YESTERDAY TODAY AND TOMORROW

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

One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.
YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY.
We cannot undo a single act we performed;
We cannot erase a single word we said.
YESTERDAY is gone.

The other day we should not worry about is TOMORROW
With its possible adversities, its burdens, its larger promise.
TOMORROW is also beyond our immediate control.

TOMORROW, the 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 as yet unborn.

This leaves only one day – TODAY.
Any man 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.

It is not the experience of TODAY that drives men mad.
It is remorse or bitterness for something which happened YESTERDAY
And the dread of what TOMORROW may bring.

Let us, therefore, live but ONE day at a time.