**When the Moment Strikes**

**Proverbs 4:23**

**Introduction:**

1. We will have good days and bad days – daily lives and spiritually
2. I wish it was not so, but I am afraid it is so
3. This morning let us understand how to minimize the highs and the lows as these events occur?

**Discussion:**

1. **What Causes a Good or Bad Day? (Prov. 4:23)**
2. Most times it is in our hands, how and why these days are what they are
3. Our responses, reactions, and attitudes (Prov. 17:27)
4. Expectations / Disappointments (Psa 62:5)
5. Most have a much higher percentage of “better” days than “bad” days
6. Not necessarily “great” days
7. **We Are Not Alone (Psa. 34:15)**
8. God has made sure that we do not have to go it alone
9. He has made sure we have everything we need (2Pet. 1:3-4)
10. God’s help

a. Watchful eye, hearing ear (1Pet. 3:12), armor (Eph. 6:11-18), and a way out of every temptation presented by Satan, friend, or our own self (1Cor. 10:13)

b. Congregation of “live” people

1. We must USE these resources that God has assembled
2. EXAMPLE – one missing Gods help
3. This idea is so much easier to talk about than to do (I realize that)
4. We make changes all the time to use resources
5. Cell phone – Notes, Camera, Music, Calculator, what else???
6. Keys – Fobs, push starts, remote starts, cell phone, etc.
7. **Grab Hold and Do Not Let Go**

A. Although we all are our brother’s keepers (Gen. 4:9), as individuals we MUST grab hold to these resources and don’t let go! (2Cor. 13:11)

1. Begin with God in prayer – he sees, he knows, he cares (2Cor. 1:3-4)

2. Next, reach out to someone in the church (1Thes. 5:14)

a. Life rope

**Conclusion:**

1. We all are important to God and to one another (Col. 2:2). This knowledge will help us to have better days
2. Today, make it your priority to look inward, grab what is necessary to secure your soul!