

Life's Brevity Teaches Us To Live Life One Day At A Time

Consider the brevity of life in the presence of an eternal, holy God.

Psalm 78:36-39

36 Nevertheless they did flatter him with their mouth, and they lied unto him with their tongues. 37 For their heart was not right with him, neither were they stedfast in his covenant.

38 But he, being full of compassion, forgave their iniquity, and destroyed them not: yea, many a time turned he his anger away, and did not stir up all his wrath. 39 ***For he remembered that they were but flesh; a wind that passeth away, and cometh not again.***

Psalm 103:13-18

13 Like as a father pitieth his children, so the LORD pitieth them that fear him. 14 For he knoweth our frame; he remembereth that we are dust.

15 As for man, ***his days are as grass: as a flower of the field, so he flourisheth.*** 16 ***For the wind passeth over it, and it is gone; and the place thereof shall know it no more.***

17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; 18 To such as keep his covenant, and to those that remember his commandments to do them.

James 4:13-15

13 Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain:

14 ***Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.***

15 For that ye ought to say, If the Lord will, we shall live, and do this, or that.

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Psalm 90:1-12

- 1 ¶ A Prayer of Moses the man of God. Lord, thou hast been our dwelling place in all generations. 2 Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God. 3 Thou turnest man to destruction; and sayest, Return, ye children of men.
- 4 For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night. 5 Thou carriest them away as with a flood; ***they are as a sleep: in the morning they are like grass which groweth up.*** 6 ***In the morning it flourisheth, and groweth up; in the evening it is cut down, and withereth.***
- 7 ¶ For we are consumed by thine anger, and by thy wrath are we troubled. 8 Thou hast set our iniquities before thee, our secret sins in the light of thy countenance.
- 9 For all our days are passed away in thy wrath: ***we spend our years as a tale that is told.*** 10 The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; ***for it is soon cut off, and we fly away.***
- 11 Who knoweth the power of thine anger? even according to thy fear, so is thy wrath.
- 12 ¶ **So teach us to number our days, that we may apply our hearts unto wisdom.**

1. Our lives are brief. They are compared to:
 - A wind that passes away & doesn't return
 - The seasonal grasses of the field that grow up, the wind blows over them, they die and are gone
 - A vapor that springs up then is gone like morning fog
 - A story that is told
2. God understands our frame and is very merciful to us in His expectations.
3. The combination should teach us how we should live our lives.

God's warnings lead us to consider our daily lives

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- Due to short and fragile lives, we are not to assume about tomorrow (Pro 27:1; Jam 4:13-16).
- Due to the evil of each day, Christ would have us not worry about tomorrow (Matt 6:34).
- Due to our evil hearts, God would have us exhort one another daily, Today (Heb 3:12-13).
- Due to His providence, God would have us acknowledge Him and seek our bread from Him daily (Matthew 6:11).
- Due to daily trials, God strengthened Paul by His Spirit day by day (2 Corinthians 4:16).
- Due to the weakness of the flesh, God calls us to fear Him all the day long (Pro 23:17).
- Due to human variability, God calls us to take up our cross daily to follow Him (Luke 9:23).
- Due to the emotions of the flesh, we are not to be angry past sundown (Ephesians 4:26).
- Due to the rapidity of life, God tells youth to remember Him in their early days (Ecc 12:1).

This daily perspective can greatly help us in our lives

- Procrastination is that sin of slothfulness that justifies putting off duties until later.
 - a) The saying “work expands to fill the time available for its completion” is true. Confine that time to a day.
 - b) If we deal with days instead of weeks, months, or years, we cannot always defer work.
- Depression often results when we consider long periods of time instead of shorter ones.
 - a) If we look to the future in years, then a given goal seems almost impossible to achieve.
 - b) If we look to the past in years, then a given shortcoming seems to show total failure.
 - c) Long lengths of time seem very much out of our control, but we can manage a day.
- Major projects seem quite impossible when they are viewed in total, but not in daily steps.
 - a) “Little” accomplishments on a daily basis will build discipline and get you moving.
 - b) A little daily progress maintained consistently will whip large efforts sporadically.

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- c) Time must be thought a friend, not an enemy. It can make small efforts big victories.
- d) Athletes do not obtain gold medals by crash methods. They train regularly over time.
- e) Students are not educated at once. They study small concepts over many years.

Thoughts to help implement changes:

1. Long term goals must be reduced to daily goals. We can accomplish much day by day.
2. A life built on many days of successful accomplishments will be a very successful life.
3. A life is no more complicated than a series of individual days. Live them one at a time.
4. A consistent daily life of meeting daily goals will result in a life meeting life's goals.

Get the proper perspective:

- Do not worry about last month, last week, next month, or next week. Do what you can and work for today only.
- We should seek to “number” our days – count them one by one and make them count.
- Be like our father Abraham who rose early to start a trying day (Gen 22:3)
- Live each day as if Jesus were coming back today
- To take care of the question “What have I done with my life?” we should say, “What have I done today?”