



It's life, Jim,  
but not as we  
know it.

# What is life?

## Bios

- BIOS
- Biology
- One living organism



## Zoe

- Zoo
- Interwoven ecosystems and relationships.





# Making it personal

- This diversity of life is an image of how God wants our lives to be.
- A life full of hope and light and beauty.
- Is your life the best it can be?



## NOT MINE!

- Shadows
- Disappointments
- Sadness
- Remorse
- Ugliness





## Healthy Eating and lifestyle

What and how much do I eat and drink?  
How much time do I spend on a device?  
How much exercise do I have?  
Do I get enough sleep?

Body

Mind

Zoe

Abundant  
Overflowing  
life

## Healthy thinking

What do I read, watch, listen to and ponder on?  
How much do I think about myself compared to thinking about others?

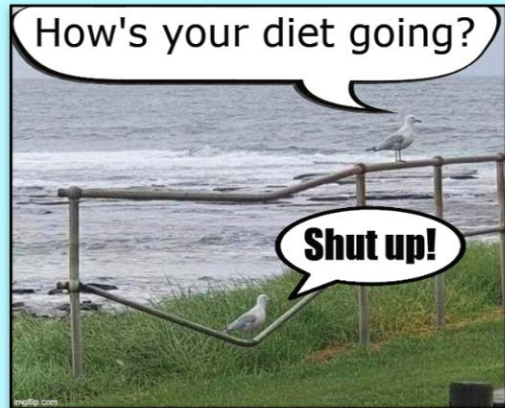
Spirit

## Healthy believing

What do I believe about myself, my purpose, my future, my mistakes, my history?

How's your diet going?

Shut up!



## What's the plan, Stan?

- God's readiness to give and forgive is now public.
- Salvation's available for everyone!
- We're being shown how to turn our backs on a godless, indulgent life, and how to take on a God-filled, God-honoring life.
- This new life is starting right now, and is whetting our appetites for the glorious day when our great God and Savior, Jesus Christ, appears.
- He offered himself as a sacrifice to free us from a dark, rebellious life into this good, pure life, making us a people he can be proud of, energetic in goodness.

Titus 2 v11-14 (The Message)

## Come to the table



Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty... and whoever comes to me I will never drive away” John 6v35-37

You prepare a table before me in the presence of my enemies.  
Psalm 23 v7

“Come to Me, all who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is comfortable, and My burden is light.” Matthew 11 v28-30



## Blessing

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.

Romans 15:13