



## One Day at a Time

If we were to list all the verses that talk about the importance of a single day and our daily activities, that list alone would fill many more pages than I have room.

*God's mercies are new every single day (Lamentations 3:23) God's strength is provided for us each day to meet the challenges of that particular day (Deut. 3:25) We are advised to put each of our days in proper order (Ps 90:12) Jesus calls us to follow Him daily (Luke 9:23).*

If there ever is a time we need God with us, it is during the journey of caregiving. To neglect God is to cut ourselves off from our greatest help. That is why we give our members Jesus Calling to encourage you to start the day with God. As we trust God to give us wisdom for today's decisions, He will lead us a step at a time into what He wants us to be doing in the future. We do not control the future. We barely control our own feelings and words for today. So we come to God. *"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, My God, in whom I trust.'" (Ps 91:1-2)*

*"Living in the present means squarely accepting and responding to it as God's moment for you now, while it is called today rather than wishing it were yesterday or tomorrow." Evelyn Underhill.*

Each day for a caregiver can bring its own surprises and new challenges. We may make our plans and then find ourselves making quick changes. We do not know what each day will bring. It is hard to live with daily obstacles. It is also hard to live with the status quo. The most important, helpful, and supporting thing to keep in mind is to not live it alone. May God be bigger for you than your challenges. May you look to God first and then your challenges.

**Start the day with God.** Remember this is the day the Lord has made. We will rejoice and be glad in it. Share the day with God by bringing all your needs, concerns and troubles to Him. He promises to receive our burdens. Jesus says, "ask and you will receive, seek and you will find, knock and it shall be open to you." Look for His blessings. God may not give all you want, but He will give you what you need. Giving thanks is a great boost to our spirit. As God responds to your prayers, remember to thank Him. *It is the trial of our faith that is precious. If we go through the trial, there is so much wealth laid up in our heavenly bank account to draw upon when the next test comes. Oswald Chambers*

**Establish a call partner** who can listen and understand your caregiving journey. Loneliness and isolation are the greatest threats to caregivers. Whether family, friend or another person in our group, contact them for an ear and prayer partner. Sometimes they give you a different vantage point to see God. *If you want to hear God's voice clearly and you are uncertain, then remain in His presence until He changes that uncertainty. Often, much can happen during this waiting for the Lord. Sometimes, He changes pride into humility, doubt into faith and peace. Corrie Ten Boom.* Do you have a friend who will wait on the Lord with you?

**Don't neglect the Body of Christ.** Attending worship is probably the largest gathering of the Body of Christ. There is healing just by being fully present to God with the Body of Christ. It is a gathering of wounded people, trusting in God and offering praise and



thanks together. We are not made to go through life alone. But the Body of Christ is also where two or three are gathered together in “My Name”. God may come to you through someone else and may work through you to encourage another. With God’s help you can make it through today. Remember, it is only for a season.

<b>How does your day usually begin?</b>	<b>For any given day, do you have a prayer partner you can call?</b>	<b>Can you experience Sabbath or have a special day?</b>

“Each of us may be sure that if God sends us on a stony path He will provide us with strong shoes, and He will not send us out on any journey for which He does not equip us well. Alexander Maclaren

Heavenly Father, I don’t understand why bad things happen and especially don’t understand how You can use them for good in my life; but You do. Thank You! Amen