

Quest: Finding a Reason to Live (Women's Session) *Carole Mayhall*

I. Introduction.

II. God wants us to focus on him instead of our inadequacies, where we are at in life and ourselves.

A. We should not put our stock in how we look.

B. Joy is a condition of the spirit—it is not a matter of time or place.

C. We should live one hundred percent in the precious present.

D. Our focus is revealed by what we are discontent with and by what we talk about.

III. Our hearts and minds are to be set on things above. (Colossians 3:1)

A. God made us alive in Jesus Christ.

B. God took away all our sins and nailed them to the cross.

C. Nothing happens in our lives incidentally. (Romans 8:28-29)

D. In order to focus on God we need to know that we are really his, we need to know that we are secure in him and we need to start working on the ugly things in us. (Philippians 4:13)

IV. There are no shortcuts. We must study the Word of God to know God's riches.

A. Happiness depends on happenings. Joy comes from the Lord.

B. Scripture memory can change your life.

C. We have a tremendous opportunity to meditate. (Philippians 4:8)

Application questions:

1. What is the difference between joy and happiness?

2. What are the primary culprits that take your focus off the Lord?

3. How would you counsel someone about finding their focus on the Lord? Explain.
