

Morning Prayer

An Ancient Spiritual Discipline Rediscovered.

"For Christians, the beginning of the day should not be burdened and oppressed with besetting concerns for the day's work. At the threshold of the new day stands the Lord who made it. All unrest, all impurity, all care and anxiety flee before him. Therefore, at the beginning of the day let all distraction and empty talk be silenced and let the first thought and the first word belong to him to whom our whole life belongs." Dietrich Bonhoeffer from "Life Together"

As you begin to pray your morning prayer, begin in silence...read the devotional for the day. As you meditate on the texts, ask the Holy Spirit to be present and active and deepen your understanding. There should be no hurry here, you have committed this time to the Lord, let Him have *all* of it. Keep a piece of paper and a pen beside you for any distracting thoughts, or concerns for the day. Write them down and return quickly to your prayer time. In time these distractions will diminish as your morning prayer time becomes a priority and the most significant part of your day. Always remember that the Lord is not in a hurry – he has all your days in His hands (Psalm 31:15). Make this time a special time just to be alone with your Heavenly Father.

Ask the Holy Spirit to open your spiritual ears and eyes to what God wants you to hear and see. Let the first prayer of the day be, *"Open my eyes that I may see wonderful things in your law"* (Psalm 119:18).

Read the devotional for the day slowly. Read it more than once. Let the Holy Spirit speak to you, pause and listen. Ask yourself, what is God saying to me? Wait upon the Lord. He will answer.

What is in today's devotional that the Lord wants you to take with you throughout the day? Write this down on a card, a sticky note or a piece of paper. Carry it with you all day. Refer to it throughout the day.

Ask the Lord to go before you into the day. Lay out your day before Him. Ask Him what His agenda is for this day, ask Him what is **His** priority for your day. Ask Him to make His presence known to you throughout the day. Ask that there be opportunities during the day to see the hand of God at work, ask that there be opportunities for you to bless another just with your presence and the love of God that is in you to share.

Be settled in your heart and mind that this day belongs to the Lord. If this day has important or stressful appointments scheduled give these things completely to the Lord. Ask for His presence

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to go before you into the day. Remember He is always present, *“Where can I go from your Spirit? Where can I flee from your presence?”* (Psalm 139:7).

We usually end our prayers with the word, “Amen”. Amen means “so be it”. It is meant to be an affirmation of the prayer and concludes the time of prayer. But we do not want to end our time in prayer. Our goal is to be in constant prayer, to spend the day in close fellowship with Jesus to be walking and talking with Him throughout the day. Let us not “finish” our morning prayer at all. Rather, make this time at the beginning of the day be a time you enter into a day of prayer, let everything you do and say throughout the day be a prayer. Let everything be done in the conscious presence of God. We want to remain in prayer and in fellowship with the Lord each moment of the day. Rather than say “Amen” to *end* the conversation with God, say “Amen” to get started into the day. The day of prayer is just beginning; the prayer has not ended...it has just begun. Make your whole day a prayer. Be aware that the Lord is with you at all times.

God is with us even in the simplest, commonest of tasks – getting a cup of coffee, greeting people, driving, walking – be aware of God’s presence throughout the day. You are not alone; He *is* present with you at all times. God is with you during the times of joy and blessing. God is also with us during the trying times. Your day may have interruptions and times of frustration. During these times pause and ask God what He desires of you in the moment. Seek His will in all things throughout the day. Make *this* day the Lord’s Day. Let the rest of this day be your prayer....

“My God will meet all your needs according to His glorious riches in Christ Jesus.”

Philippians 4:19