

HELEN SANDERS
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MY NAME IS I AM

Several years ago, I acquired a picture with a writing by Helen Mallicoat. It 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”

This so impressed me when I got this picture. It is so full of wisdom. We cannot live in the past or the future because God is the I AM. That is present tense. It is the here and now. We cannot go back and change what has happened, and we cannot worry about what will be, my friends, because it has not happened yet.

We must take each breath that God gives us and live to the fullest. Regrets must be given to God so he can wash them away. Worry must be given to God and be replaced with faith.

Do not torment yourself over the “what might have been’s” or the “what might be’s.” Live each day to the fullest. Do not rob from tomorrow’s blessings and do not let yesterday’s failures keep you from living today.

That picture is still on my wall, and I must remind myself to do what it says often. I suggest that you do the same! We serve an I AM God!