

ENCOURAGEMENT FOR *Real Life*

98. How to Live Your Best Life This Summer

You are listening to episode 98 of the Encouragement for Real Life Podcast, titled *How to Live Your Best Life This Summer*. I'm so glad you're here today. Thank you for joining me, and welcome to the podcast! If you're listening in on the day this episode is released, summer officially arrives tomorrow at 10:58 a.m. EDT. Since it's my favorite season, I thought it would be fun to dedicate one entire episode to living our best lives this summer. Because who doesn't want that? You and I both do, right? What does that even mean though? To live your best life this summer? Let's find out together. So, I invite you to hang with me here for this next short while and together we'll find hope and encouragement for our real lives right now. Let's get to it.

Maybe it's the sunshine. Or the fun activities. Or the bicycling. Maybe it's the warm weather. Or the more relaxed pace. Or the evenings on our back deck. Maybe it's all of these. I don't know. But yes, summer is my absolute favorite season. It always has been. Maybe the biggest part is it's not winter. Because winter in the Midwest challenges me. But summer? I'll take it--every day if I could. Sure, we can get our share of 90-degree days here, and some days the humidity can top the charts, but the summer months bring me great joy!

I've certainly had my share of fun summers.

Ones with fond memories of special moments, fun times, and memorable occasions. Never-to-forget family vacations. Precious one-of-a-kind experiences. Blessing after blessing. And laughter. Lots of laughter. I smile when I think back to them. It's doubtful we could ever top them, even if we attempted to do so.

Even so, each year I'm determined to try.

I never want to be found sleepwalking through this life I've been given. Never. We talk about this often around here regarding the truth of how we live this life, matters in the next. What we do today makes a difference for eternity.

I desire to make the most of each day. And I'm assuming you do, too.

But some days that's easier said than done. Some days I find I'm weary, tired, and discouraged. Some days I don't make the most of the 24 hours I'm given. And some days I waste, and wander, and life seems to pass me by.

I don't want life to pass me by.

If you've been around here for any time at all, you know I'm all about living undistracted and living in the moment. It's a mindset that continues to prompt me to examine the impact I'm making in the world around me. Because this life matters, and I don't want to live it distracted. In fact, I'm pausing to ponder these questions. Maybe you want to ponder them, too.

Am I making a difference in this world?

Am I really living in each moment?

How am I doing at loving God and loving others?

Am I making the most of the minutes/hours/days I've been given?

Am I following God's lead in this adventure with Him?

How am I living? Am I living a real, transparent life, one where others can see the real me?

Am I living life with no regrets?

That last one is a big one.

At the end of my life, I want there to be no regrets. I'm guessing you are the same.

Live with no regrets. This is what I consider the first secret to live your best life this summer. And by this I don't mean to live your best life this summer in what the world considers best, but in what God considers best.

Teach us to number our days and recognize how few they are; help us to spend them as we should.
Psalm 90:12 TLB

Why is this important? Because many people in this world are too fearful, too comfortable, too distracted, and have too many excuses to live the abundant lives Jesus came to give us. Do you remember what John 10:10 says?

The thief approaches with malicious intent, looking to steal, slaughter, and destroy; I came to give life with joy and abundance. John 10:10 VOICE

This thief, the enemy of our souls, desires to keep us stuck, ineffective, and preoccupied. He wants us to be miserable, sick, and sorrowful. Because if He can keep us distracted, well, then he's stealing from us, slaughtering our hopes, and destroying our lives. He knows how to get to us, and friend, he's doing a pretty good job.

Living with no regrets means following God, His plans and His purposes for our lives. It means clinging to Jesus to lead us, guide us, and equip us to do what He calls us to do. To be so immersed in God that we trust Him, no matter what.

Because God will take us beyond our wildest dreams if we let Him.

He will use us in ways we never could have guessed or imagined if we are willing.

He will grow us, teach us, and transform us into the people He desires us to be if we allow Him to.

This is how we live with no regrets. We follow God.

Living undistracted. Loving fully. Making a difference. Regretting nothing. Because that's what we'll experience when we follow wholeheartedly.

But how do we do this? How to we follow God? We can't see Him, so how do we follow Someone we can't see?

Staying in God's Word and praying are two important activities I do to stay connected to God. And this is the second secret how to live your best life this summer. But if I'm not careful, life has a way of crowding out the time I like to spend with God each morning. Especially during the summer months when my schedule seems a little more flexible, if I don't carve out time to read my Bible and to pray, other things—some important and some not—can easily take over.

Do you find this happens to you too?

As I focus on living my best life this summer, I am fully aware of how staying grounded in prayer and in God's Word is necessary for my well-being, and for my spiritual, physical, mental, and emotional stability.

Staying in His Word and talking with God keeps me focused on the eternal and not the temporal.

Starting my day off in God's Word and in prayer gives me a peace, a hope, and a perspective that only comes from spending time with the One Who created me.

But let me tell you, I haven't done a great job at this every day. Some days I've missed. Some days I forgot. Seriously. Some days I chose to do something else. And those days have fallen flat. Those days I couldn't "feel" God's presence with me. It was as if I was on my own in this world, and boy, I didn't like that one bit. Those days were a struggle.

Because I tend to be drawn to the Psalms, I've chosen five to pray this summer. Five Psalms to keep me focused on God and His plans for my life. Five to keep me in His Word and in prayer. Five I hope will be cemented into my memory before summer is over. Five to help me live my best life this summer.

5 Psalms to pray to live your best life this summer:

1 – To help me spend my days wisely:

Teach us to number our days and recognize how few they are; help us to spend them as we should.
Psalm 90:12 TLB

2 – To confirm the work I do:

And let the loveliness of our Lord, our God, rest on us, confirming the work that we do. Oh yes. Affirm the work that we do. Psalm 90:17 MSG

3 – To honor God with my words and thoughts:

May the words from my mouth and the thoughts from my heart be acceptable to you, O Lord, my rock and my defender. Psalm 19:14 GW

4 – To follow God on His path for my life:

You direct me on the path that leads to a beautiful life. As I walk with you, the pleasures are never-ending, and I know true joy and contentment. Psalm 16:11 VOICE

5 – To live a life that pleases God:

If you are right with God, He strengthens you for the journey; the Eternal will be pleased with your life. And even though you trip up, you will not fall on your face because He holds you by the hand. Psalm 37:23-24 VOICE

Aren't these verses great ones to live by each day?

You can find these Bible verses on a printable in my Free Resources, along with a plethora of other fun gifts I created just for you. The link to these resources is in the show notes.

Friend, we can either allow life to pass us by this summer, or we can choose to live undistracted with no regrets. I say we choose the latter! Following God in prayer and through scripture is key. I invite you to follow me on social media and together we'll encourage one another as we venture through this summer. Join me with the hashtag #summerofnoregrets so we'll be able to find each other and cheer each other on. I can't wait to journey through this season with you, living the life of abundance Jesus came to give us!

If you found encouragement and hope in this episode, please rate it and/or review it from wherever you're listening today. Subscribe to the podcast so you never miss a new episode.

I'm cheering you on as you live your best life this summer! God bless you!

Links in this episode:

[Psalm 90:12](#) TLB

[Psalm 90:17](#) MSG

[Psalm 19:14](#) GW

[Psalm 16:11](#) VOICE

[Psalm 37:23-24](#) VOICE

[Access the free printable of these verses and more in my Free Resources](#)

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#summerofnoregrets

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