

FaithBIT



Live in the Moment

Reflection by Nora Fairbanks (second from the left)

Nora, an Immanuel Student Leader, shared this reflection as a First Word, an opening devotion at Confirmation.

"Therefore, do not worry about tomorrow, for tomorrow will worry for itself. Each day has enough trouble of its own."
Matthew 6:34

I chose this verse about worrying since we have a mental health speaker coming to Confirmation to speak about anxiety and depression.

I want to start with talking about toxic positivity. It's a phrase that I learned just this summer, but I now constantly see it around me; the constant stream of positivity in phrases like, "don't worry be happy," "just keep going," "don't give up," and, "see the good in everything." For those of us who are depressed, anxious, or going through hard times, it can make us feel worse when we can't live up to that constantly positive mindset.



"So much of our worrying comes from the past, which we can't change, and the future which we can't know."

- Nora Fairbanks

When I was looking for a Bible verse that spoke to personal anxiety or depression, a lot of the Bible verses seemed to say similar things, like, "put your worries on God" and, "Don't be afraid, don't worry." It is a lot easier said than done. It took me a really long time to come to terms with the fact that we are not always fine, and that's okay. I learned that it's important to voice those feelings to those around us.

It's also important to understand the difference between validation/support and toxic positivity. You can be there for someone without putting positive expectations on them.

This verse isn't perfect, but it does remind me of a tactic my therapist has taught me, and that's to try to do your best by focusing on the present. So much of our worrying comes from the past, which we can't change, and the future which we can't know. So instead, put your mind to what's going on around you and attempt to live in the moment.

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