

“ONE DAY AT A TIME!”

MATTHEW 6:25-34

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My mother used to say, “Don’t wish your life away.” That was in response to my saying, in about November, “I wish it was still summer!” or, “I wish Christmas was here!” Her point being, “You can’t roll back the calendar nor hurry time so don’t waste life by wishing you could!”

To put that poetically,

“One day at a time, with its failures and fears,
with its hurts and mistakes,
with its weakness and tears,
with its portion of pain and its burden of care;
one day at a time we must meet and must bear.

One day at a time to be patient and strong;
to be calm under trial and sweet under wrong;
then its toiling shall pass and its sorrow shall cease;
it shall darken and end, and the night shall bring peace.

One day at a time -- but the day is so long,
and the heart is not brave, and the soul is not strong,
o thou merciful Christ, be thou near all the way;
give courage and patience and strength for the day.”

--Annie Johnson Flint

Jesus taught the same truth when He said, “For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, 'What will we eat?' or 'What will we drink?'

or 'What will we wear for clothing?' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.” **Matthew 6:25-34 (NASB)**.

Brenda sang

“One day at a time sweet Jesus
That's all I'm asking from you.
Just give me the strength
To do everyday what I have to do.
Yesterday's gone sweet Jesus
And tomorrow may never be mine.
Lord help me today, show me the way
One day at a time.”

Until we learn to live one day at a time, we'll be anchored in yesterday, anxious about tomorrow and afraid of today.

Jesus confronts that approach to life

I. JESUS SAID NOT TO WORRY:

A. **“Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'”**

1. The word for worry means, “anxious, distracted care.”
2. It is care that fusses and frets and fumes, vexing heart, mind and soul.

B. **When Jesus said, “So do not worry about tomorrow; for tomorrow will care for itself”**

1. He was not forbidding making plans or formulating goals or setting appointments; on the other hand He doesn't want us to take tomorrow for granted as though we were in full control, as we read, “Come now, you who say, ‘Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit.’ Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, ‘If the Lord wills, we will live and also do this or that.’ But as it is, you boast in your arrogance; all such boasting is evil. Therefore, to one who knows the right thing to do and does not do it, to him it is sin.” **James 4:13-17 (NASB)** Don't worry about tomorrow and don't presume upon it either.
2. Nor did He forbid normal, healthy, responsible concern.

- a. We all have jobs to do, family responsibilities to fulfill, debts to pay and services to render.
 - b. We ought to be concerned with doing our best in those areas of life – concerned but not worried.
- C. **He warns against taking on concerns and responsibilities that are not ours to carry. When we do we become anxious and worried.**
But:
1. Since He rules the universe, we don't have to!
 2. Since He judges the sinner, it's not our job.
 3. Since He performs the miraculous, we are not responsible to do so.
- D. **Therefore, Jesus counsels us not to be**
1. Fear and anxiety ridden.
 2. Fretful and restless.
 3. So tied to the future that we are out of sync with the present.
- E. **Once, shortly before a major concert before a standing-room- only audience, a member of Arturo Toscanini's orchestra approached the great Italian conductor with an expression of sheer terror on his face.**

"Maestro," the musician fretted, "my instrument is not working properly. I cannot reach the note of E-flat. Whatever will I do? We are to begin in a few moments."

Toscanini looked at the man with utter amazement. Then he smiled kindly and placed an arm around his shoulders. "My friend," the maestro replied, "Do not worry about it. The note E-flat does not appear anywhere in the music that you will be playing this evening."

The next time we find ourselves in the middle of worrying about some matter, we might be wise to stop and ask ourselves what the odds are of the problem really coming to pass. Some of the things we laugh about today were what we worried about yesterday.

JESUS SAID NOT TO WORRY AND

II. JESUS SAID TO SEEK WHAT MATTERS MOST!

- A. **"But seek first His kingdom and His righteousness, and all these things will be added to you."**
- B. **The Bible says a lot about what really matters most.**
 1. "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys,

- and where thieves do not break in or steal; for where your treasure is, there your heart will be also.” **Matthew 6:19-21 (NASB)**.
2. “Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God.” **Colossians 3:1-3 (NASB)**.
 3. “Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.” **1 John 2:15-16 (NASB)**.
- C. **A group of friends went deer hunting and paired off in twos for the day.** That night one of the hunters returned alone, bringing a huge buck.

"Where's Harry?" he was asked. "Harry broke his leg and can't walk. He's a couple of miles back up the trail."

"You left Harry laying there, and carried the deer back?" "Well," said the hunter, "I figured no one was going to steal Harry."

It's all about values, priorities and order of importance.

1. Eternal things ahead of temporal things.
 2. Heavenly things are more valuable than earthly things.
 3. Things that relate to God are more important than things that have no bearing on Him.
- D. **When Jesus said to seek first the kingdom He didn't mean**
1. Become so heavenly minded we are no earthly good.
 2. Become mystics sitting on a hill top in Lotus position, going, "MMMMMMMM!"
 3. Neglect friends, family and other legitimate concerns.
- E. **He did mean keep first things first and the main thing the main thing. Let me illustrate.**

I heard a story of a young lady who was deeply concerned about her soul. Her father and mother, however, were worldly people. They thought lightly of her serious wishes; they did not sympathize with her state of mind. They made up their minds that she should not become a Christian, and tried every way they could to discourage her notions about religion.

At last they thought they would get up a large party -- thus with laughter and pleasure win her back to the world. So they made every preparation for a joyful time; they got all her most worldly companions to come to the house; they bought her a magnificent silk dress and jewelry, and decked her out in all the finery of such an occasion.

The young lady thought there would be no harm in attending the party; that it would be a trifling affair, a simple thing, and she could, after it was over, think again of the welfare of her soul.

Three weeks from that night she was on her dying bed. She asked her mother to bring her ball dress in. She pointed her finger at it, and, bursting into tears, said, "That is the price of my soul. " She died before dawn.

JESUS SAID NOT TO WORRY AND TO SEEK WHAT MATTERS AND

III. JESUS SAID THAT ONE DAY AT A TIME IS ENOUGH TO BEAR!

A. **“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”**

1. My mother had a lot of little sayings. She said, “Don’t borrow trouble.” meaning don’t try to carry the cares of tomorrow while it is today.
2. In other words, “Don’t borrow tomorrow’s troubles; today has an ample supply of its own.”
3. As Brenda sang,

“Yesterday's gone sweet Jesus
And tomorrow may never be mine.
Lord help me today, show me the way
One day at a time.”

B. **Concerning living one day at a time, let me suggest good reasons to do so:**

1. If we don’t, we miss present opportunities and blessings in regret of the past.
2. We’d miss present peace and joy by dreading what we see ahead of us.
3. We simply lack wisdom for now; we sure don’t have enough for tomorrow as well.
4. We are not strong enough to live more than one day at a time.
5. And as Jesus said, we already have enough to deal with today.

C. I have as much attachment to fond memories of former days as anyone; and I have as much wonderment about what tomorrow holds as the next guy.

1. But to park in the past remorse or remembrance is an empty exercise.
2. And to fantasize about tomorrow is to fail in the reality of today.

D. It reminds me of a fellow at NCC during finals week. He was pacing around in his dorm room and reviling himself thusly, “Oh, why am I so stupid? I’ve wasted my time all term and I am not ready for the test tomorrow! And here I am wasting time instead of studying! Why don’t I just study? Because I am stupid.”

Fretting about wasting time in the past and worrying about the future. By the way – he didn’t do well on the test!

E. Nor will we do well in life’s tests if we don’t follow Paul’s counsel, “Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil.” **Ephesians 5:15-16 (NASB).**

The days are evil. As Brenda’s song said,

“Do you remember when you walked among men
Well Jesus you know
If you're lookin' below, it's worse now than then
Pushin' and shovin' and crowdin' my mind
So for my sake, teach me to take
One day at a time”

So, today is the day God gives you; today is the first day of the rest of your life. Begin today to totally commit to following Jesus – and day by day seek His kingdom and righteousness.

Pray

Invitation

TRANSFER
ACCEPT CHRIST
BAPTISM
RENEWAL