DO YOU REMEMBER THE POWER OF NOW?

8/18/18

* Purpose of this study -- Remember the Power of Now

* Let me give some history of my discussing this subject In 2007 -- I gave a 3-part series with the following 3 titles

Part 1 -- Power of the Past

Part 2 -- Power of the Future

Part 3 -- Power of Now

* In 2015 -- "Do You Recognize the Power of Now?" -- (8/22/2015)

* Today -- I want to ask -- "Do you Remember the Power of Now?"

The Past & Future Empower the Present

1 Cor. 15:13,16

no past resurrection = no future resurrection if there is no resurrection of the dead, why fight with

beasts? -- if there is no resurrection,
let's eat and drink

- Do You Remember the Power of Now?
- * Do you enjoy the good times?
- * How well do you deal with the bad times?

Matt. 5:4

comforted -- only in future? -- what about now?
filled -- only in future? -- what about now?

* Tools -- physical, emotional & spiritual

What are some tools you can use in the power of now? (yes/no)

prayer better exercise talking with friends fasting improved diet talking with experts meditation vitamins anger-management Bible study hormones grief-counseling

helpful books medication

depression-counseling

Phil. 4:11

I have learned to be content -- whatever state abased & abound -- hungry & full -- suffer need

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- * How many people in your life love you (no matter what you do)?
- * Oh -- those people may occasionally express disappointment in some of your particular behavior -- but you know deep down that they love you (no matter what you do)
- How many people in your life truly want to see you succeed?
 They make sacrifices in their life to help you succeed
- How many people in your life do you truly want to see succeed?
 You make sacrifices in your life to help them succeed