

### **Volume 3, Day 5: Love Happens in the Present**

Sociologists tell us that only 28% of the people are actually in the moment with you when you're talking with them. That means while you're talking, they're thinking about something that happened earlier in the day or something they've got going on later that day or into next week, or what they are going to say next, and they're not really present in the moment with us. Isn't that amazing?

And I think it's much worse when we talk about our relationship with God or trying to have a time of communication with Him. We're usually reflecting on our past somewhere or worried about something coming up in the future. We have talked about God inviting us into this river of love. I want to talk to you now about God inviting us into a different place. That is, God is inviting us back into the present moment. God is the God of the present. He's with us where we are in the reality of our life as it unfolds today.

And the sooner you can believe that and relax into this moment and let God lead you, guide you, touch you right here, the better off you'll be. Pain and regret always drag us back to the past. Failures, preoccupation with our sin take us back into the past. Traditions drag us back to the past. It may be something God did once and we're trying to get Him to do it over again for us now. We want to be doing something that makes us feel comforted by the tradition and this blocks Him out of our awareness and the way He wants to reveal Himself in the present moment. Programs, plans, visions and desires are the things that draw us into the future. These only produce anxiety and fear. Wait here with God and dwell on Him and His words to you. He will teach you amazing new things!