

Be Present

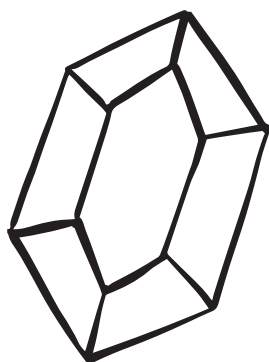
"Take me by the hand; Lead me down the path of truth. You are my Savior, aren't you?"

PSALMS 25:5 (MSG)

"It is not how much we have, but how much we enjoy, that makes happiness."

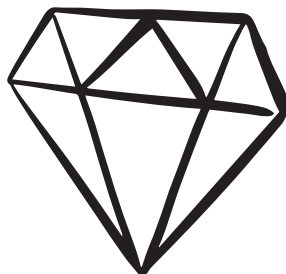
CHARLES SPURGEON

You can practice being alert and present in your life by noticing the things that you enjoy throughout the day! When you pause to really fix your gaze on beautiful things you see, delicious tastes you love, sounds that make you happy, your inner joy grows! God has given us so many gifts to enjoy and He wants us to stop and smell the roses, literally!

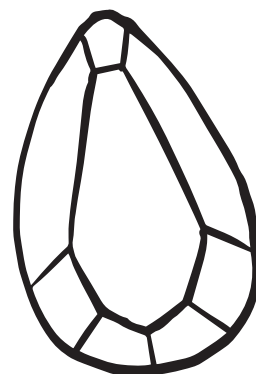


Sights I hope to see someday...

Take a moment to list the
gems of JOY in your life!



Songs that pump me up...



Tastes that I like to create
for my household...