

Enough for One Day

Enough for One Day
A User Guide to Life



Ron Holmes



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★ Contents ★

Introduction	(vii)
Week One: Living in Daylight Compartments	1
One Day at a Time ... Don't Fret about Yesterday ... Don't Be Anxious about Tomorrow ... Trusting God ... Does It Work? ... Making the Most of Today ... It Does Work!	
Week Two: Is Life Worth Living?	9
Some Say "No" ... Life Can Hurt ... Life Can Disappoint ... Life Can Be Too Big ... There Is an Answer ... Inde- structible Values ... Not Too Big for God	
Week Three: Trust in the Living God	17
Where Is Your Trust ... The Living God ... A Black- covered Book ... Church on Sunday ... It's What I Believe ... The Magic Fire-glass ... The God We Can't Imagine	
Week Four: A Course in Contentment	25
Contentment Is Scarce ... Divine Discontent Is OK ... A Learning Process ... Is Contentment a Good Thing? ... Learning through Failure ... Handling the Ups and Downs ... Start the Course Today	
Week Five: So You Want To Be a Somebody	33
If You Are a Nobody ... Ways of Being a Somebody ... In Whose Opinion? ... Smile—God Loves You! ... How Do We Know? ... The Proof ... Give Yourself to God	
Week Six: Being an Optimist	41
Meet an Optimist ... The Need for Optimism ... Christian Optimism ... It Is Not Selfish ... Based on a Real Foundation ... The Perspective of Eternity ... Christian Optimism at Work	

* Contents *

Week Seven: When You Want To Get Away from It All	49
When It All Gets Too Much ... The No Good Answer ... The Some Good Answer ... The Real Good Answer (Part 1) ... The Real Good Answer (Part 2) ... Why It Works (Part 1) ... Why It Works (Part 2)	
Week Eight: What To Do When You Can't Do Anything	57
What Can I Do? ... With World Problems ... In the Nuclear Age ... With Other People's Problems ... In Times of Sickness ... Waiting on Job Applications ... Making Decisions, Facing Criticism	
Week Nine: Quietness and Confidence	65
Cracking Up and Falling Apart ... Tensions That Mean Life ... Tensions That Destroy ... Programmed Thought Processing ... It's OK To Talk about It ... Ancient Answers Still Work ... The End Result	
Week Ten: Living through Depression	73
What Are We Talking About? ... Not Your Personal Property ... A Tunnel, Not a Cave ... Choosing Your True Form ... Thermometer or Thermostat ... Carrying on Regardless ... No Easy Answer	
Week Eleven: The Answer to Loneliness	81
The Problem of Loneliness ... Don't Abide Alone ... Not Easy for Some ... But Not a Busybody ... Do Abide in Christ ... The Endless Friendship ... Cosmic Loneliness	
Week Twelve: Bubbling Over with Hope	89
Endurance and Hope ... Hope and Ourselves ... Hope and the Church ... Hope and Parenthood ... Hope and Our Work ... The Basis of Hope ... How To Hope	

★ Introduction ★

These pages may be read a day at a time or any way you wish. The book is divided into weeks and days to encourage the idea of a regular study course.

The title, “Enough for One Day”, comes from the words of Jesus in Matthew 6:34 as J.B. Phillips translates them. The full statement reads: “One day’s trouble is enough for one day.”

That may sound a dismal note on which to begin a book aimed at bringing you joy, peace and hope, but the teaching of Jesus about accepting trouble as part of life, and living a day at a time, is one of the major secrets of living successfully in the real world.

I use the term “the real world” because too many people try to reduce stress and find happiness by avoiding reality. The most obvious instance is the use of alcohol or other drugs, but it can also be seen in a materialistic approach in which a continuous appropriation of “new toys” is found necessary, or even in some kinds of religious interest of an escapist nature mainly concerned with “spiritual experiences”.

I am firmly convinced that the answer to every human need is found in Jesus Christ and the writings of the New Testament that bring him to us. The objective of this book is to help us find a practical faith in Jesus that can be applied in every area of life every day.

Bible Versions Used in This Book

GNB	Good News Bible Quotations from the Good News Bible © The Bible Society in Australia Inc. Used by permission.
KJV	King James Version
NIV	New International Version Scripture quotations taken from the Holy Bible New International Version. Copyright © 1973, 1978, 1984 by International Bible Society.
J.B. Phillips	The New Testament in Modern English © J.B. Phillips, 1960, 1972, published by Collins, now part of HarperCollins Publishers, London, England.
RSV	Revised Standard Version Used by permission of the National Council of the Churches of Christ in the United States of America.

★ *Week One* ★

Living in Daytight Compartments

Day One: One Day at a Time



Day Two: Don't Fret about Yesterday



Day Three: Don't Be Anxious about Tomorrow



Day Four: Trusting God



Day Five: Does It Work?



Day Six: Making the Most of Today



Day Seven: It Does Work!

One Day at a Time

Robert Louis Stevenson once wrote: “Anyone can carry his burden, however heavy, until nightfall. Anyone can do his work, however hard, for one day.”

Dale Carnegie pointed out the value of Stevenson’s suggestion that we should live in “daytight compartments” by commenting that “half the hospital beds in America are occupied by patients with nervous and mental troubles. And a principal cause is that too many people allow themselves to collapse under the crushing burdens of accumulated yesterdays and fearful tomorrows.”

The opinions of famous men are not always a sound basis on which to build our lives, but the fact that “living a day at a time” is a true secret of success is confirmed for us when we hear it from the lips of Jesus.

“Don’t worry at all then about tomorrow. Tomorrow can take care of itself! One day’s trouble is enough for one day.” *Matthew 6:34 (J.B. Phillips)*

Let’s begin our journey together by thinking about some of the implications of this remarkable statement.

It means first of all that we must learn to **forget yesterday and ignore tomorrow**. Not in the sense that we may not think back on yesterday to learn something from it, nor think forward to tomorrow to make some plan for it. But in the sense that we shall **cease to fret** about what happened yesterday and **cease to worry** about what may happen tomorrow. Can you do that?

Prayer Lord God, thank you for today. Grant me strength to handle its troubles and wisdom to enjoy its opportunities, for Jesus’ sake. Amen.

Don't Fret about Yesterday

Christians, of all people, should cease to fret about yesterday.

For one thing, what happened yesterday has happened and it **can't be changed!** When Pilate wrote the title to be placed over the Cross of Jesus the Jewish leaders wanted him to change it. But his reply was: "What I have written, I have written." *John 19:22 (NIV)*

We must all say that with regard to yesterday. What we have done, for good or evil, we have done.

All the fretting in the world will not change it. Certainly there will be some situations in which we can try to remedy past mistakes by future action, but by and large what happened yesterday has happened and now it's history.

That is true for everybody. What's done is done. But for the Christian there is a wonderful addition—**what's done wrong is forgiven!** We can never be reminded too often that the sins of yesterday are forgiven.

John's gospel says that Jesus' last words on the Cross were, "It is finished." *John 19:30 (NIV)* We can bring every sin of every yesterday to that Cross in humble confession to God and cry over it, "It is finished."

Certainly we don't deserve it, but such is the grace of God that the Christian may bring all sin—every falling short of the perfection we see in Jesus—and leave it at the Cross: finished, blotted out, forgiven!

Do you realise that? You can forget it!

Prayer Lord, help me to stop wasting my strength by carrying yesterday's burdens when you have made other arrangements. Amen.

Don't Be Anxious about Tomorrow

A letter to a newspaper from an anxious mother expressed the fear that is in the hearts of millions of parents. In brief it said: "What does the future hold for my children?" What will happen if...? What will we do when...? Supposing there's a nuclear war...? Will pollution destroy the earth...? etc. etc...

It has been suggested that the person who has no worries about the future is either a fool or a Christian. A fool doesn't worry about anything. A Christian knows that the future is in God's hands.

Why did Jesus say, "Do not be anxious about tomorrow."?
Matthew 6:34 (RSV)

For one thing **you are not built to carry it**. That is implied in the text: "One day's trouble is enough for one day."

If a carrier buys a 1 tonne truck and loads it with 5 tonnes it will not be long before that truck breaks down, simply because it is not built to carry such a load.

Likewise if we human beings try to carry the anxieties of all the days ahead we break down. We are only built to carry one day's trouble at a time!

And, Jesus reminds us, **anxiety achieves nothing!** "Who of you by worrying can add a single hour to his life?" *Matthew 6:27 (NIV)* Worrying about it will never add an hour to our life or an inch to our height or achieve anything else. Worry wears us out, but that is the only thing it ever does. Anxiety about tomorrow achieves nothing and we are not built to carry it. That's what Jesus says. Are you a worrier? Or a Christian?

Prayer Lord, help me give full attention to today by not worrying about tomorrow—for Jesus' sake, Amen.

★ *Week Two* ★

Is Life Worth Living?

Day One: Some Say “No”



Day Two: Life Can Hurt



Day Three: Life Can Disappoint



Day Four: Life Can Be Too Big



Day Five: There Is an Answer



Day Six: Indestructible Values



Day Seven: Not Too Big for God!