

LIFE IS WHAT IT IS - ??

LIVING IN THE MOMENT!

Life brings with it various emotions, challenges, and moments of both highs and lows. So many elements can have an influence on how we feel and how we respond to these emotions and challenges.

Elements such as where we live, our age, marital status, children, work commitments, health, finances, dwelling, recreational activities, education, world view and the list continues, have huge bearings on our life. One of the challenges we face is trying to find lasting periods of happiness. This appears to be a challenge even for those of us fortunate enough to live in a relatively peaceful country and environment, let alone a war torn country. One of the things that prevent us from having long periods of happiness is our habit of worrying about things that may not happen or that we have no control over. My wife and I have been discussing this topic of late and one of the suggestions she made in trying to have longer periods of happiness was “to live in the moment”. Perhaps this can only work when you are fortunate enough to live in a relatively peaceful environment, but it certainly can help. Worrying about tomorrow and things you have no control over will rob you of periods of happiness. It is understandable that we concern ourselves with issues that are important to us, but it is how we concern ourselves that makes the difference. As a farmer I am constantly worrying about the weather, as the weather is a major factor in farming. However, I cannot control the weather so instead of worrying I have to train myself to enjoy and give thanks to the good weather that “supports” the process. This doesn’t mean I ignore the probability of a drought or flood etc, but I don’t let it rob me of enjoying the moment.

With so many pressures and changes that face us today, it is important that we take time to live in the enjoyable and precious moments. Unfortunately, our media focus on “bad news” stories because they sell and because of our current level of media access we are saturated with “bad news” stories, robbing our focus on the “good news” stories. This becomes a habit and we then find ourselves focusing on our own “bad news” woe is me stories. This does not mean we ignore or try to be unrealistic about challenges and problems, but we should train ourselves to take advantage of the

enjoyable moments in our lives. No matter who we are we do have such moments, even those who live in terrible war torn environments will have moments of enjoyment.

Thankfully we can put ourselves into a position to receive more “good news” stories if we so desire. We can follow the leadership and guidance of HaShem, the God of Israel. He is the Master of “Good news” stories. Any who follow His instructions will certainly learn how to celebrate in the moment, but even better will learn to celebrate the past, present and future. HaShem can offer the presence of Shalom in our lives, He can turn darkness into Light and teach us to cope with situations that we can influence and those we cannot.

Want some lasting moments of happiness in your life; then seek HaShem whilst He can be found.