

Lynn Valley Full Gospel Church
July 26th, 2015
Speaker: Owen Scott

Topic: “*The Sacrament of the Present Moment*”

1. Enjoying the “*present moment*”

- Matthew 6:34
- Ephesians 3:13

2. Thankfulness and gratitude

- Psalm 103:1-5
- Hebrews 13:15
- 1 Thess. 5:18

3. Changing your perspective

- Proverbs 16:22
- 2 Corinthians 10:5
- Romans 12:2
- James 1:2-3

4. Replacing our thoughts with God’s promises

- Proverbs 4:23

5. Focusing on the present

- James 4:14

6. The power of JOY

- Phil. 4:4
- Psalm 16:11
- Neh. 8:10
- Proverbs 17:22
- John 15:11

Note: What enters your mind will be reflected in your health.