WAYS TO SPEND TIME WITH GOD IN THE MORNING

1. Sit up in bed. Say, “Good morning, God. I know you’re here with me.” . Breathe in 5 seconds, hold 5 seconds, breathe out 5 seconds. Repeat several times. Allow yourself to rest in His presence.

2. Walk around your room and have a conversation with God. Tell Him what you are doing that day, and how you feel about those things.

3. Read one of these verses 3 times to start your morning:

   “*Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you.” (Psalm 143:8)*

   “...for God gave us a spirit not of fear but of power and love and self-control.” (2 Timothy 1:7)

   “Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” (Joshua 1:9)

4. Pray one of these prayers:

   “God, thank you for this day. Help me to control what I can control, to let go what I can’t control, and to know that you are with me today.”

   “Hey God! Help me to feel your love/peace/joy today. I understand you are everywhere, but I want to KNOW and FEEL that you are with me. Help me to be aware of your presence today.”

These are just suggestions if you get stuck! Combine them, find something else that works for you. The most important thing is to set aside time BEFORE ANYTHING ELSE and spend it with God.