

Just For Today - A Plan For Living

In 12-Step circles there is a wonderful tool that is often read. It lists a number of things it is healthy to include in our daily life. Jesus told us not to worry about tomorrow, to trust Him with provision of our needs and to leave tomorrow's problems for then. This is a wonderful tool to help us see where we can reduce stress, foster gratitude, and live closer to God. What am I doing, just for today?

And Jesus increased in wisdom, stature, in favor with God and man. (Luke 2)

The unfailing love of the LORD never ends! By his mercies we have been kept from complete destruction. Great is his faithfulness; his mercies begin afresh each day. I say to myself, "The LORD is my inheritance; therefore, I will hope in him!" (Lamentations 3)

Today I am giving you the choice between a blessing and a curse! You will be blessed if you obey the commands of the LORD your God that I am giving you today. You will receive a curse if you reject the commands of the LORD your God and turn from his way by worshipping foreign gods. (Deuteronomy 11)

Just for today I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Questions

- What am I doing?
- What am I not doing?
- In which of these areas do I see growth? How am I growing?
- In which areas do I need to focus my attention so I can have a balanced life and a joy-filled day?

Just for today I will be happy. This assumes to be true what Abraham Lincoln said that, "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it

Just for today I will try to strengthen my mind. I will study, I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will have a plan. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, some time, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Just for today I will be agreeable. I will look as good as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and try not to improve or regulate anybody except myself.