



QUALITY *Life* SERVICES™

## Devotional 11-16-2020

“One day at a time!” Maybe you’ve heard that saying before, or you’ve seen it on a bumper sticker. Some of you might remember the TV show that was popular in the mid 70’s or you remember singing the song written by Kris Kristoferson and made popular by Cristy Lane in 1979. We’ve all used that saying from time to time; recovering alcoholics, a family going through the death of a loved one, or anyone of us just trying to get through a difficult day.

On days when life feels particularly challenging, you might be asking yourself, “How can I live one day at a time?” I sometimes hear, “I try to take one day at a time, but lately it seems that several days attack me all at once!”

Did you know that the theme of “one day at a time” is found throughout all of scripture? God supplied the Israelites with manna daily (Ex. 16:4). Our Heavenly Father’s mercies are “new every morning” (Lam. 3:22-23). Jesus taught His followers to ask for their “daily bread” (Mt. 6:11) and also not to “worry about tomorrow” (Mt. 6:34). It’s a lesson we seem to learn with difficulty, but one that holds the key to life and peace.

When we face a situation that seems overwhelming, wondering how we’ll be able to see it through to the end, remember to trust God one day at a time. He will bring us comfort and encouragement.

**Let’s pray: Father as we trust you today, we ask that you help us through this day. Help us to know your mercies are new every morning and that your love surrounds us with life and peace. In Jesus name. Amen.**

*Matthew 6:34, “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

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