

TODAY IS THE DAY

*This is the day that the Lord has made;
let us rejoice and be glad in it.
Psalm 118:24*

REFLECTION

"This is the day..."

What important and joyful days do you make it a point to remember?

"This is the day I was born".

"This is the day we went on our first date".

"This is the day my first child was born".

"This is the day my daughter graduated".

Are there certain days you would rather forget?

"This is the day I had a miscarriage".

"This is the day I got retrenched".

"This is the day my spouse died".

"This is the day I was diagnosed with ...".

We all know that in life, there are very good days, and very bad days. And ordinary, mundane days all in-between. The good news is, the Bible recognizes this – it's real.

We are not asked to pretend that every day is good, that every day is joyful. But Scripture does remind us that every day is held in God's gracious hands - and for this fact, we can be thankful, we can be glad.

This isn't just some trite, feel-good statement! See for yourself in Psalm 118, the opening refrain *"his steadfast love endures forever"* (v.1-4) quickly becomes *"out of my distress I called on the Lord"* (v.5), *"all nations surrounded me ... I was pushed hard that I was falling"* (v.13), and even *"the Lord has disciplined me severely"* (v.18). Immediately after the high point *"this is the day that the Lord has made"* (v.24), the psalmist surprises us by crying out for help, *"Lord, please save us!"* (v.25) There are good days, and there are bad days.

Yet whether good or bad, the psalmist's attention is turned on the Lord. Not on the pain, nor on the blessing. But on the One who works in surprising and marvelous ways (v.22-23), on the One whose steadfast love endures – not only for today – but forever (v.29).

PRAYER

God of all time, we thank you for the gift of each day. In good days, in bad days, and in all the ordinary in-between days – we acknowledge that you are sovereign. Help us to be glad, not in the goodness or badness or even the mundaneness of this day, but help us rejoice that you hold all our days in your faithful hands, and that your steadfast love endures beyond all our days. Amen.

SUPPLICATION

- *"This is the day that the Lord has made; let us rejoice and be glad in it."* Think of five items that you can give thanks for today, even the seemingly mundane and ordinary things. Bring them before the Lord in thanksgiving.
- *"But encourage one another daily, as long as it is called 'Today,' so that none of you may be hardened by sin's deceitfulness."* (Hebrews 3:13). Is the Holy Spirit pointing out an area where you have been hardened by sin? Today is the day you need to repent before God and ask Him for power to overcome sin. Don't wait any longer. Bring this before the Lord today.
- Intercede for those who are troubled in mind, emotions, or soul. Cry out on their behalf, *"Lord, save us!"* Pray that today, they would experience the comfort, healing, and *shalom* peace of God; that this day, they might be able to rejoice and be glad in God.
- Pray for persons who feel lost, who are in need of guidance and direction. Ask that the Lord will free them from the burdens of the past and from the worries of tomorrow, that He will enable them to live courageously and faithfully in the present, this day.

What are days for?

Days are where we live.

They come, they wake us

Time and time over.

They are to be happy in:

Where can we live but days?

-Philip Larkin

If you need any prayer or pastoral care support, kindly contact the pastoral care team via:

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