

Week 15: A Reverse Obituary

“If you know how quickly people forget the dead, you will stop living to impress people” –

Christopher Walken

I was reading Morgan Housel’s newest book, *The Art of Spending Money*, and he spent one of his first chapters writing about what he called a ‘reverse obituary’. On the surface level, this seems not to make a lot of sense – does it? Why would one write a reverse obituary? Don’t you have these published after you have your funeral? Well, yes, and that is the point.

See, Morgan’s point was simple: what do you want your obituary to say? At first, when I was writing down my ‘reverse obituary’, I thought that this was going to be easy. I wondered why Morgan would want us to do such a seemingly meaningless little exercise. However, I did not truly grasp the full picture. His point was not to consider **WHAT WE INCLUDED**. His point was **WHAT WE DID NOT INCLUDE**. On a surface level, this sounds redundant – but when you dig deeper, there is actually a major point to be made.

When I was creating my ideal obituary, it stated: ‘Ty was a good family man who valued Christ’, ‘Ty was always willing to give – whether that meant his time, energy, or resources’, or ‘Ty was someone that always made my day better when I talked to him’. I would venture to say that most of us would have pretty similar priorities when it comes to what that obituary would say. **Notice what it did not say.**

If you took the time to write down your reverse obituary, I am going to guess that it did not say the following things: ‘Ty drove a car with 400 horsepower’, ‘Ty had a huge house with expensive granite countertops’, or ‘Ty had a watch that cost him \$10,000’. See what I mean? When you are no longer on this Earth, the important things to you are not the things that the world tells you are important – it’s all about the impact that you have left on the world. You’re on this Earth for 80 years – if you get lucky. Our kingdom in heaven is waiting for us for an eternity. Do not get that mixed up. Temporary pleasures are just that. Temporary.

In this world, it feels like we are in a constant race to the top of materialism. We want all these things in our lives, yet we are extremely disappointed when we achieve those things because they do not truly bring us joy. See, that is the catch. That is how the world attacks our mental health. It begins to advance a narrative that we need all these things to be happy. Yet, at the end of the day, to truly find happiness, all we need is our Lord Jesus Christ. He will provide all sources of true joy in our lives – we do not have to do a single bit of the work, just submit to him.

So, as you guys progress into this next we I would encourage you to look at your ‘goals’ through these lenses. Ask yourself how you want people to remember you – and to begin to carve your life around that narrative. When you are fully able to look past what the world is telling you and truly submit to joy the way that Christ values joy, your life will see a significant improvement – mentally, physically, and spiritually.

GOD BLESS – TY