

# UNIT I IN THE MOMENT



Think of your greatest performance. Now, think of your worst performance.

What is the difference?

*Chances are the difference was in your head.*

If our performance is negatively impacted by distractions, then we should try to minimize this interference so we can be fully in the moment.

In addition to some of the things mentioned above, what are examples of interference we encounter in athletics, or anything related to performance?

*anxiety, fear, lack of confidence, weak motivation, excessive emotion, etc.*

Take a few moments and write down what has been the most consistent interference in your season thus far, or in your overall career.

In what ways has/does this affect your game and pull you out of the present? Write that down also.

Does anyone know who Karl Malone is? He took a long time to shoot a free throw. He took so long, because he would say a prayer at the line. This is an example of an athlete trying to reduce interference.

Gary Mack – “In the present, there is no pressure.” **How is this true?**

Pressure is created by anxieties about the future and remembered failures from the past. We need to recognize when our mind is no longer in the present. When we recognize this, we need to stop analyzing or judging and simply be absorbed in the task. We need to play fully in the moment.

The best way to do this is to remember who we are. Jesus says at the end of the sermon on the Mount, “Everyone then who hears these words of mine and does them will be like a wise man who built his house upon the rock.” Only on the solid foundation that we are sons and daughters of God, can we live a life free of “interference”.

**In what ways might distractions impact us in the Christian life? How does the reality that we are sons & daughters of God help dissipate distractions?**

*E.G. – If you are trying to honor your parents, what distractions get in the way? If you are trying to be a loving boyfriend, what distractions get in the way? If you are trying to love your neighbor, what distractions get in the way?*

In the Christian life, our sinfulness becomes the main source of interference in our life. Think now of the times you are the most loving. Now think of the times you are most like a jerk.

**What is the difference?**

*More than likely, it is related to selfishness.*

Write down the biggest struggle (or distraction) for you in living fully the Christian life. In what ways does this harm your relationship with God and those in your life?

### Luke 10:38-42 –Mary and Martha –Being vs Doing

- How are Mary and Martha's actions different?
- How does Jesus respond?
- What is the difference between Being and Doing?
  - Being is just being in the moment and being present. Doing is being focused on all that you have to do and getting caught up in all the things that are happening and missing what is going on around you
- What is Martha's biggest distraction?
  - Everything that she has to do to prepare the meal, and get everything ready.
- What are our distractions that keep us from Being in the Moment?
  - Ex. Cell phones in class or when hanging out with others, TV or music during homework

Jesus challenges us to “be perfect as your heavenly Father is perfect.” He wants us to love perfectly as He does.

Fulton Sheen tells the story of when he visited a leper colony in Africa. His hope was to give each of the 500 lepers a small gold crucifix. Here is his recount:

I had with me 500 silver crucifixes about two inches high. I intended to give each leper a silver crucifix. The first one who came to me had his left arm eaten away by the disease. He held up the stump; there was a rosary around it.

He put out his right hand. It was the most foul, fetid, noisome mass of corruption that I ever saw. I held the crucifix above it and dropped it. And it was swallowed up in that volcano of leprosy.

And all of a sudden there were 501 lepers in that camp and I was the 501<sup>st</sup>. For I had taken that symbol of God's identification with man and refused to identify myself with someone who was a thousand times better on the inside than I.

Then it came over me the awful thing that I had done. I dug my fingers into his hand and pulled out the crucifix then pressed it to his hand and so on for all the other 500 lepers. From that time on I learned to love them by touch, by the incarnational principle.

How was Fulton Sheen, at first, not fully in the moment?

*He was distracted by the sight of a leper and feared the disgusting physical decay.*

The secret to loving perfectly is to be in the moment. We can't love 10 minutes ago, nor can we love 10 minutes from now at this time. We can only love now, in the moment. Hopefully we will be choosing to love 10 minutes from now, and hopefully we loved 10 minutes ago – but it is only in the present that we make that choice.

**Would you ever pull out your phone and text someone in the middle of a game?** Of course you wouldn't. **Why do we so easily do things like that in the middle of a conversation?**

**What are some of the things that keep you from being fully in the moment when you are interacting with people?**

**Read Mark 10:35-40, 43-45** – “And James and John, the sons of Zebedee, came forward to him, and said to him, ‘Teacher, we want you to do for us whatever we ask of you.’ And he said to them, ‘What do you want me to do for you?’ And they said to him, ‘Grant us to sit, one at your right hand and one at your left, in your glory.’ But Jesus said to them, ‘You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?’ And they said to him, ‘We are able.’ And Jesus said to them, ‘The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.’ But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

**What are James and John worried about?**

## What did Jesus teach us about in His response?

*Suffering and Service – both of which direct us outward away from our self...to love and selflessness. As our Lord Himself said, “Greater love has no man than this, that a man lay down his life for his friends.”(John 15:13) We can lay it down in martyrdom or in service.*

To love perfectly is to put God and others before us always. We have to be *in the moment*, be present, to love rather than being worried about something that just happened or that is about to come up. People often said when encountering Mother Teresa or John Paul II, they felt as if they were the only ones in the room because of how well they (Mother Teresa and John Paul II) loved them in the moment.

**Challenge: be absorbed in our task, in competition, practice and in loving God and our neighbor in every moment. Walk into a room and ask, “how can I serve?”**

“As to the past, let us entrust it to God’s mercy, the future to Divine Providence.  
Our task is to live holy the present moment.”

- St. Gianna Mola