

Loving Father and Holy God, today I want to confess to you several things on my heart. Father, I am afraid for others to know that I have. Holy God, I have sinned and ask your forgiveness for. Eternal Lord, I get anxious about. You alone are my refuge and strength. I trust these confessions with you and ask that you strengthen me by the power of your Holy Spirit not to fall into these same traps again and again. In Jesus name I pray. Amen.

*Adapted from Heartlight Daily Verse by Phil Ware*

*An Outreach Ministry of*  
**The Church of the Good Samaritan**  
**Anglican Network in Canada**  
*Father Darrell Critch, Rector*  
*58 Ferryland Street West,*  
*St. John's, NL A1E 2L7*  
*709 745 5779*  
**churchofthegoodsamaritan.ca**  
**goodsam.anic@gmail.com**

# One Minute in the Morning

## Monday

*Seek the Lord while he may be found; call on him while he is near.*  
*Isaiah 55:6*

In truth, God is always close to those who genuinely seek after him. The real problem is that we drift away from him, lose interest, and leave his presence. So let's seek him and receive his grace and his help while we recognize that he alone is the one who truly saves.

Father, I seek you with all my heart. While I seek to know about you through your Word, I long to know you and be known by you as a tender father knows his child and as a child feels complete trust toward his tender father. Be not only my God, but be real to me in ways that transcend explanation. Help me sense your nearness and to know your presence. Through Jesus I pray. Amen.

## Tuesday

*Trust in the Lord forever, for the Lord, the Lord is the Rock*  
*Eternal.*  
*Isaiah 26:4*

When we see mountains we feel small, knowing not only how much larger they are than we are, but also how much longer they have been here than we have been. But the Lord existed long before any mountain and will exist long after it has melted into nothing. The only rock of security, and all the forevers we have, are found in him.

Eternal I Am, who is and was and will be forever, I trust that you are and will always be my God, my Redeemer, my Saviour, my Shepherd, and my Father. I commit all my tomorrows to you. Through Jesus my Lord. Amen.

## Wednesday

*O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.*  
*Psalms 63:1*

Addiction has been defined as "God-hunger directed to the wrong source of soul satisfaction." Psalm 63 reminds us this is true. Deep in us is a desire to seek after God because he is not far from us and longs to be known by us (see Acts 17). But often when our

soul-craving need for God is greatest, he is the last place we turn for satisfaction.

Holy Father, fill my heart with longing for you and my head with understanding that it is your presence I crave. I confess that I have often sought relief for my hunger in things that do not satisfy. I pledge today to recognize all other sources of satisfaction to be temporary and false. I promise to pursue you and your will through your word and your Spirit until I rest in your presence and grace. In the power of Jesus my Lord. Amen.

### **Thursday**

*"I, even I, am the Lord, and apart from me there is no saviour. I have revealed and saved and proclaimed -- I, and not some foreign God among you. You are my witnesses," declares the Lord, "that I am God."*  
*Isaiah 43:11-12*

1 Peter 2 reminds us that we are here as witnesses to "declare the praises of him who has called us out of darkness into his marvellous light." We have seen and experienced God's saving work. We are recipients of his blessing. We are the people who anticipate his mighty deliverance yet to come. How can we remain silent? How can we remain bitter, pessimistic, or discouraged? The God who made the tomb empty and made the corpse our living Lord is our God and he is mighty to save. He is our Saviour!

O Mighty God, I confess that I slip so easily into my day-to-day rut that I grow immune to the joy and excitement of your salvation. Give me eyes to see and a voice to tell of your glorious deeds, your mighty works, and your answered promises. I believe you are leading me to glory, so help me show and share that glory with those who do not know you as God, Saviour, and King. Through Jesus I pray. Amen.

### **Friday**

*It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him.*  
*Deuteronomy 13:4*

So many people want us to follow their lead and obey their voice. But God has proved himself faithful and loving through the ages. In his might he is to be revered. But rather than seeing reverence as a "church thing," we are reminded by Moses it is a "life thing." We are to obey and keep his commandments, and we are to serve

him and depend upon him in our daily lives. Rather than silence in the assembly, reverence is action to his glory!

Holy and Righteous Father, help me take my worship outside the church building into my day to day life as I try to live what I sing, practice what I say, and pursue what I pray. In Jesus name. Amen.

### **Saturday**

*Listen to advice and accept instruction and in the end you will be wise. Many are the plans in a man's heart, but it is the Lord's purpose that prevails.*  
*Proverbs 19:20-21*

"Man proposes, heaven disposes." Most of us rush to give advice and make grandiose plans. The wise man reminds us that wisdom comes from submitting to instruction for a significant period of time and then, only at the end of long listening, does it come. If you are like me, you would do much better to let your plans ripen a bit more in the light of the Lord before you launch into them. I am comforted that James, the wisdom writer of the New Testament, reminds us that God will give that wisdom if we seek it and not doubt.

Almighty God, teach me your ways and help me discern your paths for my life. I have so many plans and schemes, but I know if they are not from you, they will not stand. Lead me to your wisdom and I pledge to you that I will not only seek to know it, but also seek to live it. Through Jesus I pray. Amen.

### **Sunday**

*Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.*  
*Psalms 62:8*

It is so hard to share the secrets of our hearts with anyone. We want to keep our secret failings, embarrassments, and sins hidden, fearing others would reject us and we would shame ourselves. But hidden sin is only hidden from us, not from our Father. Hidden sin festers in our hearts and drives a wedge between us and the God who would forgive us and empower us to triumph over it if only we would pour out our hearts to him, because he is our refuge.