

Keep your eyes open and pay attention. Soak in every moment. Do not take anything/one for granted because with seemingly one blink of your eyes, eighteen years will be gone, and the past will be the past. Cliches to be sure but reality all the same. A couple weeks ago, I attended the high school graduation open house for Heather, the first baby I baptized, and in a couple weeks I will be attending my niece's open house, the second baby I baptized. My niece, Meara, was scheduled to be my first baptism, but Brian and Kaylene came in and scheduled Heather's a couple weeks before Meara's. Now, both these beautiful young ladies are out of high school and moving on to college. Oddly enough, both are going to Mankato. Heather was like a big sister to my daughter Mayah, and Meara was a big uncle's girl. Just recently, I was reviewing pictures we took of Heather with my two kiddos. It immediately started the water works in me. I can only image what will happen with my niece in a couple weeks. How did this happen so fast? And if that was not enough, as my tears were drying, a Google Photos memory popped up of Mayah's kindergarten promotion and Malachi's preschool program; both three years ago. I think God was telling me something that day.

Last week our schedule was so busy. The kiddos had VBS in the morning and tennis camp in the evening. With both my wife and I working, our family barely had any play time together. When we finally made it to Saturday, we realized that we only had one meal at home together all week. And now this week is filled with dance camp and swimming lessons. I am all for keeping kids busy in the summer but at what point is busy too busy? I mean, it is almost the 4<sup>th</sup> of July and then we will be on the back end of summer and, dare I say, talking about school again. <Blink>

***Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The LORD of hosts is with us; the God of Jacob is our fortress. (Psalm 46:10-11)***

The context of those verses is one of taking comfort and refuge in God in times of trouble. And indeed, God is not just inviting us but commanding us to be still in those moments. But in the busyness of not only this summer, but in the seemingly lightspeed passage of time, those words of truth from God's Word hit home for me. God has blessed me with people and moments, and sometimes we need to remember to slow down, "Be still" and know that God is God. He is God in moments of trouble, and He is God in moments of joy. In all moments, learn

to be still and give thanks to God, the God of moments. Be still and worship Him for His faithfulness. Be still and enjoy. Be still and know. Be still, just be still, and remember each and every moment, for it is in each and every moment that God is our refuge and joy. Amen.