

Every day is a gift from God, and is valuable. We are not going to be here forever. One is inclined to live uptight, frustrated, stressed, worried, and fearful, but looking at the 'big picture', most of the things that are upsetting us don't really matter. Is it worth losing your peace, joy and hope over bad traffic, or something someone said that was offensive? If you found out you only had a day to live, you wouldn't even pay attention to many things that upset you now.

If you let a grouchy employer or a bitter relative keep you from being happy, it is your fault. You are as happy as you would like to be. You need to put your foot down and say: "This is the day that the Lord has made. I am not going to let what people do or don't do, what they say or don't say, or what I have or don't have keep me from being happy and content. I have made up my mind. I am going to enjoy this day."

James 4:14 "What is your life? You are a mist that appears for a little while and then vanishes."