

# ENCOURAGEMENT FOR *Real Life*

## **149. You May Be Living Distracted if You Cannot Enjoy Now**

You are listening to episode 149 of the Encouragement for Real Life Podcast titled, You May Be Living Distracted if You Cannot Enjoy Now. Welcome to the podcast! I'm so glad you're here today. Over the last few episodes we've looked at the five indications we may be living distracted, and today we address the last of the five: if you cannot enjoy now. If you find it nearly impossible to enjoy the moment you're in, this could indicate you may be living distracted. Or you may know someone else who struggles with this! Either way, we're going to find some help and hope and lots of encouragement as we dig deeper here in this episode. So, let's get to it.

We're beginning this episode with some questions.

When you're with others, are you able to enjoy their company?

When you have a quiet moment alone, can you appreciate the moment you're in or do your thoughts pull you elsewhere?

Do you have a difficult time staying present in this precise moment while noticing the sights, smells, tastes, and feelings associated with the reality around you?

**If you answered yes to any of these, they may indicate you struggle to live in the moment and you cannot enjoy now.**

You find it difficult to just stay present and be in the moment. If this hits home and you're realizing these describe you--that you cannot enjoy now, let me tell you, you're not alone. Yours truly also battles this. It's not easy for me to sit and be still. I often feel like I should be doing something while sitting, like folding laundry or planning my to-do list, or brainstorming my next idea. And it often takes me great effort to just be and appreciate the moment I'm in, soaking in the presence of the people I'm with.

Now, this has nothing to do with where I am or who I'm with, it's all what's going on inside of me. It's the distracting thoughts and urges to keep moving, to keep thinking, to continue on with the next thing.

Vacations are really trying for me, because the first couple days are always a struggle. It takes me a day or two to get into what I call "vacation mode." My husband helps me with this in slowing me and our schedule down, and I appreciate how he gently guides us to a live-in-the-moment pace. But once I'm in vacation mode, well, I don't want to leave it. I could maybe just stay there forever. And sometimes I wish I could!

So, I get it if you struggle with staying present in the moment. I'm right there with you most days. And if you don't battle this, I'm guessing you know someone who does. You might want to share this episode with him or her.

**But here's the thing: distractions are almost always the culprits in preventing us from living in the moment and appreciating the present.**

Distractions will always entice us from what's most important to fixate on less important matters. Distractions will always make us believe there's a better moment than right now. And they will always keep our minds spinning and our bodies hurrying, while we miss the beautiful moment happening right in front of us. But so many of us don't realize this. We aren't aware of this. So we just keep doing the same thing over and over, living the same way over and over, thinking maybe someday this will all be different. We will be different. Well, we know the definition of insanity right? Doing the same thing over and over expecting a different result?

Nothing will change unless we take proactive steps in changing how we live, namely committing to live an undistracted, intentional life. Distractions are always deceivers, and the good news is, we can overcome them. We can be Right-Now Women and choose to live undistracted, abundant, and joy-filled lives.

**Let's begin to live as Right-Now Women today.**

If you need a reminder of who a Right-Now Woman is, read Chapter 14 in my book, *Right Now Matters*. But basically a Right-Now Woman is one who understands living in the right-now moment is key to embracing the abundant life Jesus came to give her. She doesn't do it perfectly, but she does all she can to keep her focus on what's important to overcome the distractions in her life.

One tool that helps me live as a Right-Now Woman is practicing what I call The Four Ps. I highlight this tool at the end of each chapter in *Right Now Matters*, and I share greater detail in Chapter 9, but this tool helps me return to the moment and stay present. I'll highlight it here. The four steps are Pause, Ponder, Pray, and Praise.

**Pause** in this moment and just stop whatever you're doing.

**Ponder** and look around. Take notice. Ponder what you see, hear, taste, smell, touch.

**Pray** about what you pondered.

**Praise** God for it all.

Pause, Ponder, Pray, and Praise. It's simple and it works. It brings us right back to this moment to appreciate right now. I encourage you to give it a try right now and see for yourself. Incorporate this into your daily routine. A good place to start is during meal times. Try it at breakfast, lunch, then at dinner. Like with anything, the more you do it, the easier it will become and the quicker you'll walk through the steps. Not that you're trying to rush through it, but it'll become a habit you can incorporate again and again. It's also a great tool to teach our children and grandchildren.

**If we cannot enjoy now, sometimes the biggest distractions are our thoughts.**

We get to choose what thoughts we keep. This also reminds me of Philippians 4:8. It says, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (NIV).

We get to choose what we think, and when we focus on what's true, noble, right, pure, lovely, admirable, excellent, and praiseworthy, this will help us live in the moment. We'll be less enticed to be distracted by lesser things, and we'll experience the abundance and joy Jesus came to give us. We don't need to complicate things. It's all a matter of choosing what's most important and keeping our thoughts there.

But this does take work, and friend, with God's help, we can do this.

### **Will you pray with me?**

*Father God, You are our Creator, our Sustainer, our Hope, and our Guide. You know all things, You see all things, and You are in charge of all things. You've given us Your Son, Jesus, enabling us to live abundant and joy-filled lives through Him, yet so often, Lord, we settle for a life that's consumed with the distractions of this world. We're missing not only the blessings You give us in this life, but the priceless moments with others happening right in front of us. So often, Lord, we can't enjoy now because we're either stuck in the past or worried about the future. But You already know this, and You're willing to help us overcome these distractions. We give You ourselves and the distractions that bombard us today. Help us to live focused on You and Your good plans and purposes for us, and help us overcome these distractions. We cannot do this without You. We trust You and love You, and desire to glorify You. Thank You. In Jesus' name. Amen.*

If you live local to me, our next women's evening of encouragement, we call these events, "Real Encouragement LIVE!", is happening the last Monday of this month on June 24 in Cedar Rapids. We're learning how this world is in a hurry, but we don't have to be. We're halting the hurried life. If you live within driving distance of Cedar Rapids, Iowa, I'd love for you to come to this fun girls' night out with a purpose. Details and tickets are available in the link in the show notes.

Also, if you found some hope and encouragement in this episode, would you please leave a rating and/or review from wherever you listening today? Be sure to subscribe so you never miss a new episode.

To wrap up today's episode, let's begin to live as Right-Now Women by practicing The Four Ps. Let's do all we can to live in the moment and stay present with who we are with. Let's be about honoring God with the blessings He's give us by appreciating each one. And as we wrap up this series of highlighting these five indications of living distracted, I pray we apply what we've learned to make the changes God is calling us to. As I say often, life is too important to live it distracted. I'm cheering you on as you live as a Right-Now Woman! God bless you!

Links in this episode:

[Philippians 4:8 NIV](#)

[Right Now Matters and the Right Now Matters Bible Study](#)

[Details and tickets for our next Real Encouragement LIVE! women's event, Halting the Hurried Life](#)

[Access my Free Resource Library](#) to equip you to live as a Right-Now Woman

*Julie Lefebvre*

