

Don't Miss It — The Big Stuff Hides in the Ordinary Day

“Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.”

— Deuteronomy 6:7 (NLT)

Let me start somewhere honest: most of the moments that will shape the people you love won't feel like much when they happen.

There won't be music playing. Nobody will lean over and whisper, “Pay attention — this is the one that matters.” It'll just be a Tuesday. A drive to the store. A kid talking your ear off about something you only half understand while you're trying to get dinner on the table. And years from now, when you go looking for the memories that made your family who they are, you'll be surprised to find that almost all of them were small.

I'm telling you this because the ordinary day is the most underrated thing in your whole life — and it's the easiest one to sleep right through. Summer is about to hand you a long stretch of those days. I don't want you to miss them.

the big stuff doesn't announce itself

Look at where God tells His people to pass down their faith and their love. He doesn't say to wait for the big occasion — the holiday, the vacation, the perfect heart-to-heart on the porch. He says talk about it when you sit at home and when you walk down the road, when you lie down and when you get up. The everyday, repeating, unremarkable rhythm of a regular day. That's the soil He plants in.

Read that again, because it changes everything. The thing you're waiting to do “someday, when life slows down” is actually built out of the small moments you're tempted to rush past today.

Faith and love don't mostly get passed down at the milestone. They get passed down in the Tuesday.

The trouble is that ordinary moments never feel important while they're happening, so we treat them like they're disposable — like there's an endless supply. There isn't.

we keep waiting for “later”

Most of us live like the real living starts later. After this project wraps. After this season gets less crazy. After summer finally slows down. We promise ourselves we'll be present then — really present — once the pressure lifts and we've got something left to give.

But “later” is a thief. It quietly talks you out of the only day you actually have. And here's the hard truth underneath it: the calm, finished, pressure-free version of life you're waiting for is never quite going to arrive. There's always another thing. If you only show up for your people when everything's handled, you'll be a guest in your own home.

The people under your roof don't need the rested, caught-up, everything-figured-out version of you. They need you now — in the unfinished, un-calm, ordinary middle of it. That's the only version that's real anyway.

presence is a decision, not a mood

I'm allergic to advice that sounds nice and does nothing, so let me get practical. Being present isn't a feeling that washes over you when the conditions are right. It's a decision you make on purpose, usually when you're tired and distracted and a screen is begging for your attention.

So put the phone in the other room — not on the table face-down, in the other room. Look up when someone in your house talks to you, and actually stop what you're doing. Let the boring story finish without rushing to the point. Be where your feet are. Presence isn't complicated; it's just costly, because it asks for the one thing we're stingiest with — our full attention.

And no, you won't do it perfectly. You'll catch yourself checked out halfway through dinner more than once. That's fine. Presence isn't a performance you nail; it's a direction you keep turning back toward.

gratitude is how you stay awake to it

Here's the secret that keeps you from sleeping through the good years: gratitude. The people who notice the ordinary holy moments aren't the ones with calmer lives — they're the ones who have trained themselves to say thank you for what's right in front of them.

Faith does that. It looks at a loud kitchen, a sink full of dishes, a kid who won't go to sleep, and instead of only seeing the chaos, it sees the gift hiding inside it — that you have these people at

all, in this house, for this season that is shorter than it feels. Gratitude is what wakes you up in time to enjoy your own life. Ungratefulness is what lets you miss it while it's still happening.

Three challenges before you close this tab

I don't want you to just nod and scroll on. I want you to do something today — not someday. So here are three:

- 1. Refuse to rush one ordinary moment.** Pick something small that happens today — a meal, a drive, a bedtime — and decide ahead of time you will not hurry through it. Be all the way there for that one thing.
- 2. Put the phone away for one real conversation.** Not face-down. Away. Give one person in your house your undivided attention long enough that they can feel the difference.
- 3. Say the thing out loud.** Tell someone under your own roof what you actually see in them — what you're proud of, what you love, what you'd miss. Don't assume they know. Say it while it's an ordinary day and not a hard one.

A final word

You can't go back and re-live the ordinary days you already slept through. Nobody can. But that's not the point — the point is that you've got a whole summer of them stretched out in front of you right now, unspent. Plain, unremarkable, holy days with the people who share your last name.

Don't wait for the big moment to be present. The big moment is disguised as a regular Tuesday, and it's happening at your kitchen table tonight. Look up. Pay attention. Don't miss it.

Love your people well. The time is now. — Duke