

Philippians 1:21 (NIV)

**For to me,
to live is Christ
and to die is gain.**

Balancing Life and Death

(Philippians 1:21-26)

Lighten Up, No. 7

Philippians 1:22 (NIV)

**If I am to go on living in the body,
this will mean fruitful labor for me.**

Yet what shall I choose?

I do not know!

Philippians 1:23 (NIV)

**I am torn between the two:
I desire to depart and be with Christ,
which is better by far;**

Philippians 1:24 (NIV)

**but it is more necessary for you
that I remain in the body.**

Philippians 1:25 (NIV)

**Convinced of this,
I know that I will remain,
and I will continue with all of you
for your progress and joy in the faith,**

Philippians 1:26 (NIV)

**so that through my being with you again
your joy in Christ Jesus
will overflow on account of me.**

Philippians 1:22 (NIV)

**If I am to go on living in the body,
this will mean fruitful labor for me.**

Yet what shall I choose?

I do not know!

Action Points

- 1. Embrace the challenge of being balanced between these two opposite extremes—life and death.**

Action Points

- 1. Embrace the challenge of being balanced between these two opposite extremes—life and death.**
 - List the advantages of life.**
 - List the advantages of death.**

Epitaph

***Remember man, as you walk by,
As you are now, so once was I.
As I am now, so shall you be,
Remember this and follow me.***

Action Points

- 1. Embrace the challenge of being balanced between these two opposite extremes—life and death.**
- 2. Make thoughtful preparation in the event of your death.**

Action Points

- 1. Embrace the challenge of being balanced between these two opposite extremes—life and death.**
- 2. Make thoughtful preparation in the event of your death.**
- 3. Serve the Lord.**

Philippians 1:22 (NIV)

**If I am to go on living in the body,
this will mean fruitful labor for me.**

Yet what shall I choose?

I do not know!

Philippians 1:25 (NIV)

**Convinced of this,
I know that I will remain,
and I will continue with all of you
for your progress and joy in the faith,**

Philippians 1:26 (NIV)

**so that through my being with you again
your joy in Christ Jesus
will overflow on account of me.**

Luke 22:19 (NIV)

**And he took bread,
gave thanks and broke it,
and gave it to them, saying,
“This is my body given for you;
do this in remembrance of me.”**

Luke 22:20 (NIV)

**In the same way, after the supper
he took the cup, saying,
“This cup is the new covenant in my
blood, which is poured out for you.”**