

“THRIVE 2025”

How to Build a Blessed and Glorious Life (Ephesians 1)

Before you build anything, you need to make sure you start with a good and solid foundation. To do that you will need bedrock **PRINCIPLES**.

Principles are objective, factual, impersonal and self-evident because they are indisputable. Principles are universal truths based on natural laws.

People place a great store by their principles and are often willing to go into battle on a “matter of principle.” (**Malachi 3:6, John 14:6**).

The Lighthouse Story.

After you know you have a solid foundation, then you build upon that with your...

1. BELIEFS

Our Beliefs are crucial because they serve as a foundational “framework” for our actions, and interactions, providing self-awareness, guiding our decisions and shaping our personal identity.

They influence our relationships and our overall perceptions of the world. This is why it’s necessary for Christians to have a biblical worldview. We should form our beliefs from the unchanging principles of God’s Word.

2. VALUES

Our values are the things that we believe are important in the way we live and work. Deep down, our values are the measures we use to tell us if life is turning out the way we want it to.

When the things you do and the way you behave match your values, life is generally pretty good – you are satisfied and content. But when these don't align with your personal values, that's when things feel...wrong. This can be a real source of unhappiness.

Example: If you value family, but you must work 70-hour weeks in your job, will you feel internal stress and conflict? And, if you don't value competition, and you work in a highly competitive sales environment, are you likely to be satisfied with your job?

When you know your values, you can use them to make decisions about how to live your life and answer questions like:

- What job should I pursue?
- Should I accept this promotion?
- Should I start my own business?
- Should I compromise. Or be firm with my position?

Tip: Unlike principles, values can change in the different seasons of our life. However, they still need to be based on bedrock principles.

3. PRIORITIES

This step is probably the most difficult, because you have to look deep inside yourself. It's also the most important step, because when making a decision you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you.

When you consider your values in decision making, you can be sure to keep your sense of integrity and what you know is right, and approach decisions with confidence and clarity.

4. GOALS

Goals are best described as definable and measurable objectives that provide direction for long-term effort and require planning and commitment to achieve the desired outcome.

Key characteristics include being specific, measurable, attainable, relevant and time-bound (the SMART criteria) to ensure that it is clear, trackable realistic and has a deadline for completion.

When setting goals, it's best to remember to set them in line with our priorities.

Review: To build a blessed and glorious life, it's imperative that we begin with unchanging, bedrock **PRINCIPLES**. This will give us a solid foundation (**Matthew 7:24-27**).

Then we move on to erecting the framework for our lives with our **BELIEFS**. Make sure that what you believe is the TRUTH!

Once we know what we believe we can determine what is important to us and identify our **VALUES** in this current season.

After we identify our values, then we can **PRIORITIZE** them so that we know what is **most** important.

Finally, we move on to setting S.M.A.R.T. **GOALS** in line with our value priorities. This is where the effort, planning and commitment come into play.

If we do our best in building up to this point, we finally arrive at our...

5. HABITS

Habit is defined as a usual way of behaving. Something that a person does often in a regular and repeated way.

A nun's "habit" comes from the Latin word that means "to have" or "to hold." This suggests the idea of holding on to a lifestyle or commitment.

What are your habits? Show me your habits, I'll show you your life.

Years ago, I read Stephen R. Covey's "Seven Habits of Highly Effective People." It's a great read and one that I recommend if you truly want to build a Blessed and highly effective life.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.