

**What Should I Do with My Life?  
What Makes My Life Valuable?  
Psalm 8, Matthew 22:34-40  
Sermon Outline**

**Introduction:** Many voices tell us what we should do with our lives. How can we sort through them? Part of the answer is to ask some prior questions: “What makes my life valuable?” “To what authority do I appeal to answer the value question? And “Why should I trust that authority?” It’s easy to feel lost at sea on these big questions. What is worse is being lost at sea and not knowing it—thinking that we are freely figuring things out for ourselves when in actual fact we are living out of unexamined authorities. Today we will answer “What makes my life valuable?” with two ideas that arise from the Bible.

**I) What makes my life valuable is that God says it is valuable**

**A) Psalm 8.3ff:** *When I look at your heavens, the work of your fingers..., what is man that you are mindful of him and the son of man that you care for him? Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor.*

*Majestic God:* Terrifying beauty and power

He holds people in high esteem

- *...little lower than the heavenly beings*
- *crowned with glory and honor*
- *dominion*

Counter-intuitive: Not just for modern science, but for David: *What is man...*

What makes my life valuable?

B) Application: Which voice do we listen to?

**II) What marks a valuable life is love**

**A) Mt. 22.37-40:** *Love the Lord your God...Love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.*

All 613 commandments summarized by and dependent upon

**B) Think of how good and sound this teaching is**

- Rings true
- Gives constant practical direction
- Gives us something deeply valuable to do every day
- Anybody can do it

**Conclusion:** One way to know that something is true is that it fits life as we know it. Yet there remains a problem: we do not love very well. More to come.

## Questions for Reflection this Week

- 1) “It’s somewhat terrifying to think about all the things I’m supposed to be doing in order to ‘get somewhere’ successful: ‘follow your passions, live your dreams, take risks, network with the right people, find mentors, be financially responsible, volunteer, work, think about or go to grad school, fall in love and maintain personal well-being, mental health and nutrition?’ ” (25-year-old named Jennifer, in *20 Something Manifesto*, an anthology edited by Christine Hassler).
  - What imperatives, in addition to those coming at Jennifer, come at you? Sort the list out by priority? Why do your top priority items get top priority? What does this reveal about what, in your view, makes your life valuable?
- 2) Reflect on the following: “Beware of measuring your life’s value by what feels right at the moment—by what seems plausible. You may be on to the truth. But you may also be dead wrong. Plausibility can be little more than the result of the way the wind of the surrounding culture is presently blowing. You may be like a blind balloonist, hurtling through the sky at 100 miles an hour towards a cliff, with no sense of your speed or danger because you are simply going with the wind.”
- 3) Read Psalm 8 aloud. If you were to set it to music, what would the music be like? Why?
- 4) Psalm 8:3-5 captures the heart of the wonder that drives the Psalm. What ‘counter-intuitive’ reality is making its mark on David’s mind in these verses?
- 5) Reflect on the following: “What makes my life valuable, according to the Bible, is that it is my life, and I am valuable to the one Person whose opinion about me matters more than any other opinion. My life matters not because I say it does, or my parents do, or my boss does, or my success does, or my friends do. My life matters not because I am good or can do important things or can do anything at all. It matters because God gives it intrinsic worth.”
- 6) Jesus says that the entire Law of God ‘depends upon’ the commandment to love God and neighbor. What did he mean?
- 7) Reflect on the notion that to love God and man is at the center of what it means to be fully human. It means that there is always something deeply valuable to do—even when your career is in ruins. It means that the most important task in life is open to anybody (one can love even if one cannot do differential calculus, or throw a 60 yard pass or play the piano). What else does it mean?
- 8) We are not very good at loving. How has God addressed that problem?