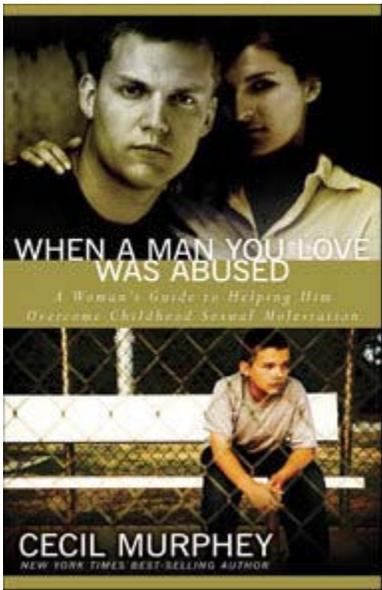


Cec says, "Today I have time to do everything I need to do today."



We're celebrating the release of this long-awaited book. Please recommend it as an excellent resource.

Too Much to Do

I groaned as I stared at the pile of to-do things on my desk. I had been gone only one week, but the work hadn't taken a vacation. Like most people, my days were too full and I had too many things I felt I had to accomplish that day.

Our culture pushes us to rush, hurry, and multi-task so we can accomplish more. Because of technology, we can do more things than previous generations; yet we tend to feel we've accomplished less because we leave too many things undone.

I didn't want more hours in my day; I simply wanted more control over what I had to do. I liked my work, wanted to do the best job I could, and to complete everything. I yearned to smile at a clean, neat desk at the end of a workday.

One morning I grumbled to God about all the things I had to finish that day. Just then, a thought flashed through my mind: *Today I have time to do everything I need to do today.*

The repetition of *today* struck me as the important part of the sentence. The words sounded incredibly simple (and they are). They were exactly what I needed to tell myself. The push to get things done came from some internal demand and certainly not from God. For example, I hated to leave unanswered email on my computer more than a few hours and felt I *had* to respond immediately. Friends complimented me on my quick response and that fed the internal push to accomplish everything each day.

Every morning for weeks, I repeated those words: "Today I have time to do everything I need to do today." That sentence liberated me. I still struggle with the too-much-to-do-with-too-little-time issue, but repeating those words reminds me that I need to focus only on the now and not worry about what I can't get done. I've learned to wait a day or two days before responding to less-urgent emails.

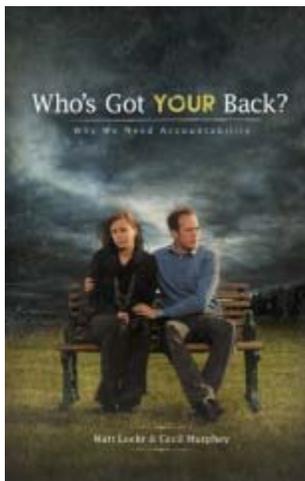
My simple prayer sounds a little like something Jesus said: "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today" (Matt. 6:34 NLT).



As someone who knows the pain associated with sexual abuse, Cec wanted to help other men who hurt. We've launched a new blog--Shattering the Silence.



Are you a writer or aspiring writer who'd like to be mentored by a pro? Check out Cec Murphey's Writer to Writer blog.



Accountability is important. This book is a great tool for small groups.

Personal News

Thanks to all of you for praying for Shirley. Her health has improved.

My book, [*When a Man You Love Was Abused*](#) officially comes out this month. It took me six years to find a courageous publisher to do a book on the topic of male sexual abuse. Please visit my blog: www.menshatteringthesilence.blogspot.com.

My first book with Bishop Eddie Long, [*60 Seconds to Greatness*](#), has already shown up on two best-seller lists.

This month I'll keynote and teach at the [Greater Colorado Christian Writers Conference](#) in Estes Park, May 13-15.

I'll speak to caregivers of Alzheimer's at the Plantation, in the Atlanta area.

The pastor of Riverdale Presbyterian Church (where I was the pastor for 10 years) has invited me to a kind of open house with the members on May 22.

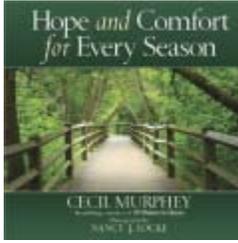
The Twila Zone—Words from my assistant, Twila Belk

With all we hear in the media on the topic of sexual abuse, the timing of Cec's newest book, [*When a Man You Love Was Abused: A Woman's Guide to Helping Him Overcome Childhood Sexual Molestation*](#), couldn't be better. Please consider recommending it as a resource.

Cec hurt for a long time because of childhood sexual abuse. He wanted to provide a safe place for hurting men to connect with other survivors of sexual abuse. We've just launched Shattering the Silence, a blog that will help men to survive and thrive despite past abuses. (www.menshatteringthesilence.blogspot.com)

Are you a writer or aspiring writer who would love to have a pro like Cec as a mentor? Check out www.cecmurpheyswritertowriter.blogspot.com. You can subscribe by e-mail or RSS feed, or you can follow it with Google Friend Connect.

We all have weak moments, blind spots, decisions to make, and challenges we face. We don't have to go it alone. Sometimes couples need other couples, men need other men, and women need other women to stay on track. [*Who's Got Your Back?*](#) a book Cec wrote with Matt Loehr, talks about the need for accountability and what accountability looks like. It's a great tool for small groups, and it's available now.



Scheduled to release June 1.

[Hope and Comfort for Every Season](#), Cec's newest gift book with Harvest House Publishers, is set to release June 1. The book shares Cec's messages of encouragement and hope alongside beautiful photographs of the changing seasons captured by Nancy Locke. It's based on the wisdom of Ecclesiastes 3.

Does this man ever slow down?