

BEING FULLY PRESENT

Redeeming Today

October 8, 2017, Pastor Bill Russell

You know I may have referenced this story before, I'm not entirely sure if I did, but I know that it was an article God used to inspire this series well over a year ago. It is a powerful story and we can start with this simple question...

☪ **INTRO:** *Will Beauty Transcend?*

PEARLS BEFORE BREAKFAST: CAN ONE OF THE NATION'S GREAT MUSICIANS CUT THROUGH THE FOG OF A D.C. RUSH HOUR?

By most measures, he was nondescript: a youngish white man in jeans, a long-sleeved T-shirt and a Washington Nationals baseball cap, (positioned against a wall beside a trash basket.) From a small case, he removed a violin. Placing the open case at his feet, he shrewdly threw in a few dollars and pocket change as seed money, swiveled it to face pedestrian traffic, and began to play.

It was 7:51 a.m. on Friday, January 12, the middle of the morning rush hour. In the next 43 minutes, as the violinist performed six classical pieces, 1,097 people passed by. Almost all of them were on the way to work, which meant, for almost all of them, a government job. L'Enfant Plaza is at the nucleus of federal Washington, and these were mostly mid-level bureaucrats with those indeterminate, oddly fungible titles: policy analyst, project manager, budget officer, specialist, facilitator, consultant.

Each passerby had a quick choice to make, one familiar to commuters in any urban area where the occasional street performer is part of the cityscape: Do you stop and listen? Do you hurry past with a blend of guilt and irritation, aware of your cupidity but annoyed by the unbidden demand on your time and your wallet? Do you throw in a buck, just to be polite? Does your decision change if he's really bad? What if he's really good? Do you have time for beauty? Shouldn't you? What's the moral mathematics of the moment?

On that Friday in January, those private questions would be answered in an unusually public way. No one knew it, but the fiddler standing against a bare wall outside the Metro in an indoor arcade at the top of the escalators was (Joshua Bell) one of the finest classical musicians in the world, playing some of the most elegant music ever written on one of the most valuable violins ever made. His performance was arranged by The Washington Post as an experiment in context, perception and priorities -- as well as an unblinking assessment of public taste: In a banal setting at an inconvenient time, would beauty transcend?

Last week we started this new series of sermons where we are talking about something that I think we can all relate to. ***“Being Fully Present and Living in the Moment.”*** In fact I received a lot of comments last week about the message, so I think I may have struck a nerve.

The basic premise of this series has to do with this idea. One day we will leave this earth and we will enter eternity. When we get to heaven, when we are IN eternity, we will be FULLY PRESENT and living in the moment. We won't be reliving yesterday or worried about tomorrow or even paralyzed by our present circumstances but we will be Fully ALIVE, Fully PRESENT and totally living in the moment. In heaven we will be so consumed with the Glory of God and so enthralled in whatever our God-ordained eternal purpose is that we will not be looking back on yesterday or even looking forward to tomorrow. We will be fully present living in the moment!

The thing is, God wants that same reality to define our very lives today. He wants us to be fully present and living in the moment whether we are in our homes, on the job, out in the community, even when we are here at church. One of the simplest reasons why is because God is present everywhere and in every moment. To miss a moment is to maybe miss God!

This morning I want us to think specifically about today, and each and everyday. I want us to think about the value that today is and how we can redeem the day.

We start with this question which is at the heart of this series.

- ***“Is there time in eternity?”***
- ***“Is there time in heaven?”***

The conclusion I have come to is that there is really no way our feebly minds can sort this out and come to a definitive conclusion. You can make an argument on both sides of the question. I tend to think there is **NOT** time in heaven, which is a more traditional view, but even if there is, I do not think that we will look at time and process time the same way we do on this earth.

We saw last week that there is no night in heaven. No sun or moon, because the Glory of God, the Doxa of God, is all the light we will ever need. That means there is no 24 hour cycle that goes by everyday. In fact remember it is Peter who refers to eternity as a day.

2 Peter 3:18 ESV

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.
To him be the glory both now and to the **day of eternity**. Amen.

Now to set up today's message we have to go back to the origin of time.

►► IN THE BEGINNING:

Genesis 1: ESV

In the beginning, God created the heavens and the earth.

We see in this passage three things that were created. Space, (the heavens) matter (the earth) and time (the beginning). Before this there was nothing, nothing but God and God resides in eternity and has beginning or ending.

Here is the thing, lets go from... *IN THE BEGINNING*, to

►► *AFTER THE FALL*

You see after the Fall of man with the first sin in the Garden of Eden everything God created was cursed and corrupted.

- *That includes, the earth (matter) which groans even today.*
- *The heavens as in space, were cursed as darkness overtook light.*
- *Along with that, time was also corrupted, and that relates back to a key principle Paul talks about in Ephesians 5.*

☯ THE BIBLICAL PRINCIPLE: *Redeeming the Time!* [Eph 5:15-16]

Ephesians 5:15-16 BSB

Pay careful attention, then, to how you walk, not as unwise but as wise, 16 redeeming the time, because the days are evil.

The thing is, those of us who have been saved, those of us who are called the redeemed, are the only ones who can redeem the time. If we want to live fully present, in the moment, than we have to understand what it means to redeem the time, to Redeem today for God's Glory.

It looks like this. We get up and we face a 24 hour day, okay with sleep we will say we face a 16 hour day. We are looking at 16 hours of time that have been cursed and corrupted by the fall of man. Yet the thing is, as the redeemed, we have the power to redeem, and

- *We can actually redeem those 16 hours for the Kingdom of God!*
- *We can redeem them for His Glory!*
- *We can redeem them for eternity.*
- *We can live today for eternity.*
- *We can live for an eternal purpose.*

How do we do that? How do we redeem today and everyday. I have three areas of intentional living, directly from Scripture that will answer that question. It will answer it with great clarity. The thing is if you want to **BE** fully present and **LIVE** in the moment, you need to redeem the time.

Let me give you a BIG IDEA and than we will unpack this principle of redeeming the time, specifically redeeming today.

TODAY'S BIG IDEA:

CHRIST HAS REDEEMED US FOR THE GLORY OF GOD
EMPOWERING US TO LIVE A REDEEMED LIFE
AND ENABLING US TO REDEEM THE DAY
ALL TO THE GLORY OF GOD!

The question is how do I do this?

How do I live fully present and redeem the day?

Three areas of intentional living!

1. Capture every thought.

If we are going to be fully present and live in the moment, we must learn what it means to capture every thought; for the Spirit to capture every thought. This of course will take some serious intention. This is actually a practice that the Apostle Paul talked about with the church at Corinth. You will see in these verses the idea behind capturing our thoughts is **"taking them captive."** This is really a powerful idea.

2 Corinthians 10:3-6 ESV

3 For though we walk in the flesh, we are not waging war according to the flesh. 4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. 5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 6 being ready to punish every disobedience, when your obedience is complete.

I wanted to get into a little of the greater context here but time does not allow us. Let's breakdown though, what Paul means by a stronghold. This word here in the Greek it is the only time is used in the the Bible. Here is a great working definition from author, speaker and Christian counselor Rick Thomas.

Stronghold Defined: A stronghold is a mental argument you believe that contradicts the person and power of Christ. A stronghold is a thought fortress of arguments designed to take your mind captive and hold you prisoner. These fortresses are intended to negate the person of Christ and His power (the gospel) in your life.

I really like this definition, the way it reflects with great clarity the actual Greek word.

I think many people today, and this is prorated by certain Bible teachers, but when they think of strongholds they think of demonic forces at work. Now I'm not saying that demons could never be associated with a stronghold, I just don't think that is the most common way we should see or understand a stronghold.

I think the best way to really understand exactly what Paul is talking about here is to go back to the diagram I used two weeks ago.

1 Thessalonians 5:23 ESV

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

Remember we are created as a three-part whole.

- *We have a body, soul and spirit.*
- *We are a soul that has a spirit and lives in a body.*
- *We are a soul, that is WHO we are, that is our personality and eternal reality*
- *That is also where we find our thoughts, feelings and will (how we make choices).*

Now Paul is speaking to the Corinthians here about the spiritual battle that we all face as Christians everyday. Paul is very clear that he does not fight in the flesh.

What Paul is wanting us to understand here is that our thoughts can either be taken captive by our flesh or by our Spirit, the Spirit of Christ or the Christ-Life. What can happen is that our flesh can gain control of our thoughts in some area and it can become a stronghold in our life.

In fact here are two powerful examples.

Researches have found what pornography does to the brain. **Porn they say actually rewires the brain.** They say it takes like 90 days being off of porn to begin to change the brain back. To break the strongholds that are in essence wired into the brain.

Just this week I ran across another example of this same reality. It appears to be identical to the way that porn affects the brain. Now get ready, because this is a common one and very relatable. Did you know that...

Complaining rewires the brain. Here's just one of many articles out there. this if from the Huffington Post. It describes what complaining and in some ways porn does to the mind.

COMPLAINING REWIRES THE BRAIN.

By Dr. Travis Bradberry

Research shows that most people complain once a minute during a typical conversation. Complaining is tempting because it feels good, but like many other things that are enjoyable—such as smoking or eating a pound of bacon for breakfast—complaining isn't good for you.

Your brain loves efficiency and doesn't like to work any harder than it has to. When you repeat a behavior, such as complaining, your neurons branch out to each other to ease the flow of information. This makes it much easier to repeat that behavior in the future—so easy, in fact, that you might not even realize you're doing it.

You can't blame your brain. Who'd want to build a temporary bridge every time you need to cross a river? It makes a lot more sense to construct a permanent bridge. So, your neurons grow closer together, and the connections between them become more permanent. Scientists like to describe this process as, "Neurons that fire together, wire together."

Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you. Complaining becomes your default behavior, which changes how people perceive you.

And here's the kicker: complaining damages other areas of your brain as well. Research from Stanford University has shown that complaining shrinks the hippocampus—an area of the brain that's critical to problem solving and intelligent thought. Damage to the hippocampus is scary, especially when you consider that it's one of the primary brain areas destroyed by Alzheimer's.

*[http://www.huffingtonpost.com/
dr-travis-bradberry/how-complaining-rewires-y_b_13634470.html](http://www.huffingtonpost.com/dr-travis-bradberry/how-complaining-rewires-y_b_13634470.html)*

Do you see what is happening here in spiritual terms?

Both pornography and complaining are when the flesh controls my thoughts, feelings and eventually actions and they begin to create a stronghold. I can get very comfortable in some very fleshly behaviors.

Now the thing is Paul is saying we need to take these thoughts captive in the Spirit or by the Christ-Life!

Let me give you three very practical examples.

A. Past Thoughts: that RELIVE yesterday.

The simple reality is, I can't be fully present in the now, if I am reliving yesterday. There is a healthy way to look back at yesterday but then there is also an unhealthy stronghold that can develop where I am always living in the past.

Let's take hypothetical Fred. Fred had a job interview yesterday. In fact he has several interviews coming up this week. All Fred can do is think about how poorly the interview went, even if it didn't go poorly at all. He is fixated on every wrong thing **he thinks** he said, his poor choice of clothes and his negative demeanor. You don't say! Seriously though as he prepares to go into a present interview, hours away, he is still reliving yesterday.

How do YOU think his interview will go?

That is clearly not a recipe for success.

B. Present Thoughts: that PLACE LIMITS on me today.

Mary feels like her life has no meaning. She has just given birth and has a 1 year old. She has left behind her job and she feels a great portion of her significance. God begins to place a burden on her heart to mentor some young and at risk moms through a ministry in her community. The burden is there and even the desire to be used of God, but her fear is paralyzing her and her thinking is holding her back. The messages she keeps getting are limiting her ability both to hear from God and be used by God. What are those thoughts? What are those strongholds?

- *I can't do it*
- *I'm too busy.*
- *I'm too scared.*
- *I'm not qualified.*
- *It will cost too much.*
- *I can't mentor myself.*
- *I wouldn't know what to say.*
- *They would never listen to me.*

You know it is funny how when God begins to call us to a certain ministry we suddenly can become a lot like Moses. We can find all kinds of excuses. Excuses that take us out of the moment!

How many opportunities do we miss out on simply because we are not fully present and living in the moment? Because we are letting a stronghold that contradicts the person and power of Christ, to become a thought fortress of arguments that takes our mind captive and holds us prisoner, negating the person of Christ and His power (the gospel) in our life.

So we see this in past thoughts and present thoughts but also...

C. Future Thoughts: that are consumed with worry about tomorrow.

I can't be fully present and engaged in the moment at hand if I am consumed with worry about tomorrow. Fear and worry are two of the emotions that bring about the greatest paralysis in our lives and present us from living out God's will for our lives.

The thing is, this point and application, doesn't end here. You see I am to prevent these strongholds from developing within me, taking me captive and limiting the power and presence of Christ. How do I do that though? It is just the opposite. I need to allow the person of Christ to take those very thoughts captive and make them obedient to the Spirit.

So whether I have that job interview like Fred or the opportunity like Mary to serve God, when those thoughts rise up I need the Spirit to influence them, I need the Christ life to bring those thoughts into obedience. For Fred that may be thoughts of trust, faith and the reminder of WHO He is in Christ and that God has a plan for him. For Mary that is the belief that if God is truly calling her, he will qualify her, enable her and give her the needed strength.

I need to take all of my thoughts and make them captive to Christ, His person and power! I also need to know that any strongholds presently in my life, any destructive behaviors from pornography to complaining, Christ can break those strongholds. Remember He defeated them at the cross.

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***WE WILL REDEEM THE DAY BY BEING INTENTIONAL
ABOUT TAKING EVERY THOUGHT CAPTIVE.***

Here is a second area of intentional living...

Capture every thought and then

2. Surrender every right.

Now we have talked about this idea before. But I want us to see how this impacts our ability to live in the moment and redeem the day.

Look with me at 1 Peter 2:18-25...

1 Peter 2:18-25 ESV

Servants, be subject to your masters with all respect, not only to the good and gentle but also to the unjust. 19 For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly. 20 For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God. 21 For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. 22 He committed no sin, neither was deceit found in his mouth. 23 When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. 24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 25 For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.

One of the things that really rattles us and gets us out of the moment, is when we feel violated in some way, when we feel like our rights have been violated. In fact we can feel violated in some way on a Monday and on Thursday we are still dwelling on the wrong. One of the intentional and Christ-Like things that we can do to live fully present and in the moment is to learn to let go of our rights. To surrender our rights. Like immediately!

Now a couple of things from this passage we just read in Peter.

■ ■ CHRIST IS OUR EXAMPLE:

Now think about this with me in a couple of ways.

- First no one was ever more present and in the moment than Christ was. He is the epitome of being fully present and in the moment. He never missed anything that the Father had for Him to do. He never missed one opportunity! Now think about, no one ever lived as fully present a life as Christ did, and yet...
- No one surrendered His rights on a daily basis better than Christ did.

He is our premier example of surrendering our rights.

- *He surrendered His right to glory when He came to earth.*
- *He surrendered His right to be right when he refused to argue and debate with the religious leaders.*
- *He surrendered His right to be holy when he took on our sin and shame at the cross.*
- *The truth is, Christ surrendered his rights on the cross so we would surrender ours.*

Do you know it is your right to reject God and go to a Christ-less eternity.

Do you understand that salvation is when we lay down the right to be our own Savior and Master?

■ ■ Surrendering anything is ultimately a position of TRUST! We see this in the example of Christ who it says ***entrusted himself to the Father***. When we surrender our rights we are likewise trusting the Father that surrendering is truly in our best interest. It certainly is one way that we can live in the moment and redeem the day.

■ ■ The truth is, our FLESH fights surrendering our rights. This the harshest reality here. My flesh does not want to surrender my rights, while the Spirit is less interested in being right and more interested in being righteous.

Let me give you three practical and powerful examples of rights we need to surrender to live in the moment. These are the rights we need to be intentional about. There are many rights we can identify but I think these three can really impact our ability to be present.

A. The right to BE ANGRY. The thing is, it really is a choice. I can choose to be PRESENT or I can choose to be ANGRY! The thing is when we are angry it is really hard to see things clearly.

Now anger is generally a secondary emotion. We are usually angry because we have been hurt, we have been violated or wronged. The thing is it may make sense that we are angry and we have the right to be angry, but that doesn't mean my anger is not a common flesh pattern. Remember that sometimes being right is the direct opposite of being righteous.

Sometimes when we get angry about something, a relationship or a circumstance, God may actually be at work in us trying to accomplish something of eternal value. Yet it is our anger that draws us out of the moment and into ourselves.

Proverbs 19:11 ESV

Good sense makes one slow to anger,
and it is his glory to overlook an offense.

That's one right then, the right to be angry. There is also though

B. The right to BE RIGHT. Face it we all want to be right. We all want to win that argument. I mentioned earlier that Jesus never concerned Himself with being right, but being righteous. He never argued or even debated with the religious leaders, at least not with the desire to be proven right.

Sometimes in our family we can tend to argue, we can be known as arguers. Ask Tricia she can verify it. We can argue politics or the Bible or anything. Now it is not necessarily in an unhealthy sort of way. Sometimes a good debate can teach us all something. The thing is though, we ALL want to be right. Here is the stinger though...

*Having to be right is a common flesh pattern - **OUCH!***

We talked about our common flesh patterns a couple of weeks ago, and having to be right is one of them. ***I say ouch for myself.***

I mean think about this though. Even when it comes to something like sharing the Gospel. I can share the Gospel with an atheist, we can have a debate and yet my desire should not be to win the debate and be seen as right. That would be my flesh rising up. When I share the gospel with any unbeliever it is not about proving I am right, it is sharing the truth in humility, knowing I am right and hoping that the other person can come to know the truth personally. The more we have to be right, the more I fear, we turn people away.

Then there is one more, a huge one...

C. The right to HAVE A GOOD DAY!

You know how it is. We get up and feel entitled to a good day.

No one should offend me.

Nothing should go wrong.

Nothing should break down.

I shouldn't have any problems.

What happens the minute something does go wrong, I am offended and my rights have been violated. Easy, my attitude doesn't allow me to be present and redeem the day.

What if we faced each day and surrendered that right before our feet hit the floor? It would be a lot easier to live in the moment and redeem the day. ***You see...***

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ALL TO THE GLORY OF GOD!

We will redeem the day by being intentional about capturing every thought and surrendering every right. Let's start to land this plane with one last intentional focus. Look with me back at our key passage.

Ephesians 5:15-20 ESV

Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, [*redeeming the time bsb/kjv*] because the days are evil. 17 Therefore do not be foolish, but understand what the will of the Lord is. 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another out of reverence for Christ.

*Capture every thought
Surrender every right
and..*

3. Redeem EVERY Moment

The thing is we will redeem the time and the day when we redeem it moment by moment. Thought by thought, right by right and yes moment by moment. How do we redeem every moment? Paul actually gives us a few practical ideas right in the greater context of this passage.

⚙ Relying on the Spirit and not the flesh. This is Paul's starting point again. Being drunk with wine simply refers to our being controlled by our flesh and not the Spirit. We need to feed our spirit and not our flesh so that our soul, the real us, can be controlled by the Spirit and not the flesh. Understand that you will never redeem the time in your flesh. Can you do good things in your flesh? Certainly. You can't though do truly righteous and eternal things in your flesh.

Paul goes on... We redeem the day moment by moment by

⚙️ Having a consistent heart of worship.

Part of redeeming the time, is never missing an opportunity to worship or to Glorify God with your life! We do that of course in part, by never missing a moment, by BEING fully present and always looking for the presence of God around us. It means worshipping even when the day is not going our way, when our rights have been violated for we have been offended.

In fact think about creation around us, existing under the curse of sin. The Bible says creation groans, awaiting that day of redemption when Christ makes everything right on the earth. Yet even in the midst of its pain and even under the curse of sin, creation still raises its voice in worship to God. Anyone can look at creation and see the Glory of its creator.

We as well live under the curse of sin, we live in the brokenness of our human bodies, sometimes struggling with sickness and disease, always battling the reality of sin and temptation and yet we too can lift our voice in worship and praise at any moment.

Paul goes on and expands his thoughts...

***"...giving thanks always and for everything to God the Father
in the name of our Lord Jesus Christ."***

How about if we redeem every moment then, by...

⚙️ Yielding control of every circumstance to God.

How can I be thankful for all things and at all times? When I am confident that God is in control.

I have been feeling somewhat frustrated and overwhelmed lately and in my conversations with God I find myself getting a bit emotional and teary-eyed. I know God is just working on me. The sermon two weeks ago when I talked about our common flesh patterns has really in some ways been a bit convicting for me, as I see God pointing out MY common flesh patterns. Of course anytime you see a common flesh pattern you see an area where you are not trusting God or yielding control to Him.

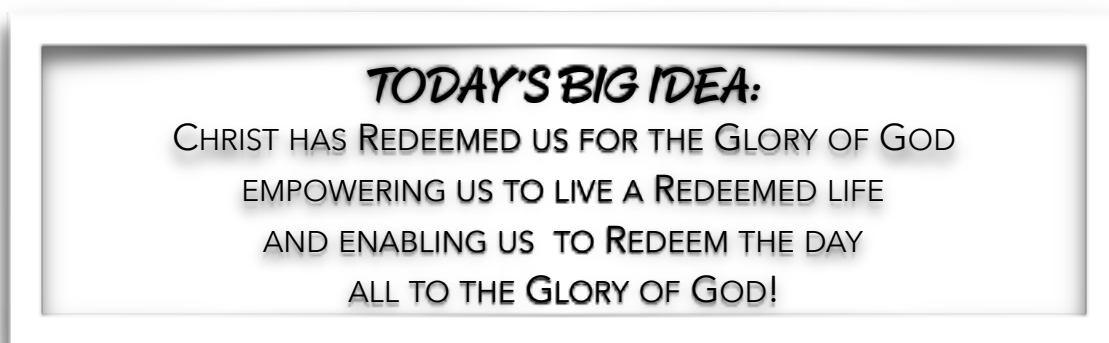
This week God had me specifically sorting out the difference between my worries and my concerns. Do you know the BIG difference between your worries and your concerns? Think about it a moment. (Pause)

It is like this, at least this is what God showed me and this would apply to the Believer who has the Christ-Life. Worries come from our flesh, concerns generally should come from our Spirit, from The Spirit. Now follow me here, because what God had me do was look at some of the things I was worried about and He helped me locate the genuine concern I needed to have for that person, circumstance or situation. It was pretty amazing and humbling to see the difference in how it even shaped my prayers.

If you want redeem every moment for the Glory of God and if you want to be fully present and living in the moment, you need to surrender every circumstance to God and learn the difference between your worries and what would be genuine concerns. The you can be truly thankful for everything at anytime.

There is a little more practicality but we need to stop there this morning.

Simply remember...



We do that when we

- CAPTURE every thought!**
- SURRENDER every right!**
- REDEEM every moment!**

"A onetime child prodigy, at 39 Joshua Bell has arrived as an internationally acclaimed virtuoso. Three days before he appeared at the Metro station, Bell had filled the house at Boston's stately Symphony Hall, where merely pretty good seats went for \$100. Two weeks later, at the Music Center at Strathmore, in North Bethesda, he would play to a standing-room-only audience so respectful of his artistry that they stifled their coughs until the silence between movements. But on that Friday in January, Joshua Bell was just another mendicant, competing for the attention of busy people on their way to work.

Three minutes went by before something happened. Sixty-three people had already passed when, finally, there was a breakthrough of sorts. A middle-age man altered his gait for a split second, turning his head to notice that there seemed to be some guy playing music. Yes, the man kept walking, but it was something.

A half-minute later, Bell got his first donation. A woman threw in a buck and scooted off. It was not until six minutes into the performance that someone actually stood against a wall, and listened.

Things never got much better. In the three-quarters of an hour that Joshua Bell played, seven people stopped what they were doing to hang around and take in the performance, at least for a minute. Twenty-seven gave money, most of them on the run -- for a total of \$32 and change. That leaves the 1,070 people who hurried by, oblivious, many only three feet away, few even turning to look.

(https://www.washingtonpost.com/lifestyle/magazine/pearls-before-breakfast-can-one-of-the-nations-great-musicians-cut-through-the-fog-of-a-dc-rush-hour-lets-find-out/2014/09/23/8a6d46da-4331-11e4-b47c-f5889e061e5f_story.html)

So this week when that thought tells you that you are too busy or your anger and your offended heart tries to cloud your spiritual eyesight, don't let them rule the day. ***Be intentional*** by ***Looking to the Spirit, Living in the moment and Redeeming the day!***

Application & Transformation

- Are there any strongholds that have developed in your life?
How are they impacting your ability
to live a redeemed life that is fully present?
[Remember thoughts becoming feelings and feelings become actions]

- I mentioned 3 practical rights we need to surrender.
Which one is your biggest struggle?
(Or is there another one you are aware of?)

- In what way could you surrender "more moments" to God?