FAMILY & LEGACY

## BE HERE NOW

*A small stone for the moment you are in.*

BOAZ STRATEGIC




**Be here now. In this moment.**

### THREE QUESTIONS FOR THE MOMENT

**Who is in front of me?**
Give them your presence, not just your proximity.

**What is this moment offering?**
It will not come around again.

**Where is my mind right now?**
Bring it home.

**46.9%** of waking moments, the mind is somewhere else than the task at hand.
Killingsworth & Gilbert, Science (2010)

*"Wherever you are, be all there." — Jim Elliot*

At Boaz Strategic, we develop leaders who are fully present with the people in front of them.

# Where are you, *right now?*

> *Teach us to number our days, that we may gain a heart of wisdom. — Psalm 90:12 (NIV)*

Mountain Men was started by Lee Martin and Brian Jobe, who loved the mountains and needed a place to pull away and be with the Lord. Out of that grew a mission to help other men "experience a life-changing encounter with God through high-challenge adventures."

Along the way, Lee carried forward a practice he learned from his youth pastor growing up: a small stone engraved with three letters, BHN. Be Here Now. Mountain Men pass it along to men who join them. Keep it in a pocket, and let it ask one question: am I actually here?

Most of us live a few steps ahead of ourselves. When will we get there? Meanwhile the moments we are living in slip past. Killingsworth and Gilbert sampled the daily lives of more than 2,000 adults and found minds wandering 46.9 percent of the time, with people noticeably less happy when they did.

For a leader, a parent, or a spouse, this carries a cost. Children and colleagues can tell when you are present but mentally elsewhere. Legacy is built in ordinary moments: a dinner, a drive, a conversation that received your full attention.

Scripture points the same way. Psalm 90:12 asks God to teach us to number our days, and Psalm 118:24 invites us to rejoice in the one He has made today.

Try it this week. Carry something small, maybe a small stone, and when you touch it ask three questions: Who is in front of me? What is this moment offering? Where is my mind?

To learn more about Mountain Men adventures, visit mountain.men.

**The summit will come. The people beside you are here now.**



Sources: mountain.men; Psalm 90:12 (NIV), 118:24 (NKJV); Killingsworth & Gilbert, Science (2010)