

This is the Day

This is the day the Lord has made; let us rejoice and be glad in it.

Psalm 118:24 (HSCB)

Do you usually get out of bed with a positive attitude, or do you gloomily think the day will be another one filled with problems? Did you know it's possible to improve your outlook in less than one minute? Plenty of secular books recommend thinking positive thoughts to improve one's attitude. This idea is in line with Scripture, where the psalmist declares, "I will not set anything worthless before my eyes," and "Turn my eyes from looking at what is worthless" (*Psalms 101:3a, 119:37*). God goes further and directs us to something far more powerful than just positive thinking. God tells us to think about Him and his promises, "I will meditate on Your precepts and think about Your ways. I will delight in Your statutes; I will not forget Your word" (*Psalm 119:15-16*).

How about starting each day by reciting out loud a positive passage from Scripture? A great choice would be, "This is the day the LORD has made; let us rejoice and be glad in it." These words are packed with so much meaning. The Psalmist starts by declaring God to be our creator. God created everything, including time itself. God made today!

God's special covenant name the "LORD" refers to the eternal "I Am" God, and how he faithfully carries out his loving promises to us. What could be better than knowing our creator God loves us and keeps his many promises to be with us and bless us?

Rejoice in God's creation. Look at the birds, the insects, the trees, and the flowers. Isn't the work of God's hand amazing? Look at the stars at night and imagine the vastness of the universe. The stars truly are uncountable. The estimated number of stars in the visible universe increases constantly. Some now estimate the number of stars at 1 followed by 29 zeros. The vastness of the universe reflects the vastness of God. Even in this sin-darkened and cursed world, God's great power and wisdom shine brightly.

Dear Lord, forgive my gloomy thoughts, my fears, and my lack of trust in you. I want to rejoice and be glad every day, even in days of hardship and trouble. Grant me such faith in you and in your promises. Remind me of your power and glory as I look at the world you created. Turn my eyes from looking at what is worthless. Lead me to meditate on your precepts and think about your ways. May I forever delight in your word and in your sacraments, where you reveal your everlasting love for me.

-MSB