

# One Minute in the Morning

## Monday

*Delight yourself in the Lord and he will give you the desires of your heart.*  
*Psalm 37:4*

Rather than seeing this as a way to get our wish list granted, let's see it for what it really is -- an invitation to seek a love relationship with God above all other things. In finding him, we will find our priorities properly aligned and our hearts tuned to know what is really valuable and what is not. Then we will see that what we have in him is our heart's greatest desire.

Awesome and Gracious Father, I confess to you that so often my heart is full of selfish things. But in moments like these, Father, I recognize that you are what I most need and your will is my heart's desire. Please kindle your Spirit in me so that I may see through any selfish, deception that would rob me of having you first in my life. Forgive me when I'm petty, selfish and shallow. May I know you as much as is possible for a mortal to know you, not so that I may be full, but that you may be honoured. Through Jesus I pray. Amen.

## Tuesday

*Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*  
*Psalm 51:12*

In the face of sin and separation from God, grace is a refreshing stream that restores salvation. But the joy of salvation is found only when we realize and accept the forgiveness, grace, and restoration God has given us -- when we drink from the stream of grace. The joy of salvation is sustained in a changed lifestyle and an ongoing recognition that we walk with God.

Holy and Righteous Father, I long for the outbreak of the joy of salvation like I see in the Book of Acts. I pray for your Spirit to lead us into another era of outreach, conversion, and celebration. I pray for wisdom to know and eyes to see those around me who are most open to the Gospel. I want to be a partner with you in your ongoing work of salvation. Through Jesus I pray. Amen.

## Wednesday

*Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*  
*Psalm 40:8*

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### **Thursday**

*Carry each other's burdens and in this way you will fulfill the law of Christ.*  
*Galatians 6:2*

I feel so burdened myself, that sometimes I can't even see others' burdens. But Jesus reminds me that if I am to be like him, I will be a burden carrier. This is why he came, why he died, and why his resurrection is so important -- to lift from us the burdens of sin, death, and depravity.

Compassionate Father, help me to see and respond to the burdens in other lives around me. I want to be a blessing to the broken and discouraged, so please help me find my place and my way of serving to your glory. In Jesus' name. Amen.

### **Friday**

*A man finds joy in giving an apt reply -- and how good is a timely word!*  
*Proverbs 15:23*

Knowing the right word at the right time is a great gift. But even the best of speakers has to admit that the best of his or her words are not nearly as good as those the Spirit gives. Nevertheless, we must not excuse ourselves of insensitive speech, unkindness, or even missed opportunities because we were not paying attention to what was said, were not spiritually in tune with the needs of our companions, or simply did not know Scripture well enough to bless others with gracious speech at the appropriate time.

Loving Shepherd, I will spend much of my time today with people. Some of them know you, but most do not. Please give me wisdom to say things that lead people closer to you. Give me words of help

and hope for the broken. Give me words of tenderness for the fainting. Give me words of direction for the confused. Father, I pray that whatever words I say today may reflect your will and be led by your purposes. In Jesus name I pray. Amen.

### **Saturday**

*The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.*  
*Proverbs 9:10*

We pursue so many things, but only one pursuit brings wisdom. Paul reminded the Athenians that God made us to seek after him and find him (Acts 17). The wisdom of Proverbs keeps leading us back to "knowing God" and having a deep and reverential awe toward him as the source of wisdom. Understanding of priorities, needs, purposes, goals, problems, and issues can occur only when we first recognize who the Lord is and know him in our day-to-day lives.

Holy, Majestic, Righteous, and Eternal God. I confess that I know you so much less than you know me. But your faithfulness in my life, your power displayed in history, your grace shared with so many through the cross of Christ, and your promise to bring me home to you one day sustain me. I want to know you so that my life can be lost in your will. Not for my glory or gain, but for your praise, I ask that you make yourself known to me in the things I do today. Through Jesus I ask it. Amen.

### **Sunday**

*Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*  
*Ephesians 5:19-20*

Hearts full of thanks -- that's what makes for good singing! With Jesus as the source of our salvation and center of our future, how can we not sing! But singing is not just for us and God. God wants our songs to bless others. It is our ultimate spiritual talk.

O Lord, my God, you are Awesome and wondrous. Your works are magnificent and your deeds are beyond comprehension. May the words of my mouth and the thoughts of my heart ever declare your praises. May my heart be filled with thanksgiving for all that you have done to save us from sin, shame, law, and death. You alone are worthy of my praise, my songs, and my life. Through Jesus I pray. Amen.