



## Week 3: Holy Moments

**Scripture:** Luke 18:35-19:10; Matthew 6:34; James 4:13-14; Psalm 118:24

No matter who He \_\_\_\_\_ with, no matter what He was \_\_\_\_\_, Jesus was always \_\_\_\_\_ in the moment.

2 mind games we play:

- when / \_\_\_\_\_
- What \_\_\_\_\_

Don't miss what you have now \_\_\_\_\_ what you want later.

Maybe we are distracted because we lack \_\_\_\_\_.

The only way we can be \_\_\_\_\_ in the moment is to actually \_\_\_\_\_ the past you can't change and \_\_\_\_\_ God with a future that you can't control.

3 Powerful Truths found in James 4:13-14

- Be where the breath is \_\_\_\_\_, because no one \_\_\_\_\_ how many more there are going to be.
- With every breath time continues to \_\_\_\_\_.
- Once the breath \_\_\_\_\_, you can never get it back.

You can't be \_\_\_\_\_ where you're \_\_\_\_\_.

Engage in the \_\_\_\_\_, be where your \_\_\_\_\_ are, \_\_\_\_\_ into it and see what God puts in front of you.

**Start talking.**

- Share about the best day of your life.

**Start thinking.**

- Which part of this message was most impactful for you and why?
- Talk about some common ways you find yourself getting distracted. How could you start being more present instead?
- Do you truly believe that your best days are now? Why or why not?

**Start sharing.**

- Share about a time when you weren't living in the moment. What did you learn about the importance of being fully present after that moment passed?
- Do you typically have a harder time surrendering the past you can't change or trusting God with a future you can't control? Why is that?

**Start praying.** Be bold and pray with power.

*Father, thank You for today and for this moment. Help us be fully present with You and with others. We don't want to miss what we have now in pursuit of what we want later. Please give us peace and strength to be here in this moment. We trust You. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Take time each day this week to practice being fully present. As you slow down and soak in the moments happening around you, share what you experience with your friends, family, or small group.
- Consider how you could love others by serving this week.