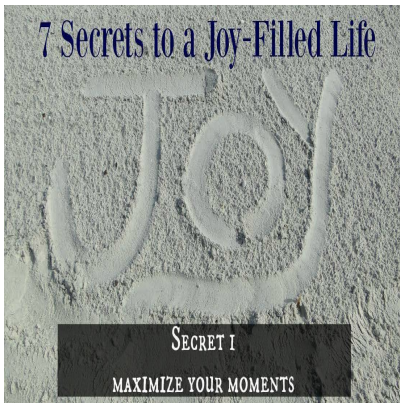




## Maximize your Moments

### Description

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)

For the next seven weeks we will be unpacking what it means to live a joy-filled life. I will reveal one secret at a time that I have found helps in the journey of joy. Please let me know your secrets for living a joy-filled life. I would love to hear them.

The first secret I would like to reveal for a joy-filled life is that we must learn how to maximize our moments. Jim Elliott once said, “Wherever you are be all there.” We live in a world where our attention is constantly divided. Our minds are racing with a thousand things to get done. Often we will be thinking about the next moment before we finish the moment we are in.

This is a huge joy stealer. God has given us some beautiful moments but if we don’t stop to appreciate them we will lose the joy that potentially comes from them. Embrace the moment you are in!

We need not wish for the moment our neighbor is experiencing or linger in a moment that has passed. We need to appreciate this moment. This new beautiful moment that God has given us.

Do you know that when we stop to really take in a moment, it takes both hemispheres of our brain to focus in on it? And as we focus in on it that moment becomes a memory fused into the pathways of our brain. A memory we can draw on for years to come.

This week, take some time to maximize the moments that God has given you. Experience greater joy as you minimize your distractions and make the most of the moment you are in. One distraction that is good to evaluate is the time spent on the phone. I have to evaluate this daily, as I don’t want to miss the moments God has given me by having my face stuck in my phone.

To learn more about a joy-filled life and finding joy in the moment, you can read my book [Joyful Living](#). A thirty-day devotional geared to helping you live a joy-filled life.

*Lord, please teach me what it means to maximize every moment that I have been given and help me to know where my distractions are. I pray that my distractions will be few this week and that I will spend*

*extra time embracing every beautiful moment you have given me!*

Living the Joy-Filled Life in Jesus,

**Category**

1. Identity in Christ
2. Joyful Living

**Tags**

1. Disciple
2. Joy
3. Victorious Living

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