hard... why we can make jokes about giving up on resolutions... b/c we've all done it.

II. WE

- A. But as a kid you never said, "When I grow up I want my life to feel out of control and like I'm just going through the motions to get through each day."
 - 1. "I want to make resolutions to improve my life but just end up breaking them."
 - 2. But that's how so many of us end up existing.
 - 3. Our goal becomes just making it another day without everything falling apart.
 - 4. Or trying to stay up in the happy place for as long as possible until something drags us back down to normal life.
 - a. **Hoping the kids sleep in for an extra ten minutes.**
- B. But that's not the life you were made for... In fact **God wants you to have a better life.** (John 10:10- I'll just quote again)

- C. It doesn't **just happen** though does it?
 - 1. That's why most people don't live up to their own expectations and resolutions
 - 2. We often act as though if we just keep our head down and do the same routine over and over someday something will happen/change... but it's not true.
 - 3. Even finding that right person, getting that dream job, winning the lottery doesn't ultimately give you a better life if you don't know how to ADULT.
 - 4. We have to work at it...

5. To HAVE a better life... we need to BE better at life.

- D. Being an adult is hard... but we can actually do better... be better.
 - 1. We/you **CAN** be better at life.
 - 2. Why we are doing Adulting 101
 - 3. We can learn and put into practice a few principles that will help us be who we really want to be.
- E. "Uh this doesn't sound like church..."
 - 1. You'll see.
 - 2. And whether you're a Jesus-follower or not... I think these principles (next 4 weeks) can be put into practice and help us ADULT like pros.
- F. One of the first steps is tucked away in a 2000 year old document.
 - 1. Written by the Apostle Paul, that we call 2 Timothy.

III. GOD (2 Timothy 2:4)

A. Background

1. Letter he wrote to his protégé Timothy... guiding him in how to lead a group of Jesus-followers...
2. Writing to a Jesus-follower... so you're off the hook if that's not you.
3. But I think you'll see this can apply to all of us.
4. Soldier metaphor... Paul used those a few times... since he was around them a lot... in prison.
5. Not easy life... but successful... changed the world. (Love is patient guy)

B. 2 Timothy 2:4

1. "Entangled in civilian affairs."
 - a. Local politics, starting a business, the newest kind of chariot...
 - b. A good Roman soldier wasn't distracted by all that stuff
 - c. They ate, slept, breathed, soldiering.
 - d. If they got caught up in civilian affairs they'd be useless.
 - e. What happened in Britain at Hadrian's Wall and Great Wall of China
2. Most of us aren't soldiers and there is nothing wrong with civilian affairs... but this principle plays out so clearly in our lives...
3. **The main reason we don't have better lives is because we allow unimportant distractions to entangle us.**

- C. Three of the biggest entanglements that derail us, keep us all tied up, distract us from the life we WANT/CAN have...

Entanglements that keep us from being better at life:

1. Poor Relationships

- a. When you are in a bad relationship... can you think of anything else?
- b. Are you free to really excel in your life?

2. Poor Money Habits

- a. If your money situation is out of control it completely engulfs your life.

3. Poor Work Life

- a. If you dread having to get up and go to work or do whatever it is you HAVE to do... that's definitely not a better life.

- D. Will be talking about specific principles for all three in this series

- E. But before we get into the nitty gritty of those, I think Paul gave us an overarching principle that will allow us to start truly succeeding at adulting.

F. 2 Timothy 2:4

1. Why don't they get entangled? Their goal is to please their commander.
 - a. A goal they are focused on and committed to.
2. **To be better at life, identify and focus on your goal.**
3. Why do so many resolutions fail?
 - a. Not focused on our true goal.

4. Want to lose weight? Why? So I look good. So I'm healthy.
 - a. Sure... but the real goal is it'll make you happy to be in your skin.
 - b. Now what happens when something else offers to immediately make you happy? Like those donuts?
 - c. But if you focus on the ultimate goal of everyday feeling better/liking what you see in the mirror/everyday happy... then that donut loses its power doesn't it?
5. Same with drinking less/or less screen time.
 - a. If you know and focus on your ultimate goal then the distractions lose a lot of their power.
- G. NOW... For a Jesus-Follower the ultimate goal in life is pleasing our "commanding officer"...God. (**You're off the hook if you're not**)
 1. "Obeying/following the rules?"
 2. Not really, it's better, and a lot harder.
 3. What pleases God? What is his command?
 4. "Love each other as I have loved you."
 5. **The best life is focused on others**. – the best life is not about you and what you want and what you can get (Jesus calls it DENYING your SELF).
- H. It answers the question... **what does love look like?**
 1. What does love look like in this relationship?
 2. How should I use my money? What does love look like?
 3. How can I be my best at work? What does love look like?
 4. Even works with **weight** and **food** and **screen time**...
 5. If you're goal is pleasing God by loving others you're going to definitely be better at life.

IV. YOU

- A. What do you want your life to look like in a year?
 1. What do you want to look back and see?
 - a. Just another year of doing the same thing? Just surviving?
 - b. Or would you like to be able to say... "Wow my life might not be easier, things might not have gone my way, but I'm better at handling life now... in fact my life is better b/c of it?"
 2. Let me challenge you to start being better at life... 1st homework assignment...
- B. Ask yourself **three adulting questions**...
 1. **What is my ultimate goal for the year?**
 - a. Take time to think (you can have more than one but narrow it down as much as possible) and then write it down.
 - b. Written goals become more tangible realities.
 2. **Are there distractions entangling me?**
 - a. Is there something keeping you from being able to pursue that goal? Something that makes you feel like you don't even have the time or energy to focus on being better at life?
 - b. Write that down too.
 3. **How could focusing on loving others make a difference?**
 - a. Would asking the question... what does love look like? help begin untangling you from those distractions?
 - b. Write it down.
- C. Now you have your goal... you've identified some hurdles... and you have a tool to help navigate them.

V. WE

- A. Adulting is hard. But we can BE better.
- B. We can have a better life and BE better at life... will it be easier? Probably not... but it will be better and more fulfilling.
- C. Wouldn't it be great to not have so many entanglements and be free to be who you actually want to be?
- D. To be able to enjoy being an adult?
- E. To be able to look back and say... Wow I finally feel like I am who I was always meant to be?
- F. Come back for the next three weeks b/c...

G. Being better at life frees you to be who God made you to be.

Adulting 101: Better at Life

1



2

We all want a better life

3

God wants you to have a better life

4

To HAVE a better life... we need to BE better at life

5

2 Timothy 2:4

6

No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.

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The main reason we don't have better lives is because we allow unimportant distractions to entangle us

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Entanglements that keep us from being better at life:

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• Poor Relationships

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• Poor Work Life

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To be better at life, identify and focus on your goal

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The best life is focused on others

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What does **LOVE** look like?

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Three adulting questions:

What is my ultimate goal for the year?

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