

In the book of Exodus God tells Moses to tell the Israelites that "I am has sent me to you". Helen Mallicoat wrote a poem about this. She said: I was regretting the past and fearing the future. Suddenly my Lord was speaking: "My name is I AM". He paused. I waited. He 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. God is in the present. He was in the present in the beginning, now and will be in the future but we must remember He is here with us in the present moment.