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On a Personal Note



My life has been somewhat unpredictable in the last few days.

Last weekend, my husband almost died after a surgical procedure on his heart. Thankfully, he is doing well now. More about that later.

Also last week, my oldest son was hospitalized with a kidney stone which he gladly passed the next day, and my daughter-in-law, who is in the last days of her first pregnancy and has had some exciting moments. (Yes, I am going to be a grandmother. I realize that I am too young :) which is what happens when you marry at 18. Feel free to send me youthful sounding grandmother names.)

This weekend, I've been dogsitting my daughter's Cavalier King Charles Spaniel, Maverick, of whom my Yorkshire Terrier, Gabriel, is terrified. Maverick, however, desperately longs to play with Gabby. The ongoing scenarios have been quite humorous to say the least.

I just spent an hour talking to my almost 18 year-old son about what 15 year-old girls are like. And last, but never least, my soon to be 15-year-old son and I had a nice discussion about 4-wheeler engines. I'm not sure which of those conversations I understood better but the 4-wheeler one was definitely easier.

I am also finishing my Master's in Professional Counseling and so I have added intern hours to my normal (what is that anyway?) life schedule.

So I hope you will indulge me this turn from my usual style. This is strictly selfish on my part as I figure at least a few of you will stop and offer up a prayer for me!

Naturally, such important events have led me to contemplate, as will probably be reflected in my next several blogs. Writing helps me process, organize my thoughts, express my heart, and gives me an outlet for ministering what God is doing in me.

One of the things I've been thinking about is how there is an importance in the present moment that is most easily missed. Being present with God and others in each moment is a challenge. When I say "being present", what I mean is being tuned in, attentive, alert, and interactive. I have learned so much in the last couple of years about really being tuned in to my heart, other's hearts, and the heart of God.

Here are a couple of examples of being present in the moment.

As I packed my clothes for my husband's supposed one-hospital stay which turned into four, I felt prompted to pack extra clothes and extra meds, etc. Although I didn't comment to him about it, I just followed the nudge. I was present with God.

Exhausted after a day beginning at 4 a.m. and Eddie's surgery, I didn't notice that his blood pressure monitor said "ALERT". Thankfully, my daughter did and although the nurse was watching the monitor at the nurses' desk, an attentive daughter's extra response may have saved Eddie's life for within minutes his blood pressure dropped to 57/?? and he became unresponsive. My daughter was present in the moment.

Noticing a feeling I was having led to a sweet conversation with my son. I was present with my son.

Hearing a friend's frustrated voice led to a deeper awareness of a need to communicate. Although I initially wasn't very "present", I realized it and moved to correct that.

There are so many ways that we can apply this idea of being present in the moment. And there are so many enemies to our being present in the moment. Busyness. Being self-absorbed. Thinking about the next day or the next week. Even things that are not inherently evil or bad can cause us to miss the important things that are before us in the present moment. It's just life. And this blog is not intended to make you or me feel guilty. It is intended to challenge us all to live fully in the present moment so that we don't miss the gifts that are there.

I get this "being present" right sometimes and sometimes I miss it altogether. I find, however, that when I miss it, I really do miss something. I miss what is intended to be enjoyed or noticed or engaged.

Jesus was truly in the present moment during his earthly ministry. You might say, "Of course, he was. He was God." But remember that he laid aside his deity, lived as a man depending upon the Father just as we are to. The Word says that "he only did what he saw the Father doing". That means he was "present", by choice, submitting to His Father for the flow of communication which would determine his steps, his words, and his actions. He was our example of how it can be done.

So my challenge to you, for today and the coming days, is to commit yourself to being present, really present- with God, with spouse, your friends, your children, at your job. Place yourself on high alert and I know you will find, as I am, that there are many opportunities for you to share life with others on a deeper level than you have before.

And that's my personal note for today.

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