



### 3 Ways To Live a Life Filled With Meaning So You Can Find Joy

Have you ever wondered if you're living a meaningful life? Do you find it challenging to find joy in your everyday life?

You know, the good news is if you're asking yourself these questions, then chances are, you're right on the right track. If anything, it means you're thinking about how to find meaning and purpose in your life. And the fact that you're thinking about those things means that you may already be improving your day to day emotional, spiritual, and even physical well being.

Hi, I'm Diane Laffoon. And I have no doubt in my mind that you can find joy.

How would you define a meaningful life a life that has purpose and meaning? I'm curious, let me know, type it right in here. What does it mean to you to have a life that is meaningful?

You know, people who live their lives with purpose tend to experience more joy. But how can we define what it means to have a meaningful life? You know, we all have our own ways of interpreting, interpreting what a life of purpose is all about. But which is the correct way? Is there a correct way? How do you define it?

Personally, I believe that you can find the answer in the Bible. In the book of Matthew chapter 22, verses 36 to 39. Here Jesus is asked, What is the greatest commandment? And he answers very specifically, he says,

"You shall love the Lord your God with all your heart with all your soul with all your mind. This is the great and first commandment. And the second is like it he says, You shall love your neighbor as yourself."

I think we can find our meaning and purpose in life with these few verses.

So first, we are to love God with all of our heart, all of our soul, all of our mind. And how do we do that? Well, someone once said that love is spelled T i m e. Time. So can we show God that we love him by spending time with him? I believe Absolutely, yes. That's a great way to show God that you love him.

You know, spending time in prayer is essential for your relationship with God to grow and be intimate.

Prayer seeks to determine what God's thoughts are about your life and his plans for your life. It's about getting on the same page as God as you talk to him. You know, when we pray with wrong motives,

though, when we offer up this grocery checklist of what our self centered desired our desires are, it just doesn't feel right. It's not going to enable that spending time in that loving relationship.

I know that speaking to God may not always be easy at first, but honestly, the more often you pray, the more frequently you do it, the easier it becomes until honestly, it's almost like breathing. And you start praying without even thinking twice. You know, one of the Scriptures also says Pray without ceasing. Pray all the time. And I'll find myself in the strangest of situations, just talking to God. That's what it's like when you learn to pray, like you learn to breathe. I found it interesting.

If prayer is something new for you, the youversion app posted a blog post called conversation starters with God. It was great tips. It had wonderful suggestions for getting started with prayer. So I'll post a link to that here. So that if you are just getting started in spending time in prayer with God, that you can get some conversation starters and some ideas from them.

And I have to tell you, when you're spending time with God and showing God that you love him, the conversation goes both ways. While God can speak to us through people through books, through presentations through the Holy Spirit, and many other ways, I mean, he is God. He can speak to us any way he wants to. But I find it's important to read the Bible every day. That's where I hear from God most clearly and in the most timely of fashions. And if you don't know where to start, as far as reading the Bible, I suggest you start with first john. It's five chapters that is chock full of what it means to be a child of God.

So the first way to find meaning in your life, and be able to find more joy is to love God. Secondly is to love our neighbor. You'll find that loving others is a sign that you're on the right path to a meaningful life that is filled with joy. You know, to find joy in life, you have to find a way to love the people that are in your life.

Did you know that loving yourself or I'm sorry, loving your neighbor as yourself is found eight times in the Bible eight times. So it must be significant enough to be worth repeating. Anything that's repeated in Scripture, you know is going to be significant.

To love your neighbor you have to look out for their well being. It means that you have to be alert and pay attention and look for ways that you might be able to serve them. It means speaking kindly to them and about them. And it means sharing their celebrations. And being there for them in difficult times, when someone needs your help, and you know, they need your help give it right there. And then, you know, when you go on with your day, as if nothing happened, those people will still need your help, they'll still need what you had to offer, even if they don't know it yet. So whenever possible, show up, do something, do anything within your power to make their lives easier.

I have to be honest, it's not hard for me to love my neighbors. I love my neighbors, I'm surrounded by wonderful people. And in fact, just recently, I had to show I had a chance to show a little glimpse of love to one of my neighbors, she has a daycare, and she has all these wonderful little kiddies. And in the, you know, this time of year, when I have my windows open, I can hear out their little joyful gleeful screams and everything and the laughter. And I knew that my neighbor was looking to build what she's calling a sensory garden for her daycare, I knew she was looking for some splits of some plants and things like that to put in the sensory sensory garden. So I offered her to come on over and take some splits of my lavender for them to smell and my daisies for them to see, you know, the wonderful bees and butterflies that visit the daisies. And it was just a small act a way that I could be a blessing to her. So I saw a need that she had. And I reached out to her and told her to come on over.

You know, I also sometimes we don't even know who our neighbor is who it is that God wants us to love. It could be somebody at the grocery store who's in a terrible hurry in a terrible rush and can't find something and you know exactly where it is. So you offer to help them find what they're looking for.

You know, it could be somebody who looks like they've been crying, and they need a smile or a hug or word of encouragement. Like I said, to love your neighbor, it's to be alert to pay attention to those who are around you, and see what you can offer to them.

And I will tell you that the quest to love your neighbors can also be a part of your prayer life, ask God every day to show you how you can be a blessing to someone and show them that you love them today.

So we are loving God, we are loving our neighbors. And part of that equation is also loving yourself.

When Scripture says to love your neighbor as yourself, it's telling us we need to love ourselves as well.

The Bible tells us that He sent His Son to die for us, He loved us so much. And if Jesus valued your life enough to die for you, shouldn't we place value on our own lives as well.

I think too often followers of Christ, get focused on those scriptures that talk about dying to self and denying yourself and taking up your cross. Well, those are very valid scriptures. That doesn't mean we think of ourselves as worthless and meaningless. You know, every single one of us is screwed up in one way or another. But God loves you so much that he wants a relationship with you. So you have to value yourself as well love yourself too.

When the scripture does talk about dying to yourself, I think of it the way you see a seed, a seed that is planted and comes to life. There's value when you have a seed a seed that is dry, it's not gone anywhere, you haven't planted it yet, it's worthwhile, but it will never become a plant unless it is planted in soil. Given the nutrients, the sunlight, the moisture that it needs, then the seed actually is broken in the process. It's broken open, it starts creating roots, it starts creating a plant and essentially, that seed dies, so that it becomes a beautiful plant.

God wants us to value ourselves as he loves us. But he also wants us to become the best that he has in mind for us. He molds us and shapes us into the person he wants us to be. He knows the desires of our hearts. And he knows what will bring us joy, and how we will find that meaningful life.

I can't help but think that when we're becoming the person that God intended us to be, it brings him much joy to watch that happened to.

So when you work toward living a life where you find joy in whatever you're doing at the moment, you do that by loving God, by loving your neighbor, and by loving yourself as we're told in Matthew. So when we find enjoyment in everything that we do, all of life becomes more meaningful and more joyful.

When we start living for Christ by loving others as ourselves, loving God above all else. This brings meaning into our lives, and we would put him first above anything else. He will find ways to bring our lives joy.

I want to ask you would you like to find the secrets to finding that hidden time in your life so you can experience more joy every day. I've talked about the gift method masterclass, which we had last week and there's a replay that's available but it's only available until 5pm. Eastern today.

If you're interested in watching that replay replay go to gift method course calm before 5pm eastern time today, so you can watch that replay of the masterclass about how you can find hidden time and create more joy in your life every day.

On the masterclass, we talked about how you can create a blueprint that will help you define the direction that your life should take. We talked about ways to establish a strategy for getting focused and living your best life now, instead of waiting until that hectic schedule of yours is done. We talked

about how to feel your body with a strategy to fall asleep and stay asleep throughout the night tonight so you can have a more productive day tomorrow. We talked about how to make time management a plan that will allow you to accomplish more while reducing stress so that you have more time to spend with your family, your neighbors, your friends, and doing those things that you love.

I hope you'll watch the replay of my free masterclass where you'll discover what it has taken me honestly years to figure out. I call it the gift method. And it's been essential to giving me the ability to choose joy every single day.



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