

1

Day at a Time

I am a compulsive planner with checklists to be sure I don't forget to do something on my to-do list. Similarly, I also tend to worry about the future. I play the "what if" game in my mind, starting with the "worst-case scenario." I am working on this. This morning I came across a morning devotion in the Jesus Calling devotional book, talking about the topic of worrying and anxiety.

We are all familiar with the scripture passage: *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own (Matthew 6:34)*. Taken by itself, you could interpret this to assure you tomorrow will have its problems, so get ready to fear the unknown. We sometimes forget that Jesus promises to be with us, always. That includes today *and* tomorrow. *"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."* (Isaiah 41:10).

Today's Jesus Calling devotion presents the topic in a powerful way. It starts by reminding us that not worrying about tomorrow is a commandment, not a suggestion. It then reminds us that God has divided time into separate days, each with a start and end. Taking things one day at a time keeps life manageable so we can handle what comes our way, with rest in between. It goes a step further when it reminds us that God's Grace is sufficient (2 Corinthians 12:9) for us but sufficient for only one day at a time. God can do anything, but He didn't intend for us to carry the heavy load of continual anxiety. We need the rest in between and to receive God's fresh Grace each day. Live your lives one day at a time, with God at your side.



When anxiety and worry threaten your peace, remember these words: *Trust in him at all times, you people; pour out your hearts to him, for God is our refuge (Psalm 62:8)*.

The Bible Says: *"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."* (Hebrews 4:16).

Question: How can we eliminate our anxieties about tomorrow and trust You for strength?

Prayer: Lord, we tend to worry about things that haven't happened. We sometimes forget that you promise to be with us always, and your Grace is sufficient. Let us trust You with our lives. Amen.

The key points above are based on the July 15 Jesus Calling devotion by Sarah Young.