On This Day ...

This day is a gift from God. It has 60 seconds in each minute, 60 minutes in each hour, 24 hours in the full day. How will I spend what God has invested in me? Perhaps I could ...

Mend a quarrel. Search out a forgotten friend. Dismiss suspicion and replace it with trust. Write a note of appreciation. Share some treasure. Give a soft answer. Encourage youth. Manifest loyalty in word or deed.

Keep a promise. Find the time. Forego a grudge. Forgive an enemy. Listen. Apologize when wrong. Try to understand. Flout envy. Examine the demands on others. Think first of someone else. Appreciate, be kind, be gentle. Laugh a little more.

Deserve confidence. Take up arms against malice. Decry complacency. Express gratitude. Worship God. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak love. Speak it again. Hug a resident. Bring a smile to a family member. Thank a volunteer.

If I can accomplish any one of these on this day, it is not wasted.

--Beecher Hunter