

## Celebrating the Essentials in our Lives

### A Lord's Flock Praise & Worship Topic

By: Fr. Alex Balatbat

January 11, 2025



Let us start 2025 by celebrating because God has given us this blessing of another year. Even if we have big challenges, let us not stay put in the problem, because there is something beautiful in the future (Phil.4). Joy is always the goal of a person. However, it takes a lot of courage to be happy. There is true happiness, fake happiness, and even empty happiness. Happiness is power; it is the foundation of our strength (Nehemia8:10). God is good, hence let us rejoice.

There are joys in life that are under-rated. We should appreciate and celebrate these essentials:

1. **Quality sleep is a luxury.** Where is the disturbance in sleep coming from? God wants us to have rest. Rest does not mean doing nothing. *"Come to me, have rest in me" (Matthew 11:28).* Rest is doing the will of God. Let us listen to the word of God, obey, then, we will find rest.
2. **Peace of mind.** Why do we even spend time on the problems of others? Let us spend time with the Lord.
3. **Friends.** Spend time with close friends. Love people, use things, and not vice versa. Happy moments will not feel complete if no one is celebrating with us. Friends are very important and need to be remembered. God is telling all of us to offer sacred events in our life so that we will be remembered. Remember those who are forgotten or in need of our love.
4. **Unconditional love.** We always long for love. Each of us has a deep-seated longing to be loved. At the end of our lives, we will be longing for the love of those closest to us. We don't have to prove anything to gain love. God's love is valuable; we should not diminish His love for us.
5. **Silence is the language of God.** As we wake up in the morning, do we experience silence? Zecharia was silenced when he laughed and doubted Angel Gabriel's message (Luke 1:20). There were so many noises around him; thus,

God created the gift of silence for him. When we are silent, the Lord speaks, and we hear only His voice which is good, holy, and uplifting. Let us pray for the grace to listen only to Him, and to speak only about what we hear from Him.

6. **The freedom to travel.** Go out. Seek and experience the beauty of the sunrise and the sunset; enjoy the rain. There is no need to spend a lot to travel.
7. **Graces in our Mistakes.** There are times when our lives are filled with darkness. But in the darkness, we see the shining star of Christmas. Never allow the mistakes and shame of the past stop us from being happy. We are allowed to commit mistakes or have regrets. No one gets everything right all the time. There are times when it is ok not to be ok. Let us learn to cry; otherwise, we will never be good Christians. One mistake does not make us bad. What matters is to be willing to do better. Let us not let one mistake wipe out all the good things about ourselves. We should not let the darkness destroy the light in us. We are still growing - that is enough for the Lord. The community of the LF is not a community of perfect people, but of imperfect people who decide to love even in pain or in darkness.
8. **Relationships.** Hold on to relationships. If we fail in relationships, we will fail in life. When is a relationship cursed? We will be disappointed when we want to get from others what we can only get from God. We are all bound to hurt each other. Only God can give perfect love; only He can heal the hurt. Let us celebrate the most essential in our lives who is no other than God. Bring the people we love closer to God.

**Conclusion:** Beyond the New Year lights and the feast, the light of love is the most important. These under-rated essentials are valuable and gives us true happiness. Let us not exchange the true riches, those that can be brought to the other life (love, joy) for the non-essentials. Let us celebrate the most essential in our lives – Jesus! Let us experience Jesus today.

#### Reflection:

1. Which essentials have you overlooked?
2. How can you re-direct your life in 2025 to celebrate the essentials?

#### SCRIBES Ministry

Transcribed by: Jo Advincula

<https://lordsflock.org/teachings/digests>

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