

Past, Present, and Future

By Laura Demetrician, MS, LMFT
Clinical Family Therapist

We find ourselves, at any given time, in one place. But our minds are either in the PAST, the PRESENT, or the FUTURE. When people ask me how my weekend was or if I have had a nice week, sometimes I have the reaction of a “deer in headlights.” These questions catch me off guard, because I am usually thinking about the present or future.

We all have a natural bent toward being in either the past or the future. The struggle and aim of our spiritual, emotional, and relational journey is to be completely in the present. This means being connected to the past and having openness to the future.

What is your natural bent?

Below are some indications that you have a predisposition toward the PAST:

- You enjoy traditions.
- You are the family historian. You remember stories, dates, and events.
- You may have a difficult time forgiving others and yourself of past hurts.
- You spend a lot of time thinking about the “good ole days.”

Below are some indications that you have a proclivity toward the FUTURE:

- You live by a to-do list and are always thinking of “the next thing.”
- You can’t remember what you did last weekend.
- You may struggle with fear, anxiety, or worry.
- You get energized by a strategic plan.

Being in the PRESENT will help us be in tune with ourselves, those around us, and even to God, but being completely PRESENT means to understand and accept our past and to be open to the FUTURE.

We can all grow in staying in the PRESENT by:

- Taking a deep breath.
- Accepting the past and present
- Becoming more aware of your emotions, thoughts, and behaviors
- Developing trust and faith that you have all you need in Christ
- Developing thankfulness and joy

I encourage you to read Psalm 23 slowly, focusing and meditating verse by verse on how we are to view God’s presence in light of the past, present, and future.

Compliments of Practical Family Living, Inc.

P.O. Box 1676, Appleton, WI 54912 (920) 720-8920

You are permitted and encouraged to reproduce and distribute our articles in any format provided that you credit the author, no modifications are made, you do not charge a fee beyond the cost of reproduction, and you include Practical Family Living's web-site address (<http://www.pfl.org>) on the copied resource. Quotations from any article are also permitted with credit to the author and citing the web-site. Any use of other materials on this web-site, including reproduction, modification, distribution or republication, without the prior written consent of Practical Family Living, Inc., is strictly prohibited.