

Life Group Questions and Message Notes

1. Tell us about a time where you seized the day?
2. **How were you able to stay present in the moment?**
3. Talk about a time where you missed the moment?

Kryptonite: Finding God's Strength in Your Weakness Pastor Kerry Shook – May 2nd, 2021

Sloth: failing to do the right thing at the right time.

"For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace. What do people really get for all their hard work? I have seen the burden God has placed on us all. 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."

Ecclesiastes 3:1-11 (NLT)

1. SEE THE MOMENT

"A time to be born and a time to die. A time to plant and a time to harvest." **Ecclesiastes 3:2 (NLT)**

"A time to kill and a time to heal. A time to tear down and a time to build up." **Ecclesiastes 3:3 (NLT)**

"A time to cry and a time to laugh. A time to grieve and a time to dance." **Ecclesiastes 3:4 (NLT)**

"A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away." **Ecclesiastes 3:5 (NLT)**

"A time to search and a time to quit searching. A time to keep and a time to throw away." **Ecclesiastes 3:6 (NLT)**

"A time to tear and a time to mend. A time to be quiet and a time to speak." **Ecclesiastes 3:7 (NLT)**

"A time to love and a time to hate. A time for war and a time for peace."
Ecclesiastes 3:8 (NLT)

"Listen for God's voice in everything you do, everywhere you go; He's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil!"
Proverbs 3:6-7 (MSG)

2. STAY IN THE MOMENT

"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."
Ecclesiastes 3:11 (NIV)

"But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping His promise, as some understand slowness. Instead He is patient with you, not wanting anyone to perish, but everyone to come to repentance."
2 Peter 3:8-9 (NIV)

"But these things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!"
Habakkuk 2:3 (TLB)

3. SEIZE THE MOMENT

"Teach us to number our days, that we may gain a heart of wisdom."
Psalms 90:12 (NIV)

"When we were utterly helpless, with no way of escape, Christ came at just the right time and died for us sinners who had no use for Him."
Romans 5:6 (NIV)