

ONE DAY AT A TIME

By John F. Hall

Andrew Roebert wrote about living one day at a time. These are most of his words: “We live in a world dominated by fear, anxiety, depression and stress and these all relate to the future. Our Lord's advice to us is that we have nothing to do with the future. In Matthew, Chapter 6, Verse 34, are these words: “Therefore do not worry about tomorrow, for



tomorrow will worry about itself. Each day has enough trouble of its own.” I like the lyrics in Jason Mraz's song, “Living in the Moment.” These are some of his lyrics: “If this life is one act, why do we lay all these traps? We put them right in our path when we just want to be free. I will not waste my days making up all kinds of ways to worry about things that will happen to me. So I just let go of what I don't know. And I know I only do this by living in the moment. Living my life easy and breezy with peace in my mind, with peace in my heart, peace in my soul. Wherever

I'm going, I'm already home living in the moment. I'm letting myself off the hook for the things I've done. I let my past go past. And now I'm having more fun. I'm letting go of the thoughts that do not make me strong. And I believe this way can be the same for everyone. I can't walk through life facing backwards. I have tried. I tried more than once just to make sure. And I was denied the future I was searching for. But I spun around and hurt no more by living in the moment...”.

I believe that we are here to help each other get to heaven. One imperfect person helping another imperfect person. In my stories, I try to be a mentor, an encourager, and a learner. It is in helping others that we bring glory to Christ. Louis L'Amour wrote, “Few of us ever live in the present, we are forever anticipating what is to come or remembering what has gone.” The future will happen whether we are alive or not.

Chynna Phillips wrote the lyrics to the song, “Hold On.” She had struggled with drug and alcohol addiction through her high school years. She was in emotional pain from an ex—relationship and painful childhood experiences in therapy. She was anxious and depressed. She said: “Well, AA tells me, just hold on, just one day at a time. It sounds so cliché, but if I can hold on for one more day, then I will be able to get through life if I just take it one day at a time.”

These are some of Chynna Phillips' lyrics: “I know there's pain. Why do you lock yourself up in these chains? No one can change your life except for you. Don't ever let anyone step all over you. Just open your heart and your mind. Is it really fair to feel this way inside. Some day somebody's gonna make you want to turn around and say goodbye. Until then, baby, are you going to let 'em hold you down and make you cry? Don't you know? Don't you know, things can change, things'll go your way. If you hold on for one more day, can you hold on for one more day? Things'll go your way, hold on for one more day. You could sustain, hm, or are you comfortable with the pain? You've got no one to blame for your unhappiness. You got yourself into your own mess. Lettin' your

worries pass you by, baby, don't you think it's worth your time to change your mind?.. Can't you change it this time, make up your mind. Hold on, hold on, baby, hold on...”.

Chynna Phillips is one year younger than my son, John Andrew. Her parents are Michelle Phillips and John Phillips. In 1965, the year that my wife, Paula and I were married, Michele and John Phillips wrote the song, “California Dreamin.” Michele is from California. John was a struggling songwriter and musician living in New York City, and was newly married to Michele. She was homesick for the warm weather of Southern California. She enjoyed visiting churches and they visited Saint Patrick's Cathedral. John Phillips wrote the lyric: “Stopped into a church, I passed along the way. Well, I got down on my knees and I pretend to pray.” He hated the lyric because he had some unpleasant memories of being sent to a Catholic military school when he was seven years old. He left the lyric in the song. I think, for eternity sake, he should have changed the lyric “I pretend to pray,” to “I began to pray.” One cannot pretend to love Christ. In the middle of that song is flute music. My wife, Paula played the flute when she was in the Trigg County High School band. We kept that flute. Some day I will have the flute overhauled.

Chynna Phillips struggled with drugs and alcohol until her early 30s. That is when she submitted her life to Christ. In an interview she said: “The Bible says that whoever believes that Jesus is Christ has been born of God. Live in that. Stand in that. Breathe in that. We are worshiping an invisible God and that's not an easy thing to do. I think that it could be easy as our breath if we just try not to complicate it too much. Just tell Jesus that you love Him.”

I might be affected by a mild kind of seasonal blues when all the leaves on the trees are brown, there is no green wheat, and the winter's skies are all gray. I was a teenager growing up in Miami, Florida. I-miss the warm weather, but not some of the people and the problems found in that subtropical city. I love the serenity and the freshness of spring in Kentucky. I feel that I'm most productive when I can sit on my front porch swing, and listen to the sounds of nature. I am so blessed to have family, extended family, church family, fraternity brothers, and friends that help make my life worth living.

Living one day at a time involves love of those around us. Larry Guichard wrote a short piece called, “Love Never Fails.” These are his words: “To love and be loved is a sacred trust in a pure heart that lives without lust. Love is not just for a little while; it lives within hearts that are without guile. Love reaches out to those who are in need; it helps us to withstand temptations and greed. Love is not confined to the family alone; it reaches out far beyond our home. Fear not that our love will be rejected; even in animals, it is truly expected. Love is in the lyrics of an inspiring song, that touches heart and soul all day long. Without love we could face an evil fate; with love we overcome both sin and hate. Although love's origins remain a mystery, it continues to guide and shape our history. Even when death is near to our door, love will blossom and endure evermore. Fear is useless, taught Jesus Christ our Lord. Living in His love, we are of one accord.”

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