

1. ATT

Admit the Truth

In the heat and pressure of a moment, there are many voices attempting to influence your next action. You must decide quickly which one is true. The Holy Spirit will help bring the truth to your mind. Everything else will be excuses for feeling justified for acting against the truth. It is immensely important that you listen to the Holy Spirit in order to establish a baseline. Write down the most important truth to remember for each specific moment.

2. CIB

Choose an Incompatible Behavior

Some moments seem impossible to master because the repetition of habit has made the response automatic. You can get a head start by making it harder to do the wrong thing in the moment. An incompatible behavior makes it more difficult to do the wrong thing because you've chosen an opposite action or thought in advance. Instead of leaving this up to the pressure of the moment, decide now what would make it more difficult to do the wrong thing when that moment arrives.

*But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof. **Romans 13:14***

3. AIZ

Act Immediately with Zeal

One of the pitfalls in mastering a moment is your flesh's ability to make excuses or allowances for giving in. One of the biggest traps is thinking about the moment long enough for excuses to seem justifiable. After admitting the truth and determining an incompatible behavior, you need to act before giving your flesh enough time to excuse giving in to the moment. One practical and proven way to help accomplish this is to count down from five to one and act according to what you determined previously while not under pressure.

5-4-3-2-1-ACT!



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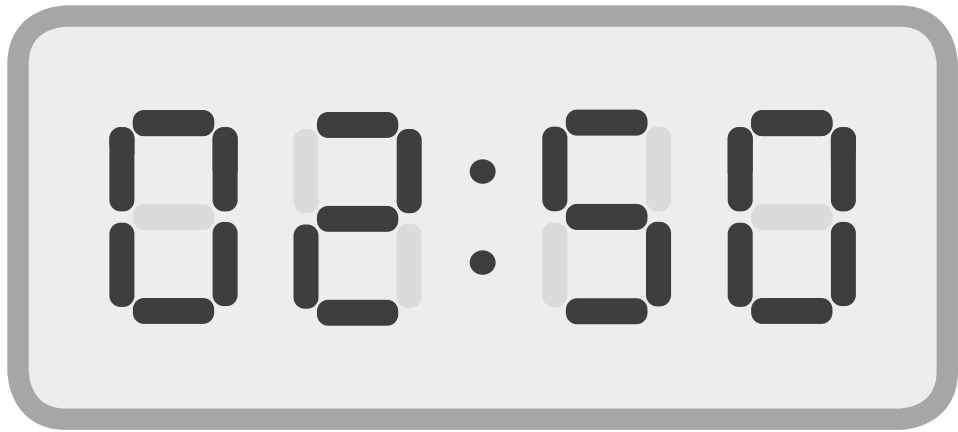
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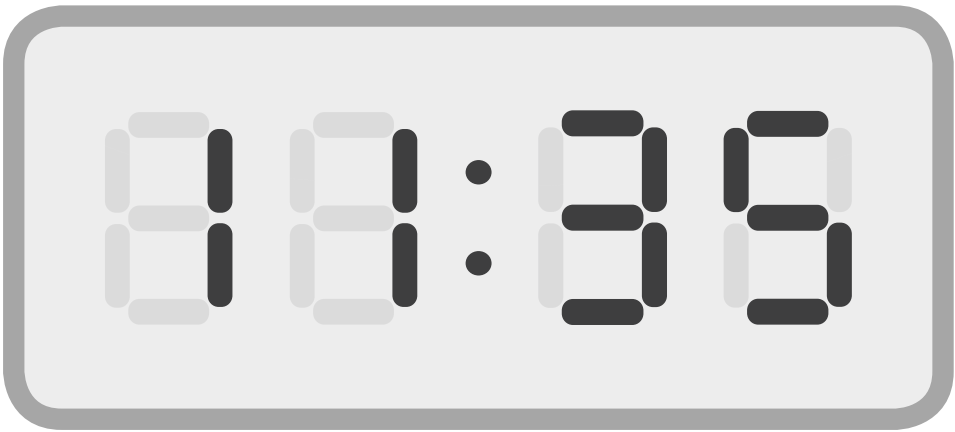
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master the **moments**
that **matter** the most



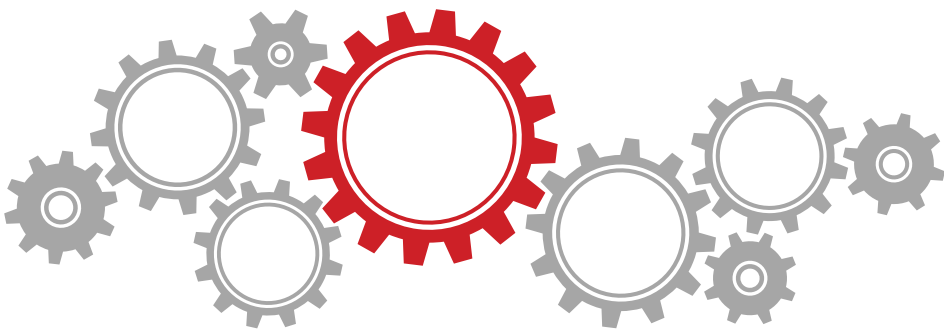
Learn to think of your life as the product of individual moments. Moments decide the difference between success and failure. James illustrates the deceived man as one who doesn't actually respond correctly in the moment. Motivation and plans are meaningless if you cave in the moment.

master the moments
that **matter** the **most**



Certain moments are make-or-break moments for what you long to achieve or conquer. You will need to zero in on the moments that matter the most. What are the moments that repeatedly leave you the most defeated? These are key moments that, if mastered, would make a greater difference in your life than any other.

master the **moments**
that matter the most



If a moment is of major importance to your success, you must be serious about mastering it. Baseball players and fighter pilots are examples of men who invest countless hours to prepare for moments that matter the most to them. You need just as specific a plan for what you will do in your most important moments, long before they actually happen. This session will introduce three very specific steps that you can use to master specific moments.

This worksheet will help you think in moments. To begin, select one accomplishment (big or small) that you believe God would have you **achieve** (get out of debt, spend more time with your kids, develop a skill, maintain a clean shop, etc.) and one problem area you need to **conquer** that would make a significant difference in your life (anger, procrastination, pornography, laziness, oversensitivity, etc.). These will be used throughout each session.

ACHIEVE

For what you have chosen to achieve, think of two moments that will matter the most. Identify two more moments for the challenge or the sin you need to conquer. To know if they qualify as moments, consider listing specific times on the clock that these instances might happen.

Key Moment _____

Key Moment _____

Truth _____

Incompatible Behavior _____

Truth _____

Incompatible Behavior _____

Truth _____

Incompatible Behavior _____

CONQUER

Key Moment _____

Key Moment _____

Truth _____

Incompatible Behavior _____