

THIS IS THE DAY...

"This is the day which the Lord has made; let us rejoice and be glad in it."

Psalm 118:24

This is a Bible verse I very much love. The church I went to at one time used to sing a welcoming song with those words as the choir filed in. It always made me feel happy to be in church. And very often – in the days when I used to get high – I would greet friends with that line when I called them in the morning. People must have thought I was a bit daft – and maybe I was. But I didn't care. I was happy and thanking God. I wanted to share the joy. That hasn't always been the case though.

- How did you feel about the day when you woke up this morning? Were you happy for it or did you dread it?

T.D. Jakes has said: "Each day is God's gift to you. What you do with it is your gift to Him."

- Were you able to look on this day as a gift when you woke up?

The greatest gift God gave to you was Himself, the greatest gift you can give God is yourself. Not only is each day a gift, our whole life is a gift from God. Imagine how much we could give Him, who makes each day new.

What can we give God? Paul told us this, as paraphrased in The Message:

Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

Romans 12:1

- What are you thankful to God for?
- How would you like to give back to Him?

The Bible gives examples of what we could do for others. By helping others we are giving to God.

'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

Matthew 25:37-40

But what about those times when we can’t give in this way? When all we can do is survive? All we can do is sleep and eat and not much more. What can we give God then?

We can try to do what David did: have patience and trust Him to one day help us out of our troubles. Look at what he wrote in Psalm 40:1-3:

*I waited patiently for the LORD;
he turned to me and heard my cry.
He lifted me out of the slimy pit¹
out of the mud and mire
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the LORD
and put their trust in him.*

David’s trusting attitude was rewarded. God gave him a firm place to stand. He put a song of praise in his mouth.

But so often we find it hard to have such patience. What can we give God then? Talk to God, knowing that He loves you. Tell Him how you feel. Cry out to Him. Share your sorrows and pain with Him. He’s there, ready to listen.

What God wants more than anything is for you to have a relationship with Him.

Starting from scratch, he made the entire human race and made the earth hospitable, with plenty of time and space for living so we could seek after God, and not just grope around in the dark but actually find him. He doesn’t play hide-and-seek with us. He’s not remote; he’s near. We live and move in him, can’t get away from him!

Acts 17:26-27 (The Message)

- Are you able to tell God exactly what you think and feel? Your joys *and* sorrows?

“This is the day the Lord has made.”
Let us rejoice, because He is here with us.