

One Day At A Time

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Reflection

I am a Physical Therapist. My job/career were extremely important to me. One day my job came to a sudden end. Through no fault of mine, I had a job at 2:00 and by 2:30 I did not. The days that followed were filled with anger, turmoil, despair and so many more negative emotions. I even doubted God's love and promises to take care of us. A few days later a friend came to our house. I had talked with him briefly at church. "You have lost your peace," he said to me. "Yes I have," was my reply. "Can you believe God and His provision for this day?" "I don't know." "Can you believe God for this moment?" "Maybe." "Ok. Start with just this moment." So I started there. Do I have all the essentials I need for this moment? Do I have food and water? Yes. Do I have a roof over my head? Yes. Is anyone at the door to collect an unpaid bill? No. Does anyone love me? Yes. So I have all I need at this moment. I had to train myself to live only in this moment and not think ahead to the next moment, the next day and the future. I had to take every thought captive to keep myself only in the present moment. When I did that my peace returned.

Thank God for friends who will speak the truth and help set us straight!

Biblical Evidence

There are several places in the Bible that tell us not to be overly concerned about the future.

Look at Luke 12:16-21. The rich man was planning to build _____ to store his abundance of grain. He planned to take life _____. His future was secure. But God called him a _____. This night you will _____. Verse 21 tells us this happens to those who worry about themselves and their future and not the things of _____.

Solomon shared his wisdom on worrying about tomorrow. Look at Proverbs 30:8. He asked God to give him only his _____ bread. If he had too much he might _____ God.

Jesus also shared his wisdom on this. In Luke 11:2-12 He told the disciples how to pray. Verse 3 give us our _____ bread. Notice, not tomorrow's food, next month's bills, a secure future. No, TODAY'S bread.

Look at Matthew 6:25-27. It tells us not to worry about your _____, what you _____, what you _____. The basic things in life. Matthew uses the birds as an example. They do not _____ or _____ yet _____ feeds them. We are more _____ than they are. Verse 25 tells us that _____ is worthless. The wild flowers are another example. They do not _____ or _____ and yet not even _____ was dressed so well. Verse 29 says do not _____ your heart on what you will _____ or _____. KJV says "and seek not". Do not _____ about it because _____ knows you need them. Matthew tells us we are acting like _____ when we worry.

This does not mean planning is a bad thing but Matthew 6: 33 tells us we should seek _____ God's kingdom and the rest will be added to us. What rest?

We can find that in the Bible as well. Look at 2 Corinthians 9:8. God is able to _____ bless you so that in _____ things, at _____ times you have _____ you need. That pretty much covers everything but let's reassure ourselves with a couple more verses.

Psalm 84:11-12 God is a _____ and _____. He gives _____ and _____. He withholds no _____ thing.

Psalm 65:4 we are FILLED with _____ things.

In Psalm 112:2 our _____ will be mighty. In verse 3 the upright will have _____.

In Psalm 128:1-4 the _____ and _____ of the man who fears God will be blessed.

Psalm 37:4 Take _____ in the Lord and He will give you the _____ of your heart. That is not only your needs but also some of your wants.

Isaiah 26:3 tells us we will have PERFECT _____ if our mind is _____ on God.

Key Thought: Do I have the essentials I need for this moment? Okay. Tomorrow will take care of itself.

Application:

Make a personal commitment and a commitment to God to live each day only for today. Write out your commitment. _____

This does not mean you shouldn't plan for tomorrow and the future. It means you do not FOCUS on it, WORRY about it, count yourself SECURE because of your planning. It is all in God's hands.

A good way to make this real is to give this day back to God for Him to direct your steps and your thoughts. Start every day, before you get out of bed, with a prayer. Example: "God, This is a day you have made I will rejoice and be glad in it. Thank-you for today. Father, guide my steps today to be according to your plan. Guide my thoughts to be in line with your plan for this day." Write out a prayer about this. _____

Now, you still need to live it in the moment. If you are a "to do" list maker you may need to rethink that. Does this leave room for God's plan in your day? Are you so intent on getting your list done that you are irritated by "interruptions" to getting that list accomplished? Think about this. If you find that to be true of you write out your commitment to change that. For instance, I now make a "to do" list for the week instead of for the day. This leaves some room for God's "interruptions". Write down some

changes you need to make.

When you find yourself “worrying” about tomorrow or further in the future what can you do to remind yourself to live for today? Example: recite Philippians 4:6 (NLT) Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Write down some things you will do to bring yourself back to today. _____

Sometimes even “today” is too much to deal with and you need to break life down further to this moment. In that situation ask yourself: Do I have the ESSENTIAL things I need for THIS moment? If the answer is yes, thank God and capture EACH thought to stay in THIS moment. If the answer is no, ask God to provide for THIS moment. Then believe you have received and give thanks for the provision. Then capture each thought to stay in THIS moment.

Memorize Philippians 4:6(NLT) Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done and Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.