

Moment by Moment



We Live Moment By Moment

- A moment is defined as, “an indefinitely short period of time which has important effects or influence on the future.”
- These moments combine to shape who we are and what we will be

Wisdom Instructs Us To Live Moment By Moment

- “Rejoice in the things that are present; the future is beyond thee.” (Montaigne)
- “Waste not fresh tears over old griefs.” (Euripides)
- “The ability to be in the present moment is a major component of mental wellness.” (Abraham Maslow)

Wisdom Instructs Us To Live Moment By Moment

- “Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present.” (Marcus Aurelius)
- “Do not let your shadow walk you. You are not a slave of the past.” (Dodinsky)
- “Life is a succession of moments. To live each one is to succeed.” (Coria Kent)

We Live Moment By Moment

- The Bible is filled with moments and the people who were defined by them.
- Whether or not they stayed aware of the moment determined their futures and either validated or voided their pasts.

Bible Examples

- Adam and Eve in the moment they disobeyed God
 - Gen. 3:6-8 - “So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. 7 Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings. 8 And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.”

Bible Examples

- Consequences:
 - Expelled from the most beautiful, pleasant setting ever experienced by human beings in this world
 - Made to live out the rest of their lives in hard circumstances made harder by knowing what they lost
 - No more access to the tree of life and so destined to die
 - And worst of all, to be known for all of eternity as the people who invited sin into this world to curse all men

Bible Examples

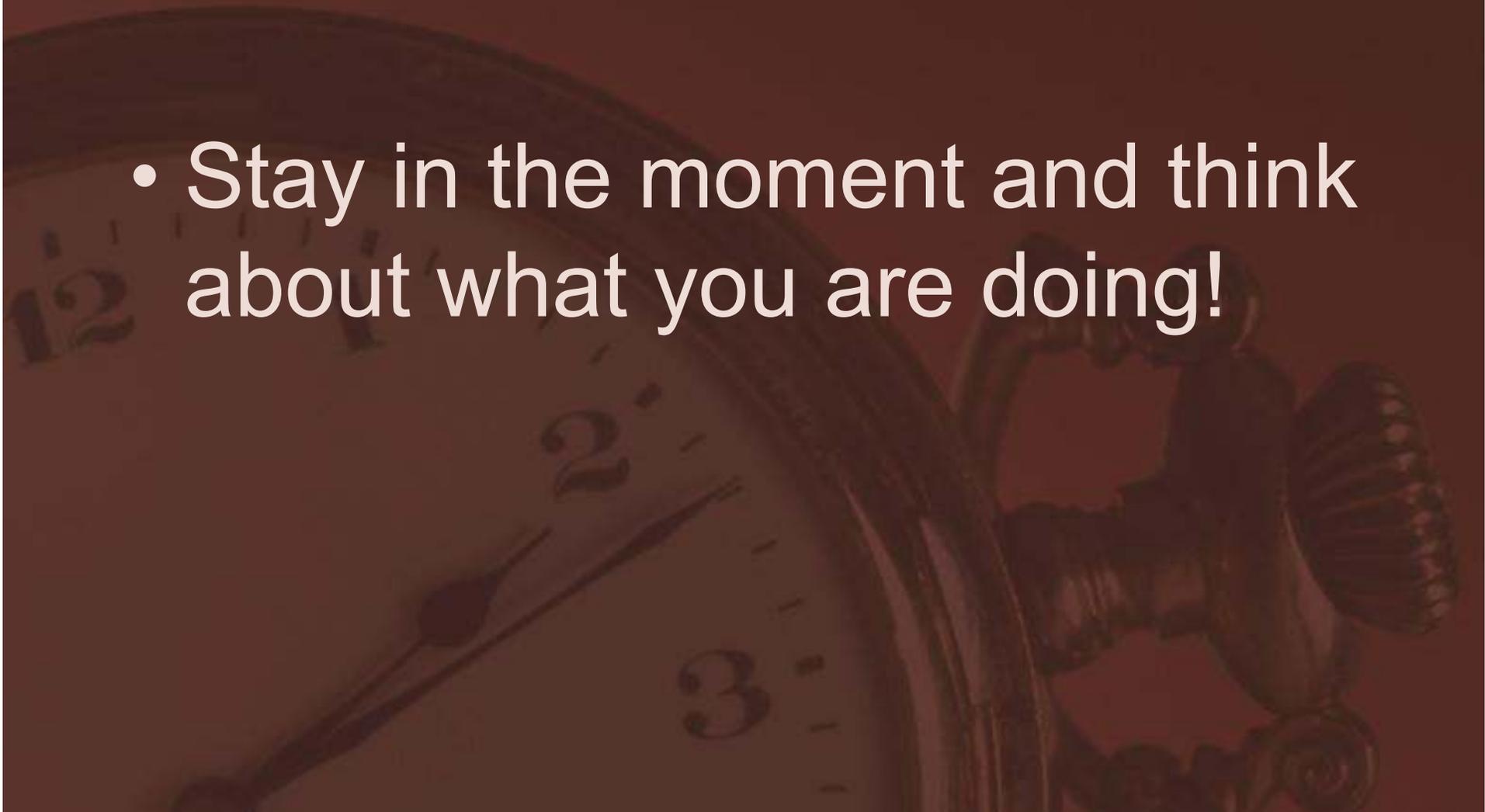
- Moses in the moment he struck the rock
 - Num. 20:3-12
- Consequences: He had spent over 80 years of his life training for the task of leading people into the promised land. He would spend another 40 years getting them there, but would never be able to cross the Jordan himself. He would merely be allowed to gaze over it from Mount Pisgah before his death.

Bible Examples

- Peter in the moment he denied Jesus
 - Luke 22:55-62
- Consequences:
 - To be second only to Judas in infamy for his behavior during the crucifixion of Christ
 - To spend the rest of his days remembering how he disappointed the Lord
 - To write two epistles where his self-recrimination can be seen between every line

Bible Examples

- Stay in the moment and think about what you are doing!



The Power Of A Single Moment

- Every moment brings opportunities
 - An opportunity to choose right over wrong.
 - An opportunity to please and glorify God.
 - An opportunity to live and share the life of Christ
- Every moment has consequences
 - Psalm 90:12 - “So teach us to number our days, That we may gain a heart of wisdom.”

Bible Instructions

- Make the most of your moments
 - Col. 4:5-6 - “Walk in wisdom toward those who are outside, redeeming the time. 6 Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one”
 - Eph. 5:15-17 - “See then that you walk circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil. 17 Therefore do not be unwise, but understand what the will of the Lord is.”

Bible Instructions

- Set proper priorities
 - Matt. 6:33 - “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

Bible Instructions

- Steadfastly maintain right relationship with God
 - 1John 3:1-3 - “Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. 2 Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. 3 And everyone who has this hope in Him purifies himself, just as He is pure.”

Bible Instructions

- Be content with the limitations of the moment
 - 2Cor. 12:7-10 - “And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. 8 Concerning this thing I pleaded with the Lord three times that it might depart from me. 9 And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.”

Bible Instructions

- We are not content with this moment because we want to define it our way.
- We want to live in the past or wait around for a better future because we want the present to be our way

We Live From One Moment To The Next

- Only the ignorant believe this diminishes the past
- In fact, we are who we are in this moment because of what we have done in the past
- But we can rise above it or sink below it in this moment

We Live From One Moment To The Next

- Only the foolish believe this dismisses the future
- In fact, our future is determined by what we do in this moment
- We can build it up or tear it down

But We Cannot Live In The Past Or Future; We Live One Moment At A Time

- You do not have to carry the sins and sorrows of the past through this moment into the future
- You will harm yourself if you do
- Let them go and focus on the present

But We Cannot Live In The Past Or Future; We Live One Moment At A Time

- You do not have to face all of the future in this moment; you will discourage yourself into immobility if you try
 - You face only the temptation of this moment
 - You face only the task of this moment
 - You face only the trial of this moment, and no other
- Learn from the past, prepare for the future, but stop trying to live in both of them this moment