

# *One Day At A time*

*Living one day at a time is a discipline  
we all have to focus on to live well.*

It is easy to slip back into worrying about tomorrow, dwelling on the "what ifs" and the "if onlys". Each day brings with it a host of things we cannot change. We face the continual reality of circumstances beyond our control. There is also the reality of who we are -- human beings confined within the slice of life we call today. It is tempting to deny the present, but escaping reality is part of the insanity of our addictive way of life.

Jesus once said, *"Will all your worries add a single moment to your life? .... God will take care of your tomorrow too. Live one day at a time.* In another place in the Bible it says, *"It is only the Lord's mercies that have kept us from complete destruction. Great is God's faithfulness; God's loving-kindness*

*begins afresh each day."* Since God's grace comes in daily doses, that's the best way to face life.

We need to ask at every turn in life, "Am I accepting this present moment, or am I pretending -- trying to escape into the past or the future?" For each day, there is something to find joy in, and there is strength promised for the troubles of that day.

*"This is the day that the Lord has made. We will rejoice and be glad in it."* The Bible tells us, *"And we know that all things work together for good to those who love God, to those who are called according to His purposes."* We, too, can choose to find joy, strength, and sanity when we accept today's realities with God.

## Questions For Reflection and Discussion

1. What strategies help me stay with the present?
2. How do I move from simply "existing" in the present to really "living with joy"?
3. What role does God have to play in helping me live in the present?
4. What do I have to keep doing if I want to live with myself and God, in peace and joy today?