

THIS IS THE DAY

In the entire history of the universe, let alone in your own history, there has never been another just like it and there will never be another just like it again. It is the point to which all your yesterdays have been leading since the hour of your birth. It is the point from which all of your tomorrows will proceed until the hour of your death. If you were aware of how precious it is, you could hardly live through it. Unless you are aware of how precious it is, you can hardly be said to be living at all. "This is the day which the Lord has made," says the 118th Psalm. "Let us rejoice and be glad in it." Or weep and be sad in it for that matter. The point is to see it for what it is because it will be gone before you know it. If you waste it, it is your life that you're wasting. If you look the other way, it may be the moment you've been waiting for always that you are missing. All other days have either disappeared into darkness and oblivion or not yet emerged from them. Today is the only day there is.

Frederick Buechner
Whistling in the Dark (1988), p. 105-6

Read [read passage twice]

Silence 3-5 minutes* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

Respond [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

Rest [read once]

Rest in God's grace, in silence 2-3 minutes

*The time allotted for each period of silence can vary.