

Stop Living Three Days at a Time

Many of us are living frustrated lives because we are trying to live three days at a time. We are overwhelmed when we attempt to live yesterday, today, and tomorrow all at the same time.

One of those days we try to live is yesterday. Many of us view yesterday wistfully. We talk about the good old days. Pleasant memories are healthy. But always living in the past can prevent us from totally enjoying what God has planned for us today.

We sometimes want yesterday back because we messed it up. We say that we will do better if we could do it over again. But life is not a do over. We simply must move on.

While the past can be a great teacher, it can also shackle our imagination and limit our thinking. Imagine carrying around a backpack full of rocks, each piece of stone representing some past injustice or setback. As that weight increases, you become unable to move. Regret is an unhealthy human emotion, since there is absolutely nothing we can do to change history. Dwelling on your past can hurt your future.

Isaiah 43:18-19 - says ¹⁸ "Do not remember the former things, nor consider the things of old. ¹⁹ Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert."

The other day we try to live is tomorrow. Planning is fine, but tomorrow is never guaranteed.

Proverb 27:1 - "Do not boast about tomorrow, for you do not know what a day may bring forth."

James 4:13-16 - ¹³ "Come now, you who say, 'Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit'; ¹⁴ whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. ¹⁵ Instead you ought to say, 'If the Lord wills, we shall live and do this or that.' ¹⁶ But now you boast in your arrogance. All such boasting is evil."

Many people spend much of their today time worrying and fretting about their tomorrows. That is such a useless waste of time and energy.

Jesus said in **Matthew 6:34** - "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

If we know God as our Creator and loving Father, then worrying is absurd. We can focus our lives on Him and rest assured that "God shall supply all your need according to His riches in glory by Christ Jesus" (**Philippians 4:19**).

Tomorrow is beyond our immediate control. The sun will rise tomorrow, either in splendor or behind a mask of clouds, but it will rise. Until it does, there is nothing we can do about that day, for it is yet unborn.

Today is all you can live. Can you handle one day? Yes! Or endure trouble for twenty-four hours? Yes! Put yourself in the hands of God. Place your trust in Him. Focus on His will for you today. Use your precious time and energy dealing with what you can do today instead of dwelling on yesterday and worrying about tomorrow.

Paul wrote in **Philippians 3:12-14** - ¹² "Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. ¹³ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus."

Let's learn to live one day at a time and take one step at a time.