



"One Day At A Time" part 1 Sun August 16, 2020

I. **Matthew 6:25-34**

- **What does it mean to take thought?**
- **Is Worry a sin? Why or Why not?**

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| - <i>Are you so consumed about tomorrow, that you have forgotten how to live today?</i> |
| - <i>Enjoy life, Be at peace, Be in health....Have fun!</i> |

II. **Genesis 1:1-5 - The makeup of man**

- **How many hours of sleep does an adult need each day?**
- **Why did God create us this way?**

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| - <i>Your mind was not created to carry the weight and worries of tomorrow</i> |
| - <i>Psalm 3:5 "I laid me down and slept; I awaked; for the Lord sustained me."</i> |
| - <i>Proverbs 3:24 "When you lie down, you will not be afraid; yes, you shall lie down, and your sleep will be sweet."</i> |

III. The **Only** way to enjoy today: Remember the Law of "First"

1. Whatever you do first, everything else must submit to
 - * When you get up in the morning, what is the first thing you do?
 - * Remember the tithe? Why does God call it the firstfruits? (**Prov 3:9-10**)/ Why Did God honor Abel's offering and not Cain's?
2. Work and God – "There's not enough time in the day!"
 - * Does Church take a back seat to your work schedule?
 - * When you honor God, He will honor you. God's law of multiplication doesn't Just apply to fish and loaves!
3. **Joshua 1:8** "This book of the Law shall not depart out of your mouth..."
4. **Psalm 1:1-3** "Blessed is the man....his delight is in the law of the Lord..."

IV. Give God your Tomorrow so You Can Live Today

1. **1 Peter 5:6-7**
2. Allow the Holy Spirit to balance your plans in life