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“FOUR REMOTES AND A BREATH OF AIR”

James 4: 13-17

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Televisions and other great electronic sources of entertainment are a marvel to behold. I remember switching to satellite TV and that put me over the edge emotionally. The money was not the issue. When the system was finally set up, I looked down on the table. I now had to master four remote controls to watch one TV. I felt like I had some control with one or two remotes; four feels more like the TV has control. I got to thinking about control. I came to the conclusion I have very little. No matter how many Day Planners or electronic calendars, the only predictable part of the day is that which is unpredictable. The Bible says it will be this way, and that may not be so bad. Proverbs 27:1 says, ***“Do not boast about tomorrow, for you do not know what a day will bring forth.”*** I can attest to that.

I partially enjoy swimming. I would fully enjoy it if I had learned to breathe and swim at the same time. I find it very tiring to hold my breath so much. I mention this because most experts on stress management try to get us to breathe more fully and pay more attention to our breathing during the day. When I do pay attention, I find that the more control I try and put in the day, the less I breathe. The more rushed and frustrated I get, the more I hold my breath. That may be why I get as tired working as I do swimming. Jesus is quoted in Matthew 6:14 as saying, ***“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”*** I paraphrase this as *you can relax and breathe more during the day because God is just as much in control of today as He is tomorrow.*

The Apostle James says, ***“How do you know what is going to happen tomorrow? For the length of your lives is as uncertain as the morning fog - now you see it; soon it is gone. What you ought to say is, ‘If the Lord wants us to, we shall do this or that.’”*** I don’t need four remotes to get the picture here. James isn’t trying to scare us that we are going to die soon; nor is he saying to live as if there is no tomorrow. What he is saying is that God is in control of yesterday, today, tomorrow, next week, and next year. Our job is to remember this so that we can breathe easier, get less tired living, and have the energy to do what God puts before us each day that we don’t count on. Maybe that’s why prayer, some quiet time, and praising God helps us breathe better. It may even help us live longer. I hope we can breathe a little easier this week. We are not in control. God is.