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## Finding Joy in the In-Between

(How to be happy to be here and now)  
(SERIES: What's Your Big Hurry?: 01 of 08)  
by Dr. David Foster

“A live dog is better than a dead lion.” (Prov 22:4)

“Give us today our daily bread.” (Matt 6:11 NIV)

“This is the day the Lord has made; let us rejoice and be glad in it.” (PSA 118.24)

### We all live somewhere...

#### Between **being** and **becoming**.

“Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—**continue to work out your salvation with fear and trembling**” (Philippians 2:11-12 NIV)

#### Between **hoping** and **having**.

“Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. He who scorns instruction will pay for it, but he who respects a command is rewarded.” (Proverbs 13:12-13 NIV)

#### Between **trying** and **coming true**.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (Matthew 7:7-8 NIV)

### The art of being fully present...

#### Requires **perspective**.

“Now listen, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.’ **Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.**’ . . . . Anyone, then, who knows the good he ought to do and doesn't do it, sins.” (James 4:13-17 (NIV))

#### Requires **patience**.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. **Each day has enough trouble of its own.**” (Matt 6:33-34 NIV)

#### Requires **pacing**.

“Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” (Exodus 20:9-11 NIV)

#### Requires **a plan**.

“The prudent see danger and take refuge, but the simple keep going and suffer for it.” (Pro 27:12 NIV)

#### Requires **persistence**.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (Gal 6:9 NIV)