

Seven Spiritual Gifts of Waiting

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Chapter 3: Living in the Present

Spiritual Practice: A "Living in the Present" Exercise

Are you a habitual "waiter?" How much of your life do you spend waiting? What I call "small-scale waiting" is waiting in line at the post office, in a traffic jam, at the airport, or waiting for someone to arrive, to finish work, and so on. "Large-scale waiting" is waiting for the next vacation, for a better job, for the children to grow up, for a truly meaningful relationship, for success, to make money, to be important, to become enlightened. It is not uncommon for people to spend their whole life waiting to start living. -Eckhart Tolle

Reflect on this quotation about waiting. How does it apply to your life? Ponder a while and then write a prayer for yourself.

Questions to Ponder

1. *Living in the present calls us to "be here now."*

- Say the words: "Be here now." What insight do these words offer you in your present circumstances?
- Think of a place you have to go this week where you know you will need to wait. What could you do to practice "being here now" while you wait? Try it and note what effect it has on you and on those around you.

2. *Living in the present invites us to relinquish worry.*

- What are you most worried about right now? What could you do to surrender this worry today?
- What do you need from God?

3. *Living in the present allows us to say, "It is enough."*

- Say the words "It is enough." How do you feel?
- Where might you incorporate the practice of saying "It is enough" this week?

4. *Living in the present teaches us to be faithful in small things.*

- How does your experience of waiting call you to notice the small things?
- Is there any specific act of everyday faithfulness that you could offer to another this week?

SCRIPTURE READINGS:

Psalm 46

2 Corinthians 12:9b-10

Matthew 6:25-34