



#75

Theme: Morning and Evening

Scripture: Psalm 5:3 *"In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation."* (NIV)

A Thought: C. S. Lewis wrote about his morning experience as such..."The moment you wake up each morning your wishes and hopes of the day rush at you like wild animals." So I ask the question. How is your morning routine? Or even one better; before you wipe away the perennial morning crust and or the sleepy yawn? Were you just finishing your dream? Were you thinking of the list of things you have to do? Or is worry at the forefront of your day's agenda? Let's backup somewhat. When you hit the sack what was going on in that mind and heart of yours? This is very important. Is sin included in all of the above? Sin can grab you by the throat. It is relentless. Rest and sleep do not cure a transgression large or small. A confession may be appropriate about now. Listen..."*I will confess my transgressions to the Lord,*" and *You took away the guilt of my sin.*" Psalm 32:5b (HCSB). This was King David calling out to the Lord. Therefore, God and His presence must be in the forefront of each day's morning routine. Before the heels and soles hit the floor you must find the time to confess your sins and thank Him and as the above scripture says..."*in the morning I lay my requests before you and wait in expectation.*" The psalmist prayed "*Cleanse me from secret faults*" Psalm 19:12 (NKV). The daily grindstone and travails of the day will sap you silly...hence, the reason we need our Lord to start the day for us. Psalm 4:1 (HCSB) "*Answer me when I call, God, who vindicates me. You freed me from affliction; be gracious to me and hear my prayer.*" Wow! Okay, now... go grab your Cherrios.

Now....what are your thoughts? Write them down.

---

---

---

Talk to yourself:

- Do you take a lot of baggage to bed? Read the above scriptures. Take the load off.
- Personality audit: Early riser with loads of energy? Cranky or sleepyhead?
- Establish a prayerful-devotional morning and or evening routine.
- Read Psalm 4. A worthy night prayer.

Scriptures to read: Psalm 4, 19:12, 106:1, 119:101, 139:23-24; Proverbs 25:8; Isaiah 30:21; 40:31, 43:18-19; Job 8:37-39; Matt. 11:28-30; Luke 9:23; John 14:10-3; Galatians 2:20; Ephesians 4:22,24; 1 Colossians 3:5; Phil. 4:6-7; Hebrews 3:13; James 1:19, 4:7-8; Romans 8:37-39-33;

Quote: C.S. Lewis, author, Christian apologist

*“If you fall asleep as you pray, don’t worry. What better place to doze off than in the arms of your Father.”*

Bottom Line: Sixteen hours or so you woke up to start the day and now you feel the strains of the passage of time. You have endured the perpetual endless workday activities, confronted issues, you’ve made personal and business decisions and finally you are stuck facing one license plate after another. Since you left work and parked the car the evening welcomes daily routine matters that include preparing and eating supper (hopefully with the family), household chores, assisting with homework, a quick spousal confab and the omnipresent television. In addition, some evenings commence with innumerable comings and goings the likes of the weekly Bible class, attending or coaching your child’s game, “catch-up” phone calls or a quick review of emails, assisting with bed call for the children and finally sleep time. Gents you know that your lovely wife as well has completed the aforementioned and much, much more....so relax. We “got” it easy. You are tired. If you feel inclined you may spend the last few minutes before the lights are turned off to read the Word and pray and thank Him for His love and guidance. To be in His presence gratitude, reflection and meditation are in order. Now the body is beckoning you to rest. It wins. Your eyes are heavy and you fall asleep. Don’t fret, it’s all good. King David was in the same boat. Listen..Psalm 4:8 (HCSB) *“I will both lie down and sleep, for You alone, Lord, make me live in safety.* NOW.....THAT’S THE BOTTOM LINE.

Spiritual Dabbler, Your bro, Ray

