

Daily Devotion For September 2, 2022

⁶ Do not worry about anything, but in every situation, **by prayer** and petition, **with thanksgiving**, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**. Philippians 4:6-8

When I got back from my vacation, I was excited to get back to MPC for my daily swim class. On the first day of class, I was happy to see Steve Bruemmer the man who was bit by a Great White Shark off of Lover's Point a few months ago.

Each class, myself and three others help Steve out of his wheelchair and get him into the water so that he can strengthen his body. Steve told me that the doctors have told him that he should be able to walk again in 6 months. Although that is an encouragement for Steve, he says that he has to remind himself that he must work at his recovery every day.

Talking to Steve reminded me that God wants us to trust him one day at a time: In the Lord's Prayer, Jesus taught us to pray, "Give us this day our daily bread." Not for next week. Not for next year. Not for next month. Just one day at a time.

Philippians 4:6 and 8 show us that there are four things that we need to do to trust God on a daily basis:

Worry about nothing.
Pray about everything.
Thank God in all things.
Think about the right things.

Thought For Today: Take time today to reflect on Philippians 4:6-8. What are you worried about? Where do your thoughts go most often? In what situation do you need to thank God today? What practical step can you take to think and memorize Scripture so you can recall God's promises?

Today's Prayer Focus: Philippians 4:6 tells us to pray about everything. Nothing is a small detail to God. Pray that God will teach you how to live one day at a time. Deo Volente.