

Chapter 3



Living Right Now

Introduction

When God revealed His name to Moses, He didn't say "I WAS" or "I WILL BE." He proclaimed "I AM." Present tense. Eternal present.

And yet, so many of us are trapped in the past, burdened by yesterday's regrets or paralyzed by tomorrow's fears. This seven-lesson series, deeply rooted in scripture and enlivened by simple body awareness practices, beckons you to return to the one moment where God eagerly awaits: now. Because this breath, this day, this beautifully imperfect present moment - this is precisely where He is waiting for you with open arms.

I AM - The God of Present

¹⁴ *God replied to Moses, "I AM WHO I AM. This is what you are to say to the Israelites: I AM has sent me to you."*

Exodus 3:14

When Moses asks God for His name, God does not respond with "I WAS" or "I WILL BE." No, He proclaims "I AM." The present tense echoes with urgency and life. Here and now. Eternally vibrant and alive. God exists in the very moment we inhabit—unbound by the constraints of time that ensnare us, fully present in every heartbeat and every breath we take.

⁸ *Jesus Christ is the same yesterday, today, and forever.*

Hebrews 13:8

Let us dare to be fervently honest with ourselves! So many of us drift through life, detached from the present moment. We find ourselves ensnared in yesterday's regrets—reliving conversations, clinging to shame, yearning for choices we wish we could change. Alternatively, we become prisoners of tomorrow's anxieties—obsessing over outcomes beyond our grasp, trembling at futures that remain unwritten.

Meanwhile, God is right here, in this very moment, proclaiming "I AM" - and we find ourselves swept away to distant realms. The tragic irony is palpable: we yearn for God's presence while our minds wander far from the only place He can truly be encountered. God is not found in your regrets about yesterday; His mercies are freshly poured out this morning. He does not dwell in your worries about tomorrow; each day carries its own

grace. He exists now, in this breath, in this heartbeat, in this sacred present moment.

Present moment awareness is not merely some new age spirituality; it is deeply rooted in God's Word! It invites us to return wholeheartedly to where God is truly present, rather than getting lost in the distractions of a wandering mind. It is about anchoring ourselves in the eternal now, where the divine voice of I AM is constantly speaking, always present, and forever available to us.

You cannot change the past from this very spot. You cannot seize the future from here. But here, you can encounter God. Right now. In this very moment, this is where He patiently awaits you. God is not standing by to mend your past or shape your future; He is longing for you, right this instant - exactly where you are, in this beautifully imperfect, wonderfully messy present moment.

Body Awareness:

Take three deep, soulful breaths. Embrace the life-giving air as it fills your lungs and enriches your entire being. This very breath - at this moment - is a precious gift. You are vibrantly alive. You are undeniably here. God is with you, illuminating your path.

Reflection:

Where are you living? Are you entrapped in the shadows of yesterday's shame or tangled in the fears of tomorrow? What would it take to break free and embrace the vibrant pulse of this present moment?

Practice Today:

Set three powerful phone reminders throughout your day. When they chime, embrace the moment, and softly whisper: "I AM is here, now." Take a deep, fully conscious breath, allowing it to fill your being with His divine presence.

Deeper Reflection: Exodus 3:14 & Hebrews 13:8

Living in the present moment requires trusting that God is already there, unchanging and fully sufficient. In Exodus 3:14, God reveals Himself as "I AM WHO I AM," anchoring His identity in the permanent present. Hebrews 13:8 reinforces this truth by declaring that "Jesus Christ is the same yesterday and today and forever." Together, these verses remind us that we do not need to live in the regret of yesterday or the anxiety of tomorrow, because the eternal "I AM" is with us right now.

Part 1: Embracing the "I AM" in This Exact Moment

Exodus 3:14 – "God said to Moses, 'I AM WHO I AM.' And he said, 'Say this to the people of Israel: "I AM has sent me to you.'""

- Surrendering the Next Step: God met Moses in the present but did not give him the entire roadmap for the future. What area of your life are you overthinking or trying to script out months in advance? How does knowing God is simply "I AM"—present with you right now—give you permission to drop the burden of tomorrow?
- Naming Your Present Reality: The name "I AM" is active and alive. If you pause and quiet your mind right this second, what emotions or physical sensations are you actually feeling? Write them down without judgment, and invite the "I AM" into that exact space.
- Breaking Free from "When/Then" Thinking: We often live in the future, thinking, "When X happens, then I will be at peace." How is this mindset keeping you from experiencing God's presence today? What is one blessing or grace in your life right now that you are missing because your eyes are on the horizon?
- The Sufficiency of Now: When Moses felt inadequate, God didn't give him a list of his own strengths; He simply gave Moses His name. In what ways do you feel "not enough" today? How does God being your present sufficiency change how you view your current limitations?

Part 2: The Anchor of an Unchanging Christ

Hebrews 13:8 – "Jesus Christ is the same yesterday and today and forever."

- Releasing Yesterday's Weight: Because Jesus is the same yesterday and today, your past mistakes, failures, or seasons of pain are already covered by His unchanging grace. What memory or regret from "yesterday" is trying to steal your attention from "today"? Write a prayer releasing it into His eternal hands.

- Finding Stability in Present Chaos: The world around us shifts constantly, creating anxiety about what comes next. Since Jesus remains exactly the same today as He was in the Gospels, what specific attribute of His character (His peace, His justice, His kindness) do you need to anchor your mind onto right now?
- Cross-Scripture Reflection (Malachi 3:6 & James 1:17): Scripture consistently reinforces God's unchanging nature. Read Malachi 3:6 ("For I the Lord do not change") and James 1:17 ("...with whom there is no variation or shadow due to change"). How does the absolute certainty of God's character allow you to let go of the need to control your current circumstances?
- Quiet Trust for Tomorrow: If Jesus is already in your "forever," He is already standing in the days you are currently worrying about. How does knowing He is already in your future allow you to safely pull your thoughts back to the present moment?

Part 3: Soul Alignment and Action Steps

- The "Right Now" Inventory: List five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste in this exact moment. Thank God for the reality of this physical space and His presence within it.
- Shifting the Internal Monologue: What is the loudest anxious thought currently running through your mind? Rewrite that thought in light of Exodus 3:14 and Hebrews 13:8. (Example: Shifting "I don't know how I will handle next week" to "God is the 'I AM' right now, and Jesus will be the exact same next week as He is today.")

Today Has Enough

³⁴ Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.
Matthew 6:34

Jesus does not say, "Do not worry because nothing bad will happen." Instead, He passionately instructs us to let go of our worries about tomorrow, reminding us that this day—this very moment—holds enough weight for our hearts to bear. You possess the strength to tackle today's troubles alone. When we allow tomorrow's fears to seep into today's challenges, we become burdened by the extra weight of worries we were never meant to carry. Embrace today, for it is where Christ resides! Your anxiety about the future is not merely a distraction; it is robbing you of the precious moments you have right now. Don't let worry dim the vibrancy of your present; seize this very moment and live fiercely!

¹³ Come now, you who say, "Today or tomorrow we will travel to such and such a city and spend a year there and do business and make a profit." ¹⁴ Yet you do not know what tomorrow will bring—what your life will be! For you are like vapor that appears for a little while, then vanishes.
James 4:13-14

James passionately reminds us that we do not even grasp what tomorrow brings! Life is but a fleeting vapor—uncertain and ephemeral. The only moment you can truly possess is this very one, right here and now. This is not a call to irresponsibility! You can make wise preparations for tomorrow without the burden of

rying to live tomorrow today. You can plan without being consumed by obsessive thoughts. You can be prudent without allowing the relentless what-ifs to overshadow your present! Most of what we fret over never comes to pass!

And when the tough times do arrive, we will be showered with grace to meet them—grace that's not available right now because this moment isn't when we require it. God provides manna for today, not hoards for a future that may never unfold as you envision.

Tomorrow will unfold its own set of challenges, absolutely. But intertwined within those trials are also mercies, grace, and provision uniquely crafted for us. There is no necessity to bear that burden today. Imagine what it would be like to let go of the future's tight grip! To cease the relentless effort of predicting and controlling every conceivable outcome! Trust that when tomorrow arrives, God will also be the great I AM, showing up in ways we cannot yet envision.

You can not live tomorrow today.

You can only live in today.

Body Awareness:

Notice in your body where you harbor the weight of tomorrow's anxieties. Is your jaw tense, your shoulders drawn tight? Take a deep breath and gently release that tension. Tomorrow is still a distant dream, and in this moment, you can find peace.

Reflection Question:

What future scenario are you desperately yearning to bring to life, one that remains just out of reach? Can you imagine the exhilarating sensation of finally laying it to rest, of stepping into the reality that you've always envisioned?

Practice today:

Each time you find yourself spiraling into the depths of future worry, take a powerful pause and declare three undeniable truths that exist right here and now.

Deeper Reflection: MATthew 6:34 & James 4:13-14

Section 1: Confronting the Illusion of Control

- What specific future plans am I holding onto tightly right now?
- How does James 4:13–14 challenge my desire to control outcomes?
- In what ways does over-planning cause me unnecessary anxiety today?
- What is one thing I am assuming about tomorrow that is not guaranteed?
- How can I rephrase my future goals to include "If the Lord wills"?

Section 2: Managing Today's Boundaries

What "trouble" or responsibility belongs strictly to today (Matthew 6:34)?

- How am I borrowing trouble from tomorrow right now?
- What boundary can I set today to protect my peace of mind?
- What current task am I neglecting because I am focused on the future?
- How can I practice being fully present in this exact hour?

Section 3: Shifting Perspective on Life's Brevity

- How does viewing my life as a "vapor" change my current worries?
- What eternal priorities matter more than my immediate future anxieties?
- How can the shortness of life inspire me to trust God more today?
- What fears am I amplifying that will not matter in eternity?
- How can I celebrate God's presence in this temporary moment?

Section 4: Surrendering Tomorrow to God

- What am I most afraid of losing if tomorrow does not go my way?
- How has God proven His faithfulness in past uncertain situations?
- What does it look like to physically or mentally hand tomorrow over to God?
- What character trait of God gives me comfort regarding the unknown?
- How can I rest tonight knowing God is already in my tomorrow?

New Every Morning

*²² Because of the Lord's faithful love
we do not perish,
for his mercies never end.*

*²³ They are new every morning;
great is your faithfulness!*

Lamentations 3:22-23

Lamentations emerges as a poignant testament in the wake of Jerusalem's ruin. The author finds himself enveloped by devastation, grief, and profound loss. Yet, amidst the suffocating darkness, he boldly proclaims: His mercies are new every morning. They are not merely recycled or rationed, but vibrant and fresh. New!

Every morning, God's compassion rises anew like the dawn. Yesterday's failures are mere shadows that cannot touch the bright light of today's mercy. The pain of yesterday doesn't confine the vast horizon of today's possibilities. You awaken to a wellspring of fresh grace, not scraps from a God running low on patience. This is precisely why dwelling in the past is so spiritually damaging. When you linger in yesterday's regrets, you miss the vibrant new mercies that await you today. By allowing your identity to be shaped by the mistakes of last week or last year, you reject the beautiful gift God offers right now: a clean slate, a fresh start, a thrilling new beginning.

God does not define you by your past; His love meets you in the vibrant present. Every single morning, His boundless faithfulness awakens, not as a reward for your efforts but as a glorious testament to His unchanging nature. I AM. Ever-present. Reviving. Forever crafting beauty from ashes and bringing forth the new!

⁵ *For his anger lasts only a moment,
but his favor, a lifetime.*

*Weeping may stay overnight,
but there is joy in the morning.*

Psalm 30:5

There is something profoundly enchanting about the morning—the dawn of a new day, the majestic rise of the sun—that resonates with God’s rhythm of renewal. Night gracefully surrenders, and darkness retreats. You are not burdened to carry yesterday’s weight into today; God does not demand this from you. Instead, He is offering you fresh mercies—right now, in this very morning, in this precious moment. Will you embrace them, or will you confine yourself to the shadows of the past? Every morning bursts forth as a heartfelt invitation to start anew.

Body Awareness:

Notice the exhilarating sensation of envisioning the release of yesterday. Take a deep, purposeful breath in, and as you exhale, passionately let go of all that you have been burdened with from the past.

Reflection:

What past failure or regret do you find yourself clinging to, even though God has already extended His boundless mercy to you? Embrace the truth that His grace is new each day, waiting to wash away those burdens and set your spirit free!

Practice Today

Tomorrow morning, before your fingers touch that screen or you plunge into the hustle of the day, let your voice echo with conviction: "God's mercies are new for me this morning!" Embrace this as the first powerful truth that flows from your lips.

Deeper Reflection: Lamentations 3:22-23 & Psalm 30:5

- **The Weight of Yesterday:** Look closely at your tendency to replay past events. What specific memories or past seasons do you feel most securely anchored to right now? How does dwelling on those moments affect your ability to notice God's presence in your life today?
- **Enduring the Night:** Psalm 30:5 acknowledges that weeping may stay for the night. What does your personal "night" feel like as you struggle to move past old hurts or regrets? In what ways can you actively acknowledge this pain without allowing it to define your future direction?
- **Spotting Morning Mercies:** Lamentations 3:22-23 promises that God's compassions never fail and are new every morning. What is one small sign of His daily goodness that you might be

overlooking because your focus is fixed backward? How can you train your eyes to look for these daily renewals?

- Navigating the Transition: Joy comes in the morning, yet the transition from night to day is often slow and subtle. What does "morning" mean to you in your current situation? What practical, small step can you take today to open your heart to the joy God is preparing for you?
- Anchoring in Faithfulness: The scripture proclaims, "Great is your faithfulness." Reflect on a specific time in your life when God brought you through a difficult season. How can remembering His past reliability give you the courage to let go of what is behind and trust Him with what is ahead?

Be Still and Know

¹⁰ *“Stop fighting, and know that I am God,
exalted among the nations, exalted on the earth.”*

Psalm 46:10

I am using the CSB translation. Other translations boldly declare, "Be still and know I am God." This powerful verse is arguably one of the most misunderstood passages in Scripture. We often interpret it as a gentle nudge toward quiet reflection. Yet, within its profound context, it emerges as a commanding decree amidst the turmoil of chaos—nations are raging, kingdoms are collapsing, and the very earth is trembling.

When chaos envelops you, embrace the stillness within. Cease the struggle, abandon the relentless pursuit, and let go of the illusion of control over the uncontrollable. Know this with fervor—deeply, experientially—I AM God, and you are not.

Stillness is far from passiveness; it is a bold act of trust! It's the courageous choice to cease the relentless mental rehearsal of the worst-case scenarios that haunt us, and instead, to anchor ourselves firmly in God's glorious presence. It's a powerful decision to be fully present, right here and right now, choosing to embrace the richness of this moment rather than losing ourselves in the tangled web of countless imagined futures. Most of us struggle profoundly with the art of stillness. We inundate every quiet moment with noise, overshadow every pause with relentless productivity, and flood our minds with incessant thoughts. We scroll, we plan, we fret—lost in a

whirlwind of distractions, we exist everywhere except here. Yet, God never proclaimed, "Be busy and know that I AM God." Instead, He beckons us to be still. It's time to relinquish our battle against peace. Inhale deeply. Focus intently on the richness of this very moment and embrace it fully.

*⁷Be silent before the Lord and wait expectantly for him;
do not be agitated by one who prospers in his way,
by the person who carries out evil plans.*

Psalm 37:7

Psalms 37 powerfully declares: be silent, wait expectantly. Do not fret. Do not compare. Refuse to let anxiety about others' actions distract you from the beautiful present moment. In stillness, you truly come to know God—not merely knowing about Him, but knowing Him intimately. Encounter Him with every fiber of your being. You cannot fully experience God's divine presence while your mind races with distractions. Presence demands presence. God is beckoning you to be still—right now, not later, not when life's storms have settled, but at this very moment.

Body Awareness:

Sit in silence for a full minute. Embrace every sound, every sensation, every breath that fills your lungs. This is the essence of stillness—not merely the absence of noise, but a vibrant presence in this very moment.

Reflection:

What fear or anxiety grip your heart at the thought of pausing, of putting aside your relentless striving, meticulous planning, and overbearing control, just long enough to embrace stillness?

Practice Today:

Set a timer for three minutes of utter stillness. Leave behind your phone, set aside your tasks, and release any mental planning. Just sit in the abundant silence. As your mind dances away, tenderly guide it back to the rhythm of your breath and bask in the divine presence of God.

Deeper Reflection: Psalm 46:10 & Psalm 37:7

- **Surrendering the Need to Control:** Psalm 46:10 commands us to "Be still, and know that I am God." In what ways does holding onto your past serve as a coping mechanism to maintain control? What parts of your history do you find hardest to surrender entirely into God's hands?
- **The Agitation of Reliving History:** Psalm 37:7 urges us to "Be still before the Lord and wait patiently for him; do not fret..." When you replay past choices or injustices, how does that internal friction disrupt your peace? How does this mental cycle pull you away from a posture of patient waiting?

- Finding Stillness in the Chaos: True stillness requires stopping our frantic internal striving. What practical boundaries can you set in your thought life to silence the loud echoes of your past? What does it look like to consciously practice stillness right in the middle of a painful memory?
- Trusting God's Sovereignty Over Time: Being stuck in the past often stems from a fear that our best days are behind us or that past mistakes ruined our future. How does deeply knowing who God is shift your perspective on your timeline? How does His sovereignty comfort you when you feel you have lost time?
- Cultivating Active Patience: Waiting patiently for the Lord is an active choice, not a passive stagnation. How can you shift your focus from waiting for the past to change (which is impossible) to waiting on God to move in your present? What is He asking you to trust Him with today?

This is the Day

"This is the day the Lord has made!" Not yesterday. Not tomorrow. The precious moment you find yourself in right now is a divine gift bestowed upon you. He crafted it with love; He is fully present in it. Embrace His invitation to rejoice and be glad—not for the day you longed for, but for this miraculous one you are experiencing!

*²⁴ This is the day the Lord has made;
let's rejoice and be glad in it.*

Psalms 118:24

Rejoicing is not about pretending that everything is flawless; it's about embracing the beauty of this day as a sacred gift from Him, celebrating the sheer miracle of your existence in this very moment! Hebrews calls us to feel the urgency of this truth, igniting a fire within us to live fully and joyously!

*¹³ But encourage each other daily, while it is still called **today**, so that none of you is hardened by sin's deception.*

Hebrews 3:13

"While it is called today." Not "someday" or "eventually" or "once I get my life together." Today. Now. This is the moment when encouragement ignites the soul, when presence transforms lives. Embrace this instant with fervor and determination!

We squander our precious time today by yearning for a different reality. We nostalgically cling to the past, when life seemed effortlessly bright, or we dream about a future where, at last,

everything will align perfectly. Yet, in the midst of this longing—today, with all its beautiful imperfections—slips away unnoticed, unappreciated, and fundamentally unlived.

What if this very day, in all its glorious imperfections, is truly enough? What if God isn't sitting idly by, longing for some idealized version of ourselves to arrive? What if He is right here, in the midst of this chaotic, ordinary, challenging, yet breathtakingly beautiful day?

You don't need to feign or create joy throughout the day; instead, embrace the power of presence! You have the magnificent choice to truly notice and appreciate the beauty that surrounds you, rather than lamenting what is absent.

THIS is the DAY.
Not SOME day.
TODAY.

Body Awareness:

Feel your feet on the ground and embrace the vibrancy of this moment! You are here, fully alive in this body, on this day, in this very instant. What electrifying physical sensations ignite your awareness and remind you that you are intensely alive right now?

Reflective Question:

How much of today have you already forfeited by longing for a different place - be it the past or the future?

Practice Today:

At the close of every day, take a moment to reflect and name three specific treasures you encountered today—those delightful gifts, however small they may be! Perhaps it was an encouraging word that warmed your heart, a delicious meal that tantalized your senses, or a serene moment of tranquility that enveloped you in peace.

Deeper Reflection Psalm 118:24 & Hebrews 3:13

- Claiming the Gift of the Present: Psalm 118:24 declares, "This is the day that the Lord has made; let us rejoice and be glad in it." What specific mental hurdles keep you from fully accepting "today" as a unique gift from God? How does drifting into past regrets or future anxieties rob you of the joy available right now?
- The Urgency of "Today": Hebrews 3:13 emphasizes encouraging one another daily, "as long as it is called 'Today.'" Why do you think scripture places such an urgent focus on the present moment? In what ways does postponing your obedience, gratitude, or connection to others until a future date stall your spiritual growth?

- Guarding Against Deceitful Distractions: The writer of Hebrews warns against being hardened by the deceitfulness of sin, which often manifests as a refusal to live in God's present reality. What specific illusions about the past (idealizing it) or the future (fearing or obsessing over it) are currently distracting you from God's voice today?
- Finding Practical Daily Joy: Rejoicing in today is an active choice, independent of your circumstances. What is one concrete, simple blessing in your immediate surroundings that you can celebrate right now? How can you cultivate a habit of daily gratitude that anchors your mind to the current hour?
- Encouragement as a Present Action: Hebrews 3:13 highlights the power of community in keeping our hearts soft and present. Who has God placed in your life right now who needs encouragement? How does turning your focus outward to serve someone else today help break the cycle of overthinking your own past or future?

Forgetting What Lies Behind

¹³ Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead, ¹⁴ I pursue as my goal the prize promised by God's heavenly call in Christ Jesus.

Philippians 3:13-14

Paul doesn't say "deny the past" or "pretend it didn't happen." Instead, he passionately declares "forget"—which is an empowering call to stop allowing it to define you, to cease living in its shadows, and to break free from its control. Paul is fervently choosing to release his grip on both past achievements and past failures, so he can fully embrace what God is doing now, in this very moment.

You can acknowledge the past without camping there. Embrace its lessons, grieve your losses, and celebrate your victories - and then, with fervor, LET IT GO! Living in the past robs you of the vibrant present, hindering the beautiful journey that lies ahead.

¹⁸ "Do not remember the past events;
pay no attention to things of old.

¹⁹ Look, I am about to do something new;
even now it is coming. Do you not see it?
Indeed, I will make a way in the wilderness,
rivers in the desert.

Isaiah 43:18-19

God declared through Isaiah: "I AM about to do something extraordinary!" Notice the urgency: NOW. Not someday. Not once

you've come to terms with your past heartaches. Right now. God is actively crafting something fresh and vibrant, and if you remain preoccupied with the "former things," you'll inevitably miss out on the miraculous transformation unfolding before you!

Look at the question He poses: "DO you not see it?" God challenges us, are we truly present in this very moment? Or are we so entangled in the shadows of the past that we fail to recognize the beauty and urgency of the now?

Many of us drag along the weight of our past like an unbearable backpack, clinging to it with an iron grip. We not only carry these burdens but stubbornly refuse to release them. We replay old wounds, dwell on failures, and indulge in the nostalgia of our glory days. Meanwhile, God is forging new paths in the wilderness right now, and we are blind to them because our gaze is fixated in the rearview mirror.

The upward call is happening right now! You can only perceive it if you truly embrace this moment—not ensnared by yesterday's shadows, but right here, in the radiant presence of God, the I AM.

Body Awareness:

Notice the tension you're holding onto from the past—those clenched jaws, those tight shoulders. With every breath, envision that old grip loosening, melting away into the ether. The past is a distant memory, while you stand vibrant and alive in the present moment.

Reflection:

What is God doing right now, at this very moment in your life, that you might be overlooking simply because your gaze remains fixed on what has already passed? Embrace the divine whispers of the present and realize the extraordinary ways in which the sacred is unfolding before you!

Practice Today:

Identify one past event that you find yourself replaying in your mind. Write it down. Then, declare it boldly: "This happened, and I am ready to release my hold on it. God is crafting something extraordinary in my life right now!"

Deeper Reflection: Philippians 3:13-14 & Isaiah 43:18-19

Reflective Journal Prompts

- Breaking the Chains of "What Was": Isaiah 43:18 commands, "Forget the former things; do not dwell on the past." What specific memories, past identities, or old seasons are you holding onto so tightly that they prevent you from moving forward? Why do you think your mind naturally drifts back to those specific moments?

- Spotting the "New Thing": God promises in Isaiah 43:19 that He is doing a new thing, asking, "Do you not perceive it?" What fresh opportunities, relationships, or spiritual shifts is God initiating in your life right now? How might your focus on the past be blinding you to these current blessings?
- The Art of Intentional Forgetting: In Philippians 3:13, Paul shares his strategy: "Forgetting what is behind and reaching forward to what is ahead." What does healthy, scriptural "forgetting" look like for you? How can you consciously choose to let go of past failures and achievements so they no longer dictate your present worth?
- Straining Toward the Horizon: Paul uses the intense athletic imagery of "reaching forward" and "straining." Where is God calling you to channel your mental and emotional energy today? What specific goal or divine calling requires you to stop looking back and start sprinting forward?
- Chasing the Ultimate Prize: Philippians 3:14 focuses on pressing on toward the prize of the heavenly call in Christ Jesus. How does keeping your eyes fixed on eternity change your perspective on past mistakes or hurts? How can you remind yourself daily that your ultimate reward lies ahead, not behind?

Where God Is

⁸“I am the Alpha and the Omega,” says the Lord God, “the one who is, who was, and who is to come, the Almighty.”
Revelation 1:8

God IS the Alpha and Omega - He holds the very fabric of time, from its glorious beginning to its majestic end. He was, He is, and He is to come. Yet, the profound truth is that where God meets you is always in the radiant "who is." It is in the present tense, the eternal now, where His presence ignites life and breathes purpose into our souls.

You can wholeheartedly trust Him with your past because He was undeniably present through every moment. You can count on Him for your future, for He has already stepped foot into tomorrow awaiting your arrival. Yet, it is in the vibrant present where you encounter Him, for this is the sacred space where you truly exist.

⁷He again specifies a certain day—today. He specified this speaking through David after such a long time:
Today, if you hear his voice,
do not harden your hearts.
Hebrews 4:7

Hebrews offers us "today" as both a precious gift and a profound warning. Today – this very moment – is the sacred time when we can truly hear God's voice. It is not in the distant echoes of yesterday's memories or the uncertain hopes of tomorrow's promises that we find Him, but right here and now. Today! If you

choose to listen, you are fully present, ready to embrace the divine message that waits for you.

This past chapter has unveiled a powerful truth: God dwells in the eternal present, and the only place to encounter Him is right here, right now. When you cling to yesterday's shame, you find yourself in solitude—God has moved on; His mercies are freshly poured out this very morning. When you fret over tomorrow's fears, you again stand alone—God has not arrived there yet. But here, in this very moment? God is here! Fully present, fully available. He's waiting eagerly for you to cease your time-traveling and simply embrace the profound intimacy of being with Him.

This journey is not about attaining flawless mindfulness; it's about embracing the beautiful practice of returning—again and again, with tenderness—to the present moment as soon as you realize you've drifted. It's about asking yourself with fervor: "Where am I right now?" And responding with deep connection: "We are both here. Together. Now."

Can you feel the very essence of your breath? Can you truly become aware of your body and all its sensations? Embrace this moment as the incredible gift it is! This is where the divine resides.

Body Awareness:

Embrace a slow body scan from the crown of your head to the tips of your toes. Feel this body, these sensations, this breath—each one anchoring you deeply in the vibrant now. In this very moment, God is here, entwined with your physical essence, radiating love and presence all around you.

Reflection:

Can you feel the warmth of your breath, the energy of your body, this precious gift of the present moment? What magnificent transformations occur when you ground yourself in the exhilarating realm of physical presence, rather than wandering through the corridors of mental time travel?

Practice Today:

Ignite a powerful daily ritual: at dawn, noon, and dusk, place your hand over your heart and passionately proclaim, "God is here. I am here. This is now." Immerse yourself in three deep, transformative breaths and truly feel the present moment resonate within you.

Deeper Reflection: Revelation 1:8 and Hebrews 4:7

Reflective Journal Prompts

- The Eternal Alpha and Omega: In Revelation 1:8, God declares, "I am the Alpha and the Omega... who is, and who was, and who is to come." Since God fully occupies your past, your present, and your future all at once, why is it safe for you to stop trying to live in those other timeframes? How does resting in His eternal nature free you to meet Him exclusively in the current moment?

- Meeting the God "Who Is": Revelation 1:8 highlights God as the One "who is" before mentioning the past or future. What changes in your spiritual life when you realize God is deeply present with you right now, regardless of your past mistakes or future worries? How can you practice acknowledging His immediate presence in this very room?
- The Urgency of a Definite "Today": Hebrews 4:7 states that God "again sets a certain day, designating it 'Today.'" Why do you think God explicitly defines and limits our spiritual focus to a single, 24-hour block of time? In what ways does obsessing over tomorrow or rewriting yesterday reject this boundaries-blessed gift of "Today"?
- Softening Your Heart in the Now: Hebrews 4:7 warns, "Today, if you hear his voice, do not harden your hearts." How does drifting into past regrets or future anxieties numb your spiritual ears to what God is whispering to you right now? What is He saying to you today that you might be missing because your mind is somewhere else?
- Surrendering Your Personal Timelines: Living in the past or future is often an attempt to control our own story. How does anchoring yourself in the present demonstrate true submission to the Almighty, All-Powerful God? What specific timeline anxiety can you hand over to Him today so you can walk freely in the present hour?



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