

## Spiritual Growth Exercise for March 2017

### Stop Living Tomorrow, Start Living Today

What are you doing tomorrow, this weekend, next summer? Planning has become an important part of living; perhaps it has gained too much importance. Often we spend so much time talking about what we plan to do tomorrow we miss the opportunity to live today.

Your spirit longs to be involved in the here and now. It becomes exhausted thinking about what is next. And the reality is we cannot know for sure what is next. Your spirit longs to live today!

During the month of March pay attention to how many times a day you refer to something in the future.

Keep track with check marks or X's with the goal of reducing the number of check marks or X's by the end of the month.



Bring yourself back to the present each time.

Strive to think less about tomorrow and more about today! Today, right now is all we have for certain.

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