NEXT GEN:
The Beauty of Now

NHCLC

Life can get busy and complicated very quickly. The older we become, the more we carry on our shoulders (school, work, friends, family, relationships, church, etc.). The burden of the future can often obstruct the beauty of what is happening now. We can miss the gifts and lessons of our present life when our eyes are fixed on whatever is supposed to come next.

Who will I marry? Did I choose the right major? Are they real friends? What is God's plan for my life?

Often, this leaves little room for flexibility. The inability to know our capacity in each season will cause us to be easily overwhelmed. What happens when you are overwhelmed and make mistakes? This will cause those mistakes or wrong turns to take up more space than it was meant to occupy—roadblocks instead of detours.

Please consider the following excerpt:

"Understanding our psychological economy does not mean drawing up a balance sheet about it. It means, rather, that we appreciate the rhythm of our lives and have a sensible appreciation of what, as ordinary human beings, we can and cannot do. A healthy, psychological economy includes an understanding that we will always make mistakes."[1]

A simple visual assessment may allow you to process and note what this season of life requires of you, what you are giving too much attention to, and what you may need to be giving more attention to.

1. **Begin** by listing your responsibilities, commitments, and emotions. These are the liquids you are pouring into your cup.

2. **Take note** of how full your cup is. Is it overflowing? Is it about half full? Is what you are filling your cup with draining or filling your whole self? This will allow you to gauge your current emotional and mental load.

3. **Assess** your capacity. What does not belong? What are you neglecting to make space for? What percentage is bringing you joy and pointing you to be more like Jesus?

1. Kennedy, E. C., & Charles, S. C. (2017). *On becoming a counselor: A basic guide for counselors and other helpers.* Paulist Press.