

Teaching by Jack Hartman

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ONE DAY AT A TIME

This month we will study Scripture references where God clearly instructs you not to allow anything in the past or the future to discourage you. Your Father *repeatedly* instructs you to live your life *one day at a time* without allowing problems in the past or anticipated problems in the future to have *any* effect on you. (All of the following Scripture references are from *The Amplified Bible*.)

LEARN FROM THE PAST, BUT DO NOT DWELL ON THE PAST. “Do not [earnestly] remember the former things; neither consider the things of old.” (Isaiah 43:18)

Some older people focus a great deal on the past. The amplification in this verse uses the word “earnestly.” When you do something earnestly, you are very intense about whatever you are doing. God does not want you to focus intensely on the past.

GOD INSTRUCTS YOU TO FORGET EVERY PROBLEM YOU HAVE HAD IN THE PAST. “...you shall forget your misery; you shall remember it as waters that pass away.” (Job 11:16)

Please note that God instructs you to “forget your misery.” Follow the advice of George Washington, the first president of the United States, who said, “We ought not to look back unless it is to derive useful lessons from past errors.” Today is the first day of the rest of your life. Focus on today.

REFUSE TO BE AFRAID OF ANYTHING THAT MIGHT HAPPEN IN THE FUTURE. “Fear nothing that you are about to suffer. [Dismiss your dread and your fears!].” (Revelation 2:10)

Your Father instructs you to fear *nothing* that might happen to you in the future. The amplification instructs you to “dismiss” all dread and fear about the future. Trust God completely to bring you safely through every problem that you might experience in the future.

THE BIBLE REPEATEDLY EMPHASIZES THAT GOD WANTS YOU TO LIVE YOUR LIFE ONE DAY AT A TIME. Jesus Christ said, "...do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble." (Mathew 6:34)

Jesus told you *not* to "worry or be anxious about tomorrow." Focus continually on the Word of God. Meditate day and night on God's instructions and promises (see Joshua 1:8 and Psalm 1:1-3). Do not allow anything in the past or anything in the future to take precedence over your consistent daily meditation on the holy Scriptures.

THANK GOD FOR EACH DAY THAT HE GIVES TO YOU. "This is the day which the Lord has brought about; we will rejoice and be glad in it." (Psalm 118:24)

God gives you a fresh new start every morning. Your Father instructs you to "rejoice and be glad" for each new day. Trust God completely to bring you safely through each day.

Your Father wants you to be optimistic and excited about each new day in your life. He wants you to rejoice because you know that each day is a fresh new opportunity to trust Him and to serve Him.

TRUST GOD TO GIVE YOU EVERYTHING THAT YOU NEED EACH DAY "...as your day, so shall your strength, your rest and security, be." (Deuteronomy 33:25)

God does not promise to strengthen you next week, next month or next year. He promises to give you His supernatural strength one day at a time. Rest in Him. Refuse to trust any source of worldly security more than you trust God. He is the greatest security in the universe.

JESUS CHRIST EMPHASIZED LIVING ONE DAY AT A TIME. He said, "Give us daily our bread [food for the morrow]" (Luke 11:3)

Jesus said these words as part of what we today call the Lord's Prayer. He said these words in response to the request of one of His disciples who asked Him to teach them to pray (see Luke 11:1).

Jesus did not just ask God to provide food. He said “give us *daily* our bread”. Jesus prayed to His Father asking Him to give food to Him and His disciples one day at a time.

Jesus did not pray for food for a week or a month or an indefinite period of time. He prayed for food for one day. Your Father wants you to trust Him to provide your needs one day at a time.

GIVE YOUR BURDENS TO GOD. “Blessed be the Lord, Who bears our burdens and carries us day by day...” (Psalm 68:19)

God promises that He will “bear your burdens” if you will let go of these burdens and give them to Him, absolutely refusing to take them back (see Psalms 37:5 and 55:22). Trust God completely to carry every burden in your life one day at a time.

Your Father not only promises to bear your burdens each day, He also promises that *He will carry you* throughout each day of your life. Your Father does not say that He will bear your burdens tomorrow, next week, next month or next year. He promises that He *will* bear your burdens and carry *you* “day by day.”

Turn completely away from yesterday. Turn completely away from tomorrow. Several years ago I read about Dr. William Osler, a Canadian physician, who instructed his patients to live in “day-tight-compartments.” I have never forgotten these words. If you live in a day-tight compartment, the past cannot affect your life. You will not worry about the future. You will focus entirely on today.

Dr. Osler told his patients to pull down a mental curtain each night to shut out the past. He told them to pull down another mental curtain each night to shut out the future. He told them to go to sleep each night without being concerned about problems in the past or any anxiety about the future. He told His patients to awaken each morning and to concentrate only on that day.

YOUR FATHER ASSURES YOU THAT HE HAS BORNE YOU FROM YOUR BIRTH AND THAT HE WILL CARRY YOU THROUGHOUT THE FUTURE. He said, “...you who have been borne by Me from your birth,

carried from the womb: Even to your old age I am He, and even to hair white with age will I carry you..." (Isaiah 46:3-4)

God explains that *He will carry you* from the day you were born from your mother's womb throughout your old age. There is no question that your Father desires to bring you safely through every day of every year of your life, including the final years of your life. Meditate often on this verse. Trust God to bear you and to carry you throughout every day of your life.

I SAY THE FOLLOWING WORDS ALMOST EVERY DAY OF MY LIFE:

When I face adversity I often open my mouth and say "One hour at a time... one day at a time." Sometimes when I face very severe adversity, I focus on getting through the next hour and living that day one hour at a time.

Saying these words has become second nature to me. I turn completely *away* from all problems. I trust completely in my Father to bring me safely through my life one hour at a time, one day at a time.