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Morning *Prayers*

Wake up with God: short prayers, psalms and a simple daily pattern for the first ten minutes of your day

WESLEY A.M.E. ZION CHURCH
1500 LOMBARD STREET · PHILADELPHIA · SINCE 1820

PRAYER

Morning *Prayers*

Wake up with God: short prayers, psalms and a simple daily pattern for the first ten minutes of your day

How you start the day often decides how you live it. Before the phone, before the news, before the to-do list, there is a quiet minute when the day is still new. God's people have always given Him that minute.

"My voice shalt thou hear in the morning, O Lord," David wrote. Jesus Himself rose *"a great while before day"* to go and pray. You do not have to get up at four in the morning to follow their example. You only have to give God the first word of your day before anyone else gets it.

> *My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up.*
>
> PSALM 5:3 · KJV

Ten quiet minutes before the day begins.

BEFORE YOUR FEET TOUCH THE FLOOR

PRAYERS *on waking*

THIS IS THE DAY

This is the day which the Lord hath made; I will rejoice and be glad in it. Thank You, Lord, for waking me up this morning, for breath in my body and a new day to live. Whatever comes today, I will meet it with You.

AMEN.

A MORNING OFFERING

Lord, I give You this day. I give You my words: let them be kind. I give You my work: let it be honest. I give You my time: let me use it well. I give You my plans: change them if You need to. Go before me, walk beside me, and stay with me until evening.

AMEN.

BEFORE WORK

Father, bless the work of my hands today. Help me to do my job well, as if I were doing it for You. Give me patience with the people I work with and serve. Keep me safe on the road and safe on the job, and bring me home in peace.

AMEN.

FOR A HARD DAY AHEAD

Lord, I already know today is going to be hard. I do not feel ready. So I am leaning on You. Give me strength for each hour as it comes. Put the right words in my mouth. And when it is over, let me look back and see that You carried me.

AMEN.

TEN MINUTES THAT CHANGE A DAY

A SIMPLE *morning pattern*

You can use this pattern every morning. It takes about ten minutes. If you only have two, just do the first and last steps.

1. **BE STILL (1 MINUTE)**
   Sit quietly. Breathe. Say, *"Good morning, Lord. Here I am."*

2. **GIVE THANKS (1 MINUTE)**
   Name three things you are thankful for. Small things count: sleep, water, a phone call.

3. **READ (4 MINUTES)**
   Read one psalm or one short chapter. Use the reading plan below if you like.

4. **LISTEN (1 MINUTE)**
   Ask, *"What is one thing You want me to remember today?"* Write it down.

5. **PRAY (2 MINUTES)**
   Pray for your day, your family, your church, and one person who is struggling.

6. **GO (1 MINUTE)**
   Pray the Lord's Prayer, then get up and go, knowing you are not going alone.

READ ONE EACH DAY

PSALMS FOR *the morning*

PSALM 63:1-8

63 O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; 2 To see thy power and thy glory, so as I have seen thee in the sanctuary. 3 Because thy lovingkindness is better than life, my lips shall praise thee. 4 Thus will I bless thee while I live: I will lift up my hands in thy name. 5 My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips: 6 When I remember thee upon my bed, and meditate on thee in the night watches. 7 Because thou hast been my help, therefore in the shadow of thy wings will I rejoice. 8 My soul followeth hard after thee: thy right hand upholdeth me.

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IN PLAIN WORDS

David wrote this in the desert, hungry and thirsty. He says his soul is even thirstier for God. That is what morning prayer is: going to the well first, before the long walk through the day.

DAY	MORNING PSALM	A LINE TO CARRY
Sunday	Psalm 100	Enter into his gates with thanksgiving.
Monday	Psalm 5	In the morning will I direct my prayer unto thee.
Tuesday	Psalm 19	The heavens declare the glory of God.
Wednesday	Psalm 27	The LORD is my light and my salvation.
Thursday	Psalm 90	Teach us to number our days.

DAY	MORNING PSALM	A LINE TO CARRY
Friday	Psalm 143	Cause me to hear thy lovingkindness in the morning.
Saturday	Psalm 145	Every day will I bless thee.

A WORD FOR THOSE WHO ARE TIRED

NEW *every morning*

Some mornings you wake up already tired, already behind, still carrying yesterday. The prophet Jeremiah wrote his most famous words of hope while sitting in the ruins of Jerusalem. Everything had fallen apart. And still he said this:

LAMENTATIONS 3:21-26

3 This I recall to my mind, therefore have I hope. 22 It is of the LORD'S mercies that we are not consumed, because his compassions fail not. 23 They are new every morning: great is thy faithfulness. 24 The LORD is my portion, saith my soul; therefore will I hope in him. 25 The LORD is good unto them that wait for him, to the soul that seeketh him. 26 It is good that a man should both hope and quietly wait for the salvation of the LORD.

KING JAMES VERSION

IN PLAIN WORDS

God's mercy does not run out. It does not carry over yesterday's failures. Every morning there is a fresh supply. Whatever happened yesterday, today you get new mercy.

1

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

PSALM 143:8

Ask God to show you His love first thing, and to show you the way to walk today.

2

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

ISAIAH 40:31

Waiting on God is how tired people get new strength.

3

O satisfy us early with thy mercy; that we may rejoice and be glad all our days.

PSALM 90:14

Ask God to fill you early with His mercy so you can rejoice all day long.

4

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

PROVERBS 3:5-6

Trust Him with everything, and He will make your path straight.

SIT WITH IT

What time each morning can I give to God this week?

What is one thing I want to remember today?

SEND ME OUT

Now, Lord, send me out into this day. Let somebody see a little of You in me. Open my eyes to the person who needs help, my ears to the person who needs to talk, and my hands to the work You have given me.

AMEN.

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"It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

LAMENTATIONS 3:22-23

Wesley A.M.E. Zion Church

"Big Wesley" · The Freedom Church · Founded June 6, 1820

SUNDAY SCHOOL	9:30 AM
SUNDAY WORSHIP	11:00 AM

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