

Week 3

Living in the Moment



*Seeking
Serenity
Devotional Book*



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Serenity prayer

**God, grant me the Serenity
To accept the things I cannot change...
Courage to change the things I can,
And Wisdom to know the difference**

*Living one day at a time,
Enjoying one moment at a time,*

**Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
Not as I would have it.
Trusting that He will make all things right
if I surrender to His will.
That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.**

Acknowledgement:

A Prayer for Serenity, Trevor Hudson, Struik Christian Media.

Just For Today:

I will not tackle all the problems of my life.

I will be happy.

I will adjust myself to what is.

I will strengthen my mind.

I will exercise my soul.

I will be agreeable.

I will have a program (a plan).

I will have a quiet half-hour by myself.

I will be unafraid.

(Taken from Alcoholics Anon. pamphlet: "Just for Today")

MONDAY

Oh, not Monday!



Philippians 4: 4; 11; 13 *Rejoice in the Lord always; I will say it again: Rejoice! I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I can do all this through Him who gives me strength.*

I had a mug that said “I hate Mondays.” We smile in agreement and look forward to Tuesday. Wednesday we’re half-way there, Thursday is bearable, and then it is Friday! Sadly we have missed four days and thousands of moments.

Lord grant me the serenity to live one day at a time. We still need to have goals, investments, plans and dreams. What it means is to fully focus on the present day.

God gives us the peace for the moment we are in. If we do not slow down, if we do not develop a pattern of quiet awareness – we will miss the moment of blessing.

Yesterday is a memory; Today is a reality; Tomorrow is unknown. Peace is found in today.

Have you ever been in a place where you feel you could have stayed forever? Where the quiet

and tranquillity speak to your soul, while the world rages around you. The Lord is saying “I am this tranquillity.



“Just for today I will try to live through this day only and not tackle my whole life....” (Alcoholics Annon.)

“Today I will do this.... In this way we can make daily resolutions that will help us to live more freely and fully.” Trevor Hudson, [A Prayer for Serenity](#).

- What is your “just for today?”



Prayer: Lord, I want to appreciate the day that I have; just to see its beauty and potential. Sometimes it is so hard to even imagine getting through my weeks. Help me to just do TODAY. AMEN

TUESDAY

God's peace for today



John 14: 27 *Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

God wants us to give ourselves to the things that give us life. He wants us to choose carefully what we do with our day. To start each day quietly reflecting on the things around us: on the early morning breeze, the birds, our tasks. And then to ask for His peace – just for today – in all these things. “The Serenity Prayer allows us to let TODAY *“absorb most of our energy, effort and interest”* (Trevor Hudson).

For today know that His peace:

- Transcends circumstances – whatever you have to face.
- Is Beyond understanding – we do not need to figure it out.
- Is available to all His followers – submit to Him.
- Is a presence to be felt.

Don't make yearly resolutions, they are difficult to sustain. Make daily ones. And each day when these are accomplished – your

spiritual, emotional and physical well-being will be lifted. As Trevor Hudson says be “practised in the **art** of living in the here and now.” Tomorrow is another day. We can live neither in the past nor the future, today is all we have.



**God grant me serenity
- just for today.**



Prayer: Praise God from whom all blessings flow, Praise Him all creatures here below; Praise Him above ye heavenly hosts, Praise Father, Son and Holy Ghost. Oh Lord, just for today....

Grant me Your peace. Grant me the courage to change just one thing today. May I have Your serenity through the worries, stresses or laughter that today may bring. AMEN

WEDNESDAY

Don't wait for a finite date



Matthew 6: 26-28 *Look at the birds of the air.....Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?*

Live each day as if it were your last, for some day it will be.
Billy Graham

Trevor Hudson recalls a story of a couple who had to face the husband's terminal illness with only a couple of years to live. Their response was that now *"we enjoy every moment we have together."*

Do not wait for a finite date to make every moment count. The present moments are all we have.

As a child I was taught to say "good-bye" with care. Taught to recognise that it may be the last. If our entire life can change in a moment, should we not pay attention to moments?

When we constantly dwell in *"the past or the future, we disconnect ourselves from the present moment"* (Trevor Hudson). For that fleeting time we are missing in action. MIA. Now that is unfortunate for us, as the present moments are where God meets us! We encounter Him in the

present or we do not encounter Him at all.

As we meditate on the Serenity Prayer, it draws us back to the present moment. Back to where God is and back to where His peace is. It is in the present that we still have a chance to make a difference. Let us not miss it.



Prayer: Lord, You are always present; it is I who moves on either side of 'present'. Dwelling in things past or trying to control what is to come. Call me back to the present. Teach me to walk each moment with You and together into the future. AMEN

THURSDAY

Embrace Encounter Engage



Psalm 23: 1-3 *The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake*

The psalmist gives us this well-known psalm in the present tense. The Lord **is** my shepherd. Every moment.

To live in the moment we need to:

- *Embrace the moment.* Whatever it is, we can learn from it, and we will be better off because of it.
- *Encounter God in that moment.* **Look** for Him.
- *Engage.* God is with us now! Be fully present with Him. Do not worry about what has been before – you cannot go back there. The future is still unknown – God will be there. The moment has potential.

So how long is this moment? Does it matter? We have been journeying through “living one day at a time” perhaps the ‘moment’ is today or perhaps a series of days or even just a few seconds in today.

Trevor Hudson reminds us that the difference between **Nowhere** and **Now here**, is just a space. That space is all we need in our lives to go from Nowhere to Now here. A space which we can create by being present. A space where God is.

To gain serenity, we need to take that space and Embrace, Encounter and Engage and so take our lives from Nowhere to Now here.



Prayer: Help me Lord to find You today. Draw me back into every moment. Grant that I may through all things encounter and engage with You and others and so find peace. Lord grant me the serenity to enjoy one moment at a time. AMEN

FRIDAY

Exercise your souls



Matthew 6: 33 *But seek first the Kingdom of God and His righteousness, and all these things will be added to you.*

It is not easy to live fully in each moment. Trevor Hudson encourages us to be “practised in the art of living in the here and now.”

Practised in the ART of present moments is to:

- Slow down
- Think out the box
- Say thank you often
- Embrace your mortality
- Share more; Forgive more.
- Laugh more; Cry more.
- Forgive

We need to make changes that will enrich our days and equip us to deal with the difficult moments. In every day we need to learn what attitudes, thoughts and actions bring us serenity and which are ones of ‘unpeace’.

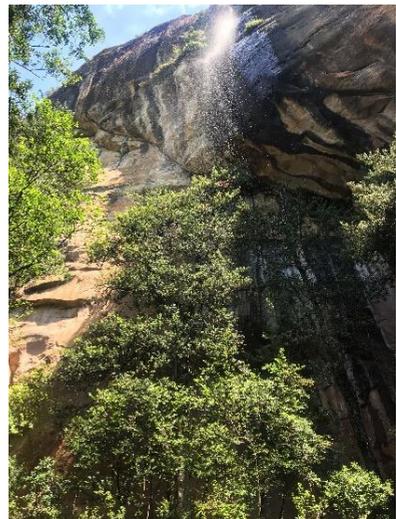
In all situations, even the tough ones, our souls can find rest in God, because He is PRESENT. Are we?

We don’t have to think three months down the line – He will be in those moments too. Let us then remind ourselves that living in the moment means not to fret about the past or worry what will happen in the future but about

encountering God in the here and now. *“It is in the present moment that God wants to give us the gift of peace.”* (TH)

Engage in your nightly review. Ask God to shine His light on the past day. Think of a moment you were most grateful for now thank God for it. Reflect on the moments that drained you. What did you learn? Share these feelings with God and quietly let His presence fill you.

We only get one take at this life – let us make those moments count.





Prayer: Lord, shine Your light on my day, reveal to me those areas where I can do better. I pray for Your Spirit to flow over me now, like a cool, refreshing breeze that will calm me and restore me and grant me peace and rest. AMEN