

Be Where Your Feet Are

Ready:

“But seek first the kingdom of God and his righteousness, and all these things will be provided for you. Therefore don’t worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.” – Matthew 6:33-34

Set

As competitors, we’re always thinking about the next play, the next season, the next training method that’s going to give us the edge over our competition. Or we’re looking behind at the last season that ended too quickly in the postseason and what we could have done better to help our team.

It’s like our default is set to overthink and worry about where we’re going and how the pieces are going to match up to make it happen. But what does dwelling in the past or fretting about the future get us? Nothing but more worry.

We are too easily distracted about what’s coming up or ruminating on what we could have altered that we miss what’s *right now*. And there’s plenty right in front of us that deserves our presence.

God is with us in the moment. He says He is with us, and it’s important to slow ourselves down enough to experience all He has for us in the here and now. What can help us relax and simply *be* in this moment?

Seek God’s Kingdom

Look to the Lord and His heart through prayer. Get in His Word, get quiet and listen to what He wants to say. Starting our day with God gives us the grace we need to go through the day, and an anchor to hold to when we are tempted to veer away when the worries and what if’s come circling.

Make Your Requests

Our minds can quickly shift to the things that bring worry and the toil that takes us into a tailspin of anxiety. We want to know we will be provided for and have the means to provide. God knows what we need. He wants us to come to Him and make our requests known, then leave that request at His feet and trust Him to take care of us.

Focus on the Present

Tomorrow has enough worry and trial that will inevitably come. Why heap that on top of

today's troubles? Make it your ambition to go throughout today and look for things you're grateful for. See where God is at work and notice. Thank Him for His presence and provision and believe this will be a continuing thing, as day by day you learn to lean into Him and pay attention to the wondrous world around you.

When we realign our hearts and minds with a Kingdom perspective, a lot of our distractions dissolve. Relax. Give your cares to God. Pay attention. Take time to slow down and notice the people and places around you. God is in this moment, and this moment is all you have. Live in it.

Go

- Do you tend to look forward to what hasn't happened, or dwell on the past? What can keep you focused on living in the present moment?
- Make a list of five things you are thankful for today.
- Lift your eyes off yourself and onto someone else. Write a note of encouragement to a teammate. See where you can serve in your community. Do some yard work for your parents.

Workout

[Jeremiah 29:13](#)

[Philippians 4:6](#)

[Psalm 118:24](#)

Overtime

"Father, thank You that You show me how to be present with You. My mind can wander thinking about all that needs to be done and all the places I have to be. Slow me down. Get me in Your Word and help me to focus one day at a time, one moment at a time. In Jesus' name, Amen."



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
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