

Introduction:

“Joy is the serious business of Heaven.”

C.S. Lewis

¹*There is a time for everything, and a season for every activity under heaven:*

^{4a}*time to weep and a time to laugh, a time to mourn and a time to dance.*

Ecclesiastes 3:1, 4 (NIV)

¹¹*He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. ¹²I know that there is nothing better for men than to be happy and do good while they live. ¹³That everyone may eat and drink, and find satisfaction in all his toil—this is the gift of God.*

Ecclesiastes 3:11-13 (NIV)

¹⁹*Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work—this is a gift of God. ²⁰He seldom reflects on the days of his life, because God keeps him occupied with gladness of heart.*

Ecclesiastes 5:19-20 (NIV)

Are you deeply enjoying your life?

I. Why is it so important to enjoy great moments?

- It reminds us of God's _____ . Psalm 84:11

- It sustains us in _____ . Nehemiah 8:10

- It honors God as the _____ of all our joy. James 1:17

- It connects our _____ to those we love.
 - Mary "treasured these things in her heart." Luke 2:19
 - Jesus "eagerly awaited to share the feast with His disciples." Luke 22:15

- It's how God renews our...
 - bodies with rest ~ Sabbath
 - hearts with laughter ~ Proverbs
 - souls with life ~ Psalms

II. What keeps us from enjoying great moments?

A. A distorted view of God.

Luke 15

B. A warped theology of "pleasure."

- Old Testament Feasts
 - Private Feasts
 - Communal Feasts – Commanded by God
 - Weekly festival = The Sabbath
 - Monthly festival = The New Moon
 - Annual festivals = Passover, Pentecost, Booths, Day of Atonement
- New Testament Life and Teaching
 - Jesus' Words and Works
 - The Command 1 Timothy 6:17

C. Unwillingness to face our mis-beliefs and/or unhealthy behavior patterns.

- The Workaholic : Work defines your life, so your best energy is spent there.
- The Perfectionist: Long hours are required to make every task flawless.
- The Approval Seeker: Work piles up because your fear of "saying no" to others.
- The Escapist: Work provides an escape from painful relationships or other problems.
- The Materialist: An insatiable desire for possessions drives you to increase your work load.

III. How can you learn to enjoy great moments?

➤ _____ - Ruthlessly eliminate hurry from your life. Psalm 46:10

➤ _____ - Do less, so you can enjoy it more. Luke 10:41-42

➤ _____ - Stop living "for" tomorrow, or "because of" yesterday;
enjoy this very moment.
1 Thessalonians 5:16-18

➤ _____ - What blessing from God could you celebrate today?
Psalm 34:1-2

Conclusion: Great Christians _____ great moments!