

## ***The Two Hardest Days***

*There are two days in every week about which we should not worry, two days which should be kept from fear and apprehension.*

*One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches, and pains. We cannot undo a single act we performed nor erase a single word we said. Yesterday has passed and is forever beyond our control.*

### ***Do I worry too much about yesterday?***

*The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise, and perhaps its poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.*

### ***Do I worry too much about tomorrow?***

*To this leaves only one day – today.*

*Anyone can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities, yesterday and tomorrow, that we break down. The experience of today becomes overwhelming with our remorse for something which occurred yesterday, and the dread of what tomorrow may bring.*

***Let us therefore do our best to live but one day at a time.  
Today is our day.***