



Discovering Moments that can heal your Heart!

Pastor Daren Barron | September 17, 2023

Power of a Moment

- Life is made up of many moments, and when we capture a person's life story, we find that it's the smaller more intimate moments that often mean the most.
- These small moments usually strike up powerful emotions that prove to be meaningful, leaving a lasting imprint in someone's mind. Although these are usually brief experiences, they have the power to jolt us, elevate us and change us.
- It was in a moment when your heart was impacted negatively or positively. Some negative impacts to our hearts keep us away from our calling (our purpose, our why we were born), causing unfulfilled lives.
- It is important to manage your moments (remember, your moments make up the sum total of your life), you have the ability to create moments whereas other moments simply just happen, good or bad. Many of these moments are stored in our hearts and minds creating our perspectives in our lives; now, as believers we must be careful not to allow our experiences/perspectives to become greater than God's perspective for our lives, thus we must guard our hearts.
- Proverbs 4:23 says we should guard our heart with all diligence because out of it flows the issues of life. This scripture implies that whatever we allow to enter our hearts, if not examined and evaluated properly, will undoubtedly be expressed in our lives and our actions – in positive or negative ways.
- The good news is we have the ability to guard our hearts as we receive the gift of Holy Spirit, feeding ourselves The Word of God, creating strength to overpower or use the negative moments in our lives, instead of our negative moments using us.
- We also have the ability to identify and meditate on positive moments which will give us strength to endure toward healing in our hearts.

Genius Moments

- A spiritual/mental infused moment that is received.
- Genius Moment in the plural sense is the power of a Holy or demonic Spirit partnering with a human at any given moment to create, invent, think, perform, at an above normal level.
- Provides ideas of making life better; problem solving
- Replaces hurt with healing (love, faith, hope, purpose, commitment)
- Builds confidence in the relationship with you and God
- Could be happening to someone near you; PAY ATTENTION!

God Moments

- The moment when you realize God reveals Himself or interjects in your life.

Matthew 16:13-20 New International Version

13 When Jesus came to the region of Caesarea Philippi, he asked his disciples, "Who do people say the Son of Man is?" 14 They replied, "Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets." 15 "But what about you?" he asked. "Who do you say I am?" 16 Simon Peter answered, "You are the Messiah, the Son of the living God." 17 Jesus replied, "**Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven.**" 18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. 19 I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." 20 Then he ordered his disciples not to tell anyone that he was the Messiah.

Great Moments

- Unforgettable Moments of achievement, accomplishments and awe that make positive impact on our personage.
- Birth of a child, Graduation/Promotion, growing in Love, Grand Canyon, the Ocean, Salvation (Holy Spirit filled)