

## I. ME

- A. Welcome/Online/So What About...?
- B. **God wants you to be happy.**
  - 1. Content/joyful/at peace/fulfilled/ purpose/life-giving relationships
  - 2. No matter what situation you are in
- C. So many things try to rob us of that happiness.
  - 1. Last week- Our past. (Guilt)
  - 2. Today one of the most subtle but pervasive thieves.
  - 3. Distractions/Daily life.

## II. WE

- A. Happens b/c we don't actually know what makes us happy.
  - 1. We think we do... "I want to do this, I want to have that, this sounds fun, this will make the time go by faster."
  - 2. But **what we want now is not always what makes us happy now.**
  - 3. We get distracted by things that don't matter and miss what we could be enjoying... now.
  - 4. We miss what God might want to show us or do through us NOW.

### B. One example- My phone use

- 1. Last 7 days (as of Wed) 2 hrs and 39 min... per day
  - a. Weekly total of 18 hrs and 35 min.
  - b. But it's down 7% from last week!
  - c. What could I have done with all of that time?
- 2. How many times has Liz said, "You know your kid is talking to you right?" as I've been staring at my phone.
- 3. The 4 most important people in my life... the four people who bring me the most happiness get less of my attention b/c what I think I want (to check my phone) actually steals happiness I could experience with them.

- C. Whether its phones, tv, games, hobbies, work, deadlines, yards...
  - 1. What we think we want now is always competing with what will makes us happy now.
  - 2. Nothing wrong with these things, but when they consume our lives we miss out on what life could be... right now.
  - 3. I'm not just bashing modern culture this is something humans have always done...
  - 4. **Picture of couple on phones/ picture of family staring at tv / picture of family staring at radio / picture of people on newspapers / picture of people staring at a fire.**
  - 5. It's not like we get up in the morning and plan to waste our time with things that don't matter.
  - 6. It's not a thought process.
  - 7. It's just something that we let happen... something that we get sucked into.
  - 8. **You waiting at the Dr's office...** what's the first thing you reach for?
  - 9. **My kids glued to the tv.**
  - 10. If these "distractions" constantly win you'll look up one day and realize you've missed out on actually having a life.
- D. The solution may surprise you.
  - 1. B/c its not just putting the phone down or turning off the tv... do we'll just find something else to distract us...
  - 2. If we truly want to enjoy now, be happy now, we have to understand that...
  - 3. **A happy life is a wise life.**

- E. Paul explains it in a passage in an ancient letter he wrote to Jesus-Followers in Ephesus.
1. In this he's explaining what it means to walk in the way of love... how to answer the question what does love look like...
  2. And in the middle of his explanation he talks about how we can truly live in and enjoy NOW.

### III. GOD (Ephesians 5:15-20 NLT)

#### A. V. 15a (live)

1. Pay attention to what your doing.
2. Think about it.
3. Gives three contrasts... this is what we normally do... be this instead.

#### B. V. 15b

1. Contrast 1 Fool v. Wise
2. Fools say, "What I do doesn't really matter."
  - a. There's no real reason or point to my life.
  - b. Fools waste / fools are never really happy.
  - c. Fools give up what makes them happy for what they want right now.
  - d. **Homer Simpson/Peter Griffin** - fool.
3. Don't live like a fool just going from one distraction to the other.
4. Be wise.
5. Wisdom is more than just knowledge.
  - a. It's more than just knowing the Bible really well

#### C. V. 16

1. Wisdom is living thoughtfully... not just making knee jerk choices but thinking through what you choose to do with your life...
2. Not just letting life happen around you while you try to find momentary distractions... but actually taking hold of your day
3. Wisdom is making the most of every opportunity.
4. Literally "buy up the time."
  - a. When you buy... you give something up to get something you actually want.
  - b. Give up what doesn't matter in order to wisely use your time.
5. Why do we need to purposely choose to be wise with our time?
6. The days are evil... harmful/trying to steal your happiness.
7. **Our culture is designed to steal our NOW.**
  - a. We have invented innumerable ways to waste our days.
  - b. Our default mode is to simply go from one unimportant task to the other... sometimes at the same time (phones and tv)
  - c. Not new... something Paul is warning about 2000 yrs ago.
8. Our default mode is to ignore life and foolishly give our time to things that steal our happiness.

## D. V. 17

1. Contrast 2 Thoughtlessness v. Understanding
2. Again... don't be foolish and just let life happen around you.
3. Don't just mindlessly float from one distraction to the other
4. Instead understand what God wants you to do... that's wisdom.
5. **Wisdom allows you to understand God's heart**
6. Understand... not find out or know... these Jesus-Followers already know.
7. What does God want them, us, everyone to do?
  - a. Love God with everything trusting him.
  - b. Love each other as Jesus loved us.
8. We know it. But do we understand... do we know what it looks like to the point where it's part of us?
9. Do we understand the point... that it's not about us, it's not even about them, it's about living out what we were designed for... experiencing, enjoying, and sharing God's LOVE.
10. Sounds hard. Like we always have to be ON and trying to make the most of every minute.
11. Not what he is saying...

## E. V. 18

1. Contrast 3- Drunk v. Filled with Holy Spirit.
2. Side note- Not condemning alcohol
3. What better example of wasting your time and choosing what we want over what makes us happy than habitual drunkenness?
  - a. Drinking the days away... being no good to anyone...
  - b. Being controlled by something that makes you useless.
4. Paul says don't be filled and controlled by that...
5. Be filled and controlled by the Holy Spirit.
6. If you want to make the most of every opportunity and enjoy NOW then allow the Holy Spirit to fill you and control you...
7. HOW?
8. Something we allow God to do. Not something we force.
  - a. He has given every person who is a Jesus Follower his Spirit to live in them and transform them.
  - b. We can fight him or we can work with him.
  - c. We can try to paddle upriver or we can use the current and paddle downriver.
9. And instead of working ourselves to the bone trying to be the good Christian... we can enjoy our now b/c we understand (make our lives about) what God wants for us...

**10. Choosing wisdom allows us to enjoy what matters now.**

## F. V. 19a (the Spirit)

### 1. We enjoy each other

- a. We focus on encouraging and loving each other.
- b. Not on what we think will make us momentarily happy.
- c. We understand that every day is an opportunity to love others
- d. And that **happiness is more about who than what.**

## G. V. 19b (the Lord)

### 1. When we live wisely...

### 2. We enjoy God

3. Our mouths, our hearts, our lives sing to him and enjoy how great his love is.
4. We know we are his, secure, taken care of, at peace.
5. Trusting no matter what happens.

## H. V. 20

### 1. And we enjoy life now

2. We are thankful for what we have now
3. We are thankful for where we are now
4. We are content.
5. Thankfulness produces contentment.

I. **Result-** purpose, fulfillment, you life matters, there's a point to getting up every morning.

### 1. Expand

J. So what are some practical ways to be wise and make the most of every opportunity so that we can be filled with the Spirit and enjoy our NOW?

## IV. YOU

### A. ASK and ACT

### B. Ask God every morning this week...

#### 1. Fill me with your Spirit

- a. Allow me to work with you

#### 2. Make me wise.

##### a. James 1:5

- b. When in doubt don't say, "What is the right thing to do?"
- c. Ask, "What is the wise thing to do?"

### C. Then act.

1. Put the phone down when you're waiting somewhere... who knows who you will meet or smile at and change their life
2. Turn off the News a bit earlier... the stories haven't changed from 2 hrs ago... and you getting worked up won't change anything
3. Turn off the tv... You don't have to watch every game... they'll play it without you... you can watch the highlights after the kids are in bed.
4. You won't miss the episode... it'll be on Hulu tomorrow.
5. You don't have to binge watch everything.

### D. Ask then act.

1. Ask to be filled and to be wise... and then chose to act on that wisdom.

## V. WE

- A. You know what makes every great adventure story great?
  - 1. What makes every character we look up to and want to emulate great?
  - 2. They used their time for what mattered.
  - 3. No one ever writes a movie/book about a guy who sat and watched tv all day or spend all his time in the garage
  - 4. No one dreams of wasting their life scrolling through news feeds looking at people trying to make their lives look better than they actually are.
- B. The great stories are about the people who wisely gave up what they thought they wanted now for what truly would make them happy now.
- C. Don't waste your time. Be filled, be wise, and act NOW.

## D. NOW is all we have. Use it wisely.

### Questions:

- 1. Jon talked about his phone use as a thief of NOW. What is your typical distraction/thief of enjoying your NOW? What was your parents favorite distraction? *What if we swap the order of these 2 Qs?*
- 2. How would you define the word wisdom?
- 3. Luke 7:24-27. How do you think Jesus' parable relates to choosing wisdom to enjoy NOW?
- 4. What is one practical way you can choose to be wise with your time this week?