

## **One Day At A Time – Range Niau Jan.3.2021**

Psalm 90:12 NIV Teach us to number our days, that we may gain a heart of wisdom.

### **1. Upon Awakening**

#### **A. Praise and Pray**

Psalm 96:1-3 NIV <sup>1</sup>Sing to the Lord a new song; sing to the Lord, all the earth. <sup>2</sup>Sing to the Lord, praise his name; proclaim his salvation day after day. <sup>3</sup>Declare his glory among the nations, his marvelous deeds among all peoples.

#### **B. Seek and Eat**

Matthew 6:33-34 NIV <sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup>Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:11 NIV Give us today our daily bread.

Deuteronomy 8:3 NIV He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

John 6:35 NIV Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Psalm 119:105 NIV Your word is a lamp for my feet, a light on my path.

### **2. During The Day**

#### **A. Push The Wagon**

Philippians 2:3-4 NIV <sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not looking to your own interests but each of you to the interests of the others.

Luke 9:23 NIV Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."

Colossians 3:23-24 NIV

<sup>23</sup>Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, <sup>24</sup>since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

### **3. At The End Of The Day – Thanksgiving, Reflection and Praise**

#### **A. Thanksgiving**

Psalm 107:1 NIV Give thanks to the Lord, for he is good; his love endures forever.

#### **B. Reflection**

Lamentations 3:40 NIV Let us examine our ways and test them, and let us return to the Lord.

Lamentations 3:21-23 NIV <sup>21</sup>Yet this I call to mind and therefore I have hope: <sup>22</sup>Because of the Lord's great love we are not consumed, for his compassions never fail. <sup>23</sup>They are new every morning; great is your faithfulness.

#### **C. Praise**

Psalm 92:1-2 NIV <sup>1</sup>It is good to praise the Lord and make music to your name, O Most High, <sup>2</sup>proclaiming your love in the morning and your faithfulness at night,

Psalm 90:12 NIV Teach us to number our days, that we may gain a heart of wisdom.