

Rev. Paul A. Hottinger

**Spirituality of the Present Moment**    Eleventh Week in Ordinary Time    Saturday,  
June 21, 2014    8:15 AM    2 Chr 24:17-25; **Mt 6:24-34**    St. Aloysius Gonzaga, religious  
(Look at the future as something to which we are necessarily required to contribute, but  
which is not totally in our hands at all, but in the care of divine providence.)

**“Sufficient for a day is its own evil.”**

This is a teaching on the **spirituality of the present moment**. It is not that we only live in the present moment. In fact, if we only lived in the present moment, it would be a kind of mental disorder. If we couldn't remember the past, if we couldn't foresee the future, we would be in a terrible pickle. But the problem is because we have memory and because we can envision the future, because we have imagination, because we can think about things not present, **we often give short shrift to the present, focusing too much either on future plans:** always moving, always doing, never content, pushing onward, driven, anxious; **or we get caught in the past.**

And certain types of emotional people, people with a strong emotional life, a strong feeling nature, often get caught in the past. What has happened for better or for worse—for better the wonderful things of the past: how things used to be, how stable, how reassuring, how orderly, how comfortable; or on the other hand how terrible the past was: how dangerous, how hurtful, how injurious, how wounding. So that **people of a very certain type of personality, temperament, are drawn to focus always on the past** and never really embrace the present and are never really content with the way things actually are because they are always comparing them with what used to be if it's for the better; or they are not content with the way they are because they have been so wounded in the past, so overcome in the past that now in the present they are a mere shadow of what they could have been. So

these are **ways in which human beings are diminished and how we participate in our own diminishment.**

**Jesus is giving a certain sort of lesson about worry and anxiety.** This has to do more with the future, but it applies as much also to the **past, that in a way the past has to be allowed to recede. And the future has to be seen under the aegis of God's divine providence.** It isn't as if the future is somehow only in our own hands; we have to do everything, and we might not be able to and, therefore, there is great reason for concern, but rather to **look at the future as something to which we are necessarily required to contribute, but which is not totally in our hands at all, but in the care of divine providence.**

And because of that **we can live today and deal with today.** There will be challenges. There will be temptations. There will be hurts—right today! And there will be opportunities to serve God. And all of that is something we really need to focus on so that today can be the best possible day, not better than yesterday and not better than tomorrow, but better than other possibilities if we don't pay attention, if we are not **alert to both possibilities for divine grace and possibilities for human failure.**

“Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil.”