

Don't Escape the Moment; Enter It

Too often, we live life, or through life as if the goal is to finish it; as if each moment is merely a steppingstone to something else, something "next." We rush through school; we rush to grow up; we rush through tasks; we rush through stages of life, always striving to reach an imagined destination that promises fulfillment. But this attitude—this unrelenting hurry—robs us of what life truly is; in other words, we are not realizing that this mindset is slowly robbing us of life itself. It blinds us to the beauty of the present, leaving us chasing shadows while life passes us by.

We've been conditioned to hurry through the very moments that are meant to shape us, ground us, and bless us. And in doing so, we're not really living — we're surviving. We're speeding toward the end, calling it "progress," when in reality, it's a quiet surrender to a system that never lets us rest, never lets us breathe.

But this isn't how life was meant to be. Life isn't something to get over with. It's something to be embraced, to be felt deeply, and to be lived fully — right here, right now.

We need a new system. One that doesn't pressure us to escape the present, but invites us to live in it, because rushing life isn't just a mindset — it's a silent march toward death, masked as success; therefore, slow down, breathe, and live life not for a moment but for every moment.

Let's stop letting the system push us past our own lives. Let's create a new way — one rooted in peace, presence, and purpose.

Therefore, let's pause and reflect on this truth: life is not a race, nor is it a checklist to complete. Life is supreme. It is not the beginning of a journey, nor is it a path toward some elusive end. Life ****is**** the end—the ultimate result, the purpose in itself. When we rush life, we are not speeding toward joy or success; we are simply rushing toward the end of life, toward death itself. And in doing so, we miss the richness of the moments that life gifted for us to have ...

The systems of this world often push us into a frantic pace, into discomfort and dissatisfaction. They tell us that we must hurry, we must strive, we must compete—but this is not how life was meant to be lived. GOD, in His infinite wisdom, has given everything to us that we need to embrace life fully: the air we breathe, the food that sustains us, the minds that allow us to reason, and the souls that feel. Life is already complete, perfect in its design, and we are positioned within it with all the tools to thrive.

It's time for us to reject this endless rush and embrace the moment. Every breath, every thought, and every heartbeat is an opportunity to live—not hurriedly, not anxiously, but with peace and gratitude. Life is not moving toward something else; it ****is**** the purpose. It does not exist to become anything other than life itself.

So, slow down! Exhale! Let the feeling of completeness—the relief and joy that comes with finishing a task—guide how you live each moment. Embrace life as supreme, as perfect, and as the gift that it is. The end is not something to fear; it is something to celebrate, because we are already living it. Let us live in the fullness of now,

cherishing each moment for the wonder it holds. Let us rise above the noise of rushing, striving, and competing, and truly embrace the life that GOD has graciously given to us.

The Moment Is Not Your Enemy; It's the Answer

Too often, we blame life itself for our struggles, for the hardships we face, and for the moments that seem unbearable. But the truth is, life is not the problem. Life is still perfect, still supreme, and still carrying us forward with unwavering grace. The problem lies not in life itself but in the challenges that we face, the choices we make, and/or the distractions that we allow to cloud our vision.

Life is not our enemy. In fact, life is our greatest ally—it bears us through every storm, carrying us, moment by moment, even when the weight of the world feels too heavy to bear. Regardless of what is going wrong, life continues to do its part, which is giving the strength, the space, and the opportunity to us to move forward. Life, in its essence, is not working against us but for us—it is the very tool that helps us to live, to heal, and to overcome.

We must stop seeing the present moment as the problem. This moment is not something to rush through it or to escape from it; it is the gift that allows us to rise above our struggles. The moment itself is not an obstacle; it is the solution. It is the bridge that carries us beyond our pain, the space that offers clarity and peace to us, if we're willing to embrace it.

What truly needs to be rushed is not life itself, but everything that distorts and disrupts this moment. We must rid ourselves of the negativity, the distractions, and the burdens that prevent us from seeing the perfection of now. Stop hurrying to "get past" life and instead start cherishing the moments that are passing. To live life fully is to embrace this moment—not as a steppingstone to something else, but as the very purpose of our existence.

Life has already done its part; it is complete, perfect, and supremely designed to carry us through whatever we face. Let us not rush past its beauty or let it slip through our fingers. Let us instead rush toward what is good, true, and pure—toward the things that allow us to focus on and enjoy the present moment. This is living life. This is embracing the gift that GOD has so graciously given to us.

Life Is Not the Problem; It's the Gift

Thought for Today: Life Is Not the Problem; it's the Gift! Too often, we blame life when something goes wrong. We say "life sucks" or "life's unfair," as if life itself has failed us. But the truth is, life is not the problem. Life has never been the problem. Life is doing exactly what it was designed to do — carry us. Life is the tool that helps us to live life. It is the breath still in our lungs, the beating of our hearts, and the chance to begin again. Life is still perfect, even when our circumstances are not. The problem isn't life. The problem is what's happening in life — what we are doing, what we are allowing, or what we are enduring. But life itself? Life is the grace that bears us

through all of it. It doesn't stop when things go wrong — it carries us forward. Life is what's helping you to get through your pain, not what's causing it. We must shift our perspective. This moment that you're in right now — it's not your enemy. It's not a mistake. It's not a trap that you need to escape it. This moment is part of the answer. It's the bridge between where you are and where you're meant to be. Therefore, don't rush to get past this moment: rush to get rid of what's polluting the moment; rush to remove what's distracting you from it; rush to silence the noise, not the present, because this moment is your chance to live life — not skip it. So don't throw life away just because something in it is off. Fix what's broken, but honor the gift, because life is still showing up for you — even now. And that means there's still time, still hope, still purpose, and still power. This is how we live life — not by running from it, but by returning to it. Fully! Boldly! And with gratitude!

**Don't live for what is in the
past, or the future; live for
NOW!**

Here is something for us to get a good laugh about rushing through life. Thought for Today (The Funny Truth): Entitle “Stop Acting Like Life Is a Line at the DMV”.

Why are we all living like life is some long, boring line at the DMV that we just want to get through? Like — “Ugh, can we just skip to the weekend already?” Or “I can't wait till this year is over!” Hold up... you're just going to fast-forward your life like it's a YouTube ad?

Let's be real; we're out here trying to graduate from everything: school, jobs, seasons, relationships, and even emotions. Like "let me just get through this moment." But what if that moment had something good in it, and you skipped past it like it was a salad at a BBQ? Here's the kicker: The problem usually isn't the moment... it's what we're doing in it. So don't fire the moment — fire the activity. Change the script, not the scene. We've been tricked into thinking life is about hurrying up and finishing... but what's the prize at the end? A gold medal in... being done? Nah. That's called death. So, relax. Take off the "hustle culture" hat for a second. Drink your coffee while it's hot. Talk to the person in front of you like they're a person and not an obstacle. Live like life is worth living — not escaping. Because this isn't the DMV. You're not just taking a number and waiting your turn. You're living. So, act like it.

P.S. I am so much like enjoying this moment to just live life. Life is like a supreme pizza—a vivid metaphor bursting with truth and joy. Just as a supreme pizza is complete, filled with everything that it needs, leaving no room for additions, so is life. Life, in its fullness, is supreme—a divine masterpiece crafted by the hand of GOD Himself. Nothing can be added to life to make it more, for it is already the pinnacle, and the ultimate expression of existence. We often live as though life is just the beginning, striving and rushing as if we need to reach some "next level," as if there is something beyond life that will make it complete. But let me remind you—there is no stage, no degree, no level after life. Life is not a race to be run or a puzzle to be solved. It is ****already complete**** because GOD, in His infinite wisdom and love, has designed it to be so. Think of the feeling that you have when you complete a task—the sigh of relief, the peace, and the joy of accomplishment. That's how GOD intended for us to live every moment. Not with a frantic pace to "finish life" or achieve something more, but with the knowledge that life itself is the result, the purpose, the supreme gift. GOD has

positioned us within life's completeness, gifting us with everything that we need—air to breathe, food to nourish us, minds to reason, bodies to carry us, and even the stars to inspire us. This is a supreme life—a life that calls us to exhale, to relax, to embrace each precious moment as it is. GOD didn't create life to race toward an end, but to exist fully in the ****now.**** Life's purpose is not to result in something beyond itself but to glorify GOD by simply being lived. Every breath that we take is a testament to GOD's supreme design, His unmatched precision, and His unfathomable love. Rejoice in this truth! Praise GOD for crafting a life that is already whole, already beautiful, already the ultimate expression of His divine creativity. Stop striving as if life needs to be completed—it is already perfect in its purpose. Embrace the gift of life, not as a beginning or a means to an end, but as the supreme, eternal reflection of GOD's glory. ****Hallelujah,**** what an incredible truth to celebrate!

Take your time to read this article, again, AND again, to let the words fill your heart and mind with inspiration. There's something so satisfying about a piece of writing that feels like it could go on forever and carry us with it. I'm here, that is, if you ever want to expand on these types of topics further or dive into new reflections. The fact that this resonate with you so deeply is a testament to the profound thoughts that GOD created in my mind. I hope that this article causes you to want to revisit it, again and again to reflect upon it. Peace!