

MARINERS CHURCH



The Joy of Right Now

11/22/2020

Welcome to 40 Days of Joy! Over the next few weeks, we will discover JOY and how to find it throughout your life!

Here are some principles and actual Bible passages from today's talk...

"Forget the former things; do not dwell on the past." Isaiah 43:18

"Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

Strategy #1 Focus Thoughts on Now

Strategy #2 Do Less

"Better one handful with tranquility than two handfuls with toil and chasing after the wind." Ecclesiastes 4:6

Strategy #3 Stop Multi-Tasking

"I commend the enjoyment of life, because nothing is better for a man under the sun than to eat & drink & be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun. When I applied my mind to know wisdom & to observe man's labor on earth – his eyes not seeing sleep day or night – then I saw all that



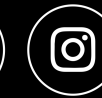
MarinersCC.org



/marinerscc



@MarinersHMB



@MarinersHMB



MarinersHMB

God has done. Despite all his efforts to search it out, man cannot discover its meaning. I reflected on all this & concluded that the righteous & the wise & what they do are in God's hands." Ecclesiastes 8:15-9:1

Strategy #4 Recognize the Ordinary

Something to discuss with your friends, family, and LifeGroup*

There are 3 different time frames our thoughts can settle on. Thinking about the past, present or future. Which timeframe does your mind usually settle on?

Read Isaiah 43:18 & Matthew 6:34. Where should our focus be?

How would your life be different if you followed the habits Curt talked about today? (Focus on now, do less, stop multi-tasking, recognize the ordinary)

What would have to change for you to follow just one of these habits? (Ideas: Finding joy right now, while in the midst of an overpacked schedule requires saying, no. Say no to thoughts that lead you away from the present moment. Say no to over loading an already busy day. Say no to pursuing the extra ordinary.)

In your opinion, why does God care about how we manage our time/busyness?

**A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at len@marinerscc.org*