

## God, Our Father

I was regretting the past  
and fearing the future.  
Suddenly You were speaking,  
“My name is ‘I am.’” I waited...

God continued, “When you live in the past,  
With its mistakes and regrets,  
It is hard. I am not there.  
My name is not ‘I was’.

When you live in the future,  
With its problems and fears,  
It is hard. I am not there.  
My name is not ‘I will be’.

When you live in this moment,  
It is not hard. I am here.  
My name is ‘I am’”.

