



Raquette Lake Chapel Sunday Blast

February 5, 2023

“To Live a Good Life: When is the most important time?”

Elijah’s Answer to the First Question: There is an old saying: “Yesterday is gone, the future doesn’t exist, that leaves today.” “When is the most important time?” NOW. The present moment is the only time we truly ever have.

What keeps us from this wisdom about living a good life? Many of us spend an inordinate amount of our lives caught up in regrets of the past or worries for the future. Often, we may physically be present at the dinner table, or at work, or in church, or in meetings, but mentally we are elsewhere. We replay the past over and over: “what if this” and “what if that.” Worse, we often project the way things have gone in the past into the future, compounding our worries and diverting our attention from the present.

Is worrying just a part of life? If so, what do we do with our worries? Philippians 4:6 tells us:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

A friend of mine once put it this way: “Lay your troubles and worries at the foot of the Cross.” Have faith!

Living in the Present Means Living in God’s Presence!

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food and the body more than clothing?” [Matthew 6:25]

This is the point of Elijah’s answer to the first question: the present moment is the only time we truly ever have, and we should use this present time for the important things of life. Now is the only time in which we can express our affection to our loved ones or tell our friends how much knowing them means to us or to offer forgiveness to heal old wounds...or to intentionally connect with God and give thanks for our blessings.

Do We Give up Planning for the Future? Of course not. But remember our Sunday blasts about Wisdom?

“Come now, you who say, ‘Today or tomorrow we will go to such and such a town and spend a year there, doing business and making money.’ Yet you do not even know what tomorrow will bring. What is your life?” [James 4:13-14]

Planning is important, but as we make our plans, we should not forget to include God! James asks us, “What is your life?” Well, our life is made up of our talents, property, our health, our relationships, all of which are made possible by God. A gift. Yes, what is our life? Our life is the use of our gifts for us and those around us, and NOW is the time to start.

Next Sunday’s Blast will dive into Elijah’s answer to the second question: “Who is the most important person?” In your quiet moments reflect on how you would answer this question and the reasons for your answer.

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Let us keep in our prayers: Joyce awaiting a medical procedure; our friends and neighbors looking for jobs; those affected by severe weather in our country; those who have died and been injured in terrorist attacks around the world.