

## **DID YOU KNOW THAT ALL YOU NEED IS TEN SECONDS TO A BETTER DAY**

The importance of spending some extended time with the Lord each day as a part of our abiding with Christ cannot be overestimated. According to God's word, that time is a key to wisdom, discernment, and joy. What if there were ten seconds that determined the direction of your day? While it is little known, it is impossible to refute that one's attitude and focus is determined by one's decisions. If a person makes a decision to be miserable, depressed, and angry then he will find no obstacle preventing that outcome. But if a person makes a decision to focus on the joy of the Lord, and the forgiveness of Jesus, and the peace of God, he will see and experience everything through very different lenses (Philippians 4:4, 8; 1 Thessalonians 5:16-18).

I'm not suggesting that every concern in life can simply be whisked away with a little "positive thinking." In fact, I'm suggesting something more than that. With a little "godly thinking" you and I can engage with the King of Kings and the Lord of Lords to begin to tackle the struggles and opportunities of each day. What is the first thing I am going to allow to fill my mind today? How am I going to begin this new day? The answer (usually) is Psalm 118:24. I slowly and deliberately say these words in my mind: **THIS IS THE DAY THAT THE LORD HAS MADE; LET US REJOICE AND BE GLAD IN IT!**

What a beautiful expression of praise to the Lord. Here is what I think about as I recite this verse:

"This is the day that the Lord has made." The Lord has given me another day. I don't deserve it. It is a gift from the Father. Like with every gift, how I use this gift will say something about how I value the gift giver. I want to honor the Lord with this gift today.

"Let us rejoice and be glad in it." I can choose to focus on and rejoice in the Lord today, or I can choose to be distracted by the mad world around me. Today, I choose the Lord. Today, I will choose to rejoice. There it is, as simple as that! Try this for a week or two, Let the Lord be the focus of your first thoughts.

--[www.abidewithHim.com](http://www.abidewithHim.com)