



**“TEACH US TO
NUMBER OUR
DAYS, THAT WE
MAY GAIN A
HEART OF
WISDOM.”**

— PSALM 90:12

DEVOTION:

Scripture reminds us that life is short; fragile like a mist, fleeting like a breath. Yet so much of our emotional energy is spent on small frustrations, minor offenses, and worries that will not matter in eternity.

When we recognize how brief our time is, perspective changes. The urgent loses its grip. The petty fades. What remains are the things that truly matter: loving God, loving people, walking humbly, and trusting the Lord with what we cannot control.

Jesus does not deny that life has troubles, but He invites us to live **lighter**, free from the weight of constant worry. Anxiety steals joy from today while pretending to protect tomorrow. Trust, on the other hand, anchors us in peace no matter how uncertain the future feels.

To number our days is not to fear their end, but to **value them rightly**. When we do, we learn to release small irritations, forgive quickly, and rest in the knowledge that God is sovereign over every detail.

Prayer

Lord, teach me to live with eternal perspective. Help me remember how brief this life is, and free me from carrying worries that You never asked me to bear. Give me wisdom to focus on what truly matters, peace to let go of the small stuff, and faith to trust You with every tomorrow. Amen.