

# One Minute in the Morning

## Monday

*[The Lord says,] "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10*

Fear saps our will power and leaves us feeling depleted and hopeless. Yet very few of us have ever experienced a defeat so complete and bitter as the one God's people faced when Isaiah shared this message of hope. The preservation of Israel to the time of Jesus, the resurrection of Jesus from the dead, the triumph of the Church through centuries of persecution and opposition are powerful reminders that underneath us are the everlasting arms of a mighty and loving God.

Almighty and Eternal Father, it is such sweet comfort to know that you are always there. Thank you! In Jesus name. Amen.

## Tuesday

*If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1:7*

As we seek to please God and trust his grace, more grace is supplied. While Jesus' death was "once for all," its cleansing power goes on and on as long as our hearts are tuned to his grace.

Loving Father, thank you for the gift of Jesus and the cleansing his death brings me. Help me today to live a more dedicated that life. Thank you for the assurance that as I seek your will and live your life you are also forgiving me of my sins and cleansing me and making me new. Through Jesus I offer this thanks. Amen.

## Wednesday

*I have chosen the way of truth; I have set my heart on your laws. Psalm 119:30*

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Jesus reminded us to "pick up your cross daily and follow" him. The way of truth is a daily choice. To not choose God's way, to not intentionally seek to put him at the center of our life and as the top priority in all of our decisions, is to slip a little bit further away from the life he calls us to lead. Lack of a decision is a decision to not follow.

Heavenly Father, I choose to follow you and your truth today. Open my eyes so I may see your truth and open my heart that I may live it. I decide today, again, to follow, you with all my heart, soul, mind, and strength. In Jesus name I pray. Amen.

### **Thursday**

*"What about you?" Jesus asked. "Who do you say that I am?"  
Simon Peter answered, "You are the Christ, the Son of the living  
God."  
Matthew 16:15-16*

There is no other name under heaven that can save us (Acts 4:12). We are to confess Jesus before others, and when we do we are assured that he confesses us before the Father in heaven. We may not know all the theological import behind those words -- after all, Peter didn't at the time -- but we can make a commitment to know him and follow him until we do.

Living God and Holy Father, I believe you sent Jesus as your Son to save me. I confess to you that I want Jesus to be Lord of my life because I believe him to be your Son and my Saviour. It is through your Son, the Christ promised in Scripture, that I pray. Amen.

### **Friday**

*Jesus said, "Let the little children come to me, and do not hinder them for the kingdom of heaven belongs to such as these."  
Matthew 19:14*

Jesus' love for children in an age when they weren't those whom highly regarded is a powerful reminder of God's love for the world often abuses or abandons. We are called to love the unloved, the forgotten, the abused and neglected. Why? Because that is what Israel was in Egypt and that is what Jesus was at Calvary and that

is what we were without grace (Romans 5:6-11). How can we claim to know salvation and not share it with others who need that grace?

Father, I want to be more of a Father like you -- a holy and loving father to my children and a tender father to the forgotten children of today. Help me be aroused by the neglect and abuse children suffer in my world, and to be moved to act in ways that bless them. Through Jesus, the great lover of all children, I pray. Amen.

### **Saturday**

*Good will come to him who is generous and lends freely, who  
conducts his affairs with justice. Psalm 112:5*

Generosity is love expressed in practical ways with joy. Generosity and justice needed in our selfish world. They come from a heart touched by grace.

Loving Father, I know I will meet people today who need me to be generous with my love, time, forgiveness and money. Please help me to treat them fairly and with love, just as you have treated me. May my life reflect your grace to others who need your love. In Jesus name I pray. Amen.

### **Sunday**

*I will hasten and not delay to obey your commands. Psalm 119:60*

Obedience is faith put into practice. Without action, our faith is not real, James 2 reminds us. So without arguing, let's quickly obey, even when we don't fully understand why, because we've seen God's love demonstrated to us in Jesus and we've seen the protection that his will has for us when we obey him.

O God, give me a heart that is quick to obey and a faith that is quick to express itself in action. I want to please you with my words and thoughts, but even more, Father, I want to live a life full of your character, wisdom, and grace. Help me to quickly obey your voice. Through Jesus I pray. Amen.