



Welcome to The Loft

“Live @ The Loft”

Show #93, April 22, 2020 = **Series: The Focused Five = Fruitful Lives**

Scriptures & Strategies... TODAY: FUN

for living a fruitful life that is focused on the Father's will.

Fun: Introduction

When you think of the idea/word of FUN, what do you think of?

What does it mean to have FUN in life?

FUN

(Definition) = 1: (a) Lively, joyous play or playfulness (b) pleasure... 2: a source of amusement (251, Webster's NWDT).

(Thesaurus) = play, game, sport, jest, amusement, relaxation, pastime, diversion, frolic, mirth, entertainment, solace, merriment, pleasure, caper, foolery, romping, joke, absurdity, playfulness, laughter, festivity, carnival, tomfoolery, ball, escapade, antic, romp, prank, comedy, teasing, celebration, holiday, rejoicing, good humor, joking, enjoyment, gladness, good cheer, delight, glee, treat, lark, recreation, joy, time of one's life, blast...

Fun: Scriptures...

John 15: 7-8, 11... A Life Principle

7: "If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.

8: This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples...

11: I have told you this so that my joy may be in you and that your joy may be complete.

Romans 15: 13... A Life Prayer

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.

Fun: Strategies...

1:

... There are many ways to have fun, but there are some ways that eventually lead to frustration... which is not fun!
... Those who seek "fun" in ways that do not honor God, discover disobedience in the "long-view" is not fun.. it is frustrating!

[Contrasting Lifestyles... Galatians 5: 19-21 vs. 5: 22-26... Colossians 3: 5-10 vs. 3: 12-17]

Galatians 5: 19-21

19: The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery;

20: idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, orgies, and the like.

I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Col 3: 5-10

5: Put to death, therefore, whatever belongs to your earthly nature; sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

6: Because of these, the wrath of God is coming.

7: You used to walk in these ways, in the life you once lived.

8: But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

9: Do not lie to each other, since you have taken off your old self with its practices

10: and have put on the new self, which is being renewed in knowledge in the image of its Creator.

NOTES...

... If something is only "fun" in the moment, but not "fun" the next day or decades... then it was not truly "fun".
The idea of drunkenness being fun, as you later hug a toilet for hours or you may not even remember what you did!

Proverbs 23: 19-21

19: Listen, my son, and be wise, and keep your heart on the right path.

20: Do not join those who drink too much wine or gorge themselves on meat,

21: for drunkards and gluttons become poor, and drowsiness clothes them in rags.

2:

Galatians 5: 22-26

22: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

23: gentleness and self-control. Against such things there is no law.

24: Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

25: Since we live by the Spirit, let us keep in step with the Spirit.

26: Let us not become conceited, provoking and envying each other.

Colossians 3: 12-17

12: Therefore, as God's chosen people holy and dearly loved, clothe yourselves with Compassion, kindness, humility, gentleness and patience.

13: Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

14: And over all these virtues put on love, which binds them all together in perfect unity.

15: Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

16: Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

17: And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

NOTES...

Q: Laughter is bodily exercise precious to health. Aristotle

Q: Laughter can relieve tension, soothe the pain of disappointment, and strengthen the spirit for the formidable tasks that always lie ahead. Dwight D. Eisenhower

OBL: Object Lessons & Examples – Ways to increase the “Fun Factor” of Life...

3:

Ephesians 5: 15-17

15: Be very careful, then, how you live – not as unwise but as wise,

16: making the most of every opportunity, because the days are evil.

17: Therefore do not be foolish, but understand what the Lord's will is.

2 Peter 5-11

5: For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;

6: and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;

7: and to godliness, brotherly kindness; and to brotherly kindness, love.

8: For if you possess these qualities in increasing measure,

they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

9: But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins.

10: Therefore, my brothers, be all the more eager to make your calling and election sure.

For if you do these things, you will never fall,

11: and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

LA: Life-Fitness Binder/Book...

... Put ideas/designs/ “fun factor” goals a binder (paper or digital) where you set specific goals in the area of fun!

...Put a specific set of resources/tools together that you prayerfully pursue to increase your life “fun factor” & experiences!

... Keep a record of what you do & when, so that you can look back to great times of “Remember when we did ___ together!”

NOTES...

Q: A good laugh is sunshine in a house. William Makepeace Thackeray

Q: Laughter is the sun that drives winter from the human face. Victor Hugo

John 15: 7-8, 11... A Life Principle

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FUN Resources...

Make a list of...

(Take a sheet of paper or start a FUN File listing the following ideas... to limit you saying "I'm bored.")

FUN: Indoor Options....

FUN: Outdoor Options...

FUN: Hobbies / Interests (You Enjoy Now)...

FUN: Hobbies / Interests (You Might Like To Learn/Do Soon)....

THE GAME FARKLE...

Supplies: Six Dice & possibly a cloth to roll them on (its quieter)

Scorecard: (Copied for you on this sheet) – on the back of this sheet (bc/ "Safer at Home" hard to go to a store).

General Rules:

1: Play with 4-6 or more people.

2: 1st Person rolls all six dice – each roll must have a 1 or a 5 to keep rolling, otherwise you lose your points & turn.

(Example 1):

... 1st person rolls 3 one's & 3 random numbers = their score would be 300 points.

... 1st person rolls again, with 300 points and then rolls the remaining 3 dice hoping to get a 1 or a 5.

They roll and get 1 one & two other random numbers, so their score is currently 400 with 2 dice left to play again.

They can either keep their 400 & roll again risking rolling a 1 or a 5, if no 1 or 5 they lose the 400 from this round.

If they choose to keep the 400, then they can pass to the next player who can either start over with all six dice OR

They can keep the 400 & roll the two dice hoping for a 1 or a 5.

... You keep going around the circle of players, until someone reaches 5,000 or 10,000 points first – you choice.

(Example 2):

... 1st person rolls (4 of any kind = 4 5's) = 1,000 points.

... 1st person can keep the 1,000 points and pass to the next player.

OR They can risk the 1,000 points and roll the remaining two dice to see if get more points.

If either person rolls the next two dice and gets neither a 1 or a 5, then they lose the 1,000 points from this round.

BUT

If the 1st person who rolled the 1,000, keeps the 1,000 & lets the next player roll the two remaining dice....

They then roll a 1 or a 5, (let's say they roll a 1) now their score is 1,1000 & they keep it... passing one dice to the

next player who decides to roll the one dice and gets another 1...

totaling 1,2000 points & all six dice to start again!

The game can climb as it goes around the circle & it can be FUN!

Yet, eventually someone does not roll a 1 or a 5 and the higher number for that round goes back to zero.

Try it out, it is quite fun & competitive with family and friends – creating much laughter & fun!



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ONES = 100 pts ea.		FIVES = 50 pts ea.
3 ONES = 300 points	4 of any kind = 1000 points	
3 TWOS = 200 points	5 of any kind = 2000 points	
3 THREES = 300 points	6 of any kind = 3000 points	
3 FOURS = 400 points	THREE PAIRS = 1500 points	
3 FIVES = 500 points	TWO TRIPLETS = 2500 points	
3 SIXES = 600 points	STRAIGHT 1 - 6 = 1500 points	

SCORING NOTE: FOUR-OF-A-KIND AND A PAIR = THREE PAIRS

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