

MAKING THE MOST OF THE MOMENT

Teach us to realize the brevity of life, so that we may grow in wisdom.
Psalm 90:12 NLT

- **Uncertainty can be a ferocious devourer of peace.**
- **Fear can paralyze us.**
- **Worry can drown out the blessings.**
- **Being too driven can cause us to miss special moments.**

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7 NLT**

WE HAVE TO BE BETTER AT RECOGNIZING THE MOMENT.

- **God moments can be monumental moments.**
- **Father, help me to see the gifts, blessings, and moments in each day.**
- **Slow down for a few minutes each day to be thankful for good things in your life.**

For everything there is a season, a time for every activity under heaven.
Ecclesiastes 3:1 NLT

⁹ What do people really get for all their hard work? ¹⁰ I have seen the burden God has placed on us all. ¹¹ Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. So I concluded there is nothing better than to be happy and enjoy ourselves as long as we can. ¹³ And people should eat and drink and enjoy the fruits of their labor, for these are gifts from God. **Ecclesiastes 3:9-13 NLT**

ENJOYING THE MOMENT TAKES FOCUS.

²⁵ "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?" **Matthew 6:25-27 NLT**

Enjoy the little things in life, for one day you'll look back and realize they were big things.

Enjoy today. It is one of the "good old days" you will miss in the future!

WE NEED TO BE INTENTIONAL ABOUT PLANNING FOR THE MOMENT.

¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do. **Ephesians 5:15-17 NLT**

- We have to be intentional with our time.
- We need to remember the principle of the path.

REMEMBERING SPECIAL MOMENTS PREPARES US FOR THE NEXT MOMENT.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. **Philippians 4:8 NLT**

- **Return to a special place.**
- **Share a special memory with someone.**

Next steps for me today...

- **Ask God to help you see the blessings in this day.**
- **Slow down and enjoy those special moments this week.**
- **Plan a special moment with your family.**