

# Live for Today!

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July 27, 2011



Do not put things off from day to day, saying: “Tomorrow I will begin; tomorrow I will pray with mindfulness and enthusiasm, as is proper...” For all that a person has in the world is this one day and this one hour in which he exists (*Likutey Moharan* I, 272).

Every intelligent person understands that time does not exist. The past is gone, the future is yet to come, and the present is like the blink of an eye. Thus, the life of a man consists only of this instant in which he exists. Consider this, and in whatever circumstance you may find yourself—even in the depths of Hell – you will be able to cleave to God in each moment. (*Likutey Halakhot, Matanah* 5:47).