



# Present Moment: Focus on Now (3 Cross)

Submitted by Jhoe Stonestreet, Foundation 3 Pietra Fitness Instructor

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we think about living in the present moment.*

**INTRODUCE TOPIC & SCRIPTURE (1John 4:16, 18)** "So we know and believe the love God has for us. God is love and he who abides in love abides in God, and God abides in him; There is no fear in love, but perfect love casts out fear...."

**BREATH-WORK & GRATEFULNESS**

**BODILY PRAYER VERSE (based on Heb. 10:7)** *Here I am, Lord; I come to do Your Will.*

**MEDITATION** 'In the Screwtape Letters written by C.S. Lewis, the master demon conveyed schemes to turn humans away from God. Their approach is to get humans away from contemplating the eternal, that is, from thinking about Heaven, and from the present. It is far better to make humans live in the future of this life. Thinking about the future inflames fear and stirs thoughts of unrealities because of the unknown. In a word, the future is the thing least like Heaven. The past is frozen and no longer flows, and the present is all lit up with eternal rays, but nearly all vices are rooted in the future. / Gratitude looks to the past, and love to the present. In contrast, fear, greed, and ambition look ahead. Even though our lives have been full of blessings, we rarely spend time reflecting on the past with gratitude. We do not live in the present moment focused on what God wants us to do here and now. Instead, we live in the future – thinking constantly of what needs to get done or what we want to accomplish. Often times, these stir fear of the overwhelming responsibilities, and lead us to escape through some unhealthy choice and sin (for example, stress eating, impatience, anger, workaholism, restlessness, etc.). Instead, practice gratitude and live in the present moment."<sup>3</sup>

**RESOLUTION** (Re-read Scripture.) 'Let us resolve to tenaciously combat the evils of being too far focused on the future. To fight well and find peace, we can do the following: (1) Take time for silence, stillness, and prayer; (2) Reflect often on the past with gratitude; (3) Live in the present focused on the will of God rather than the unreality of the future; (4) Live simply; (5) Practice trustful surrender to Divine Providence; (6) And, give more of yourself – your time, treasure, and talent."<sup>4</sup> Come Holy Spirit ....

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother Faithful: **pray for us**; St. Joseph, glory of domestic life: **pray for us**; saint of the day: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Holy Family School of Faith daily Rosary, Greed, Fear, and Anger. January 7, 2021. Used with permission.

<sup>4</sup> Ibid.

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

