

# How to Live Longer & Be Richer

You can live a Rich Life! It's not that hard.

Ben Stein – I cannot say anything that, in a few minutes, will tell you how to be rich. But I can tell you **how to feel rich**, which is **far better**, let me tell you firsthand, than being rich. **Be grateful...** It's the only totally reliable get-rich-quick scheme.

## I. Stop Frustrating the Incarnation!

**Something considered normal** might actually be **destroying your potential** and **robbing you of your purpose!**

Bart Simpson – When asked to pray at the family dinner table, offered the following words:

“Dear God, we paid for all this stuff ourselves, so thanks for nothing.”

### **Abundance IS Available!**

[John 10.9](#) I am the **door**... [10](#) The thief comes only to steal and kill and destroy. **I came that they may have life** and have it **abundantly**.

**Περισσός** — Exceptional, outstanding, remarkable, unusual. Considerably more than what one would expect, causing a distinct advantage.

So why don't we experience this more?

### **Fixing the Short Circuit!**

What if the great majority of the frustration and hopelessness you experience has a simple cure?

What if it's so simple that you've never **zealously applied yourself** to that solution?

Lack of gratitude robs us of what could be ours!

**Rom 1.19 ESV** For **what can be known** about God is plain to them, because **God has shown it** to them. **20** For **his invisible attributes**, namely, his eternal power and divine nature, have been **clearly perceived**, ever since the creation of the world, **in the things that have been made**. So they are without excuse.

*This implies that **every plant** is an **expression** of the Creator, **every animal**, **every rock**, **every mountain**, **every raindrop**... Have we been listening?*

***Creation is a revelation of God but not the totality.***

**21** For **although they knew God, they did not honor him as God or give thanks to him**, but they became **futile in their thinking**, and their **foolish hearts were darkened**. **22** Claiming to be wise, they became fools, ...

***Sophistication is overrated!! Sophisticatus - tampered with***

## **II. Our Greatest Need is Not Safety but FREEDOM!**

EVERYONE WANTS TO BE FREE, to have a **sense of their purpose** and the capacity to move toward that purpose.

That FREEDOM is exactly what SALVATION means. You

**Gal 5:1 ESV** For **freedom** Christ has set us **free**; stand firm therefore, and do not submit again to a yoke of slavery.

Our greatest need is to

CHANGE THE WAY WE THINK & PROCESS LIFE,

THE LENS THROUGH WHICH WE INTERPRET WHAT'S GOING ON!!

**Repent! Metanoia** (Nous is the spiritual organ through which we perceive God & life)

**Re-cognize (Re THINK, Perceive)**

1 Thess 5.16 **ESV Rejoice** always, **17 pray** without ceasing, **18 give thanks in all circumstances**; for this is the will of God in Christ Jesus for you.

**GRATITUDE (GRACE)** is the **KEY to FREEDOM**, **ABUNDANCE**, the **PRESENCE OF God**.

1 Cor 10.30 **ESV** If I partake **with thankfulness (GRACE)**, why am I denounced because of that for which I give thanks?

**Ps 100.4** **Enter his gates with thanksgiving, and his courts with praise!**  
**Give thanks** to him; **bless his name!**

**Gratitude** can be **cultivated**. It is one of the few things that can **measurably change your life**.

**Did Paul practice what he preached? Is this a key to his IMPACT?**

1 Cor 1.4 **ESV** I **give thanks** to my God **always** for you ...

2 Cor 2.14 But thanks be to God, who in Christ **always** leads us in triumphal procession, ...

Phil 1.3 I **thank** my God **in all my remembrance** of you,

Col 1.3 We **always thank** God, the Father of our Lord Jesus Christ, when we pray for you,

1 Thess 1.2 We **give thanks to God always for all of you**, constantly mentioning you in our prayers,

1 Thess 2.13 And we also **thank God constantly** ...

Eph 5.20 **giving thanks always** and **for everything to God** the Father in the name of our Lord Jesus Christ...

### **III. Is it Worth the Effort?**

There is no cost too high if we **recognize the benefits**.

There is no time to waste! Start today.

**Adults who keep a gratitude journal on a regular basis**

- Exercise more regularly
- Report fewer symptoms of illness
- Feel better about their lives as a whole
- Are more optimistic about the future.

**Short term feelings of gratitude cultivate Long term disposition of gratefulness (grace filled life)**

**Grateful people experience more**

- Joy, enthusiasm, love, happiness & optimism
- Happiness leads us to “enjoy what we are given,” and to “want what we have”
- Longevity (9 years v. -6 years for heavy smoker)
- Affluence (after 16 years, \$25,000 more per year than more gloomy classmates.

Why would that be? ***Work is love made visible!***

3 [John 2 NKJ](#) Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

in all respects; in every way

**GRATITUDE in 3 STEPS**

I **acknowledge** that I have received a gift.

I **recognize** the value of that gift.

I **appreciate** the intentions of the giver.

**IV. Where to Start**

1. The **acknowledgment** of **goodness** in my life, In gratitude we say YES to life.

Life is good and contains elements worth living.

*Whatever is good, we will want more of. There is always a longing, a void, an emptiness.*

*Out longing for good is our longing for God.*

*God is always calling us to the MORE by the sensation of our incompleteness.*

*In addiction, "One is too many and one thousand is not enough."*

*God will not let us be bored with God.*

2. **Recognizing** (re-cognition) that the source of the goodness is outside of the self. I can be grateful to God, others, animals, but never to myself.

I can be angry at, pleased with, proud of myself, or feel guilty about doing wrong, but **it would be bizarre to say I'm thankful to myself.**

Gratitude implies **humility**. It is a recognition that we could not be who we are or where we are without the contribution of others.

**DESIRE.** What we **desire** draws us to the Giver.

Blind Bartimaeus

[Mark 10.51 ESV](#) And Jesus said to him, "What do you want me to do for you?"

And the blind man said to him, "Rabbi, let me recover my sight."

The question required the blind man to be honest.

God finds us but doesn't complete us.

Once we feel we've "got it," we really don't!

It's always invitation to MORE

## V. Transformational Gratitude

The CURSE turns into a BLESSING

Jas 1.2 NKJ My brethren, **count it all joy** when you fall into various trials, **3 knowing** that the testing of your faith produces patience. **4** But let patience have *its* perfect work, that you may be **perfect** and **complete**, lacking nothing.

THANK YOU taps into the GOODNESS of God.

**The more we see, the more we see.**

**Start your day** with seeing the kindness of God that have showered down on you.

**End your day** with rehearsing the kindnesses of God toward you.

- Blessings
- Learnings
- Mercies
- Protections

**BECOME A CHAMPION OF THANKSGIVING!**

**A SIMPLE NOTEBOOK** of every blessing and kindness that occurs during your day can set you free!

**Opens** the gates, doors & windows of Heaven

Rom 2.4 NIV Do you show contempt for the riches of his kindness, tolerance and patience, not realizing that **God's kindness leads you toward repentance?**

**This is the BEST THING to which you've ever applied yourself!**

**The more we give, the more we love.**

Rom 15.13 NIV May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit