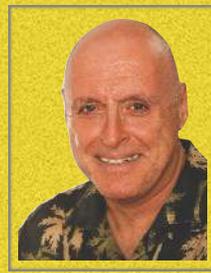


# THE EXTRA POINT

BY JERRY ROBERTS



## # 643 I Want You to Give Me 100 Reasons

If I asked you to give me 100 reasons why your life matters, how many could you come up with? I'm Jerry Roberts and let's talk about it, next on The Extra Point.

Yesterday, the people at Live2Lead, the leadership event we're again bringing to Guam in 2020, added another speaker to an already impressive lineup. His name is Craig Groeschel, a pastor. I'd never heard of him until yesterday. So, I did some research to learn what he's about.

I found a story of Groeschel's encounter with a young guy named Scott, who was a member of his church — one of the nicest, most easy-going people he knew. One day he and Scott were talking in his office and Scott revealed that he had been having suicidal thoughts. He said he was suffering from anxiety, depression, and was tired of being alone and going through life as he knew it.

Groeschel struggled for words to convince him otherwise, then prayed for guidance. At that moment a thought flashed in his mind. He grabbed a notepad saying, "I believe you're supposed to give me 100 reasons why your life matters, 100 reasons why you should live, 100 reasons why you should be encouraged."

Scott looked at him and said he couldn't think of any. Groeschel pressed him to come up with something good about himself." Scott seemed slightly upset that he was being put through such an exercise, but then answered, "I'm a pretty good writer." Groeschel acknowledged the writing talent, and asked, "Okay, what else?" Scott responded, "I'm funny." Groeschel had never thought of Scott that way, but he wasn't going to argue. He wrote it down. "What else?" he said.

Scott thought for a moment, then blurted out, "I look a lot like Robert Redford." Groeschel laughed to himself, "This guy looks nothing like Robert Redford." He wrote it down. By

reason seven or eight, there was a small breakthrough. Scott smiled, "Well, my sister says I'm faithful and my boss tells me I'm a hard worker." Then, the reasons started to flow.

It was at about reason 22 that he began to cry, then more reasons came. Groeschel continued to work with him and Scott was able to get to 100 reasons why his life mattered.

Craig Groeschel is a great storyteller, and he knows how to get his point across so people can take action and improve their lives, relationships, jobs, and careers. I'm excited that he'll be a part of the upcoming Live2Lead conference, which will be available online and hopefully at our hotel event, if that's possible.

Now, I want you to give those 100 reasons on why your life matters, before you give this exercise to anyone else. Don't analyze, don't edit, just write. It's always easier to ask someone else to do something that you've done yourself.

There's too many people in our small island community who feel they don't count, don't matter, particularly in the younger generations. Too many feel like giving up.

You know something, you might be working with one of them. You might be living with one of them. Some days, you might even feel that you are one of them.

Do it today, find those 100 reasons — then share it with someone you feel it might help.

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

**THE POINT**  
93.3 FM / 1350 AM / 104.3 FM HD-3

**GUAM TRAINING**