

# How do you start your day?



*"Give ear to my words, O LORD, consider my meditation. Hearken unto the voice of my cry, my King, and my God: for unto thee will I pray. My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up." (Psalm 5:1-3)*

My question to you is "How do you start your day?" Do you start your day listening to the news or watching TV or do you seek God first thing in the morning? Is God's voice the first voice you hear in the morning or is it the world's voice? One time I heard a TV commercial which said something like this: "Start your day with Good Morning America" (A popular TV morning show). Well is that a proper way to start your day? Or isn't it better to start your day with the Lord?

I want to emphasize how greatly important it is to start your day with the Lord. From experience, my day is ruined if I don't properly start my day with the Lord. My day ends up being full of stress and trials are thrown at me from left to right and I don't have "the peace that passeth all understanding" to sustain me and to get me through the day. I want to emphasize greatly how important it is to do your morning devotions. Don't run out of the house without your morning devotions! Don't rush into your day without "being still and knowing that He is God."

I want to give you some examples from the scriptures of how great men started their day:

## 1. CHRIST

*"Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed." (Mark 1:35)*

Christ our greatest example who was fully-God and fully-man while on earth, knew fully the importance of spending quality time alone with God first thing in the morning. Christ rose early while it was still dark and quiet to avoid all the noise and distraction that would be otherwise around Him and "departed to a solitary place and there He prayed." Now if morning devotions was important to the Lord, how much more to us?

## 2. DAVID

*"Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice." (Psalm 55:17)*

David, who was a King over a mighty nation, always found time to pray - even three times a day! He said in Psalm 63:1-2: "O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the

sanctuary, to see Your power and Your glory." Also the psalmist (who was most likely King David) said in Psalm 119:147-148: "I rise before the dawning of the morning, and cry for help; I hope in Your word. My eyes are awake through the night watches, that I may meditate on Your word." Now if morning devotions was important to David, how much more to us?

### 3. DANIEL

*"Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days. Then these men assembled and found Daniel praying and making supplication before his God." (Daniel 6:10-11)*

Even Daniel, a ruler over a mighty nation and having many responsibilities before him, always took time to pray and seek the God of his fathers. That was his custom even from his youth! What a great testimony that his enemies found him praying! Now if morning devotions was important to Daniel, how much more to us?

So I gave you three examples of great men in the scriptures and how they started their day. These men knew the importance of spending quality time with the Lord first thing in the morning. You might say, "I am too busy, I don't have the time to spend quality time with the Lord." Well Martin Luther, who had many responsibilities before him once said: "I have SO MUCH to do today that I shall spend the first three hours in prayer." Martin Luther had so much to do during his day that He had to take time to spend with the Lord who was his strength so He can get him through his day. Even George Mueller once said: "Never start your day without the joy of the Lord." So having laid all this before you, I ask you once again: How do you start your day? I will close with a well-known poem titled "The Difference":

#### *The Difference*

*I got up early one morning and rushed right into the day. I had so much to accomplish that I didn't take time to pray. Problems just tumbled about me and heavier came each task. "Why doesn't God help me" I wondered, He answered: "You didn't ask." I wanted to see joy and beauty, but the day toiled on gray and bleak. I wondered why God didn't show me, He said "But you didn't seek." I tried to come into God's presence. I used all my keys at the lock. God gently and lovingly chided, "My child, you didn't knock." I woke up early this morning, and paused before entering the day. I had so much to accomplish that I had to take time to pray.*

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