

**Title: “*Living in the Present Moment*”**

**1. Enjoying the present moment**

- Matthew 6:34
- “*I’ll be happy when...*”

**2. Thankfulness and gratitude today**

- Psalm 103:1-5
- Hebrews 13:15
- 1 Thessalonians 5:18

**3. Let go of anything other than the present moment**

**4. Learn quickly to take in what benefits and blessings you have before you**

- Show your gratitude regularly!

**5. How’s your “appreciation list”?**

**6. The sacrament of the present moment**

- Isaiah 26:3 – perfect peace

**7. Focus on the person in front of you.**

- Do they have your full attention?