

# Surrender, Focus On The Now

Sermon Title: **Surrender, Focus On The Now**

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Speaker: **Joseph Bronner**

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Joseph Bronner: When you surrender to God, favor comes upon your life.

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[Music Playing: 00:00:15 - 00:00:28]

And now for Surrender, Focus On The Now.

Joseph Bronner: My message today is about surrender. And I'm here to tell you right now, God has got his eye on you. God sees you, and honestly, you are the only thing because he's got so much bottled up inside of you. You are the only thing that is keeping our God from manifesting, the true potential that's bottled up in his child which is you.

So now, is not the time to sit still because there is something right now that you can do and there is something that you are supposed to do right now it may not be something that's super big, but there is something that you can do and there is something that you are supposed to do. Is there anybody in the room that I can absolutely attest to this but is there anybody in the room and you know in your mind there was an area in your life that god has called you to surrender it? Or there is an area in your life you know it is important and you know that you haven't done exactly what you're supposed to do in that area.

Is there anybody who can agree with that statement in their life? I really want to see your hand, really raise your hand, raise your hand up proudly because I will raise my hand proudly. There is something that God has called you to do, there is no shame in saying that.

Now today, I want to first get that thought in your mind of what specifically that is. Think about -- it might be one thing, it might be two things, it might be three things, it might be 50 but right now, I just want you to focus on one to three things. Think in your mind very specifically what that is that you know god is calling you to do. And I want to help you to surrender that thing today. Because when you surrender to God, favor comes upon your life. And however that favor is just behind the curtain. All that you have to do is reach out and you will receive it,

absolutely. I actually like a quote that George said a couple of weeks ago. He said, God would do the super if you will do the natural.

What I'm going to be talking about in this message is that natural, because if you want favor over your life, this is what that part consists of. Now, I made an acronym for the word favor. You surrender in order to get favor. And so I have an F-A-V-O and an R. So the next time I preach is going to probably be the next letter in the favor sequence. But what I want to talk to you about today is just the letter F and the letter F stands for focus on the now. Focus on the now. And I want to do something with you guys right now.

I understand that we are in -- step back from you guys. So I want to do a breathing exercise if you will. It will simply just going to take three deep breaths, can you guys do that with me? Is everybody in the room can do that with me? All right, so everybody close your eyes. We are going to just take three big breaths because this is what I do every time that I must focus on the now because it helps your body to get oxygen, convert that to ATP, helps you get more energy. And it also helps to make your body more alkaline. It does a lot of good things but it helps you to make better decisions and supplies your body with what it needs in the moment so that you can continue right then and there.

So I just want you guys to close your eyes all right? We're going to take deep breaths. Ready, one, two, three. You remember when I asked you that question in the beginning, and I ask you, I said is there one thing in your life that you know that god has called you to surrender it? Or if you have an important area, something important that you know you're not doing what you should be doing? Everybody that raise your hand, I want you to take out your phone right now.

I'm not going to have you do anything publicly, trust me. I'm not going to have you come up here and tell everybody what that is. I just want everybody to take out your phone. Just take out your phone because this is what is important right now. You seizing this moment right now. Because battles, they're won before they're even fought most of the time. And right now, you can win that battle. I just want you to take out your phone right now and all I'm going to ask you to do is to write that thing.

Write one or two keywords in your notes, just open up a note and right down one, two or three key words to remind yourself of what that specific thing is. That is it, that's all that I'm asking you to do right now.

I'm not even asking you to conquer the thing, I'm asking you just to open up your phone and write a note and that's all. This is the first step, that's it.

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And you can do that right now, you can absolutely do that in your life right now. That's what you're called to do right now. Think, what I all of the progress in your life for that achievement, it all begins in an upward spiral from this one simple action right now and you're taking it, that's exactly what's happening, you're taking it. And it can only be a matter of time before you actually achieve the thing. But all that you're required to do right now is just to write down those three keywords -- not even do anything right now.

But now, back to focusing on the now. When you focus on the now, when you focus on what you have, in your capabilities, right in front of you, you shouldn't be thinking about, "is this going to be hard tomorrow?" Because the tomorrow it doesn't exist right now. It shouldn't be, this was hard yesterday. That's not what you should think about. What you're going to have to think in your mid is, what am I capable of right now? Right this second, don't even think about five minutes later. Don't even think about 10 minutes later, don't even thing about a day later.

Because understand this, everything that is a source of stress in your life will be amplified by your mind before it actually begins every single time. The reason is because you only have to deal with the pain of one moment whenever you're actually in that moment. However, whenever you think of things that are in the future or things in the past, what your mind does is it see maybe a five-minute, 10-minute interval of pain that you went through.

And really, you conquered moment by moment but when your mind thinks about it, it sees all of those moments of pain and meshes them into one and delivers it to you and says this is what you went through or this is what you'll go through, that's not true. You only ever deal with one moment of pain at one

time. And so your mind amplifies it and multiplies it upon itself and that is why it hurts so bad. So you can't truly trust how bad these things would be because you have so much more capability inside of you than you will ever know.

And the only way you can find it out is just by harvesting that. And also, don't think about how hard it used to be because our memories of things change for example, whenever we run away from things, our memories of that thing are going to change. The next time that we have to deal with that struggle, with that pain, with whatever that is, that next time. That monster that we ran away from is going to be ripped up with muscles and it's going to have a sword and a breastplate and we're going to be the same.

And before we ran away from it, it was already stronger than us. So it's going to take more in order to conquer that thing. It is possible, absolutely but it's best for the you of tomorrow if you do not allow it to get to that level. And sometimes even, our minds feel we aren't even capable of doing things that we've already done in our lives. It will feel we cannot do that again, that was just the me of the past because your mind isn't the same, your mind isn't as strong. But honestly, that's a lie. It lies to you when it tells you that and it's an irrational fear.

Because those times in the future, they're not real yet and those times in the past, they're not fully real either. Because when you summon up your memories, you change them bit by bit every time that you summon them up. So let's not at least place those within our focus. Right now, we're talking about focusing on the now. That's what this message is, focus on the now. Matthew Chapter 6 verse 34. Jesus said this and I've actually read it a couple of months ago and it really struck me is Matthew Chapter 6 verse 34. Says "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

That means focus on the now, focus on what you have and your capability right now. And there are a couple of things that you can do. I don't mean that you have to just go full force accomplish your goal, whatever it is. Whatever that is in your heart, this doesn't mean you have to go full force to do it and binge 10 hours and do whatever you're supposed to do right now.

That's not what I'm calling you to do right now. What I'm saying is, you can do that, that's the best option to take. However, if you simply just take a baby step, if you'll simply go say "I'm going to do five minutes towards this thing" Then you'll be surprised that five minutes can turn to 10 minutes, it can turn in 20 minutes. Or that five minutes can compound over days and eventually whatever you were meant to accomplish, you accomplished with basically no stress at all. But all that it took was your one decision in the beginning to schedule it. To actually do the five minutes, rather than saying that's too much. You broke it down into bite-sized steps.

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There's also something that you can do right now which is to schedule something. Whenever the thought flies to your head about, there's something that you must do and sometimes you actually aren't able to do it right now. But there is always something you can do. In the moment right now seizing the moment. What you can do is schedule it and tell yourself later the specific time and day that you're going to do that thing. Because that in itself is the best you can do and that is seizing the moment. That is focusing on the now and sometimes focusing on the now can just mean that you get adequate rest. That can literally be all that it means.

Now, I won't say to focus on that whenever you haven't started working toward your goal because you could sit in front of the TV for two hours and then say I'm just building enough strength for whenever I start but that's not really good for you. And this here what I'm talking about is a daily battle to accomplish. It's a daily battle. It's not something that just happens one time. But understand this. If you can deal with it this one time, you can deal with it the next time. It's a daily battle.

There's a statement by Albert Gray. He said -- this is The Common Denominator of Success. Any resolution or decision made today has to be made again tomorrow. The battle is fought daily in the moment of weakness to the next moment of weakness. There's a lot of joy in between but that's where the battle is fought. And the battle is actually often won before it is even fought most of the time and what you need to do is to make it easier for the you of tomorrow to win his battle or her battle to choose the right decision rather than choose the wrong decision

because by default it's the opposite way around. It's more difficult to choose the right thing than the wrong thing; however, you can switch those tables and you make it more difficult for you to choose the wrong thing than the right thing. So if you don't do that, you are betraying the you of tomorrow. And that's not somebody other than you., that's you. You are betraying the person you will be tomorrow and you are hurting them. You're actively hurting them.

Let me explain why. Because you're making it harder for them to choose the right decision that will better their life and you are being selfish in taking that decision away from them and you're making it more difficult for them to choose the right decision to make it easier for you to choose the wrong one. It's not a neutral effect not beginning now. It's not a neutral effect. It's a negative effect on the you of tomorrow. It makes it more difficult for them to succeed.

So to sacrifice a little bit of what you've got right now for them, they will love you so much for it. And don't worry about who you have been in the past or beat yourself up about your circumstances right now, because whenever you make that decision you are immediately different at your core and you step on that right path and God sees you completely differently. I'll explain that a little bit more later. But understand you are a soul in a body. Each of us in the room, everybody under the sound of my voice, we are all souls in a body. The soul you -- you make the decisions. It's not the body. It's you. You make all of the decisions.

Now your body and your mind however, they let you lead but they're pushy at times like a child. They're just like a child. It watches what you do in order to understand the power structure. And so if you cave in to your body and mind, it will know next time just like a child. All that it has to do is to kick and scream louder, throw a temper tantrum, beat on the walls, push harder and you'll cave in. It learns from what you do. It watches --you lead it. You leave your body. You lead this body and it watches every decision you're making is looking at you to make sure you are a capable leader. And whenever you prove it to that then it starts to capitulate and say okay, I will let you lead in this.

Now this is the way that God sees you whenever you step on this path. So this is why you shouldn't beat yourself up about what you've done up until this point. This is how God sees you. There's a phrase that says you can't pick up one end of the stick without picking up the other. This is the way God sees you God sees the entire stick. What we can see is just one side of the stick whenever we decide -- this is the entire stick. We can simply just see this and the decision is written on this side. This is all that we can see. God looks at the entire thing. So when we pick up the stick and say I want that one, God is able to see where we are and who we are going to be at the end of that stick. And so he's able to take that at the end and attribute what that is to who you are now.

So when you decide to make a change God sees you and he honors that.

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So don't beat yourself up about who you have been because you have to focus only on who you will become. And in this process, you're going to have to trust the future you. That's a non-negotiable. The past you, I understand, they might have been unpredictable and unreliable. I do understand that. Yes, we've all been there for sure. But you can change that right now in this specific moment that you're in. Every single moment that you breathe, the next breath you take you can change that to make sure that your past self to your future self is actually reliable and that's you. You can actually be reliable to your future. You can be held accountable and you can prove that you're different and tomorrow is not a better time than today to start. It's not ever.

At least to do something to schedule, you can schedule for something to happen tomorrow. You can take your baby step today and then say I'm going to do more tomorrow, but tomorrow is never a better time to start than today because it is not a neutral effect. It is a negative effect if you say I will do this tomorrow and it's very, very unfair and selfish to the you of tomorrow if you decide I want all of this today. Because if you were different people and you guys met in person, honestly, if you met yourself in the past, you might beat them up and that's not good. So you can change that dynamic.

And also you can trust the you up tomorrow if they really cannot continue to go on in the moment, you can trust them to stop but don't let that be your decision. You can trust them to stop they can stop, but don't let that be your decision. Don't let this be the moment because you know that you have it within you to continue on to do what you need to do. Don't let this be the moment that you break because they can make that decision, but don't let that be you.

Leave that decision up to them. Because you also don't know what you'll be capable of tomorrow. You have absolutely zero idea and hopefully you'll be capable of more tomorrow than you are today. So don't even begin to try and tell the amazing you of tomorrow what you can and cannot do only look at what you can do in this specific moment right now. take your breath and then say can I do this right now for maybe even just a minute? Could I just make the decision to begin right now because that's what's important?

You have to worry about your own problems. What are you capable of doing right now in this very second? This is a quote by yours truly it on Instagram and I really like it because it spoke to me from God. If you can't trust yourself to prepare while you're strong, why trust yourself to do right when you're weak. And so that's why we have to seize the moment that we're in right now.

And so what I want you all to do. Everybody you wrote down you raised your hand that there is something in your life that you need to fix in your life. You wrote down a keyword and I don't want you to come up to the front or anything. What I want you to do. This is what you can do right now. This is how you can seize your moment right now. Set an alarm in your phone to begin doing that thing. A specific time spent on how long you're going to do that thing five minutes, ten minutes because that doesn't even mean you have do it right now. What's important is that you seize this moment right now and not say I'll do it tomorrow, not say I'll do it in 30 minutes. Do it right now because right now is the moment that you are in and if you cannot trust yourself to prepare while you are strong. Why do you trust yourself to do right whenever you're weak? You have to make the decision now. So that later you'll be able to continue.

Yesterday, I met a country man named Keith while I was out in -- Kelly George. He was going through a lot but he was madly in love with God and God touched him while he was driving his car a couple months ago. And while he was driving, he turned off the guys radio abruptly. And then God just started to speak to him excuses, excuses, excuses, excuses. This is the first time in his life that he really had got speak to him like this. He didn't know what was going on. But this is what God spoke to him. He said why didn't you go help your neighbor like you said you would. Why didn't you meet your brother or sister uptown like you said you would? Why didn't you take that child out into the yard to play and practice like you said you would?

We use our cell phones for an average of four hours a day yet still didn't call mother or father not a single time, didn't call your brother or sister a single time. Why haven't you invited a person to church taking that special time to pray and right now this is an opportunity to simply say I'm going to begin that. You can change the entire trajectory of every single goal that you have in this one moment.

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And that where he said really touch me because these things where they seem small but they are the most important to God and they are most important to those that are around you, your love ones.

So everybody that scheduled your stuff, it'll be great if you could put it on repeat, if you are call to even do that because that's an extra step up, a great level of commitment. So put it on repeat to allow yourself to be alerted more than one time so that you can be alerted whenever you need to do the thing that you need to do but my message is about focusing on the now because now is what is most important, thank you guys for listening.

Female:

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