MENTORING OTHERS

4-Take One Day at a Time

(This is a mentoring article)

Want to live in the peace and rest that the Kingdom has to offer you?

The easiest way to start on your journey into that place is to recognise that life has dominated you all your years on Earth. From there you can take steps to extricate yourself from some of the non-essentials or stressful areas of your life.

One of the biggest hindrances which destroys your peace and rest is the frenetic pace of modern life. To counteract this, you can take steps to slow down by taking one day at a time, and determine not to waste time worrying about the future.[1]

About this step, Father says:

> *"Refuse to worry about the future; you have enough to concern yourself with right here and right now. Take one day at a time and do the best you can with what you have been given to do today."*[2]

Laurence
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(www.CanberraForerunners.org)

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – "Refuse To Waste Time Worrying About Your Future" (15-3-2024)
canberraforerunners.org/wp-content/uploads/Refuse-To-Waste-Time-Worrying-About-Your-Future.pdf
2 – Marsha Burns "Small Straws in the Soft Wind" (Feb. 10, 2025) www.ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2025.htm]