God Family Country

GUIDED BIBLE STUDY

The Gift of Today

Speaker: Rob Riedel

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Highlighted Scripture

- **Psalm 118:24 (NKJV)**

  "This is the day the LORD has made; We will rejoice and be glad in it."

  Psalm 118 celebrates God's faithful love and saving help. Its call to rejoice grows out of what the Lord has done. Rob applies that gratitude to an uncertain season: a meaningful chapter can end, and we can still thank God for the people and opportunities it held. Receiving today with gratitude does not require denying disappointment.

- **Matthew 6:34 (NIV)**

  "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

  In the Sermon on the Mount, Jesus calls His followers to trust their heavenly Father's care and seek His kingdom. He acknowledges that each day brings trouble. His words invite us to release anxious preoccupation with tomorrow while faithfully attending to today's responsibilities. Wise planning and honest grief can coexist with trust in God.

Discussion Questions

- Rob describes losing a radio role he enjoyed while remaining thankful for the years it gave him. When a meaningful season ends, what helps you acknowledge the loss and remember its gifts?
- Which most often pulls you away from today: regret, worry, or even excitement about what comes next? How does that affect the people around you?
- What is the difference between preparing wisely for tomorrow and carrying tomorrow's burdens today? Where do you need to recognize that difference?
- How does remembering God's faithful care change the way you approach an ordinary task or a difficult conversation today?
- Rob asks, 'Lord, what do you want me to do with this day?' What might a faithful response look like in a relationship, a responsibility, or a needed moment of rest?

Reflection Challenge

For the next 24 hours, practice receiving this day from God. When your thoughts rush backward or forward, pause, name what is occupying you, and return to one faithful action you can take now.

Ask yourself:

- What disappointment or uncertainty do I need to bring honestly to God?
- Who or what is in front of me that I have been overlooking?
- What can I responsibly do today, and what must I entrust to God?

Try this:

- Write down three gifts from today, including one you might normally take for granted.
- Give someone ten minutes of undistracted attention, or send one specific word of encouragement.
- Choose one practical step toward a real responsibility. Then set aside the outcomes you cannot control and pray about them.
- Before bed, thank God for one moment of joy and tell Him honestly about one difficult moment. Ask for help to walk with Him tomorrow.

Remember

- Gratitude can share the same day with disappointment.
- God's faithful care gives us reason to trust Him amid uncertainty.
- Being present includes doing today's responsibilities with love.
- Wise planning does not require rehearsing every possible trouble.
- Today's opportunities to pray, encourage, forgive, notice beauty, or rest deserve our attention.

Prayer

Heavenly Father,

Thank You for this day and for the people You have placed in my life. You know the losses I am grieving and the uncertainties I cannot resolve. Help me remember Your goodness without pretending that everything is easy. Free my attention from replaying yesterday and rehearsing tomorrow. Give me wisdom for the responsibilities that are mine today and trust for what I cannot control. Teach me to listen, encourage, forgive, and rest in ways that honor You. Let me walk with You in this ordinary, precious day.

In Jesus' name, Amen.