

June 16, 2025

Daily Reflections



LIVING IN THE PRESENT MOMENT

By Sister Katherine "Kit" Gray, CSJ

Pre-Reading Reflection

- What does “living in the present moment” mean to you?
 - What helps you to live in the now?
 - What gets in the way of living in the present moment?
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An Excerpt from Today's First Reading

Brothers and sisters:

*As your fellow workers, we appeal to you
not to receive the grace of God in vain.*

For he says:

*In an acceptable time I heard you,
and on the day of salvation I helped you.*

*Behold, now is a very acceptable time;
behold, now is the day of salvation.*

2 CORINTHIANS 6:1-2

Reflection

My reflection on this section of Paul's letter to the Corinthians is a bit out of context. In context, these lines follow his beautiful reflection and call to reconciliation—within the community and with God. In today's Scripture passage, Paul exhorts his readers—and us—"not to receive the grace [of reconciliation]" in vain. This is certainly worth my/our reflection.

However, I am very challenged by Paul's emphasis on the "now" of salvation, the immediacy of grace. I am a list-maker, a planner; I also journal rather regularly. Although these are both good habits, they represent my effort to control things in the near future and understand things which are past. I admit that I sometimes miss the grace of the present moment.

Jesus says:

Keep watch because you do not know on what day the Lord will come (Mt 24:42).

Do not be anxious about tomorrow, for tomorrow will be anxious for itself (Mt 5:34).

No one who puts his hand to the plow and looks back is fit for the kingdom of God (Luke 9:62).

Thich Nhat Hahn offers:

Only the present moment is real and available to us. The peace we desire is not in some distant future, but it is something we can realize in the present moment.

Candace Chellew writes:

Our past is our past. It is where we come from, but it is not where we live. Our future has not yet arrived, and truly, none of us are promised a future. All we are promised is what we have right now. This present moment is the only moment that is real.



A number of lit candles near a body of water
Photo by Bobby (@thepapawan)

For Pondering

Think again about these questions:

- What does “living in the present moment” mean to you?
- What helps you to live in the now?

- What gets in the way of living in the present moment?
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For Prayer

Let us be present to the now.

It's all we have and it's where God will always speak to us.

*The now holds everything, rejects nothing and, therefore, can receive God too.
Help us, God, to be present to the place we most fear, because it always feels
empty, it always feels boring, it always feels like it's not enough.*

Help us find some space within that we don't try to fill with ideas or opinions.

*Help us find space so you, loving God, can show yourself in that place where
we are hungry and empty.*

Keep us out of the way, so there is always room enough for you.

Good God, we believe that you are here, and your presence gives us hope.

RICHARD ROHR, OFM

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