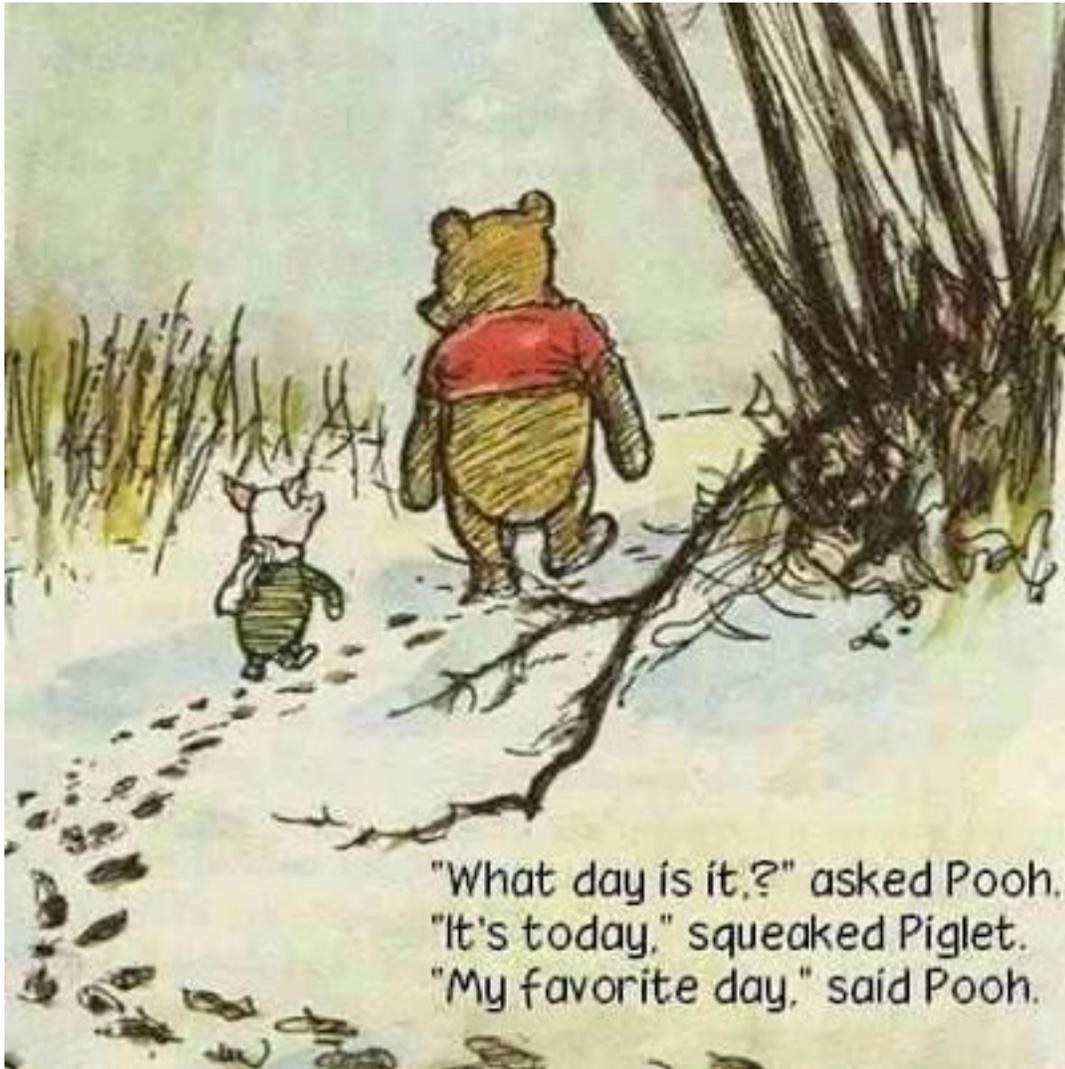


Living in the Moment  
Digging Deeper  
John Lohmar  
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"What day is it.?" asked Pooh.  
"It's today," squeaked Piglet.  
"My favorite day," said Pooh.

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Matthew 6:34 NIV**

*There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow. So today is the right day to love, believe, do and mostly live.*

**Dalai Lama**

**One of the toughest things for us to do in life, especially when we're facing hard times, is to live in the moment and keep moving forward.** All too often, we dwell on past failures or worry about something that hasn't happened yet and do nothing but complain about the situation we're in. We tell ourselves "I just can't get over that" or "things are never going to get any better" and give up or walk away in frustration. We analyze every mistake we've ever made and fret over everything that could go wrong and find ourselves afraid to do anything. And we end up crying about what happened and wishing things were different and never fulfill God's plan and purpose for our life.

**The people who get the most out of this life are the ones who are able to live in the moment, seize the day, and let God take care of the rest.** They turn to Him to heal the pain in their past and put their trust in His promises so they can get moving again and make a real difference in the world. They are intentional about the way they live and are keenly aware that each breath they take is a gift.

Living in the moment doesn't mean we won't have bad moments. We most certainly will. But we will seldom have bad days. In fact, most days will be among the best days of our life.

When we believe we're here for a reason (Ephesians 2:10),

when we know what God wants us to do with our life (Jeremiah 29:11, 1 Peter 4:10),

when we're willing to let go of the past and stop worrying about the future (Matthew 6:34),

we can live in the moment, lean into each new challenge with meaning and purpose, and never give up (Philippians 3:14).

We invest our time in things that prepare us for whatever comes next (1 Samuel 17:11-37),

we reflect at the end of each day on how we spent our time to make sure we're serving God (Ephesians 5:15-16),

and are ready to face whatever tomorrow brings.

**And then, something special happens.**

We discover we have time to enjoy the simple things in life.

And that brings us closer to God.

Because God is in the simple things.

**When we live in the moment,**

**We find joy in the simple gifts that come from Him.**

Like holding a baby in our arms. Or having dinner with a friend who warms our heart and makes us laugh.

**We see Him at work in simple ways.** Like bringing us help from a stranger when no one else is around. Or arranging an unexpected phone call from a friend or family member when we're all alone and need to hear a friendly voice.

**We discover the simple but awesome beauty of His creation.** Like a sky painted with the soft, soothing colors of a sunset. Or hungry puppies snuggling up to their mother for a meal.

**We have time for simple acts of kindness that express His love to those who need it the most.** Like sending a thinking of you note to someone special who is far away. Or preparing a meal for a friend who is ill and needs help.

**And we find ourselves free to simply live, laugh, love and play.**

What could possibly be better than that?

## **Reflect**

Living in the moment frees us from the pain of our past and worries about our future and gives us time to enjoy the simple things in life. And that brings us closer to God.

## **Pray**

Heavenly Father, help me to live, laugh, love and play by staying in the moment and enjoying the simple blessings that come from you.

Amen

## **Discuss**

What is your role in the kingdom of God? How are you using whatever it is you're doing to bring love and joyful light to His people?

What are some of the things from your past that keep you from living in the moment and fulfilling God's plan and purpose for your life?

What are some of the worries you have about your future that make you anxious about what comes next?

Describe some of the simple blessings you have experienced when you made the decision to live in the moment.

## **Final Thought**

Make every day the best day of your life by living in the moment and enjoying the simple blessings that God brings your way.

Here's what that looks like in real life.

Best Day of My Life, by American Authors

<https://youtu.be/RBZbJukJ61Q>