

# Ps. Obed Martinez - Online Campus

PRESSED SERIES

July 25, 2021

## “SUPPRESSED”

**8** We are **PRESSED** on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. **9** We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. - **2 Corinthians 4:8-9 (NLT)**

**SUPPRESSED DEFINITION:** *To prevent something from being seen, expressed, or from operating*

My days go by faster than a runner; they fly away without me seeing any joy. - **Job 9:25 (NCV)**

### A BETTER LIFE:

- **It is better to have less of what doesn't matter and more of what does.**

Better one handful with tranquility than two handfuls with toil and chasing after the wind. - **Ecclesiastes 4:6 (NIV)**

- **It is better to live by design, not by default.**

All the days ordained for me were written in your book before one of them came to be. - **Psalms 139:16 (NIV)**

- **It is better to get the right things done, not more things done.**

An intelligent person aims at wise action, but a fool starts off in many directions. - **Proverbs 17:24 (GNT)**

### RUNNING MY RACE:

...Let us **THROW OFF** everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. - **Hebrews 12:1b (NIV)**

## 1. REGULARLY TAKE INVENTORY

**4** LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. **5** My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath. - **Psalms 39:4-5 (NLT)**

## 2. MAKE TOUGH DECISIONS

Teach us to number our days and recognize how few they are; help us to spend them as we should. - **Psalms 90:12 (TLB)**

## 3. FOCUS ON WHAT MATTERS MOST

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - **Matthew 6:33 (NIV)**