

Faith on the Hill

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Spring semester is approaching quickly.

The word ‘spring’ might fool us since we still have a couple of cold months yet to come. I think by now we all might be wishing for this cold to be over with and looking forward to the green grass and the sun beating down on our skin. But this is exactly what I want to focus on—wishing away.

I’m sure each of us is guilty for wishing it to be warm or wishing for class to get canceled, or even wishing for time to go by faster. But does wishing time away do any good? Probably not. So, what could we do instead? Well, I want to propose a solution. Why not try choosing the moment?

I challenge you and myself to choose to live in the present—to choose this moment. Whether you are freezing in the cold, bored in class or drowning in homework and everyday tasks, I challenge you to choose that moment.

What I mean by that is to fully embrace what the Lord is giving you in this very second. Try to see everything as a gift from God. Don’t be sitting there wishing it to be over, but instead, choose to embrace what you are learning and accept it as God’s gift to you.

When you choose to do this, joy will start to enter your heart rather than discontent.

This is obviously going to be hard. It’s much easier to watch the clock than to pay attention to what’s going on in front of you. However, if we want to live a life full of joy, excitement, and love, then this is exactly what we have to stop doing.

So, in this time of the cold, instead of wishing to be warm or wishing for the ice to melt away, instead tell yourself, “I choose for this ice to be here and make it hard to walk.” It sounds a little ridiculous, I know, but trust me, it works.

When you change your mind frame from being negative to forcing yourself to try to see the good in whatever situation you are in, it naturally brings you joy.

Some of the greatest saints talk about the secret to happiness—it’s figuring out how to live in the present moment. Fully embrace that second you are in and give all of your attention to whatever is in front of you.

St. Therese was one of these saints that had figured this whole ‘living in the present’ thing out. When asked how she was able to find joy amid so much suffering, she answered, “I only suffer for one moment. It is because people think about the past and the future that they become discouraged and despair.”

So, no matter what you are going through, whether it be small or big, I challenge you to choose the moment. We are only given the present, so let’s live it.