



## JUST FOR TODAY

These sayings are from Al-Anon Family Groups and are used as a tool to achieve emotional sanity and emotional sobriety. I have added corresponding scriptures and questions that are designed to be used as a personal inventory.

1. ***“Just for today*** I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.”

Matthew 6:34 “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Philippians 4:13 “I can do everything through him who gives me strength.”

Do I try to do too much in one day?

Do I worry about not being able to make it through tomorrow rather than focusing on making it through today?

2. ***“Just for today*** I will be happy. This assumes to be true what Abraham Lincoln said, that ‘Most folks are as happy as they make up their minds to be.’”

Philippians 4:4 “Rejoice in the Lord always. I will say it again: Rejoice!”

Proverbs 15:13 “A happy heart makes the face cheerful.”

Do I try to be happy or do I find myself stuck in self-pity and acting like a martyr?

Do I usually look on the positive or negative side of things?

3. ***“Just for today*** I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes, and fit myself to it.”

Philippians 4:11 “I have learned to be content whatever the circumstances.”

Do I try to control everything and everyone around me and make them do what I want them to do?

Am I flexible or rigid?

Can I accept life on life’s terms?

4. ***“Just for today*** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.”

2 Timothy 2:15 “Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.”

Do I apply myself and use the abilities God has given me?

Do I value learning and growing?

5. ***“Just for today*** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don’t want to do—just for exercise, I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.”

Matthew 6: 1 “Be careful not to do your righteous acts before men, to be seen by them. If you do, you will have no reward from your father in heaven.”

Do I need recognition for everything I do?

Am I self-disciplined or lazy?

Can I let things go or am I sensitive and easily hurt?

6. ***Just for today*** I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.”

Matthew 7:1-5 “Do not judge, or you too will be judged....Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?...First take the plank out of your own eye.”

Do I take care of myself emotionally, physically, spiritually, and mentally?

Do I focus on changing others or myself?

Am I agreeable?

Am I courteous?

Am I critical?

7. ***“Just for today*** I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.”

James 1:22-24 “Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.”

Matthew 5:37 “Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’.”

What part does indecision play in my life?

Can I slow down enough to enjoy the moment or am I usually in a hurry?

8. ***“Just for today*** I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.”

Proverbs 14:15 “A prudent man gives thought to his ways.”

Do I take time to pray, meditate, and reflect on my life?

Do I relax enough?

9. ***“Just for today*** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.”

1 Chronicles 22:13 “Do not be afraid or discouraged.”

Galatians 6:7 “A man reaps what he sows.”

Do you approach life from a standpoint of trust or fear?

“Just for Today” pamphlet from Al-Anon Family Groups