

Life! Living it to the Fullest

By: Bob Lenz

What is it about the word “Life”? Everything around here seems to have it in it. The name of our organization – Life Promotions, the name of our festival – Lifest, the name of our newsletter – Signs of Life, the name of the youth newsletter – Friends for Life, the name of this web site – Life Devotions. What is it about the word “Life”?

“Life” conjures up ideas that life is awesome. Life is worth living. Life is alive, living, active, dynamic, exciting, compassionate, thrilling, exuberant, full of hope. When you hear the word “Life”, you think of words like sunshine, trees, flowers, water, playgrounds, laughing and crying. Even on a cold, chilling night you can see life in the frosted mist of your breath. Bottom line... Life is good and it's worth celebrating, so why not have a web site that helps you do it?

If you're anything like me, I desire that so much. And there have been times I have even tasted it. But if I'm honest, many times I don't feel that. Instead of the exuberance of life, I feel the life draining out of me, depressing me into feelings I don't enjoy. I think of the problems in life... My car is broke again. I didn't do well on my test. I got let go of a job. Somebody didn't invite me to their party. My husband isn't thinking of me. My wife wants a divorce. Whatever it may be, the everyday details of life can often drag us down.

You may ask why I used the word *depressed*? Depressed literally means “pushed down”. Don't you sometimes feel like life is pushing you down? Even if things are going well, we can find that the job, school, palm pilots, sports, lessons, church, meetings, youth group, programs and other priorities are pushing us down instead of lifting us up.

But honestly, because of my ideal of living life to the fullest, I feel guilty when I'm feeling drained and depressed. Where is life when it seems to be zapped out of me? I'm sure you can relate. A lot of times life feels like survival instead of living it to the fullest.

That's when we're most likely to rely on what the world considers “Life” – shopping, fishing, football, money, possessions, relationships, popularity. No. God is the author of life. In John 17:3 it tells us that to know Jesus is eternal life. John 14:6 tells us that Jesus is the way, the truth and the life. He is life itself. He came to give us life so that we could live it more abundantly and to the fullest. Life Promotions is all about promoting life and convincing youth they are valuable and can choose to live life to the fullest.

There are times I need a break. I need a place where I can get perspective again, worship, play, sit and reflect, be strengthened for the hard days, share my struggles, celebrate my joys, and be encouraged that I'm not alone – a place where I can thrive. I need a place like that, a place that can focus on real life. That's why we developed Life Devotions – a place that's most importantly focused on the source of life itself, and the source of our devotion... Jesus. That is life. That is Life Devotions.

Article written by Bob Lenz, national youth speaker with Life Promotions, a non-profit youth organization instilling hope, worth and value in youth.

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