



# Be Present

I am a planner and love making to-do lists and scheduling activities, meals, dates, etc. Typically, planners continually think ahead about what to do next and have at least an entire week of activities and meals planned out. A planner's mindset focuses on future tasks and finds security in making and completing plans. By being preoccupied with planning, I get caught up in a future that hasn't happened yet, which has robbed me of experiencing the present. Everyone knows time flies, so how are we using the time given to us?

"for I have learned to be content whatever the circumstances." Philipians 4:11b

I asked the Lord what I needed to change. "Be Present" was gently given. These past few months, I have applied "Being Present" by closely listening to those I am with, putting my phone away, and pausing throughout the day to thank God for these "Be Present" moments. When I exercise the discipline of "Being Present," I am content in those moments, my enjoyment increases with those present, and my awareness of the Lord is ongoing and not only during "quiet" time.

"This is the day that the Lord has made; let us rejoice and be glad in it." Psalm 118:24

Have you taken time to ask the Lord where you may need to adjust your life to be fully present with those around you? Is it replacing scrolling through your phone with playtime with your kids? Or keeping the dishes in the sink for a night to have quality time with your spouse and give them your full attention? It may be simply setting alarms or notes throughout the day to pause and thank the Lord for the moment you are in, or, on a deeper level, talking about where you saw the Lord this day with your family.

## Be present and rejoice in the moment

We invite you to share where you saw the Lord today or a word or phrase the Lord has impressed on your heart. Please email us [Deeplyrootedfamilyministries@gmail.com](mailto:Deeplyrootedfamilyministries@gmail.com).