

ENCOURAGEMENT FOR *Real Life*

128. Are We Missing Moments We Will Never Get Back?

You are listening to episode 128 of the Encouragement for Real Life Podcast, titled, "Are We Missing Moments We Will Never Get Back?" Welcome to the podcast. Thanks for joining me here today. I invite you to think back over your life for a minute. Is there a moment you missed that you will never get back? And if you could, you wish you could rewind time and get a re-do for that moment? I have plenty, and recently I was reminded of a big one. One that changed the course of my life. We're discussing this in today's episode. It's important for any time of year, but especially the beginning of a new year. Effective today, we can stop missing moments we will never get back. Let's do this! Let's find some help and hope for our real lives here today. Ready? Let's get to it.

Beginning this week, I'm leading two groups of women through the Right Now Matters Bible Study for five weeks, and I'm so completely excited about it. As I was preparing for our first time together, I recounted in my mind a pivotal moment in my life. I've thought about this moment so often, because I think many of us have experienced something similar. I missed an important life moment, not because I was physically absent, but because I was mentally absent by distractions. I share it in detail in the Introduction of Right Now Matters, and I thought it might be wise to share it in today's episode. It might just bring to light how often we are missing moments we will never get back.

So, here we go.

(Read Introduction of Right Now Matters.)

The piece I didn't share in the introduction is that my son was a defender on his soccer team, and defenders don't typically score. Forwards do. So for him to score this goal was extra special and extraordinary. That made this moment even more painful to miss. Would I ever witness another goal of his? (Just so you know, I did, thankfully. You can bet I kept my eyes and my mind glued to him on the field after this tragic mistake.)

Are we missing moments we will never get back?

From my experience and from hearing the stories of numerous other women, we are. Whether it's a moment with our children or grandchildren, a moment with our spouse or a friend, or some special instance God wants to bless us through, distractions will always prevent us from experiencing it in all its fullness. Distractions rob us of more than we realize. I wonder how many times God has tried to bless me in some particular way, yet I missed it because I was distracted!

A Reel on Instagram recently impacted me. Maybe you've seen it too. It's of a woman who has her hands full, and it appears she's about to head out the door. But the caption read something to the fact that "when your adult child calls, you put everything down because you want to soak in this moment." Something like that. At least that's how I remember it. She drops everything in her hands, takes off her

coat, and plops herself down on the couch to talk on the phone to her adult child. I can't tell you how many times I've applied that since seeing it.

We can apply this in any scenario, can't we? When priceless moments come, why don't we drop every potential distraction to experience all God has for us in those moments. We'll never regret doing so.

Think of a time when you missed something important--a moment you'll never get back--because of some distraction.

It's not a fun memory to return to, I know, but in doing so, we can learn from it and heal from it. Ignoring it or pretending it didn't happen doesn't make it go away. Trust me, I've learned this the hard way.

But when we return to it, when we address it, it's not to relive it to punish ourselves or to make us feel bad all over again. No. But we return to it, we release it of any negative influence it may have on our lives today. Plus, it gives us the opportunity to learn from it, so it doesn't happen again.

As I'm walking through my own journey of the Right Now Matters Bible Study, on Day 1, we're prompted to not only think about that moment we missed, but we are encouraged to release any guilt or shame regarding the past mistakes we made while living distracted. (The past can be even a minute ago!) It's wise to ask God for forgiveness or anyone else that God brings to mind regarding these past mistakes.

Right or wrong, for years I didn't share with my son that I missed his goal. He really didn't know until I asked him to read the Introduction of Right Now Matters. I had already asked God to forgive me, but after Zach read the story, I asked him to forgive me, too. When we release these past mistakes into God's hands, we can walk in the freedom of His grace and forgiveness. And at the same time, keep our relationships with others strong.

God's Word is filled with truths of forgiveness and grace.

Here are a few you may want to have for now and tuck them away for later.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9 NIV).

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins" (Matthew 6:14-15 NLT).

"He has removed our sins as far from us as the east is from the west" (Psalm 103:12 NLT).

"For You, Lord, *are* good, and ready to forgive, And abundant in mercy to all those who call upon You" (Psalm 86:5 NKJV).

Do one of these stand out to you? How can you apply it to your life today?

I'm grateful for God's forgiveness. Let's make sure we forgive ourselves, too.

Living distracted is not God's best for us.

I pray today is the day we draw that line in the sand, to commit to live in the right-now moment and to stay present. We can teach ourselves to stop living distracted to receive all God has for us. If you need

help with that, I invite you to listen to last week's episode, episode 127, 5 Ways to Be a Right-Now Woman in 2024. I pray these five ways will help you.

Of course, I invite you to pick up a copy of Right Now Matters and/or the Right Now Matters Bible Study, so you can go deeper with God and with yourself this year in learning how to live undistracted and to live the abundant life Jesus came to give you. You can check them out through the link in the show notes.

If you found some encouragement in this episode, would you please leave a rating and/or review from wherever you're listening today? Doing so helps others find this encouragement too. If you haven't already, subscribe so you never miss a new episode.

You and I no longer need to be missing moments we'll never get back. God has a better life for us. I pray we take some time today to seek Him and to begin the steps it takes to live undistracted. Life is too important to live it distracted, friend. I'm cheering you on, and I thank you for being here. You are a blessing! God bless you.

Links in this episode:

Episode 127, [5 Ways to Be a Right-Now Woman in 2024](#)

Find out more about [Right Now Matters and the Right Now Matters Bible Study](#)

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