



## **MOMENT BY MOMENT-PT. 3**

### **THE LORD IS . . . THEREFORE, I WILL . . .**

The Problem - The longer we think about the problems of the past and imagine what the problems of the future could be, the harder it becomes to believe in a God who is there for us in the present.

- God - He gives us strength for today, His grace is sufficient for today!
- Us - We can't live in the past because God is not with us there, we can't live in the future because we can't go to the future with God, but we can rest in Him for today. He is an ever-present help in the time of struggle!

**But seek first the Kingdom of God and His righteousness, and all these things will be added to you. <sup>34</sup> "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself.**

**Sufficient for the day is its own trouble (MATTHEW 6:33-34, ESV)**

- **NLT says: So, don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.**

Psalms 23:1 David penned the words, "The Lord is my Shepard, I shall not want!"

- These passages and this message are a salutary reminder that God's sure provision of our needs does not guarantee a life without problems. But our problems need not be multiplied by incessant worrying about them before they occur; God knows about these too and can be trusted to deal with them when the time comes- **R. T. France**



God does not promise us an easy life. In fact, Jesus said, "I have said these things to you, that in me you may have peace. In the world, you will have tribulation. But take heart; I have overcome the world" ([JOHN 16:33, ESV](#)). The question for today is How do I walk with God Moment by Moment?

**TITLE: THE LORD IS . . . THEREFORE, I WILL . . .**

Missing the Moment of College (so focused on graduating), missing the moment of my wedding, missing the moment of the first year of my kids....

**WE MISS THE POWER OF THE MOMENT BECAUSE OF THE THOUGHTS OF OUR PAST AND THE IMAGINATIONS OF OUR FUTURE!**

I stand before you today finally after 33 years of life writing out a personal mission statement for myself... That statement is this... **God has called me to protect and bring healing to the weak, the vulnerable, and the sick. I will do this by showing up with integrity and taking responsibility!**

**WE MISS THE POWER OF THE MOMENT BECAUSE OF THE THOUGHTS OF OUR PAST AND THE IMAGINATIONS OF OUR FUTURE!**

Money doesn't solve problems- it exaggerates them. Influence doesn't solve who you are- influence just makes bigger who you already are:

- If you are a poor jerk, when you become rich you will just become a rich jerk!
- If you are a selfish employee and take advantage of your boss, when you become a boss you will be a selfish boss and take advantage of your employees!



There was a study done in Korea and posted on the National Library of Medicine on the effects of income level to the adherence to antidepressant treatment for first time onset depression outpatients.

SHOW PICTURE on Screen

Table 2

**Characteristics of study population.**

Variable		n	%
Income class	Class 1	30,292	21.28
	Class 2	28,118	19.75
	Class 3	28,047	19.70
	Class 4	27,930	19.62
	Class 5	27,949	19.64
Gender	Man	50,536	35.50
	Woman	91,800	64.50
Onset age	≤29	31,073	21.83
	30–49	49,354	34.67
	50–69	45,761	32.15
	≥70	16,148	11.34

So I will say this again: WE MISS THE POWER OF THE MOMENT BECAUSE OF THE THOUGHTS OF OUR PAST AND THE IMAGINATIONS OF OUR FUTURE!



## THIS IS THE DAY!

- This is the day that the Lord has made; we will rejoice and be glad in it (PSALM 118:24, KJV).
- Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"—<sup>14</sup>yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. <sup>15</sup>Instead you ought to say, "If the Lord wills, we will live and do this or that."<sup>16</sup>As it is, you boast in your arrogance. All such boasting is evil.<sup>17</sup>So whoever knows the right thing to do and fails to do it, for him it is sin (JAMES 4:13-17, KJV).
- But I beseech *you*, that I may not be bold when I am present with that confidence, wherewith I think to be bold against some, which think of us as if we walked according to the flesh. <sup>3</sup>For though we walk in the flesh, we do not war after the flesh: <sup>4</sup>(for the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;) <sup>5</sup>casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ (2 CORINTHIANS 10:2-5, KJV).

The Problem- The longer we think about the problems of the past and imagine what the problems of the future could be, the harder it becomes to believe in a God who is here for us in the present.

- First, we have to address the thoughts of the past! (There may be consequences of the past- God does not promise he will deliver you of past consequences but he did die to reconcile the choices of the past.)
- Second, we have to address the imaginations of the future!

Care Cycle- Picture



EXPERIENCING GOD

moment  
x  
moment

- The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.<sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup>You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. <sup>6</sup>Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever (PSALMS 23:1-6, ESV).