

Have a GREAT DAY!

~ Living Life in the Present Tense ~

Welcome to
Mission Creek
ALLIANCE CHURCH



Jan Heppner

Retired Community Care Pastor



2091 Springfield Road, Kelowna
www.mcachurch.ca

How often have you had someone say to you, “have a GREAT DAY!” And your response is probably something like, “You too!” It is usually spoken without a lot of thought and received as casually as it is given.

But WAIT! LISTEN! What did you just hear.....or say? You have just received or given someone a BLESSING!

Have you ever thought about what actually can make a day GREAT?

- Good news can make a day great.
- Hearing from or being with people dear to us, refreshes us.
- Laughter lifts our spirits.
- Being with children and seeing the world through their eyes gives us an appreciation of life’s simple things.
- Reaching out to someone in need instills value.
- Enjoying a beautifully prepared and presented meal satisfies both body and soul.
- Having a deep desire fulfilled deepens our appreciation for the seemingly unattainable.
- Experiencing one of our “bucket list” aspirations brings a sense of completion.
- Sitting in silence, enjoying the beauty of nature, absorbing the vastness of Creation feeds our soul.

Does a GREAT DAY just happen, or do we actually have some control as to how good this day is going to be? How do we contribute to having our own GREAT DAY?

It has much to do with our CHOICES.

CHOOSE to LIVE LIFE in the PRESENT TENSE

Living in the moment has the power to provide us with fresh perspective, free from the ‘muddying’ worries and concerns of tomorrow. It gives us new eyes to appreciate people and the world around us. It can refocus us to look outwardly

rather than dwell on our trying circumstances, encouraging us to reach out to others and help those in need. It helps us enjoy laughter and not take ourselves so seriously.

But what can we do when our days simply are not so great and, in fact, are almost unlivable?

Pain is excruciating. Grief and loss are overwhelming. Hurtful words have decimated us. Broken relationships have shattered our hopes and dreams.....what then?

Is it still possible to have

a great.....or perhaps a slightly good day?

Yes, it is possible, but it will take courage and focus to regain perspective.

CHOOSE to LIVE THANKFULLY

Living with a grateful attitude has the power to change everything.....our outlook and our responses. It is a major KEY to turning a miserable, unhappy day and life into one with purpose and a measure of greatness! Medical research confirms that living thankfully has the power to influence our health!

CHOOSE to TRUST a LOVING GOD

Sometimes we find ourselves blaming God for a bad situation, or thinking He is punishing us for our actions. Nothing could be further from the Truth.

A deep truth runs through the words of the old song “Back of the clouds the sun is always shining”. Our Eternal, unchangeable, loving God is always close, waiting for us to trust Him with our lives and circumstances. Jesus says in the Scriptures “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”; “I have come that they may have and enjoy life and have it in abundance.”.....and, He meant what He said!

Today may be not what we would have chosen or remotely wanted, but choosing to live in the present tense, being thankful, and acknowledging God’s care for us, does make it possible to have a GREAT DAY!