

7. Have a Good Day...Unless

There is no question that many who use the familiar phrase, "Have a good day", speak it *mechanically*, as a mere habit without even thinking - much less feeling what they are saying. But before we're too hard on such folks we might want to pause to examine some of our prayers, especially the old familiar mealtime and bedtime prayers - and also that prayer of prayers, the Lord's Prayer. Could it be that at times these are spoken by us mechanically - a mere habit with little or no attention on our part? The Lord gives us a warning about this in *Matthew 6:7* when He says: "And in praying do not heap up empty phrases..."

There is an interesting variation of that well-worn phrase that reads: Have a good day. It is, "Have a good day - **unless you've made other plans**. Do we at times actually keep ourselves from having a *good* day by having other plans? We can, indeed, have plans of our own that will actually result in a miserable day - a ruined day.

What are some things that can ruin a perfectly good day? We can decide to continue to hold a grudge, to have an unforgiving heart, to harbor resentment. We can decide to load ourselves down with worries, cares, fears. We can go along - always expecting the worse to happen. Then we have put ourselves in the same camp with Job who said, "The thing that I greatly feared has come upon me." *Job 3:25*.

What can we do so as not to spoil a good day? It's important that we examine our lives to see what's cluttering them up - starting with our attitudes. Are they sound, good, positive? Are they attitudes that are pleasing to the Lord Whose children we are? Are they in accord with the holy will of God? It is essential that we, in the strength of the Lord, determine to live each day close to Him, walk with Him, talk to Him. It is vitally important that we join the Psalmist praying: "Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you." *Psalms 51:10-13*.

Oh yes, away with all resentment, displeasure, anger, wrath, envy, greed, selfishness, bitterness, revenge, jealousy, hate. Each day is a special gift from God - a miracle. With the Psalmist declare: "This is the day which the Lord has made; we will rejoice and be glad in it." *Psalms 118:24*.

Listen again to how the Apostle Paul, inspired by God, puts it: "Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you." *Philippians 4:4-8*

In the "Beatitudes" (*Matthew 5*) Jesus has given us a pattern not only for a blessed day, but a blessed life! There is beauty all around us when our days include our "Beautiful Savior, King of Creation." In His name and with His help, **PLAN TO MAKE IT A GOOD DAY!**

Have a Good Day...Unless

We Begin

- L: This is a day which the Lord has made.
R: We will rejoice and be glad in it.

We Search Scriptures - Philippians 4:4-8

- L: Rejoice in the Lord always;
R: again I will say, Rejoice.
L: Let all men know your forbearance. The Lord is at hand.
R: Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God.
L: And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.
R: Finally, brethren, whatever is true,
L: whatever is honorable,
R: whatever is just,
L: whatever is pure,
R: whatever is lovely,
L: whatever is gracious,
R: if there is any excellence, if there is anything worthy of praise, think about these things.
L: What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

We Meditate

Follow this outline as the meditation is presented

- "Have a good day!"
- Unless you've made other plans.
 - √ Things that can ruin a perfectly good day.
 - √ Things we can do as not to spoil a good day.
- Each day is a miracle
- Things to think about to have a good day.

We Respond

- L: This is a day which the Lord has made.
R: We accept it as a gift from God.
L: This is a day which the Lord has made.
R: We ask for forgiveness for the times we've spoiled this day.
L: This is a day which the Lord has made.
R: We plead for a clean heart, a renewal, a right spirit
L: This is a day which the Lord has made.
R: We will rejoice and be glad in it.

We Pray

Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Your presence, and take not Your holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit. Amen.

