

## In A Moment

In a single moment all of time, past, present and future exists as one. Not separate from one another, but as one, so like God is Father, Son and Spirit; so is each moment in time, past present and future. So how does one live in a moment, where past, present and future dwell eternally as one?

**“Eternity, a moment standing for ever still.” James Montgomery**

**“Forever is composed of nows.” Emily Dickinson**

To be present in a moment, in an instant to be free, is to experience a taste of the fullness of God, in the awe and wonderment of the truest reality what is and not merely thought to be. It is To be in tune with the very rhythm of life, flowing through and from all that is and will ever be. To express the deepest recesses of the soul in complete surrender of all that is thought to be, for that which truly exists.

**“Let brotherly love continue. Do not neglect hospitality, for through it some have unknowingly entertained angels. Be mindful of prisoners as if sharing their imprisonment, for you also are in the body. Let marriage be honored among all and the marriage bed be kept undefiled, for God will judge the immoral and adulterers. Let your life be free from money for he has said, I will never forsake you or abandon you. Thus we may say with confidence: The Lord is my helper, and I will not be afraid. What can anyone do to me? Remember your leaders who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday, today, and forever.” Hebrews 13:1-8**

The chaos of life exists in the material things, thoughts and ideas of this world and in the selfish and prideful ways we live. If we are “Unclean, unclean!” (Leviticus 13:45) it is because we live our lives, for the glory of ourselves and not the GLORY OF GOD which is obtained in living for others. Live in the presence of God in each moment and you will find yourself being made clean (Mark 1: 41).

**“If you aren't in the moment, you are either looking forward to uncertainty, or back to pain and regret.” Jim Carrey**

In the silence of a breath, in the stillness between each beat of the heart lies substance that is the mystery of life, and the hope that is our faith; all held in the eternal moment of now!

*Dear Jesus,*

*Help to live always in the forever moment of now. Help me to experience a new facet of God in each and every person I encounter. Teach me to be present, to listen and to respond to the ways of Your Spirit. Grant that I may live my Baptismal vows to their fullest, being priest, prophet and king, in always and in every situation of life. May I experience the fullest of life, that exists in the moment of now. Amen*