

**Ephesians 1:17-18 (HCSB)** “I pray that the God of our Lord Jesus Christ, the glorious Father, would give you a spirit of wisdom and revelation in the knowledge of Him. I pray that the eyes of your heart may be enlightened so you may know what is the hope of His calling, what are the glorious riches of His inheritance among the saints.”

**Psalms 43:4 (NKJV)** “Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God.”

**J - JETTISON all regrets about your past.**

1. Our SINS.

2. Our FAILURES.

3. Our SUCCESSSES.

**Philippians 3:13b (NLT)** “I focus on this one thing: Forgetting the past and looking forward to what lies ahead.”

**1 John 1:9 (NASB)** “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

**Isaiah 43:18-19 (NLT)** “Forget what happened in the past and don’t dwell on events from long ago because I’m going to do something new.”

**O - OMIT all worries about your future.**

**Philippians 3:13 (NASB)** “One thing I do is forget what is behind me and do my best to reach what is ahead.”

**Philippians 4:6 (NLT)** “Don’t worry about anything, instead pray about everything.”

**Y - YIELD myself to God’s purpose.**

**Philippians 1:21(NIV)** “For me to live is Christ, to die is gain.”

**Galatians 2:20 (NASB)** “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. “

**Romans 6:12 (NCV)** “Give yourselves completely to God – every part of you – to be tools in the hand of God to be used for His good purpose.”

**Isaiah 6:6 (NLT)** “Also I heard the voice of the Lord, saying: “Whom shall I send, And who will go for Us?” Then I said, “Here am I! Send me.”

**F - FOCUS on what is good.**

**Philippians 4:8 (NLT)** “Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.”

**U - USE my life to help others.**

**Philippians 2:26-27 (NLT)** “I am sending him because he has been longing to see you, and he was very distressed that you heard he was ill. And he certainly was ill; in fact, he almost died. But God had mercy on him—and also on me, so that I would not have one sorrow after another.”

**Philippians 4:1 (NLT)** “Dear brothers and sisters, I love you and I long to see you for you are my joy and the crown I receive as a reward for my work.”

**Philippians 1:21-24 (Philips)** “For me, living means opportunity for Christ and dying, well, that’s better yet. But if living will give me more opportunities to win people to Christ, then I really don’t know which is better, to live or to die. Sometimes I want to live and at other times I don’t, for I long to go and be with Christ. But the fact is, I can be of more help to you by staying.”

**L - LEARN to be content.**

**Philippians 4:11 (NLT)** “I have learned to be content whatever the circumstances.”

**2 Corinthians 11:23-28 (Philips)** “I have worked much harder, been in prison more frequently, been flogged more severely and been exposed to death again and again. Five times I received forty lashes minus one. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked. I spent a night and a day in the open sea. I’ve been in constant danger. I’ve labored and toiled. I’ve often gone without sleep. I’ve known hunger and thirst. I’ve often gone without food. I’ve even been cold and gone without clothing. Besides everything else, I’ve faced the daily pressures of my concern for all the churches.”

**Philippians 1:6 (NCV)** “I am sure that God who began the good work within you will continue His work until it is finally finished on that day when Jesus Christ comes back again.”

**Application:**

Summarize your life purpose in a sentence. “For me to live is \_\_\_\_\_.”

What do you need to “jettison” from your life that is robbing you of your joy?

What worries about your future do you need to “omit”?

Identify any part of your life that is not completely yielded to Christ.

Take time to make a list of “good and noble” things that you need to “focus” on.

Identify one way you will allow God to “use” your life for His purposes this week.

What must you do to “learn” to be content in the circumstance you find yourself in presently?

What will you do this week to accommodate what God has shown you through this message.

Memory Verse: **Galatians 2:20 (NASB)** “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. “