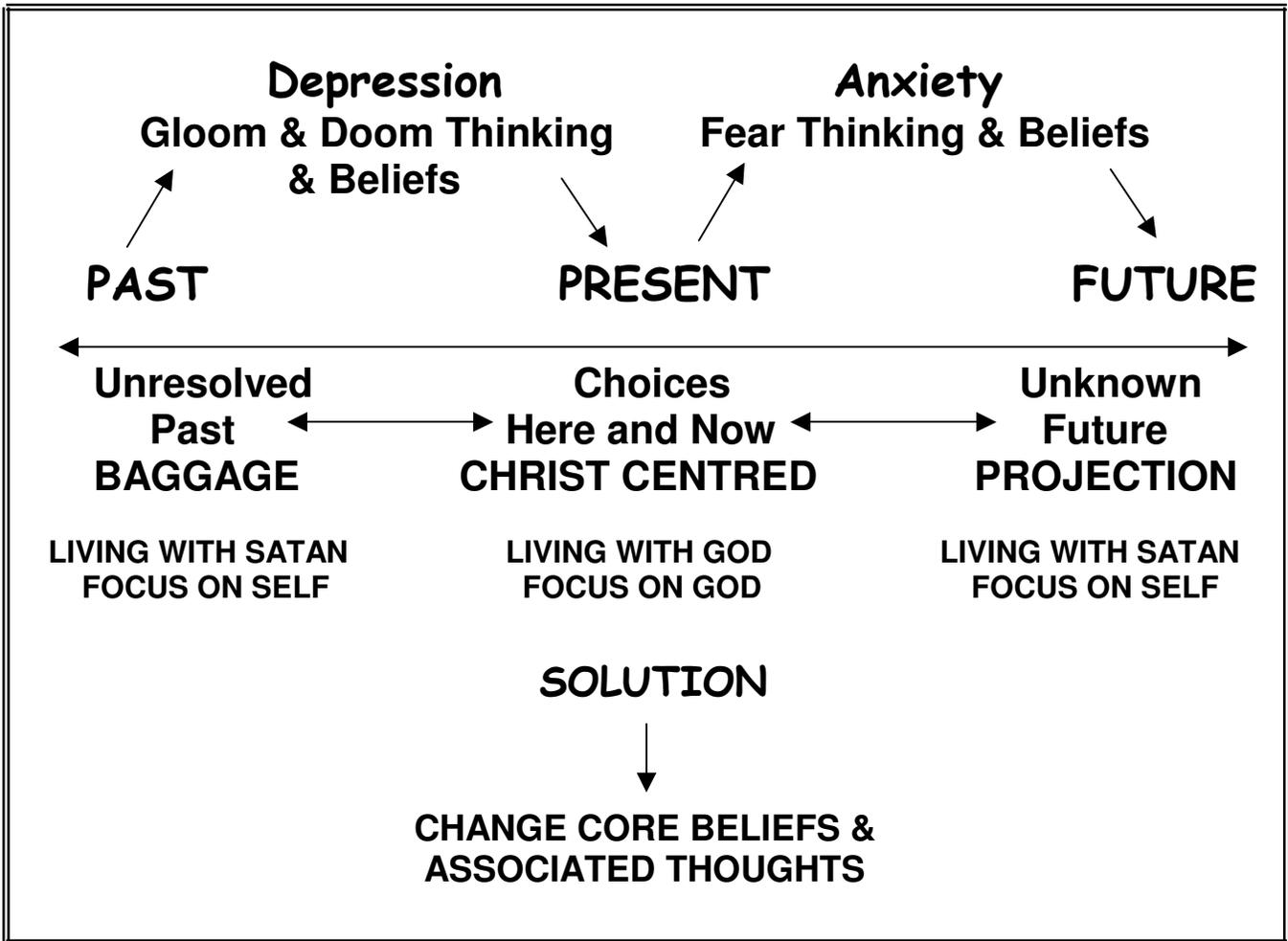


# LIVING IN THE PRESENT

Where are you living: past, present or future?



**DIAGRAM 2:** An overview of the relationship between mental, emotional and spiritual well being in relationship to the past, present or future



## WHAT IS THE RELATIONSHIP BETWEEN THE PAST, PRESENT & FUTURE?

- Depression is a direct result of suppressed past anger, distress and trauma from childhood to the present time
- Anxiety is the result of future projection of fear thoughts and beliefs, often based on the past, unresolved, emotional baggage – the ‘what if’ syndrome
- If a traumatic event or experience is not resolved then it becomes stored emotional baggage that is carried around until it is acknowledged, accepted and resolved at a conscious level in the present
- The good news is that the brain can change, grow, and be reprogrammed, so it can be positively focused instead of negatively focused in the present
- Remember, that with God’s help you can consciously change any values and beliefs you have learned that has kept you stuck in your emotional baggage in the present, or set you up to fear the future – depression and anxiety will then be alleviated
- When you are walking with Jesus, you live in the present with God – this is a daily battle of the mind because Satan tries to keep us focused on the past pain and trauma or on our future fears
- Therefore, keeping your mind focused on Jesus in the present moment (as that is where God always is) the Holy Spirit can work in you to help reprogram the mind and rebuild your character to prepare you for the heavenly kingdom (a future to look forward to)

