

Get Busy – Session 4, Oct 9

- a. 1 Cor 9:24-27 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.
- b. Heb 12:1-2 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.
2. Consider, abilities, passions, God's glory, what do you enjoy/not enjoy in your present work
3. Four principles
 - a. Do good
 - b. Serve others
 - c. Do things with eternal impact

Ps 90:17 Let the favor^{al} of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!
 - d. Spend time with younger folk
4. Volunteer
 - a. Ad Hoc
 - b. Regular schedule
5. Build friendships
6. Be adaptable, resilient
 - a. Be ready for challenges that may come.
7. Avoid pitfalls
 - a. Substance abuse
 - b. Sins of "old men"
 - c. Worry
 - d. Depression
 - e. Too high expectations