

Seize the day - carpe diem PSALMS 118: 24

Read

Psalm 118:24 English Standard Version ²⁴ This is the day that the Lord has made;
let us rejoice and be glad in it.

What does the Latin word carpe diem mean? That means seize the day. How can you seize the day? Give our very best every day and take full advantage of every day.

By nature, we try to live each day to the fullest. Every day we live is a gift from God. Every day is a day made by the Lord. Every day has opportunities and challenges. Every day there are choices to make.

3 Steps to seize the day

STEP 1

Set yourself a goal. A goal is something you want to achieve or something you want to do with your life. It can be a short-term goal, like succeeding at the end of the year with five distinctions. It can be a goal to pass matric with university exemption. We must keep in mind that we must include the Lord in the choice of our goal. We must ask the Lord what he expects of us. If we dedicate the goal to the Lord, our plans will succeed.

Proverbs 16:3. NLT. Commit your actions to the Lord, and your plans will succeed.

STEP 2

Every day is a new day. The things you did wrong yesterday should not hold you back from making today the best day of your life. You must remember that if you asked forgiveness for your sin, Jesus would have taken away your sins. Start anew every day without the baggage of yesterday. The good things of the past should not hold us back either, and we should not just think back all the time about our achievements. Good or bad of the past belong in the past. Every day is a new day and must be fully utilized.

STEP 3

Live fully

PROVERBS 4: 23-27

²³ More than anything you guard, protect your mind, for life flows from it.

²⁴ Have nothing to do with a corrupt mouth;
keep devious lips far from you.

²⁵ Focus your eyes straight ahead;
keep your gaze on what is in front of you.

²⁶ Watch your feet on the way,
and all your paths will be secure.

²⁷ Don't deviate a bit to the right or the left;
turn your feet away from evil.

Ecclesiastes 11:9 New International Version

⁹You who are young, be happy while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you into judgment.

What should we do?

- Fill your mind with positive things that carry away Jesus' approval. See the beautiful things around you. The Lord speaks to us through the beautiful, splendour of His creation. Look at a flower. Smell a flower. Appreciate a flower or any of God's creations.
- Stay focused on your goal. If your goal is to get distinctions, you must study hard for tests and exams. If your goal is to become a sports star, you need to train hard every day.
- Stay away from what is wrong. You are going to have choices and temptations every day. Make sure you choose correctly. How do you know if you made the right choice? Ask yourself if Jesus would be happy with your choice.
- Enjoy your life. You must have fun. Smile. Do nice things, but remember: God will hold you accountable.

Gryp die dag carpe diem PSALMS 118:24 NLV

PSALMS 118:24 NLV

Dit is die dag wat die Here gemaak het. Laat ons daarvoor juig en bly wees.

Wat beteken die Latynse woorde carpe diem? Dit beteken gryp die dag. Om elke dag ons heel beste te gee en elke dag ten volle te benut.

Uit nature probeer ons om elke dag ten volle te leef. Elke dag wat ons leef is 'n gawe van God. Elke dag is 'n dag wat die Here gemaak het. Elke dag het geleenthede en uitdagings. Elke dag is daar keuses om te maak.

3 Stappe

STAP 1

Stel vir jouself 'n doelwit. 'n Doelwit is iets wat jy graag wil bereik of iets wat jy wil doen met jou lewe. Dit kan 'n korttermyn doelwit wees soos om aan die einde van die jaar te slaag met 5 onderskeidings. Dit kan 'n doelwit wees om matriek te slaag met universiteits vrystelling. Ons moet in gedagte hou dat ons die Here moet insluit by die keuse van ons doelwit. Ons moet die Here vra wat hy van ons verwag. As ons die doelwit aan die Here opdra sal ons planne slaag.

Lees: SPREUKE 16:3 NLV

Alles wat jy doen, moet jy opdra aan die Here, dan sal jou planne slaag.

STAP 2

Elke dag is 'n nuwe dag. Die dinge wat jy gister verkeerd gedoen het moet jou nie terug hou om vandag die beste dag van jou lewe te maak nie. Jy moet onthou dat as jy vergifnis vir jou sonde gevra het, Jesus jou sondes weg was. Begin dus elke dag nuut sonder die bagasie van gister. Die goeie dinge van die verlede moet ons ook nie terughou nie ons moenie net heeltyd terug dink aan ons prestasies wat is bereik het nie. Goeie of slegte van die verlede behoort in die verlede. Elke dag is 'n nuwe dag en moet ten volle benut word.

STAP 3

Leef ten volle

SPREUKE 4:23-27 NLV²

Bo alles, wees versigtig met wat in jou hart aangaan. Wat jy dink, bepaal alles wat jy doen. Moenie lelike dinge sê nie. Bly ver weg van lawwe praatjies. Kyk reguit vorentoe; bly gefokus op wat voor jou is. Merk jou pad vir jou duidelik af, dan sal jy seker wees waarheen jy gaan. Moenie links of regs van jou koers afwyk nie. Bly weg van wat verkeerd is.

PREDIKER 11:9 NLV

Jong man, geniet jou lewe terwyl jy jonk is, vind vreugde in jou jeug en wat jy ook al sien. Doen wat jy graag wil doen, maar onthou net: God sal van jou rekenskap eis.

Wat moet ons doen?

- Vul jou gedagtes met positiewe dinge wat Jesus se goedkeuring wegdra. Sien die mooi dinge om jou raak. Die Here praat met ons deur die wonderlike prag van Sy skepping. Kyk na 'n blom. Ruik aan 'n blom.
- Bly gefokus op jou doelwit. Indien jou doelwit was om onderskeidings te kry moet jy hard leer vir toetse en eksamens. As jou doelwit was om 'n sportster te word moet jy elke dag hard oefen.
- Bly weg van dit wat verkeerd is. Jy gaan elke dag keuses en versoeking hê. Maak seker jy kies reg. Hoe weet jy as jy reg gekies het? Vra jouself af of Jesus tevrede sou wees met jou keuse.
- Geniet jou lewe. Jy moet pret hê. Lag en glimlag. Doen lekker dinge, maar onthou net: God sal van jou rekenskap eis.

