“Living In The Moment”

GROW Quiet Time Series – Danielle Whitaker
Read Matthew 6:25-34

I am always amazed at the growth and development of babies and children. From the moment of conception forward, their cells are rapidly producing and their minds are expanding at rates that defy logic. Most babies double their birth weight in the first 5 months of life, and can become fluent in their native language in just 3 years! I am amazed at how every day I catch them doing new things and wonder, “Where did you learn that?” I’m convinced that children operate in a world without worry and fear and so they eagerly try new things all the time. My youngest is learning to speak now and he has no worries on whether his pronunciation is perfect, he just blurts out whatever words and sounds come to mind. All four of my children still live very much in the moment, without much fear and they are growing in new ways each day.

Matt 6:25-34
In this particular passage of scripture, Jesus sets the bar pretty high when it comes to our faith: stop worrying about life and just seek after His Kingdom. Is it really that easy? We say to him, “But Jesus, I have responsibilities, I have deadlines, I have people that need me, how can I remain focused on you and your Kingdom?”

This scripture challenges me to my core because it forces me to look at things from a different perspective, that is Jesus reminding us that worry slows us down, takes up our time and doesn’t produce anything positive. And besides, Jesus says tomorrow will come with its own set of worries and problems, so stay in the moment.

I always enjoy meeting young disciples, because like young children, they tend to live in the moment. Everything is fresh and new and so they are always trying new things and always stretching themselves. As a young disciple, I lived my faith much this way. I can remember taking long walks with Crystal Daniels around Greenlake sharing our faith with random people walking by, laughing and having fun all the while. We weren’t thinking about whether the person was going to study or who would have the time to meet their needs, we just lived in the moment. I invited all of my neighbors to Church all the time, one women’s day I remember having 10 friends come with me to worship. I wasn’t worries about who would say yes or no; I was simply inviting people to my Church and living in the moment. Sometimes you look over to the campus section on Sunday Services and see new faces every week. The ministry tends to grow because of the faith of people just doing the will of God, living in the moment by sharing their faith and walking with each other as they follow Christ. They read the Word with open hearts, accept input with humility and so, they are always in a state of spiritual growth.
When we live in the moment, we are open to God’s Spirit. We try new things and we stay refreshed, like children. But when we start thinking about the problems of life it’s easy to get overwhelmed; which usually leads us to thinking about the problems rather than the solutions. If we could just live like Children, we could learn again how to grow like them.

Reflections

Are there areas in your faith where you’ve become stagnant? If so, how does worry or fear contribute to that? What area of your faith would you like to be refreshed in? How would living in the moment help you achieve your goals this year?