

## Silent Reflections

Tuesday 28<sup>th</sup> September 2021

One day at a time



Note To Self...

When I feel overwhelmed I need to remember that I only need to make it through this day... I can make it one minute, one hour at a time. God is with me and He promises He will see me through. When I am weak, He is strong in me!

## **Introduction to the theme**

Life is good – but life can also be intensely challenging. I recently experienced a week of great peace and tranquility enjoying the beauty and wonder of God's creation on a coastal holiday – followed by a week in which I attended two funerals in three days.

This caused me to reflect on the importance of how we view each day as being ordained by God - in both the good and not so good times. All too often we find ourselves in a kind of "survival mode" in which we just hope to get through the day and be done with it. I can enjoy life tomorrow when this challenge is over. The question is – what does God want to do today?

Living one day at a time isn't easy but it's what God has told us to do.

How can we live in the today – one day at a time ?

## **Bible references**

### **Isaiah 43:18 – 19**

Forget the former things....do not dwell in the past....

See I am doing a new thing ! Now it springs up;do you not perceive it ?

I am making a way in the wilderness

And streams in the wasteland

### **Matthew 6:34**

Therefore do not worry about tomorrow,for tomorrow will worry about itself.Each day has trouble of its own.

### **Matthew 6:11**

Give us this day our daily bread

After reading these biblical passages you may wish to use one or more of them in one or more of the following spiritual exercises:-

- One way of praying is to read the material very slowly and listen carefully and peacefully to the words and the feelings they evoke in you. Read or whisper the words in a rhythm with your breathing – a phrase at a time – with pauses and repetitions when and where you feel like it. This reading or listening is different from the reading we are generally accustomed to, and you may find it referred to as lectio divina, literally sacred reading. This is reverential listening: listening both in a spirit of silence and of awe. We are listening for the still, small voice of the Spirit that will speak to us personally - not loudly, but intimately. We read slowly, attentively, gently listening to hear a word or phrase that is God's word for us today.
- Once you have found a word that speaks to you in a personal way, take it in and reflect on what God is showing you, or calling you to. Take in the word, memorise it - and while gently repeating it to yourself, allow it to interact with your thoughts, your hopes, your memories, your desires. In this way, you allow God's word to become a word that touches you and affects you at your deepest levels through the Spirit. If you still have your finger labyrinth from earlier this year you might like to use it at this point. The final stage is to rest in God's presence.

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Here are some other thoughts to ponder.....

#### A Poem

One day at a time - this is enough.  
Do not look back and grieve over the past,  
for it is gone;  
and do not be troubled about the future,  
for it has not yet come.  
Live in the present,  
and make it so beautiful  
it will be worth remembering.  
Happiness is a journey, just as life is.  
Enjoy the ride!

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AND .....



## A Prayer

“

Good morning, Lord!  
Today's a new day, a chance  
for a new start. Yesterday is  
gone and with it any regrets,  
mistakes, or failures I may have  
experienced. It's a good day to  
be glad and give thanks, and I do,  
Lord. Thank you for today, a new  
opportunity to love, give, and  
be all that you want me to be.  
Amen.”

**REBECCA BARLOW JORDAN**

woman's day