

How to Feel Twenty Years Younger



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Week 5: Live in the Present

**Don't lose what you have
while going after what you want.**

"This is the day the Lord has made; let us rejoice and be glad in it!"
(Psalm 118:24)

If you're going to be fulfilled, you have to show up for your life.

How to Be There When You Get There

1. Stay in the _____

Example: The trip to Paris.

Don't lose what you have while going after what you want.

2. It's about the _____

Example: Joseph's long journey from slavery to the palace.

Learn to enjoy where you are while you're on the way to where you're going.

3. Make the most of _____

Example: The woman who lost her job but gained irreplaceable time with her mom.

Don't fight where you are; embrace where you are.

4. _____

"Make the most of this day." (Ephesians 5:16)

What are you doing ... with today? When life took the roll call today, did you show up?