

Week Thirteen

A Mid-Life Crisis

We have all heard the stories of disaster that follow an unfortunate mid-life crisis. So, what exactly is a mid-life crisis?

A mid-life crisis is about coming to the full realization that your earthly life is not going to continue forever and that your *options* in your remaining years are limited by the *choices* you have already made.

The future reality of death is a factor in a mid-life crisis but doesn't appear to be the driving force. It seems to be the realization that our life now has limits that creates the angst. The fact is that we will not be able to do everything we wish we could do or that we are capable of doing. We may come close but definitely not as close to having it all as did Solomon. In Ecclesiastes 2, he described having everything the world had to offer except happiness.

What can we learn from Solomon? Real peace and contentment do not come from "things."

Next week: Research reveals the sources of contentment and happiness.