

HOW TO LIVE ONE DAY AT A TIME

By: Fountain Hendricks

Matthew 6:11

Living one day at a time can be difficult because we are taught to live for tomorrow. We plan for tomorrow. We save for tomorrow. We build for tomorrow.

It is not wrong to do this. However, it is hard to understand how to live for today when we are trained to think about tomorrow. Not knowing how to live one day at a time will prevent you from enjoying what you **CURRENTLY** have.

Life will zoom pass you if you are always planning for tomorrow. Do not get me wrong, you should prepare for the future. However, while you are preparing you should be enjoying today. You will be surprised how many people do not know how to live one day at a time.

Many people are concerned about next week instead of enjoying the current moment. By doing this, you miss out on **TODAY'S** opportunities. **TODAY'S** pleasures and **TODAY'S** blessings. When you do not know how to live one day at a time the goodness of life will pass you by.

How many summers have you lived through where you did not smell the flowers because you were thinking about next week? Have many fall's have you lived through without recognizing the beauty of nature because you were thinking about next month? You want life to **WALK** by you, not zoom by you.

When life walks by you it will be easy to capture every memorable moment. King Jesus **NEVER** told us that He will give us our weekly, monthly or yearly bread. He said He will give us our **DAILY** bread. Matthew 6:11 says, *"Give us THIS DAY our DAILY bread."*

When God gives you what is daily He is providing what is essential for you to walk in your purpose. The bread of

God is meant to fuel **HIS** plan for your life. When you rely on His bread you will have everything you need to thrive for that **PARTICULAR** day.

For example, on Monday the Lord may send someone to encourage you, to keep you focus, to give you wise counsel and friendship. This bread may be the nutrients you need to be hopeful. The bread of God does not quench the flesh. It satisfies the **SPIRIT**.

We are spirit beings who live in a body. If your spirit is drained your body will not function to its greatest capacity. Your mind will not reach its fullest potential. Your spirit ignites your external being.

HERE'S WHAT I MEAN:

If you are depressed will you feel like moving your limbs and exercising your mental muscles? No. Because depression affects your spirit. If you are grieving will you

feel like moving around and thinking of witty ideas? No. Because grieving affects your spirit.

The bread that feeds your spirit is the **STRENGTH** you **NEED** to go to work in the midst of opposition. It is the **HOPE** you **NEED** to keep pushing forward. It is the **MOTIVATION** you **NEED** to wake up in the morning.

It is the **ENERGY** you **NEED** to complete your goals. It is the **PASSION** you **NEED** to fulfill your divine purpose. It is the **DIRECTION** you **NEED** to spend your time wisely. It is the **CLARITY** you **NEED** to make wise decisions.

THE BREAD OF THE LORD WILL EMPOWER YOU
TO MAXIMIZE TODAY'S OPPORTUNITIES.

Do not think about what will happen tomorrow. **FOCUS** on today's objectives. Stop meditating on next week's troubles. Master being triumphant over today's

opposition. As you do this, life will become easy. It is easier to live one day at a time than one week at a time.

There's less to worry about. Less to be concerned about and less to think about. You can alleviate tons of stress by learning how to live one day at a time. Ask God to provide you with His daily bread. Take His hope, passion, energy, motivation, direction and clarity and maximize **TODAY'S** opportunities.

His bread will satisfy your spirit. However, it will come through many vehicles. Someone may give you hope by calling you for a job interview. God may send a person to give you direction by offering to be your mentor. The Lord may send a person to make you laugh to give you energy.

The vehicles that His bread comes through are endless. Please remember this, no one can live with a broken spirit. Everyone **NEEDS** the bread of God in order to function effectively. Practice living one day at a time. Proverbs

18:14 says, *"the spirit of a man will sustain his infirmity; but a wounded spirit who can bear?"*

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