

Ways to help us live ENJOYING ONE MOMENT AT A TIME include

- ◆ Accepting the fact that the here and now is all we ever have—it is a precious, unrepeatable, deeply sacred gift from God
- ◆ Slowing down—because hurry makes present-focused living almost impossible
- ◆ Filling our moments with gratitude—even when circumstances don't rate a 10
- ◆ Meditating on this verse:
Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 (NLT)

pray

- ◆ Thank God for his plan for us to live one day at a time
- ◆ Ask God for help in choosing not to attach to the random thoughts that keep us in the past or in the future, far from serenity
- ◆ Pray together, 'God, grant me the serenity to live one day at a time; enjoying one moment at a time.' Amen

THIS WEEK'S MEMORY VERSE

"Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done." Philippians 4:6 (NLT)

daily Bible verses

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|----------------------|--------------------|
| 1. Lam 3:19-26 | 5. Psalm 118:19-24 |
| 2. Ephesians 3:14-21 | 6. James 4:13-17 |
| 3. Luke 18:15-17 | 7. 1 Peter 5:6-11 |
| 4. Luke 12:22-34 | |

With permission and in partnership, St. Thomas Lutheran Church has adapted this study guide from Calvary Evangelical Lutheran Church's (Clarkston, MI) series: 40 days of Courageous Prayer. It was inspired by Trevor Hudson's book, [The Serenity Prayer: A simple Prayer to Enrich Your Life](#), Rick Warren's 40DAYS campaigns, and Rich Milheim's [FAITHS](#)



St Thomas
Lutheran Church
9393 Church Road...Grosse Ile, MI ...734-675-0005

*real people.
real life.
real faith.*

The poster features a stack of seven smooth, light-colored stones on a sandy beach. The top three stones have the words 'be Calm', 'be Bold', and 'be Present' written on them in a simple, black, sans-serif font. The background is a bright blue sky and ocean. At the top, the word 'SERENITY' is written in large, white, bold, sans-serif letters with a reflection effect. Below it, 'PRAYER OF HOPE' is written in a smaller, blue, serif font. At the bottom, a blue banner contains the text 'WEEK 3: be Present' in white, bold, sans-serif letters.

be Present | living one day at a time; enjoying one moment at a time

share | part 1

Last week

BE BOLD | God grant me the serenity to accept the things I cannot change, **courage to change the things I can, and wisdom to know the difference.**

- ◆ What were some of your experiences last week while focusing on BEING BOLD? In what ways did you find inner change to be possible through praying this courageous prayer?

read | part 1

This week

BE PRESENT | Living one day at a time; enjoying one moment at a time

- ◆ Jesus wants to grant us the serenity we ask for. He encourages us to live “one day at a time” because he knows we are tempted to spend too much time mulling over the past or worrying about the future. His antidote for this is clear in **Matthew 6:25-34** *Please read aloud from your study Bible*

talk | part 1

Random thoughts flow through the human mind constantly. It is said that we are not responsible for the first random thought we have, but we are responsible for the second one—meaning we can choose to “let the thought go” or we can “attach to it” and spend time with wherever it takes us.

- ◆ Think for a moment about your own random thoughts. How many of them take you to the past? The future? What are the results when we choose to attach to them?
- ◆ What does Jesus say about this in the Matthew text we just read?

We have to choose to live one day at a time like Jesus encourages. It doesn't come naturally for most of us. **BEING PRESENT is an act of will.**

- ◆ What keeps you from living one day at a time?

Ways to help us live ONE DAY AT A TIME include

- ◆ repeatedly praying the Serenity Prayer

- ◆ making daily resolutions as opposed to annual ones — “Just for today I will / I will not...”

- ◆ Practicing a 3 step “nightly review” with God . Ask God to...

- be with you and to shed light on the past day
- bring to mind one moment of the day for which you are most grateful—the moment that gave you the most life or when you received or gave the most love. Breathe in gratitude. Thank God for it.
- bring to mind the moment you are least grateful for, the moment that drained you of life or when you received or gave the least love. Reflect on your feelings. Refrain from judging yourself. Share these feelings with God and let his love fill you again.

- ◆ Meditating on these simple yet profound Bible verses:

Jesus Christ is the same yesterday, today, and forever.

Hebrews 13:8 (NRSV)

This is the day the Lord has made; let us rejoice and be glad in it.

Psalms 118:24 (NRSV)

share | part 2

BE PRESENT | Living one day at a time; enjoying one moment at a time

Too often we allow ourselves to be preoccupied with the past or the future and tend to miss out on the here and now.

- ◆ In what kinds of circumstances are you most likely to miss out on living in the moment? Most likely to give the current moment your full attention?

read | part 2

“... do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.” Isaiah 41:10 (NRSV)

talk | part 2

- ◆ How would eliminating fear from your life equation help you enjoy one moment at a time more often?