

# GET EXCITED ABOUT LIFE

Sylvester Onyemalechi

To excite is to stir up the feelings of, or to cause somebody to feel strongly about something or somebody. To be excited is to be roused, awakened, put in motion, stimulated, or inflamed to action. To be excited about life is to be keyed up for life. It is to be eager to live life to the fullest. To be excited is to be thrilled about living life. To be excited about life is to be energized by the Spirit of God and positive and faith filled thoughts to live life. To be excited is to have a feeling or showing happiness and enthusiasm.

Enthusiasm is strong feeling of admiration or interest. Enthusiasm is a strong feeling of excitement and interest in something and a desire to become involved in it. To be enthusiastic is to be very interested in something and spend a lot of time doing it. To be enthusiastic about life is to show great interest in living despite all the failures, sufferings and challenges that life brings, then become involved living it with a determination to be happy and fulfilled.

Jesus Christ sacrificed himself to free man from all bondages and bring him to an experience of freedom and righteous living with the Holy Spirit living in him, motivating and energizing him to excited and enthusiastic living.

*Isa 61:3*

*3 and provide for those who grieve in Zion--to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.*

*NIV*

## **Excitement and hope**

Getting excited about life is rooted in hope. Hope that all will be well. Hope that my redeemer lives, that I will see the Lord in the land of the living. Hope that I will make it no matter what troubles and challenges that come my way.

*Job 19:25*

*25 I know that my Redeemer lives, and that in the end he will stand upon the earth.*

*NIV*

Hope gives assurance that no matter the troubles of life, I will make it, so I should never give up or surrender to any bad situation. Hope assures me that after I have been tried, I will come forth as gold.

*Job 23:10*

*0 But he knows the way that I take; when he has tested me, I will come forth as gold.*

*NIV*

Hope makes not ashamed. It never disappoints those who have it, for it is hope in the power and love of God to help those who look up to Him in faithful and confident trust.

*Rom 5:5*

*5 And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.*

*NIV*

### **Living excitedly is beneficial to man**

1. Excitement releases energy and makes the body function properly.

*Prov 15:13*

*13 A happy heart makes the face cheerful, but heartache crushes the spirit.*

*NIV*

*Prov 15:30*

*0 A cheerful look brings joy to the heart, and good news gives health to the bones.*

*NIV*

*Prov 17:22*

*22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

*NIV*

2. It makes life worth living.
3. A life without excitement is an unhappy life.
4. A life without excitement leads to depression and suicide.
5. Lack of enthusiasm is the cause of suicide or the desire not to live again.
6. A life without excitement is a life surrendered to frustrations and the pressures of life.
7. God wants us to rejoice always no matter the circumstances that we find ourselves in or threaten us.

*Phil 4:4-7*

*4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*NIV*

So get excited in your spirit. Life is full of fun. Do not focus on the things that you don't want to see that you are seeing presently, but on what God is doing and the things you are eagerly expecting to happen. This will keep you from being mentally and emotionally down, but excited about living life and enjoying it despite all negative experiences and happenings.

*Eccl 12:6-7*

*6 Remember him-before the silver cord is severed, or the golden bowl is broken; before the pitcher is shattered at the spring, or the wheel broken at the well, 7 and the dust returns to the ground it came from, and the spirit returns to God who gave it.*

*NIV*

### **Getting excited requires thought control**

Your thoughts determine how you feel all the time. To be excited therefore, one has to make sure that his thoughts are positive and full of faith in God. A man's life is only a reflection of his thoughts, so, mind management becomes very essential for happiness and success in life to be experienced. If you don't control your thoughts, you can't control your moods and reactions to the negative experiences of life. Excitement for living a happy, joyful and fulfilled life is only possible through positive and faith-filled thoughts. Think the right thoughts all the time. Fill your mind with the word of God and let it guide your thoughts.

*Phil 4:8*

*8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.*

*NIV*

Never submit to challenges or negative pressures. Determine in your heart to enjoy your life and be fulfilled living it. The enemy of excited living is focusing on the negative things that happen to you or around you. Free your mind always of negatives. Never let them in. Be optimistic about life. It may be bad today, but great tomorrow. Failure today does not mean failure tomorrow. A closed door does not mean the end of the journey. As long as there is life, there is hope. Keep hope alive. Live excitedly in hope and confident trust in God and your life will be well lived.

*Phil 4:4*

*4 Rejoice in the Lord always. I will say it again: Rejoice!*

*NIV*

Watch what you dwell your mind on. Think thoughts that will help you be in an excited mood always. Never entertain thoughts that can depress you and make you lose your joy and peace.