

What's not living in the moment?

1. Dwell in negative emotions

ask Holy Spirit to heal your emotions

2. Worry about the future

instead of seeing the future and making a plan

3. Can't forgive myself



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† truth is... you are wholly forgiven

4. Let the what-ifs rule my mind

happenstance is part of what if? you are reading this?

5. Hold a grudge

*Resentment is like drinking poison
and waiting for the other person to die.*

—Saint Augustine

6. Wait for the perfect timing

keeping walking in perfect timing... and let it rub off!



— Emma Xu & viak

