Do Not Fear the Day

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Monday, 08 October 2018 13:01

An organization, Study Finds, released a report indicating that when we fear the day in front of us; our day becomes more stressful, reduces our focus, impacts our memory and decreases our productivity. The full article is here: https://bit.ly/2LBkijS

The Lord spoke to Joshua and said, "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." (Joshua 1:9, NIV)

When I start my day I review my schedule and include key items during my prayer time. When I know I have a stressful or difficult item coming up, which may be contentious or very negative; I ask the Lord to remove the tension from me. I'm still human and I still struggle at times. I admit that sometimes I look ahead with stress or fear. However, the Lord is faithful, and He continues to work in my life reducing my fear on a regular basis.

I've developed a habit that when I wake up, before I put my feet on the floor, I speak to the Lord. I communicate several things. I ask the Lord to give me the spirit of holiness. I want to be sold out to His calendar for the day. If I awake with a disturbing thought about the day before me, I take the concern to Jesus before I even get up.

I already knew how fearing the future was not positive and would negatively impact my day. Now I'm able to see an actual study that verifies my thinking.

Review your calendar every day. Identify likely stress points. Then, leave those items with the Lord. Your time will become more productive and less stressful.

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