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Live in the present!

Get up!

(Luke 8:54)

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Dear friends of go4peace,

You can only LIVE in the NOW. This is a truism! Because YESTERDAY is irretrievably over and you can no longer live in it or change it, and TOMORROW is not yet in your hands. And yet living in the NOW is not so easy! How quickly we find comfort in the 'good old days' and - in the face of new developments – say things like: This has never happened before! Or we cling to the old with a flimsy justification: "That was always the case! " And when we look ahead to today, we flee into a dreamlike future that is not ours at all. Staying in the past or in the future can paralyze us and stop us to be present in the moment.

"Get up!" (Luke 8:54) Jesus says to a girl who has withdrawn into her little world. Something paralyzed her and didn't let her find her way into life. It has gotten worse. Life has left her. She's dead. In this state, Jesus approaches her. He speaks to her and challenges her into the now: "Get up! "When she hears this, life returns to her, and she rises IMMEDIATELY.

A middle-aged man had often struggled to find his way into his life. Heavy psychological stress had been lying like lead on his soul and often deprived him of the air to breathe. Again and again, there were stays in specialist clinics. Slowly he had worked his way through the stony ground of his life. He had discovered that happiness is always to be found in the NOW. He had heard that Ukrainian children wanted to take part in a fundraiser as the Three Kings. Language and local knowledge were still a major obstacle for the children. He offered the parents of these children to walk the streets with them on the day of action. They gladly accepted. When I met him later, he let me know: "I received the biggest gift on the day of action. It was the joy I felt in the hearts of the children. It has filled my heart deeply!" – Live in the NOW!

for the go4peace team

Meinolf Wacker