





Restraint

1. The act of stopping or holding back
2. The state of being stopped or held back
3. A force or influence that stops or holds back
4. Control over thoughts or feelings





Restraint

**“Eager to see your full abilities
but caution restraint”**





FLASH

TO FAST FOR OUR OWN GOOD



Lesson #2:

Slowing down allows us to
Focus on the moment.

(Psalm 90:7-12)





THE NEED FOR FOCUS

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GOD'S ANGER



God's Anger

Its a theme we like to stress in church





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We paint God as angry





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We paint God as angry

**As he looks out at humanity, I am sure its
frustrating to love so much and be
shunned so completely**





Our Mortality

**“Our days may come
to seventy years, or eighty,
if our strength endures”**





Life Troubles

“Yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away”





Focus Point

**“Teach us to number our days,
that we may gain
a heart of wisdom.”**





The Past is Behind You

The end of a matter is better than its beginning, and patience is better than pride. Do not be quickly provoked in your spirit, for anger resides in the lap of fools. Do not say, “Why were the old days better than these?” For it is not wise to ask such questions.



Ecclesiastes 7:10



Wise Words

How you finish is more important than
how you start





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A patient soul is more productive than a prideful attitude





Wise Words

How you finish is more important than how you start

A patient soul is more productive than a prideful attitude

Living in the past is a foolish endeavor





Living in the Past

“How I long for the months gone by, for the days when God watched over me, when his lamp shone on my head and by his light I walked through darkness! Oh, for the days when I was in my prime, when God’s intimate friendship blessed my house, when the Almighty was still with me and my children were around me, when my path was drenched with cream and the rock poured out for me streams of olive oil.”



Job 29:1-6



**What's so bad with
living in the past?**



FLASH

CRASH!





Avoiding the Crash

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

Isaiah 43:18-19





Avoiding the Crash

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.



Philippians 3:13-14



Unpromised Future

Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.



James 4:14





Unpromised Future

Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.

James 4:14

Do not boast about tomorrow, for you do not know what a day may bring.

Proverbs 27:1





Lost Focus

Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives as you look forward to the day of God and speed its coming.

2 Peter 3:11-12





Lost Focus

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34





The Numbers

Virginia: 7,037 Covid Related Deaths





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The Lost... Lost

VA: 2,462

The Valley: 115





The Today Mentality

Daily Choice

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.”



Joshua 24:15



The Today Mentality

Give God Glory for Today

The Lord has done it this very day; let us
Rejoice today and be glad.

Psalm 118:24





The Today Mentality

Give God Glory for Today

The Lord has done it this very day; let us
Rejoice today and be glad.

Psalm 118:24

So whether you eat or drink or whatever you
do, do it all for the glory of God.

1 Corinthians 10:31





The Today Mentality

Give God Glory for Today

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17





The Today Mentality

Our Purpose

to give glory to God by meeting people where they are, sharing Jesus with them in a meaningful way, and encouraging them to live in a growing relationship with Him.





The Today Mentality

**Make a commitment
to evaluate our opportunities**

**Be very careful, then, how you live—not as
unwise but as wise, making the most of every
opportunity, because the days are evil.**

Ephesians 5:15-16





Make Today the Day

For he says, “In the time of my favor I heard you, and in the day of salvation I helped you.” I tell you, now is the time of God’s favor, now is the day of salvation.

2 Corinthians 6:2





Make Today the Day

But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet.

1 Thessalonians 5:8





TODAY!