

7 Point Plan for Today

Thomas Carlyle “Our main business is **not** to see what lies dimly in the distance, but to do what lies clearly at hand.”

Sir William Osler “The load of tomorrow, added to that of yesterday carried today, makes the strongest falter. Shut off the future as tightly as the past. The future IS TODAY, there is no tomorrow. The day of man’s salvation is NOW. Waste of energy, mental distress, nervous worries dog the steps of a man who is anxious about the future. shut close, then, the great fore and aft bulkheads of your ship of life, and prepare to cultivate the habit of life of “day-tight compartments”. **“To prepare for tomorrow is to concentrate with all your intelligence, all your enthusiasm, on doing today’s work superbly TODAY. That is the only possible way you can prepare for tomorrow.”**

Matthew 6:11 [NIV] “Give us today our **daily bread**”

Today’s bread is the only possible bread we can eat.

Matthew 6:34 [NIV] “Therefore **do not worry about tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:34 [Amplified] “So **do not worry or be anxious about tomorrow**, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.”

One of the appalling comments on our present way of life is that half of the hospital beds are reserved for patients with nervous and mental troubles, patients who have collapsed under the crushing burden of accumulated yesterdays and fearful tomorrows.

Robert Louis Stevenson “Anyone can do his work, however hard, for one day. Anyone can live sweetly, patiently, lovingly, purely, till the sun goes down. And this is all that life really means.”

Stephen Leacock “How strange it is, our little procession of life.

The child says; ‘when I am a big boy.’

But what then! The big boy says, ‘When I grow up.’

And then the grown up says, ‘When I get married.’

But to be married, what is that after all? The thought then changes to, ‘When I am able to retire.’

And then when retirement comes, we look back over the landscape traversed in our lives and a cold wind seems to sweep over us, somehow we seemed to have missed it all, and now it is gone.

Life we learn too late, is in the living, in the tissue of every hour and day.”

TODAY I want to give you a 7-point plan for living TODAY.

Not yesterday (you didn’t know them then.)

Not tomorrow (tomorrow is the day reserved for the labour of the lazy, the weak and the failures in this life.)

Point 1 Today I begin a NEW LIFE

Romans 6:1-6 [NIV] *“What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We died to sin; how can we live in it any longer? Or don’t you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, **we too may live a new life.** If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin—”*

This **new life** we are to lead must start **today!**

Past experience teaches thoroughly, **but personal experiences can devour our years** so the **value** of the lessons learnt by our own personal experience **diminishes** with the passing of years.

Hebrews 9:27 [NIV] *“Just as man is destined to die once, and after that to face judgment,”*

We do NOT have the luxury of eternity before our lives are to be judged!

Quality growth takes time.

An Onion matures in only 9 weeks

An Olive Tree the king of all trees takes 100’s of years to mature.

How can I accomplish quality growth in my limited life span?

Hebrews 12:1-2 [NIV] *“Therefore, **since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.**”*

Use others’ life experiences to mature our own lives by following their example where they succeeded in life.

The greatest success stories can be found in the Christian Bible, our Handbook For Life.

In the Christian Bible, our Handbook for Life, are found the principles of successful living from the most successful being in the whole universe, GOD.

2 Timothy 3:16 [NIV] *“**All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,**”*

How do I convert such succeeding principles into my own success?

The **only difference** between those who **succeed** and those who **fail** is in the difference of their **habits.**

Good habits unlock the door of success.

Bad habits (without effort) will cause us **to fall through** the door of failure.

1 Corinthians 13:11 [NIV] *“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. **When I became a man, I put childish ways behind me.**”*

Have we?

As a child we are slaves to our impulses.

Child's actions are ruled by appetite, passion, prejudice, greed, love, fear, environment, these are expressed in **bad habits**, the easy way of living the way of least resistance and effort.

How do we create a good habit?

We have to conscientiously repeat it again and again until we eventually find ourselves naturally reacting in harmony with the principle for good living we have learnt.

The more we repeat the action the easier it will become, for any action becomes easier with practice, brushing our teeth, combing our hair, etc.

Philippians 2:20 [NIV] (Talking about Timothy) *"I have no one else like him, who **takes a genuine interest in your welfare.**"*

Philippians 2:5 [NIV] *"Your attitude should be **the same** as that of Christ Jesus:"*

If we develop the habit of reading Christ's words as recorded in the Christian Bible, our Handbook for Life, eventually this **will** happen, Christ's mind will be in ours, we will be naturally reacting the same way as Christ does to any situation.

Point 2 I Will greet this day with love in my heart

Matthew 19:19b [NIV] *"... and **'love your neighbour as yourself.**"*

My neighbour is anyone whom I meet during the day.

How will I do this?

From today I will *look on **all things with love.***

Love the sun for it warms my bones.

Love the rain for it cleanses all things.

Love the light for it shows me the way.

Love the dark for it shows me the stars.

Love happiness for it enlarges my heart.

Love sadness for it opens my mind to others sadness and needs.

Love accomplishment for it gives me encouragement.

Love obstacles for they offer me a challenge.

How will I speak with this love in my heart ?

I will compliment and **praise** my **enemies** and they will become my friends.

I will **encourage my friends** and they will become my brothers.

I will always **dig for reasons** to **applaud** another's efforts.

I will **never** even **scratch** for excuses to **gossip.**

When tempted to **criticise** I will bite my tongue.

When I am moved to **praise** I will shout it from the rooftops.

How will I act with this love in my heart?

I will **love all manner** of people for **all** have qualities to be admired even though they be hidden.

I will tear down the **walls of suspicion** and hate which others have built around themselves.

And use the bricks of time to **build bridges** between myself and others.

I will love the **ambitious** for they can **inspire** me.

I will love **the failures** for they can **teach** me.

I will love the **young** for **the faith** they hold on to.

I will love the **old** for the **wisdom** they can share with me.

I will confront each person I meet with the **unspoken word on my lips**. “*I love you*” and this will shine through my eyes, un wrinkle my brow, bring a smile to my lips and echo in my voice, and their hearts will be opened to me.

Today I will Love myself.

I will **zealously inspect** all things that I allow to enter my body and mind.

I will never **overindulge** to the requests of my flesh.

I will **cherish my body** with cleanliness and moderation.

Never will I allow my **mind** to be attracted by evil and despair.

I will **uplift** my **mind** with knowledge and wisdom of the ages.

Never will I allow my **heart** to become small and **bitter**.

Rather, I will share my heart with others and it will grow and warm others’ lives.

Point 3 I will persist until I succeed

Genesis 32:24-28 [NIV] “*So Jacob was left alone, and a man wrestled with him till daybreak. When the man saw that he could not overpower him, he touched the socket of Jacob’s hip so that his hip was wrenched as he wrestled with the man. Then the man said, “Let me go, for it is daybreak.” But Jacob replied, “I will not let you go unless you bless me.” The man asked him, “What is your name?” “Jacob,” he answered. Then the man said, “Your name will no longer be Jacob, but Israel, because you have struggled with God and with men and have overcome.”*”

This tenacity is built into our hereditary.

Luke 11:5-13 [NIV] “*Then he said to them, “Suppose one of you has a friend, and he goes to him at midnight and says, ‘Friend, lend me three loaves of bread, because a friend of mine on a journey has come to me, and I have nothing to set before him.’ “Then the one inside answers, ‘Don’t bother me. The door is already locked, and my children are with me in bed. I can’t get up and give you anything.’ I tell you, though he will not get up and give him the bread because he is his friend, yet **because of the man’s boldness** he will get up and give him as much as he needs. “So I say to you: Ask and it will be*”

given to you; seek and you will find; knock and the door will be opened to you. For **everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.** “Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

God will only respond to our requests when we prove to Him we really mean it.

Luke 18:3-8 [NIV] “And there was a widow in that town **who kept coming to him with the plea, ‘Grant me justice against my adversary.’** “For some time he refused. But finally he said to himself, ‘Even though I don’t fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won’t **eventually wear me out with her coming!**’” And the Lord said, “Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?”

NOTE faith is linked with this dogged persistence to succeed!

How will I persist until I succeed?

I will **never consider defeat**, for **God already calls us His children!**

I will **remove from my vocabulary** such words as ‘quit’, ‘cannot’, ‘unable’, ‘impossible’, ‘out of the question’, ‘improbable’, ‘failure’, ‘hopeless’, ‘unworkable’, ‘retreat’.

For these are the words of fools.

I will **avoid despair** for it is a deadly disease.

I will persist with the knowledge that **each failure** will increase my chance of success at the next attempt if I use the wisdom gained.

Each **obstacle** I will consider as a mere **detour** to my goal.

I will **never end the day with a failure** but with some accomplishment, however small it may be.

I will **not listen** to those who **moan** and **complain** for their disease is very contagious.

I will never allow yesterday’s **success lull me** into today’s complacency, for this is the foundation of failure.

Revelation 3:17 [NIV] “**You say, ‘I am rich; I have acquired wealth and do not need a thing.’** But you do not realize that you are wretched, pitiful, poor, blind and naked.”

I will greet each new day with confidence that it will be the best day of my life so far.

I will persist and I will win.

Revelation 3:21 [NIV] “**To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne.**”

Keep this great goal always in mind.

Point 4 Today I will master my emotions

Proverbs 16:32 [NIV] “**Better a patient man than a warrior, a man who controls his temper than one who takes a city.**”

Proverbs 25:28 [NIV] *“Like a city whose walls are broken down is a man who lacks self-control.”*

Ecclesiastes 3:1-8 [NIV] *“There is a time for everything, and a season for every activity under heaven: a time to be **born** and a time to **die**, a time to **plant** and a time to **uproot**, a time to **kill** and a time to **heal**, a time to **tear down** and a time to **build**, a time to **weep** and a time to **laugh**, a time to **mourn** and a time to **dance**, a time to **scatter stones** and a time to **gather them**, a time to **embrace** and a time to **refrain**, a time to **search** and a time to **give up**, a time to **keep** and a time to **throw away**, a time to **tear** and a time to **mend**, a time to be **silent** and a time to **speak**, a time to **love** and a time to **hate**, a time for **war** and a time for **peace**.”*

Life is full of different events that can influence our emotions.

Each event has to be approached in a positive way in which WE take control of IT and NOT allow it to take control of US.

Weak is he who permits his thoughts to control his actions.

Strong is he who forces his actions to control his thoughts.

If I am **depressed** I will **sing**.

If I feel **sad** will **laugh**.

If I feel **fear** I will **plunge ahead**.

If I feel **inferior** I will wear **new garments**.

If I feel **all-powerful** I will try to **stop the wind**.

If I feel my **skill is unmatched** I will look at the **stars**.

With this understood and practiced knowledge we can recognise the moods in others and react accordingly, NOT judging a person with one meeting.

We need to awake ready to control whatever mood we find ourselves in. We will find this can vary greatly from day to day.

When we master our moods we are able to control our destiny.

For God has perfect control over His emotions and IF we are to join Him in His created Family we ALSO have to be aware of and control our emotions.

Point 5 Today I will laugh at my world

No living creature can laugh except man.

Proverbs 15:15 [NIV] *“All the days of the oppressed are wretched, but **the cheerful heart has a continual feast**.”*

Proverbs 17:22 [NIV] *“A **cheerful heart is good medicine**, but a crushed spirit dries up the bones.”*

Cultivate the habit of laughter

How can we laugh when confronted with trials and pain?

4 words *“This too shall pass.”*

What can take place before the sun sets which will not seem insignificant a thousand years from now?

Will my deep concern for what is happening to me today not seem foolish in 10 years time?

When we awake in the morning plan to *“paint the day with laughter.”*

Never labour to be happy but rather remain too busy to be sad.

Use laughter as a tool to reduce all things to their proper size.

Only consider a **day** to be truly **successful** if you have brought a **smile** to at least one **other person’s** face.

Happiness is like the wine that sharpens the taste of a meal.

Never allow ourselves to become so important, so wise, so dignified, so powerful, that we forget how to laugh at ourselves and our world.

In this matter always remain as a child, who physically has the ability **to look up to all others** and so does **not** become so self-important.

Philippians 2:3 [NIV] *“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.”*

Enjoy today’s happiness today.

It is not something that can be stored in a jar for tomorrow.

Happiness is something which has to be sown and reaped all in the same day.

A smile costs you **nothing** but has value to you and others beyond that of gold.

Point 6 I will live this day as if it is my last

Psalm 90:12 [NIV] *“Teach us to **number our days aright**, that we may gain a heart of wisdom.”*

God intends us to use **every day** to *“gain a heart of wisdom”*.

Ephesians 5:15-16 [NIV] *“Be very careful, then, how you live, not as unwise but as wise, **making the most of every opportunity**, because the days are evil.”*

v17 (reason for doing this) *“Therefore do not be foolish, but understand what the Lord’s will is.”*

Don’t waste a moment of today’s precious time mourning yesterday’s mistakes, misfortunes, defeats or sadness why throw good after bad ?

Can sand flow upwards in the hour glass?

Can I relive the errors of yesterday and correct them?

Can I become younger than yesterday?

Can I call back yesterday’s wounds and make them whole?

No, yesterday is buried forever.

Can tomorrow’s sand flow through today’s hour glass?

Can I perform tomorrow's tasks today?

Can tomorrow's child be born today?

Can tomorrow's death cast its shadow back and darken today?

Why torment myself with tomorrow's problems that may never come to pass!

Today is all the life I can live, make it the best day of my life so far

Greet the start of the day with cries of joy as a prisoner who is reprieved from death.

Lift your arms high with thanks for this priceless gift of a new day.

Consider all who greeted yesterday's dawn who are no longer with the living today.

Ask why have I been allowed to live this extra day when others, far better than I, have departed this life.

Is it that they have accomplished their planned purpose in God's Plan while mine is yet to be achieved?

Is today another opportunity for me to **become** the person **God intends me to become** and I know I can if I put forth my fullest effort today!

I have but one life and this life is naught but a measurement of time. If I waste one then I destroy the other.

Each hour of this day I will cherish, for it can never return.

Each minute of this day I will grasp with both hands and fondle and love it, for its value is beyond price.

Today I will avoid the killers of time.

Procrastination I will destroy with action.

Doubt I will bury under faith.

Fear I will dismember with confidence in my God.

Where there are **idle mouths** I will not listen.

Where there are **idle hands** I will not linger.

I know that **to court idleness is to steal** food, clothing and warmth from those I love and I am not a thief.

I am a man of love and today is my last chance to express my love to others. I will **fondle** my **children** while they are young for tomorrow they will be gone.

I will **embrace my mate** today with sweet kisses.

Today I will **lift up a friend** in need for tomorrow they may no longer be crying out for help.

If today is my last it will be the **greatest monument to my life**, for I am going to make it the best day of my life.

Each moment of today will be **more fruitful** than an **hour of yesterday**.

I will live today as if it is my last.

And if it is not, tomorrow morning I will fall on my knees and give thanks to God for a new day and live that new day as if it were the last day of my life.

Point 7 Today I will pray earnestly to My Creator

John 15:5 [NIV] *“I no longer call you servants, because a servant does not know his master’s business. Instead, **I have called you friends**, for everything that I learned from my Father I have made known to you.”*

Isaiah 64:8 [NIV] *“Yet, O LORD, you are our Father. **We are the clay, you are the potter; we are all the work of your hand.**”*

Clay STILL remains a useless lump without contact with the Master Potter!

ALL my plans for the day will come to nothing without one essential thing, contact with My Creator.

How shall I pray!

Never will I pray for **material things** of the world.

I pray **ONLY** for **guidance** and physical and spiritual **strength** to be able to acquire such things that are needful for my family and my own welfare.

I pray **NOT for opportunities equal to my ability** but to be guided that I may acquire ability equal to my opportunities.

Pray for **help** to **remain patient** and humble through trials and failures.

Pray for **length of life** sufficient to become the being that My Creator desires that I become.

Pray that **I may be alert ALWAYS to the prompting of the Holy Spirit** that I may use this prompting to become more like Him, Jesus Christ, and my Heavenly Father.

To cry out to our Creator in a time of crisis or heartbreak takes little faith on our part.

To cry out daily to our Creator for the help to become what HE has planned for us from the moment that seed of His Holy Spirit was planted in us, and selected us to become one of His First Born will take great effort and faith.

John 10:10 [NIV] *“The thief comes only to steal and kill and destroy; **I have come that they may have life, and have it to the full.**”*

What then is our part in experiencing this abundant life that our Saviour came to offer?

- 1) Today we begin a new day.
- 2) Today we will greet the dawn with love in our heart.
- 3) Today we will persist until we succeed.
- 4) Today we will master our emotions.
- 5) Today we will laugh at ourselves and our world.

6) Today we will live as if it were our last day of this life.

And that we may succeed in all of these points.

7) Today we will pray to our Creator, so that the Master Potter may today mould us His clay into the fantastic vessel He has planned for us to be for **all eternity**.