



Focusing on the present moment rather than worrying about the future as a way of managing fear

## Description

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The present moment is a powerful tool for managing fear. As Christians, we are called to live in the present moment and to trust in God's plan for our lives. We can use this time to focus on our faith and to be mindful of the blessings that God has given us.

## Living in the Present Moment

Living in the present moment is a way of managing fear. It allows us to focus on the present and to be mindful of the blessings that God has given us. It also helps us to be more aware of our thoughts and feelings, and to be more intentional about how we respond to them.

When we focus on the present moment, we can be more mindful of our thoughts and feelings. We can be more aware of our reactions to fear and be more intentional about how we respond to them. We can also be more aware of our spiritual life and be more intentional about how we use our faith to manage fear.

## Trusting in God's Plan

When we focus on the present moment, we can also trust in God's plan for our lives. We can be more mindful of the blessings that God has given us and be more intentional about how we use them. We can also be more aware of our spiritual life and be more intentional about how we use our faith to manage fear.

The Bible tells us that "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" (Proverbs 3:5-6). This verse reminds us that we can trust in God's plan for our lives and to be mindful of the blessings that He has given us.

## Being Mindful of Our Thoughts and Feelings

When we focus on the present moment, we can also be more mindful of our thoughts and feelings. We can be more aware of our reactions to fear and to be more intentional about how we respond to them. We can also be more aware of our spiritual life and to be more intentional about how we use our faith to manage fear.

The Bible tells us that "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6). This verse reminds us that we can be mindful of our thoughts and feelings and to be more intentional about how we use our faith to manage fear.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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Living in the present moment is a powerful tool for managing fear. It allows us to focus on the present and to be mindful of the blessings that God has given us. It also helps us to be more aware of our thoughts and feelings, and to be more intentional about how we respond to them. We can also trust in God's plan for our lives and to be mindful of the blessings that He has given us.

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

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### Quiz

1. What does the Bible tell us about trusting in God's plan for our lives?

- A. We should trust in our own understanding
- B. We should lean on our own understanding
- C. We should trust in the Lord with all our heart
- D. We should acknowledge Him in all our ways

2. What is one way of managing fear?

- A. Living in the past
- B. Living in the future
- C. Living in the present moment

D. Living in denial

3. What does the Bible tell us about being mindful of our thoughts and feelings?

- A. We should be anxious about everything
- B. We should present our requests to God
- C. We should be thankful for everything
- D. We should be mindful of our reactions to fear

4. What is one benefit of living in the present moment?

- A. We can be more aware of our spiritual life
- B. We can be more aware of our reactions to fear
- C. We can be more mindful of our thoughts and feelings
- D. We can be more intentional about how we respond to them

5. What does the Bible tell us about trusting in God's plan for our lives?

- A. We should trust in our own understanding
- B. We should lean on our own understanding
- C. We should trust in the Lord with all our heart
- D. We should acknowledge Him in all our ways

Answers: 1. C, 2. C, 3. B, 4. A, 5. C.

### **Discussion Questions**

1. How can living in the present moment help us to manage fear?
2. What are some ways that we can be more mindful of our thoughts and feelings?
3. How can we use our faith to manage fear?
4. What are some of the blessings that God has given us?
5. How can we trust in God's plan for our lives?

### **FAQs**

Q: What is one way of managing fear?

A: One way of managing fear is to live in the present moment. This allows us to focus on the present and to be mindful of the blessings that God has given us. It also helps us to be more aware of our thoughts and feelings, and to be more

intentional about how we respond to them.

Q: What does the Bible tell us about trusting in God's plan for our lives?

A: The Bible tells us that "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" (Proverbs 3:5-6). This verse reminds us that we can trust in God's plan for our lives and to be mindful of the blessings that He has given us.

Q: What is one benefit of living in the present moment?

A: One benefit of living in the present moment is that we can be more aware of our spiritual life and to be more intentional about how we use our faith to manage fear.

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