



IN THE MOMENT | WEEK 3
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The goal of life is **maturity**.

And he said: "Truly I tell you, unless you **change** and become like **little children**, you will never enter the kingdom of heaven." *Matthew 18:3*

Children live in the _____.

"The ability to be in the present moment is a major component of mental wellness." – Abraham Maslow

If you want to live in the Kingdom, you must live in the _____.

"Children have neither a past nor a future. Thus, they enjoy the present which seldom happens to us." – Jean de La Bruyère

We allow our past to _____ us in a negative way.

We allow the future to _____ us.

You must _____ of your past and _____ with your future.

1. You let go of your past through _____ and _____.

"...**forgive** us our sins, as we have **forgiven** those who sin against us." *Matthew 6:12*

2. You trust God by putting your future in His _____.

"So **don't worry** about **tomorrow**, for **tomorrow** will bring its own worries. Today's trouble is enough for today." *Matthew 6:34*

"Seek the **Kingdom** of God above all else, and live righteously, and he will give you everything you **need**." *Matthew 6:33*

My **future** is in your **hands**. Rescue me from those who hunt me down relentlessly. *Psalms 31:15*

When you live in the present, you experience _____ and _____.

"**Be still**, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" *Psalms 46:10*

This is the **day** the Lord has made. We will rejoice and be **glad** in it. *Psalms 118:24*

1. What do you need to let go of?

2. What do you need to put in God's hands?