

## A Life Worth Living

Phil. 4:6-9

**Philippians 4:6-9** - Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

### ***Introduction:***

- A. Every year approximately 30,000 Americans take their own lives. Perhaps 10 times as many make the attempt but fail. Hundreds of thousands more seriously consider it, but do not follow through. Among teenagers, suicide is the second most common cause of death.
- B. Statistics such as these, make us realize something is terribly wrong. Jesus said that the purpose of His coming was, "...that they may have life, and have it abundantly" (Jn 10:10). So why, then, are so many concluding that their life is not worth living? Perhaps the answer is because we are pursuing the wrong goals.
- C. Is our goal in life material wealth? After a wealthy actress took her life one of her fans said, "She had so much to live for." Another more aptly said, "She had so much to live on but so little to live for."
- D. Are we living for earthly fame? Ernest Hemingway took his own life.
- E. Is education the answer? Many seem to think so. Psychiatrists are among the most educated people in the world. They must complete training as a medical doctor before they can specialize in psychiatry. Certainly, you would think they should understand how the mind works and what it takes to have a satisfied life. Yet, of all professional groups, psychiatrists have the highest suicide rate in the nation.
- F. If wealth, fame or education is not the answer, what, then is the answer?

### ***I. A Life Worth Living Is A Life With A Guiltless Past***

- A. Guilt is a terrible burden to bear and sometimes it crushes people to the point that life becomes an unbearable burden and they seek to end it - Acts 2:36-38; 16:22

**Acts 2:36-38** – "Therefore let all the house of Israel know for certain that God has made Him both Lord and Christ--this Jesus whom you crucified." Now when they heard this, they were pierced to the heart, and said to Peter and the rest of the apostles, "Brethren, what shall we do?" Peter said to them, "Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit."

**Acts 16:22** - The crowd rose up together against them, and the chief magistrates tore their robes off them and proceeded to order them to be beaten with rods.

- B. If we can remove the sin, we can remove the guilt that it causes, and life becomes bearable again
- C. Jesus came to accomplish this - Jn 8:36; 3:16; Heb 10:22; 1 Jn 1:7; Rom 8:1

**John 8:36** – "So if the Son makes you free, you will be free indeed."

**John 3:16** – “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.”

**Hebrews 10:22** - let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

**1 John 1:7** - but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.

**Romans 8:1** - Therefore there is now no condemnation for those who are in Christ Jesus.

## II. *A Life Worth Living Has A Meaningful Present*

A. One of the most common causes of suicide is the feeling of accomplishing nothing in life

1. People tend to look subjectively at life
2. What have I done that will bring me glory and recognition

B. Men's praises are not what's important - 1 Pet 4:2; Rom 6:4; 1 Tim 6:18-19; Tit 2:14

**1 Peter 4:2** - so as to live the rest of the time in the flesh no longer for the lusts of men, but for the will of God.

**Romans 6:4** - Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life.

**1 Timothy 6:18-19** - Instruct them to do good, to be rich in good works, to be generous and ready to share, storing up for themselves the treasure of a good foundation for the future, so that they may take hold of that which is life indeed.

**Titus 2:14** - who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.

C. When we are involved in helping others, we have little time to think of ourselves and no excuse for feeling sorry for ourselves

## III. *A Life Worth Living Is A Life With A Fearless Future*

A. Many people kill themselves or seriously consider suicide because of what they fear the future will bring

1. The prospect of failing health, failing finances, difficulties of all sorts leave many people feeling hopeless and helpless
2. Since we cannot know the future it is senseless to worry about it
  - a. The pain we suffer today need not become unbearable tomorrow; it may diminish or go away altogether
  - b. Our financial situation today is not necessary an indication of what it will be tomorrow
  - c. Family problems may improve in the future

B. David, who had as much physical adversity as any could imagine - Psa 23:4

**Psalms 23:4** - Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

C. Paul knew where his future lie - 2 Tim 4:7-8

2 Timothy 4:7-8 - I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.

D. Jesus promised a better life - Jn 14:2-3

John 14:2-3 - "In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also."

***Conclusion:***

- A. Someone has aptly said, "Life without Christ has a hopeless end; Life with Christ is an endless hope."
- B. Bill Gaither wrote a beautiful song (#610) that says it as well as anybody every has when he wrote:  
Because He lives, I can face tomorrow  
Because He lives, all fear is gone  
Because I know He holds the future  
And life is worth the living, just because He lives
- C. Is your life worth living? What gives it that worth?