

“Bad Day” by Daniel Powter

Today, we’re going to hear an honest word for a bad day, from two directions:

- 1) Psalm 50. God says, “thankfulness and determination get you through your troubled days.”
- 2) “Bad Day” song. We can love each other through our imperfections and bad days.

Sometimes are days are so bad that we just cry out to God, “what do you want from me?!” God says in Psalm 50: honesty ... set aside all the religious symbols ... just be thankful every once in a while!

Bottom Line: Don’t let the bad days get you off-track. Stay focused and determined, “we” (the Lord and me, or my significant other and me) can get through this together.

How to Respond to a Bad Day

Let’s listen to the first verse of our song ... [Play snippet #1]

Where is the moment we needed the most
You kick up the leaves and the magic is lost
They tell me your blue skies fade to grey
They tell me your passion's gone away
And I don't need no carryin' on

I’m curious ... in a typical 7 day week, how many “bad days” does an ordinary person have? [Wait for responses].

In today’s song there are two characters ... the person having the bad day, and the singer, who is talking with the person having the day. They’re friends, close friends at least, and probably in a significant relationship. So, when I say, “how do you respond to a bad day?” I’m asking that for me, and for my friend who’s having a bad day. What’s going on here?

-- Their relationship is a bit rocky, they really need some sort of “moment” together.

-- The magic has vanished when they’ve moved beyond the surface leaves to the rocky soil below.

-- The singer’s heard “they” report you’re grey and passion-less. It’s looking dark for them as a couple ... and yet ... !

-- ... he says, “let’s skip the drama” (no carryin’ on) and work this out.

But how? [Play Snippet #2]

You stand in the line just to hit a new low
You're faking a smile with the coffee to go
You tell me your life's been way off line
You're falling to pieces everytime
And I don't need no carryin' on

Today we're going to identify 8 strategies used in this song to deal with a bad day. And 3 spiritual strategies from Psalm 50 to deal with a bad day. All 11 of these are good ... but 3 of them are the best!

1. Smile your way through it.
2. Talk it out. "You tell me your life's been way off line..."

Let's look at some other secular strategies this song suggests ... pretty good ones!
[Play Snippet #3]

Cause you had a bad day
You're taking one down
You sing a sad song just to turn it around
You say you don't know
You tell me don't lie
You work at a smile and you go for a ride
You had a bad day
The camera don't lie
You're coming back down and you really don't mind
You had a bad day
You had a bad day

3. Sing a sad song to turn it around. (We have a whole book of sad songs, Lamentations.) Lamentations 1:20, "LORD, see my anguish! My heart is broken and my soul despairs ..."
4. Admit, "I don't know." Ignorance is not a sin, and it's completely curable!
5. Demand authentic communication. "You tell me, don't lie."
6. Go for a ride. Jesus often got up early to pray, or withdrew from the crowds to get refreshed.

Psalm 50:14-15, The LORD says, "Make thankfulness your sacrifice to God, and keep the vows you made to the Most High. ¹⁵ Then call on me in the day of trouble, and I will rescue you, and you will give me glory."

Spiritual Solution #1: Thankfulness.

Spiritual Solution #2: Prayer.

Our song continues ... [Play Snippet #4]

Well you need a blue sky holiday
The point is they laugh at what you say
And I don't need no carryin' on

7. Take a "blue sky holiday." (look out the window ... ?) Sometimes our vacations create more stress than they are supposed to relieve!

8. Invite someone in. "I don't need no carryin' on" says "look, you've had a bad day, no need to cover that up with me, I can handle it." They might laugh at you and misunderstand, but I'm right here for you. You can be THAT kind of friend!

Another word from Scripture ... Psalm 50:23, "But giving thanks is a sacrifice that truly honors me. If you keep to my path, I will reveal to you the salvation of God."

Spiritual Solution #3: Keep it between the lines! Focus on God's path.

ILLY: Cell phone use while driving (and walking!) is dangerous because it distracts us. Don't let the drama/circumstances in your life, work, family, etc. be that "cell phone" that takes your eyes off of God's path.

GREAT ADVICE: Focus on what you actually can do ... instead on what is outside of your control. What can *you* do? Stay on God's path, no matter what.

Having a bad day? Stay on God's path! Thank Him, and talk it over with Him.

A closing prayer ... "Dear God, we know You are Lord of the good days, and the bad ones also. Thank You for Your grace and provision even in the darkest of times. Teach us to see You through the fog of life and to always talk with You about our daily concerns. In Jesus' name, amen."