

How to Start the Day

By: David Burruss

What is one of the first things we do in the morning? If you're like me, the answer is rising from the bed, stumbling our way into the bathroom to shower. It is something we all do every day as we mentally prepare for the day. I think about everything I need to do; the kids' needs and where they need to go, projects at work I need to finish, and increasingly, projects at home. All of this happens when I wake up. I take use of this time to organize my day and clear my mind so that I am prepared for anything that may come my way.

When I was a runner, yes believe it or not I used to be a runner. Getting out of bed, getting dressed, and putting on shoes was more difficult than running early in the morning. It was only difficult to get started, but once I got outside, everything else was simple. Thus, what steps can we take to facilitate getting out of bed and starting the day? Begin that day with the Lord.

"Seek My Face" says the Lord in Psalm 27:8 at the beginning of the day. You will be more ready for what lies ahead in the day the sooner you communicate with Him and use this practice to help you "put Him on" throughout the day.

How is that possible? Seeking His Face means seeking his presence. Through communicative prayer, we are also seeking his wisdom, understanding, insight, and patience. Deuteronomy 4:29 tells us that we will find Him if we seek Him with all of our heart and soul.

Psalm 40:16 Let all who seek You rejoice and be glad in You. When we open ourselves early in the morning to Him and He is first on our mind our day starts with balance and patience for the things that are to come because He is walking every step with us and we are walking every step with Him. By doing this we are essentially dressing our spirit with the Lord, we are wearing Him. Ask to control our thoughts, actions, decisions, and our steps.

Romans 13:14 Put on the Lord Jesus Christ and make no provision for the flesh in regard to its lusts. With this, we are prepared to deal with any individuals or circumstances that come our way. He is the best mental garment we may wear on any given day. As Paul states in Colossians 3:12 so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience.

Tomorrow as you wake up think about this and think about your day. Keep in mind that the Lord and all of his might are with you at every turn, so you don't need to face this day alone. Make the most of it, accept it, and live it. God has chosen you; make the effort to choose Him first thing in the morning.