

## Tuesday, April 23, 2024

In order for the drunkard to leaving his drinking lifestyle, he needs to stay sober one day at a time. A person who struggles with their weight doesn't focus on losing 50 pounds, but by losing one pound at a time. Likewise, a runner who wants to run a marathon, trains by running a little further every week.

I'm sure you've heard the old adage, "*How do you eat an elephant? One bite at a time*" Well, another slogan that brings a bit more conviction is the question, "*How do you waste a life? One second at a time.*" You see, most of us don't waste our lives by throwing away our months or years, but by squandering our seconds and hours. Before you know it, the days and years of our lives lay in waste behind us. We don't mean to toss them on the trash-heap, but that's where they end up just the same.

Proverbs tells us in two different places, ***Prov 6:10 "A little sleep, a little slumber, A little folding of the hands to rest"-- 11 Your poverty will come in like a vagabond And your need like an armed man."*** (You can also see this thought in Prov. 24:33)

I've heard so many couples talk about the evaporation of their marriages because of the way time and opportunities were squandered. How many Dads and Moms bemoan the chances they had to deepen the relationships with their children because of the misuse of their time. Harry Chapin even wrote his powerful song *Cats in the Cradle* addressing this very sorrow.

So, Saints, don't sleep or slumber through your opportunities. Make each month and year count by paying attention to the seconds and minutes that are available to each of us. By doing so, you'll do as the Psalmist challenges in Ps. 90, "Teach me to number my days...that I might present to you a heart of wisdom."