



Living in the Present



There are no 'ifs' in God's Kingdom. His timing is perfect. His will is our hiding place. Lord Jesus, keep me in Your will! Don't let me go mad by poking about outside it. Corrie Ten Boom, Holocaust Survivor

HAVE YOU EVER WISHED TO BE SOMEWHERE OTHER THAN WHERE YOU ARE? E.G FINISHED EXAMS, IN COLLEGE....

WHY DO YOU THINK WE CAN SOMETIMES WISH OUR LIVES AWAY?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "LIVING IN THE PRESENT MOMENT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike explains how sometimes we're so busy looking forward to the next stage, we forget that we're right here. What kind of things does he mention we can be focused on getting to?

Sometimes our dissatisfaction is because we want to know what it is God wants us to do, so we can do it right now!

Fr Mike's 4 point guide to Living in the Present Moment:

1 IDENTIFY _____

If we are so focused on the season we want to get to, what can we miss out on in the now?



2 BE P _____

Like an athlete beginning to train, you might feel frustrated or impatient: you may not be at the place you want to be, but you are g_____!

3 BE A _____

Do the work of the _____, not tomorrow. If you are called to marriage, fatherhood / motherhood, then what things should you be working on so you can be that kind of spouse / parent? Even if you don't know what vocation you're called to, you can still be _____.



4 DON'T LIVE IN THE _____ OR THE _____, WE ONLY HAVE THE PRESENT NOW.



Jean Pierre de Caussade's book, "Abandonment to Divine Providence" talks about the "Sacrament of the _____." It is in the present moment that God communicates Himself to us _____!

God communicates His life, His _____, His _____ to us now.



LIVING IN THE PRESENT MOMENT

JOHN 14:23-29



You don't have to wait to be in your vocation to become _____.

You don't have to know your vocation to be _____.

What is Fr Mike's definition of holiness?

What do you think that means? Is it achievable? Explain your thoughts.



Now Read John 14:23-29



We always seem to want to get ahead of ourselves. I'll be happy when.... It's hard for us to stop and appreciate the moment we're in, the gifts we're receiving right now, the person we can become through the situations we find ourselves in.

Jesus knows that we can't handle everything in one moment. That's why He sent the Holy Spirit to the Apostles too. He knew there was only so much they could grasp while He was still with them, but the Holy Spirit would be their constant Teacher and Guide, their Advocate and He would reveal whatever they needed to know at the most appropriate time for them. Jesus asks us to trust Him in the same way: to trust that His plan for us includes His perfect timing also. He wants us to learn and grow in the present moment and then we'll be ready for the next challenge, the next set of graces, the next piece of the puzzle. He doesn't want us to be anxious or afraid: He knows how much we can handle at any given moment. He wants us to be at peace. He wants us to love Him. Trusting in Jesus means trusting in His timing. It also means opening our hearts and our ears to the voice of the Holy Spirit.



MISSION!

PAY ATTENTION TO HOW YOUR MIND WORKS THIS WEEK: DO YOU FIND YOURSELF DISSATISFIED, WISHING FOR FUTURE EVENTS, WISHING TO BE SOMEWHERE OTHER THAN WHERE YOU ARE? FOLLOW FR MIKE'S 4 STEP GUIDE AND PRAY TO THE HOLY SPIRIT FOR CLARITY, PATIENCE AND THE WISDOM TO KNOW HOW TO ACT!



PRAYER TIME!

Holy Spirit, help me to live in the present moment; help me to find You here, and Your plan for my life; help me to see the blessings of the now, rather than frustrations about the future or regrets about the past. Let me find You in the now, because this is where You and I can meet. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LIVING IN THE PRESENT MOMENT



- Lauren Daigle: Trust in You
- Elevation Worship: Promises
- Natalie Grant: Live for Today
- Chris Tomlin: Good Good Father
- Casting Crowns: Praise You in this storm
- Elevation Worship: Million Little Miracles
- Leeland: WayMaker
- Elevation Worship: Here Again

Click the links for the YouTube videos to listen to some suggestions!



Happiness (Chris Stefanick)



Choose Joy: Ascend YM Resource