



## One Day at a Time

by Ashley Irons

*At the beginning of each year, many of us take time to carefully map out our plans for the next 12 months. If you're anything like me, you'll put those plans on a stylish calendar, one you probably spent 45 minutes shopping for from the office supply aisle at Target.*

Yep, I'm *that* girl.

Well, it's March already and it's unsurprising that my 12 month "life map" has not gone according to plan. Things have changed. What's even more maddening, I haven't had time to neatly rewrite those changes in my pretty planner. If I were to let you take a peek at my calendar today you'd find crumpled sticky notes, paper-clipped notecards, and pen marks all over my original plans. Every time I look at my planner now I'm rolling my eyes. Let's just say, I'm not the most excited person when it comes to change, whether on paper or in real life.

If I'm not careful, I can let the inevitable changes of life cause me emotional instability, and I know I'm not the only one. Over the years I've noticed that a first-line of attack the enemy uses against many women is a common disease called worry. With worry, the enemy's goal is to move us away from being wise women who carefully consider the future to becoming "control freaks," women who remove God from the throne of their hearts only to put a calendar in His place. We can become so infatuated with planning our "tomorrows" that we forget that we serve a God who is Lord of each day.

When Jesus was teaching the disciples how to pray, He instructed them, saying "our Father in heaven..., give us **this day** our **daily** bread." (Matthew 6:9-13 ESV, emphasis added).

I can imagine Jesus reminded the disciples of how God provided manna each day for the children of Israel who wandered about in the wilderness, worried about how

they would survive. Even so, Jesus emphasized to the disciples the practice of surrendering their lives to God one day at a time, trusting that God would provide for their needs.

Sister friends, the truth is God's got you and your calendar in His hands from the 1st to the 31st, January through December, from now until eternity. You only need trust Him. But you must learn to ask God for His daily provision to deal with your everyday troubles. In doing so, you exchange your powerlessness for God's power to remain emotionally stable when life isn't going according to plan. The great news is when you admit you need daily bread from your Father, fresh manna will appear like dew on your heart and you will find peace beyond your worries.

So, the next time you're looking at your calendar and you begin to feel overwhelmed, take a deep breath and hand your plans back over to God. His plans for you are abundantly sufficient for each day. And remember, "don't worry about tomorrow for tomorrow will worry about itself" (Matthew 6:34 NIV).