

## Starting Your Day

How we start our day is important, and starting our day off right makes a big and positive difference. Without a doubt, it is much easier to start our day when we get a good night's rest. If you are not getting seven to eight hours of sleep, it is hard to focus and deal with the challenges of the day. The quiet of the morning is a great time to meet God. Your mind is rested and fresh, and ready for a new day. Here are some ways to start your day with God.

- Enjoy a quiet moment of mindful meditation. Deep breathing exercises can help freshen your thoughts and help you focus. Think about the peace of the moment. Reflect on the goodness and greatness of God.
- Spend a few moments in prayer with Him, sharing what is on your heart, and thanking Him for the good things He has brought into your life. Ask Him to help you understand and apply His Word in your life.
- Open your Bible and read what God's Word says. If you are reading through the Bible, enjoy a chapter or two each day. Do not rush through your reading. Think about how the passage you are reading can strengthen you in your walk with God.

As you go out into the day, know that there are others who could use a simple "Hello!", a smile, and a kind gesture. Be the light of the world (Matthew 5:14-16) and an ambassador for Christ (2 Corinthians 5:17-20). The following is a helpful poem by Ralph Spalding Cushman.

I met God in the morning,  
When my day was at its best,  
And His Presence came like sunrise,  
Like a glory in my breast.

All day long the Presence lingered,  
All day long He stayed with me,  
And we sailed in perfect calmness,  
O'er a very troubled sea.

Other ships were blown and battered,  
Other ships were sore distressed,  
But the winds that seemed to drive them,  
Brought to us a peace and rest.

Then I thought of other mornings,  
With a keen remorse of mind,  
When I too, had loosed the moorings,  
With the Presence left behind.

So I think I know the secret,  
Learned from many a troubled way:  
You must seek God in the morning,  
If you want Him through the day.