



LOOKING AT LIFE

Help!

I Can't Face
Tomorrow



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When Tomorrow Comes

ARE YOU WORRIED ABOUT what tomorrow will bring? Perhaps you are anticipating a critical exam that you've not quite prepared for, a major surgery that comes with many risks, or an important meeting with the boss that could decide the future of your career. Perhaps you're struggling with an illness, and the next day promises more pain. Or you've just ended a relationship or lost a loved one, and you can't bear to face another day of loneliness or grief.

Or maybe you're worried about what *might* happen tomorrow, and the many tomorrows that follow. Maybe you're wondering whether you have enough money to feed your family or pay for your child's education, or whether you have enough for retirement. Or you're afraid that the uncertain economic climate may result in you losing your job, or in your investments crashing.

Or, perhaps you dread tomorrow simply because you have nothing to look forward to except more of the same, mundane grind—wake up at dawn, prepare breakfast, send the kids to school, go off to work, come home, watch TV, repeat. Just like today, and yesterday, and the day before that.

You're not alone. Many of us fear facing tomorrow, for what it may or will bring. Our days are often filled with pain and anxiety. We live with frustration, disappointment, and bitterness. Don't you sometimes wish that you could get away from it all, and not have to face tomorrow?

Dealing with Tomorrow

WE DEAL WITH OUR FEAR OF TOMORROW in different ways. Some of us try to keep busy, in an effort to distract ourselves from the inevitability of what will happen the next day. Others do everything they can to prepare for uncertainty: they buy as many insurance policies as possible, clock in long hours at work to earn more and save money, or study through the night for the coming exams.

Some of us might also take the approach of “Eat, drink, and be merry,

for tomorrow we die”. We enjoy life to the fullest, spend all we have, and stop thinking about the future. After all, why worry when we’re all going to die anyway? Might as well do whatever we want and enjoy all we can today.

But we know that all these approaches do not really work. Even if they appear to in the short term, they certainly will not work forever.

Whether we like it or not, tomorrow will come.

Whether we like it or not, tomorrow will come. We may ignore our problems or pretend they don’t exist, but when the sun rises the next day, we will still have to face them. And for some problems, no matter what we do to prepare for the worst, it’s never enough.

So how do we face up to tomorrow? How do we navigate its uncertainties and deal with its inevitability?

We can seek help and assurance from the one in charge of tomorrow: God the Creator.

God Knows Our Fears

WHO IS THIS GOD? He is the one who created the universe and everything in it—the earth, night and day, and the human race. He is all-seeing and all-powerful. He knows what will happen tomorrow and what will happen the day after. He is in full control of our past, present, and future. Jeremiah, a prophet who lived many thousands of years ago, wrote: “God made the earth by his power; he founded the world by his wisdom and stretched out the heavens by his understanding” (Jeremiah 10:12, NIV).

Because God created each one of us, He also understands how we think, and He knows when we feel afraid or anxious.

What’s more, this Creator loves us and wants to help us. God knows we need comfort, assurance, and strength to face the next day—which is exactly what He promises to give us if we believe and trust in Him. Like a loving parent or a close friend, He is waiting to welcome and comfort us with open arms.

You might ask, however: How is this God able to help us? How would the Creator of the universe understand what humans feel?

Well, God knows exactly how we feel about tomorrow because He has gone through the same experience himself. He came down to earth, became a man, and experienced life as a human; His name was Jesus.

When He was on earth, Jesus had one very big tomorrow to face: He knew He was going to be sentenced to death and humiliated by His enemies. Hours before He was going to be handed over to His foes, He was so troubled that He asked His followers to keep Him company. “My soul is crushed with grief to the point of death,” He told them. “Stay here and keep watch with me” (Matthew 26:37–38).

When God came down to earth and shared our experiences, He showed that He loves us and wants to reach out to us. He understands how we feel about tomorrow, and how much we need faithful friends in times of trouble. Now He offers to be that constant companion for all of us. He invites us to turn to Him for help and comfort. That’s why Jesus could give His followers this assurance: “Don’t let your hearts be troubled. Trust in God, and trust also in me” (John 14:1).

God Promises to Be With Us

WHEN THE SUN RISES TOMORROW, we will still have to face all our problems and the uncertainties. So how will believing and trusting in Jesus make a difference?

It will not make much of a difference if the person we believe and trust in is a human being like us. But Jesus is much more than that: He is our Creator, all-knowing and all-powerful, full of wisdom, understanding, and strength. Moreover, when He was on earth,

**[Jesus said],
“Anyone who
believes in me
will live, even
after dying.”**

John 11:25

Jesus faced and overcame His own big tomorrow. He was handed over to His enemies, mocked and abused, put to death and buried, but three days

later He rose from the dead, proving that nothing can defeat Him, not even death. Therefore, He is more than capable of dealing with our problems, and will definitely make a difference. What's more, He has promised that those who trust in Him will ultimately overcome death (John 11:25).

Such an assurance can give us the courage to face the next day, whatever it

holds—suffering, worries, or boredom—because we know that God is with us. Like a friend, He has promised to walk alongside us, comforting us and encouraging us throughout the long, difficult journey. And He will never abandon us.

This promise kept Carol, a young teacher, going when she faced a difficult tomorrow. A medical test had uncovered a malignant growth in her chest, and she had to undergo surgery to have it removed. Her worst fears came true when doctors diagnosed it as lymphoma. She was prescribed chemotherapy, but she developed such an averse reaction to the drugs that she wanted to stop the treatment. Doctors, however, insisted that she continue.

It was a terrible prospect. Apart from causing nausea, pain, loss of appetite and sleep, the chemotherapy also caused her to go into depression. The pain was so bad that she even considered suicide just to end the suffering, but she had a husband and two young sons aged nine and three whom she could not bear to leave. She just didn't know how to face tomorrow—a tomorrow that promised only more agony, more pain, and more suffering.

At that lowest point in her life, the only thing Carol had that gave her hope was her faith in God. His reassuring comfort and presence gave her the determination to face her situation. In trusting in God, she found the mental and physical strength not to give up on her battle with cancer, despite the prospect of more pain and more suffering. Being able to place her hope in Jesus gave her the resilience to carry on, knowing that God would never abandon her or her family. Whatever happened next, Carol could trust that God held them in His hands.

Indeed, Jesus not only holds our days in His hands, but also holds us close to His heart. If you turn to Jesus, you can experience His peace, His presence, and His power. You don't have to face tomorrow on your own.

If you are going through troubles today, why not turn to this all-powerful, compassionate God who can help you face tomorrow?

Will you turn to Jesus?

IF YOU WANT TO FIND OUT MORE about how to know Jesus, one way is to make contact with a local church, where someone can help you address any questions you might have. Another way is to get hold of a Bible, which will tell you about God and how He will give you the comfort and peace you need.

We at Our Daily Bread Ministries would also like to help. We would like to walk along with you as you seek Jesus and find the strength to face tomorrow. Simply use the attached form to request for related biblical materials.

You can also check us out online at **www.odb.org** to see the many other printed and digital resources available.

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I would like to receive additional reading materials.

Please send me related Christian materials for further reading.

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Full Name: _____ Gender (M/F): _____

Address: _____
_____ Postcode: _____

Tel: (Home) _____ (Office) _____ (HP) _____

Occupation: _____ Church: _____

Email: _____ Date of Birth (DD/MM/YY): _____

Return this form to the Our Daily Bread Ministries office nearest you! (See list on back page.)

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