

NOW

My daughter Xana came up to me this week and said, “Dad, so many people I know are either stuck in the past or preoccupied with the future. Very few know how to live in the ‘now’. Very few have mastered the art of living in the moment. Do you have any suggestions?” The best way to live in the moment is to concentrate on your breathing. Yes, just take a deep breath, and then take another deep breath and you will start to appreciate the fact that God has given you life, and the life He has given you is meant to be enjoyed moment by moment (with each breath). Every breath we take should remind us that we live because He lives! **“In Him we live and move and have our being”** (Acts 17:28). The original Greek simply says, “In Him we live and move and ARE.” In Christ you are everything God has created you to be! However, you cannot grasp this truth if you do not learn the art of living in the ‘now’.

We live in the age of distraction. Yet one of life's sharpest paradoxes is that your brightest future hinges on your ability to pay attention to the present. Life unfolds in the present – God is a God of “now”! But so often, we let the present slip away, allowing time to rush past unobserved and un-seized, and squandering the precious seconds of our lives as we contemplate the future and worry about what's past. We're always doing something, always being distracted, and we allow little time to practice stillness and calm. The Lord says, **“Be still and know I'm God”** (Psalm 46:10). It is in those still and quiet moments that we can build our faith by meditating on God's word, and as a result, know Him more and more. When we truly “know” God we will have total confidence in what He is able to do in and through us. Therefore, every moment is there to be cherished!

We all need to live more in the moment. Living in the moment (also called “mindfulness”) is a state of active, open, intentional attention on the present. When you become mindful, you realize that you are not your thoughts; so you become an observer of your thoughts from moment to moment without allowing them to dictate the course of your life. Therefore, instead of letting your life go by without living it, you experience it. Recent studies have shown that “mindfulness” reduces stress, boosts immune functioning, reduces chronic pain, lowers blood pressure, and helps patients cope with cancer. Alleviating stress by spending a few minutes a day actively focusing on living in the moment reduces the risk of heart disease. What's more, ‘mindful’ people are happier, more exuberant, and more secure. They have higher self-esteem and are more accepting of their own weaknesses. God has given us a simple way of coping with stress and enjoying every moment of every day. Not only that, He has made it possible for all of us to live long and healthy lives. **“With long life I will satisfy him”** (Psalm 91:16). So learn the art of the now!