

Lesson Notes:

Starting Each Day the Right Way

It's easy to fall into a habit of starting the day off without giving a thought to our savior and what his love means to us in our lives. This can lead to starting our day on a negative note, worrying about issues and challenges that we may face during the day without a thought to the many blessings we have received in our lives and what is truly important in our lives. Starting each day in the presence of the Lord is key to starting each day off on the right foot. Below is a list of practices to help us start each day the right way.

Scriptural Principles

1) Start your day in His Word – David tells us in **Psalm 119:11** that he has hidden God's word in his heart so that he might not sin against God. Paul tells Timothy the value of Holy Scripture in **2 Timothy 3:16 -17**. Just a few short verses is a great way to open our hearts to God's love and get things started off on a positive note.

2) Take a moment to express your love to your wife and children – We make a conscious decision to love others. Jesus tells us in **Matthew 22:36-40** what it means to love God and to love one another. In **Ephesians 5:2** Paul tells us to walk in love and compassion. Also in **Ephesians 5:25** Paul tells husbands to love their wives as they love themselves. Take a moment in the morning to express your love to your wife and to your children. This assures them that you are thinking of them and they are predominant in your life. It only takes a moment to leave a note on the counter or to slip a piece of paper into a book bag with a few words of encouragement to help them start their day off in the right way as well.

3) Stay Positive – It's so easy to feel overwhelmed in the morning with the challenges you anticipate to meet that day. Start your morning off counting your blessings and this will lead to starting the day in a positive way. Positive people are a joy to be around. In **Proverbs 19:22** Solomon tells us that our desire should be kindness which relates to a positive attitude.

4) Leave the Baggage at the foot of the bed. – It's easy to start the day off dwelling on negatives of a previous day. As followers of Christ we should not dwell on past failures and transgressions but concentrate on our service and future with the Lord. In **1 Peter 5:7** we are told to release our past sins to the Lord and not dwell on them.

5) Start the day in a word of prayer – Philippians 4:6-7; and James 5:15 tells us that prayer relieves stress and brings us closer to our God. This can be accomplished while driving into work and enables us to start our day off with our Lord. What a great way to start off the day.