

**Fr. John Izral**  
**Conyers Prayer Meeting**

A psychology said, "Yesterday is a canceled check, tomorrow is promised to no one. The only time we have is right now." The only time we have is right now. If we are going to live or love better, we have to do it now.

If we think too much of the past— we breed guilt.

If we try to live too much in the future--we open ourselves to all kinds of fears.

So we need to live as Jesus taught us, here and now today. Jesus only operates in the present now. That is why Jesus AND God the Father is the I AM, never I was or I will be.

People who reminisce even do life reviews, we need to see God in everything that has happened to us: the good, even the bad. Nothing happens by chance.

Someone who studied people said, as we get older we either have wellness which is holiness or we get in despair. Some are angry, they may even call themselves critical, inflexible as if life is a big mistake. Others despair, they can't live comfortably in the now. These people don't blame others, they blame themselves.

Especially those who are caregivers. They are so dutiful that they they crash. They burn out. It is as if they never could make any other choice. They are locked in and become depressed.

God called everyone of us to function best which is to live love right here and now. We have to choose this. We invite the Holy Spirit to live with us today. None of us can do anything with the past, its gone forever. Nor can we escape to the future, its not here yet.

Jesus can comfort us and can show us His love only when I live in the now today.