Learn from yesterday, Hope for tomorrow, Live for today.

Lord, so many times I dwell on the past or I focus on my hopes and dreams for tomorrow and I forget to live for today... this day, this moment. Help me Lord to learn from the past and hope for tomorrow, but don't let me linger at either place for long. Pull me back Lord and re-focus my attention on 'now' for I will never have this moment again... help me to be 'present' in the present moment and to be grateful for the gift that it is.

Amen

