

One Minute in the Morning

Monday

Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

Luke 12:6-7

In a universe so vast, what is our little planet? In a planet so diverse and so full of life, what are people? Among all the billions of people alive and who have lived and already died, what significance do I have? Jesus reminds us that our significance is great -- not because we are so important but because we are known personally by God. We don't have to be afraid, we are known and loved by the One who is and was and is to come!

Eternal God, Almighty Father, Tender Shepherd, you already know my heart. You know where I struggle with sin, so please empower and forgive. You know my fears, so please encourage and strengthen. You know my immaturity, so please nurture and grow. You know my weakness and disease, so please comfort and heal. But even if none of these are answered, I am still awed by the fact that you choose to know me. Thank you! In Jesus name I pray. Amen.

Tuesday

God is our refuge and strength, an ever-present help in trouble.

Psalms 46:1

Where can we go when all the walls fall and all the armies crumble and all hope is lost? To the eternal God, who is our Father. He preserved Israel through the most difficult of times, protected the Bible from those who would eradicate it, and has led his Church through troubles and triumphs through the centuries. He will do the same with us until he brings us home to himself.

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My Rock, My Hope, and My Protector, I thank you for preserving my life. I thank you for hearing my cries for help and healing. I thank you for guiding my feet into ways that have been a blessing. Please, O God, stay close by as I face the stresses and challenges in my life. Through your Spirit, enable me to grow and be an example to others as I pass through life's storm. Through Jesus I ask it. Amen.

Wednesday

I rejoice in following your statutes as one rejoices in great riches.

Psalm 119:14

Our treasure and our truth come from Scripture, God's guidance to avoid Satan's harmful traps and live in God's blessed life.

Holy God, thank you for your written word, the Scriptures. May they come alive in my life just as they do in my heart and mind. Through Jesus I pray. Amen.

Thursday

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body.

1 Corinthians 6:19-20

We are God's temple! He lives in us and what we do in our bodies is part of our worship to him. We are called to not only abstain from impurity, but we are called to glorify God in our bodies.

Father, I confess to you that I sometimes lose sight of how precious my body is to you. With aging and the other challenges that daily remind me that my body is a vessel of decay, I find it hard to believe that I can glorify you with it. Please, through your indwelling Spirit, quicken in me a deeper reverence and appreciation of your presence in me. Through Jesus I pray. Amen.

Friday

We are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10

The Psalmist reminded us that we are fearfully and wonderfully made and God has something definite planned for us to do while we are here. We display his craftsmanship and skill when we intentionally live for him and not like the rest of the world.

Master, teach me to recognize your opportunities and will when they come into my life. I want to live for you without reservation. I pray for boldness to not be shy in sharing my faith. I pray for patience as I wait for folks to respond. I pray for protection on those close to coming to Christ. I pray not for me but for your Kingdom to be displayed in my life. Through Jesus I pray. Amen.

Saturday

These are the words of the Amen, the faithful and true witness, the ruler of God's creation. "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

Revelation 3:14 and 20

It has always fascinated me that this verse has often been cited by those calling others to conversion when clearly in its context it's written to lukewarm Christians needing to rekindle their love relationship to the Lord. As believers, we need to ask the Lord Jesus into our hearts, our home, and lives. It's not that he's not there, it's just that he awaits our invitation -- he will not barge in. He only inhabits hearts into which he has been invited!

Holy Lord and Saviour, I know you long to share your presence and fellowship with me. I know you are nearby as I draw each breath. But I confess that I am often unaware, and even sometimes unappreciative of your presence. I ask you this day to come into my heart and fill my life with your presence and comfort and power. I want my life to be lived for you and with you. Amen.

Sunday

If we live, we live to the Lord: and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord. Romans 14:8

One of the incredible realizations we can have as Christians is that our relationship with the Lord can be eternal. As long as we seek after him, he is always there and no one can separate us from his love. Even when we die, we go to be with the Lord. When we sleep in death, we are still "in the Lord." Everything we have on earth is temporary except our love for the Lord Jesus and those with whom we share that love!

Almighty God, thank you so much for binding yourself to our world in Jesus and binding me close to you through his Lordship in my life. I look forward to the day when the Lord who I kneel to worship today will be recognized by all the living and the dead as the One True Lord. I pledge to you Father, that I will live this day to honour him and by honouring him, honour you. In his name I pray. Amen.