

## **In the Moment**

### **Ready:**

“After seeing them, they reported the message they were told about this child, and all who heard it were amazing at what the shepherds said to them. But Mary was treasuring up all these things in her heart and meditating on them.” - Luke 2:17-19

### **Set**

My high school soccer team was the first to reach the state tournament in our school's history. It took years of hard work and determination to turn the program around and achieve this goal. Everyone was proud, and in the weeks leading up to the tournament, we were the talk of the school. They even organized a pep rally for the whole school. Rightfully, we were proud, but few of us stopped to really be in the moment. The team was looking forward to the tournament and what lay ahead, and looking back, I wish I had treasured some of those moments instead of moving so quickly through them.

In Luke chapter 2, we are given what is commonly known as the Christmas Story, the account of the birth of Jesus. When Jesus was born, angels appeared to a group of shepherds, declaring that Christ Jesus, Son of God, had been born. They were to find him and tell all they saw this good news. Once they reached Mary, Joseph, and Jesus, they gave praise and glory to Him. Mary, the Mother of Jesus, treasured in her heart and meditated on what she heard. Mary was in the moment, not overly excited or anxious for the future or consumed by the flattery and celebration. She was able to stop, take it all in, and remember this moment for the rest of her life. Her celebration was internal, whereas the rest were celebrating externally. Mary knew this was a special moment she did not want to forget.

It takes wisdom to slow down and notice that you are in the midst of something special. External celebrations are grand and a lot of fun, but try to slow down and be present for the significant moments in life. Store up the excitement in your heart so that you can rejoice for years to come at the glory God has given.

### **Go**

- Is it hard for you to slow down and be in the moment?
- What would it look like to “treasure up” something in your heart?
- What are you pondering in your heart right now?

### **Workout**

Matthew 6:21

Psalm 119:11

## **Overtime**

“Lord, we come before You with so many thanks for all the blessings You have given us in this life and will continue to give us. Help us to be mindful to slow down and truly be in the moment during times of great joy. Our world moves so fast, but we must slow down and rejoice in our hearts. Amen.”



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