

Scripture Reading - A Reading from the Gospel According to Matthew (*Matthew 6:25-27*)

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?”
The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection – Gift of the Present Moment

Only the Present Moment is fully available to us. Our lives are full of stresses, tensions and worries. Much of our energies are sapped by agonizing over past mistakes, disappointments, failures, guilt and wrong doings. At other times we may worry about the future: job, money, family, health, relationships, etc. There is so much pressure from society to excel, to measure up to the yardstick of material success. People plan ahead relentlessly: their career paths, the number of kids they will have, the schools their kids will attend, the type of houses they will live in, the type of holidays they will have, etc. In their drive for material success, people have forgotten how to live the present moment. Yet out of our lifetime, it is only the present moment that is fully available to us now.

God’s grace is only for the Present Moment. The only grace God gives us is the grace to deal with the Present Moment - NOW. The past is gone forever. The sins of our past, if confessed with repentance, are forgiven and forgotten by God. God does not give us the grace right now to deal with tomorrow or the future nor to live in the past. The present moment is enough for us to deal with. For tomorrow, God will give us that grace when that moment comes. If we keep regretting the past or worrying about the future, we will fail and fall. This lack of trust in God closes up the heart to the grace that is only available in the present moment that helps us to do God’s Will.

Worry, undue anxiety and procrastination are from Satan. Worry and discouragement are great obstacles to our personal holiness. Worry is distrust of God’s love and Providence. Satan tempts us to regret the past and to worry about the future, when all we have is grace for the present moment. When we regret the past or worry about the future, we send a signal to God saying, “Lord, I don’t trust in You. I’d better rely on my own efforts.” In worrying, we are distracted from living fully God’s Will for us in that moment. In each present moment God’s grace is available and sufficient to overcome any temptation or endure any hardship or suffering, if only we abandon ourselves to the Will of God. If we strongly desire to do His Will, we are open to receive His grace available in the present moment which will help us to do this.

That is why the Lord stresses to us not to worry. The Lord wants us to live the present moment fully and to avail of all the graces that He gives us in the present moment. To do this we have to trust His Will, have a strong desire to do His Will and demonstrate our trust in Him by avoiding worries and discouragements. Worries are futile, achieve nothing but cause displeasure to God. What is needed is steadfast trust in God.

Each moment is a revelation of God’s Will for that moment. To live each moment in complete trust in God's Will is a quick route to our sanctification. If we accept patiently and with trust the present moment as a gift from God and let His love govern all our actions in the present moment without worry about the future or regret about the past, we are surrendering to God’s Will in the present moment. That is all what God asks of each of His children – to live His Will in each present moment. Whatever is in the present moment – our duties, the sufferings, the joys, our present situation - is nothing more or less than the revelation of God’s will for us for that moment. Each moment is uniquely designed by the Will of God for our sanctification.

Conversation with Jesus

Precious Lord, thank you for the gift of the present moment. I surrender to You all my past, all its joys and sorrows. I entrust my future into Your hands. Help me to live fully each moment. Living in the past, worry, anxiety and procrastination are from Satan. Help me to trust completely in Your Holy Will and to be open to the graces that are present in each moment that will assist me to do Your Will and to be perfected in virtues. Mary, Protectress of the Faith, form my heart only for Jesus. Thank You, Jesus. Praise You, Jesus.