

# FOCUS ON FAITH

## LIVING LIFE ONE SECOND AT A TIME

Last month in almost a passing thought I penned a phrase which has been with me ever since. It's not a profound thought – I'm not going to be recognised as a wise philosopher or win the Nobel Prize because of it and it's probably not an original thought, but it is a phrase that I've been semi-conscious of virtually each day since I wrote it.

The phrase was: ***"Life is lived one second at a time."***

The context was of making sure we make wise choices every moment of every day because the choices we make impact on our lives. So I'd like us to continue in the same vein this month.

Memories – we all have them! There are the good ones such as a marriage or the birth of children. Achievements in life and successes we've had. Celebrations like England winning the Rugby World Cup or the Cricket Ashes; even Liverpool coming back from 3-nil down to win the Champions League last year. You've guessed it – I'm a sad person with pretty simple pleasures in life!

Then there are the not so good memories. The passing of a loved one; an illness, accident or injury or tough times financially when a job goes or a relationship breaks down.

All these events have an indelible effect on our characters and personalities as well as our circumstances. They cause us to take certain standpoints in our lives and also affect how we react when similar situations occur.

BUT WHAT'S PAST IS PAST – you can't change it now – only the way you perceive it. The only thing you can do with the past is learn from it.

**The only certainty we have in life is - NOW**

But how about our hopes and dreams for the future? We often look forward with anticipation to events such as an upcoming marriage, holiday, house move or change in our circumstances. But others face the future with uncertainty and fear – instead of it

being a dream it looks more like a potential nightmare. The prospect of dreading that retirement will lead to a loss of status and involvement or even financial security. Or what about the fear of getting old and not being able to do what you could previously causing worry and apprehension?

Some of us also look so far in advance that we miss what's happening right now. Others of us seem almost

paralysed and unable to make decisions because we're unsure of what the future holds.

BUT WHAT'S AHEAD IS JUST THAT – AHEAD. In some ways we can affect the future but some things will always come out of left field and we won't anticipate them.

The only certainty we have in life is NOW – we live life one second at a time. Some decisions that we make now in this moment may have implications and ramifications down the line but we can only go with what we know today.

Someone once said, *"If only I could have known then what I know now"* but the converse is also the case – *"If only I could know now what I knew then"*.

It might be just old age or it could be that we have selective amnesia at times when we look back. Sometimes our past is looked through rose coloured spectacles whilst at other times it's with dark sunglasses as we try to block out our memories.

And where does faith fit into this?

I choose to believe, and have faith to believe, that God promises to be with me every second of every day. The wisest man who ever lived – King Solomon – wrote in Proverbs 16: 3, ***'Commit to the LORD whatever you do, and your plans will succeed.'*** That's both a challenge and a promise. It's a challenge to us to be willing to submit our plans, decisions and even our independence to God. And it's a promise from God that He will not only be with but that He will also help us in whatever we're involved with.

Please don't put off committing your ways to God though. The first song I ever wrote was entitled *"Tomorrow never comes"*. I can't even remember the words or the tune to it now – it's lost in the mists of time – but the sentiment is true. The Bible says, ***"Now is the time of God's favour, now is the day of salvation."***

Don't waste your time – use it wisely – as you live life one second at a time.

For information on local Christian churches and contact details, log on to [www.lifting-jesus-higher.org.uk](http://www.lifting-jesus-higher.org.uk). And if you think there's something we can help you with or you have a question on faith issues, drop me an email using the link on the website. I'd love to hear from you.



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