



Scripture: James 4:14 (NIV), Ecclesiastes 2:10-11 (NIV), Matthew 6:19-21 (NIV) 2 Corinthians 5:15 (NIV)

Hey everyone! I'm so glad you're here. We're going to be diving into a phrase that at one time was super popular: YOLO. How many of you remember hearing that phrase? Maybe some of you were in elementary school when it was big. Maybe you've only heard it in memes. But back in 2012, this phrase was *everywhere*. You Only Live Once (YOLO).

Now, here's the thing: nobody really goes around saying YOLO anymore, right? It's kind of an antique phrase at this point. But even though people don't say it as much, a lot of people still live like it's true. They live as if this life is all there is, and so they need to make the most of it for themselves.

So, we're going to talk about what it really means to live with that mindset, what the Bible says about it, and whether we should actually live like YOLO is true. Before we get started, let's take a moment to pray and ask God to open our hearts to what He wants to say.

[Prayer]

At its core, YOLO isn't necessarily a bad phrase. When people started saying it, they meant things like, "Don't live with regrets!" or "Take that risk and do something adventurous!" And honestly, that's not all bad. If YOLO means, "You should go skydiving once in your life!" or "You should take a chance and talk to that person you've been too shy to talk to," then great! But somewhere along the way, it got twisted. Instead of meaning, "Live with courage," it became, "Do whatever you want, no matter the consequences."

[Share an example from your own experience or illustration of what this could look like.]

It turned into, "You only live once, so sleep with whoever you want, party as hard as you want, lie, cheat, and make yourself happy at all costs." The idea became, "Who cares about right or wrong? Who cares about God? Just do whatever makes you feel good because life is short."

We must nuance this a little bit. We can all agree that the very fundamental idea that we each only have one life is true. This is not a video game where I have a stack of extra lives that I can whip out and re-spawn. We all have a limited time here on earth. **James 4:14 (NIV)** says, *“Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.”*

James said it clearly right here that our lives will pass. The real question is what are you living for? Are you living for your happiness? Are you living to say you did what you wanted?

Let's open our Bibles to **Ecclesiastes 2:10-11 (NIV)**:

I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my labor, and this was the reward for all my toil. Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

These words were written by King Solomon, who was the wealthiest and most powerful man of his time. He literally had everything (money, success, relationships, power) and he tried everything. He lived out YOLO to the fullest, doing whatever he wanted. But in the end, he looked back and said it was all meaningless. It was like chasing the wind, something you can never catch.

This is a pattern we often see in stories about lottery winners. They suddenly come into a fortune, yet they find themselves just as unhappy as before. Why do you think Solomon, despite his immense wealth, called it all meaningless?

Often, our sense of purpose comes from the pursuit of something, working toward a goal, striving for success, or chasing a dream. But what happens when you finally get what you've been living for? What do you do when the very thing that once gave you purpose is now in your hands?

Time and time again, we see people achieve their lifelong dreams only to feel empty. The very thing they worked so hard for does not satisfy them. It never could. But while chasing it, it gave them purpose and hope that it would. Like running on a treadmill, only to realize you haven't moved at all. You're right back where you started.

Now let me be clear, this does not mean you can't enjoy the things here on this earth. God has created so much for us to enjoy and find pleasure in. But it does not bring ultimate fulfillment or purpose to our lives. So, what does?

Jesus gave us something different. Instead of saying, “YOLO—so live for yourself,” Jesus calls us to something greater. Let's read **Matthew 6:19-21 (NIV)**:

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Jesus said that if we live only for what's temporary (money, pleasure, popularity) it will all fade away. But if we live for God, investing in things that matter for eternity, those will last forever. Jesus says, “You only live once—so live for Me.” Live for something bigger than yourself. Live for something eternal.

Paul echoed this idea in **2 Corinthians 5:15 (NIV)**:

And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

Jesus didn't just come to save us from something, He came to save us for something. He calls us to shift our focus from living for ourselves to living for Him. When we chase after things that only bring temporary happiness, we miss out on the greater purpose we were made for. But when we live for Christ, we step into a life that truly matters; a life that lasts beyond this world.

When we live for Christ, everything about our priorities begins to change. Instead of chasing after temporary things that won't last, we start investing in things that matter forever. Our time, our energy, our resources, they shift from being centered on ourselves to being centered on God and His kingdom. Jesus calls us to a radical reordering of our hearts. He's not just suggesting that we make a little room for God among all the other things

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