



WHEN HE HAD SAID THESE THINGS HE CRIED,
“HE WHO HAS EARS TO HEAR, LET HIM HEAR!”
– LUKE 8:8

LIVING IN THE PRESENT MOMENT

Importance of the present moment

- ▣ Its is the interface between us and the rest of the world
- ▣ Ultimately, it is the only place of contact between an individual and God



Wars against the present moment¹

1. Fear and worries about the future
 - “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” (Matt 6:34)
 - “But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.” (Acts 16:25)



Wars against the present moment²

2. Recollection of negative past experiences or situations

■ Fantasies

- “And the Lord smelled a soothing aroma. Then the Lord said in His heart, ‘I will never again curse the ground for man’s sake, although the imagination of man’s heart is evil from his youth.’” (Gen 8:21)

■ Fear of uncovering the past

- “Cleans us from all blemish, all guile, all hypocrisy, and the remembrance of vice bearing death.” (Liturgy of St. Basil)
- “For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more.” (Heb 8:12)

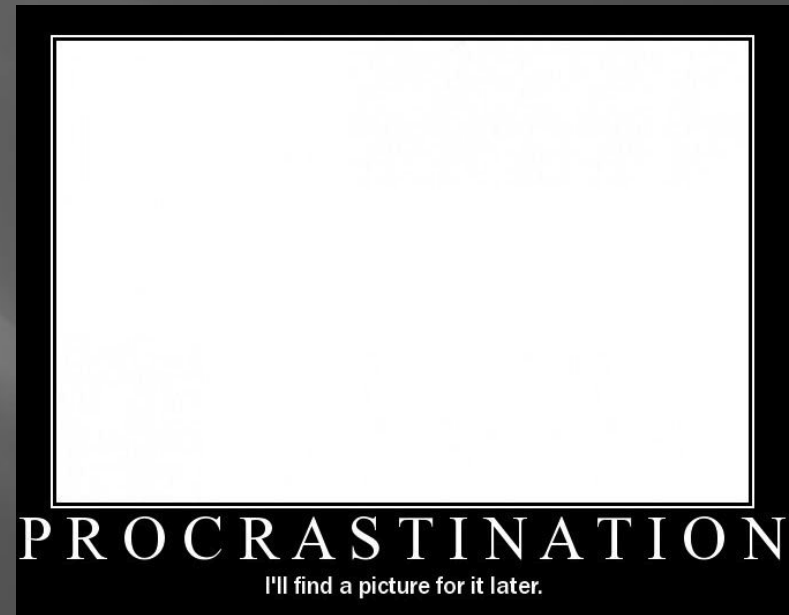
Wars against the present moment³

3. Procrastination

- “Then another of His disciples said to Him, Lord, let me first go and bury my father.’ But Jesus said to him, ‘Follow Me, and let the dead bury their own dead.’” (Matt 8:21-22)
- “Therefore let us not sleep, as others do, but let us watch and be sober. For those who sleep, sleep at night, and those who get drunk are drunk at night.” (1 Thes 5:6-7)

Seizing the Present Moment¹

1. Realize that healing only comes in the present moment
2. Living in the present moment is freedom
3. Live every moment purposefully
 - “See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.” (Eph. 5:15-16)
4. Avoid procrastination



Seizing the Present Moment

5. Realize that repentance can only occur in the present moment
6. See the Lord Christ everywhere
 - *“The Christian is the one who wherever he or she looks, everywhere sees Christ and rejoices in him. We are to go out, then, from the Liturgy and see Christ everywhere.”*
–Fr. Alexander Schmemmann
 - *“I believe in person to person. Every person is Christ to me, and since there is only one Jesus, that person is the one person in the world at that moment.”* –Mother Teresa



Seizing the Present Moment

7. Set aside quiet time

- *“Prayer is preceded by quiet time, and quiet time can be practiced prayerfully. From both we get the love for God; for there are in both motivation for loving him, as love is the fruit of prayer.”* – St. Isaac the Syrian

