

Defining Our Quality of Life

Psalms 34

Adapted from an article by Gary Henry, "Quality of Life" printed in *Diligently Seeking God*.

Who Desires Life to See Good?

Psalms 34: 11-14 –

Come you children, listen to me; I will teach you the fear of the Lord.

*Who is the man who desires life, And loves many days, **that he may see good?***

Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good. Seek peace and pursue it.

What is a Good Life?

Psalms 37:4, 7

How does "good" used in this passage contrast to what the world says is a good life?

- *A Wealthy Retirement*
- *Travelling the World*
- *A Nice House*
- *A Large, Near Family*
- *Entertainment*
- *A Fulfilling Occupation*

What is a Good Life?

Do we consider that we have a good life based on what we have or what we accomplish?

Ecclesiastes 5:10 – "He who loves silver will not be satisfied with silver; nor he who loves abundance with increase. This also is vanity."

Rather a "good life" is seen in one's character; what one **IS** and not what one **HAS**.

Luke 12:15 – "Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses."

A Good Character Will See a Good Life

- Psalms 34:13,14 – *"**Keep your tongue from evil and your lips from deceit. Depart from evil and do good. Seek peace and pursue it.**"*

Colossians 3:5-8

Galatians 5:19-24

- 1 Peter 3:8-16; context of 2:11-13, 18, 3:1, 3:7
- Romans 12:9-18

The Good Life From God

- Philippians 4:8-9, 10-13
 - *"... for I have learned in whatever state I am, to be content."*
- Luke 10:27
 - *"So he answered and said, 'You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and, your neighbor as yourself.'"*

A divided allegiance between seeking the world's "good life" and what God says is **good in life** will only bring misery and we will ultimately miss God's intended good in life.