

March 4, 2021

*Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days. Psalms 90:14*

Some mornings just don't feel good. As a morning person, I'm always disheartened when my favorite time of day disappoints me. There are a number of reasons why this might occur—a restless night's sleep, pressing burdens, physical distress, or even a cloud-laden sky. Whatever the reason, it results in the feeling of pushing into the day, rather than embracing it; like I'm slogging into the midst of what must be done, rather than joyfully getting to work.

For most of my life, a bad morning meant a bad day. It sucked me into its emotional well of irritability and cast its ugly shadow onto all who came into my sphere. Recently, however, I experienced something different with my bad mornings. I have experienced waking in a cranky mood, and having that mood lift and evaporate through prayer, thanksgiving and song. I could hardly believe the difference it has made in my life. A bad morning no longer automatically means a bad day!

My prayer begins on my knees, begging for the darkness to desist, or with my arms outstretched and open to receive something better from heaven. I will praise Jesus for everything I can think of that is going well in my life, and I do not take the credit for those things. Sometimes, I will listen to a favorite song, such as ***Great is Thy Faithfulness***, or ***You are My Hiding Place***, or ***No Longer Slaves*** and let the music transport me to a place where God's power is acknowledged and exalted.

There have been bad mornings that have been instantly transformed, where I have felt as if an erasure flowed through me, taking all my irritability away. There have been mornings filled with restlessness where the counting of my blessings have pulled the 'blinders of need' from my eyes to realize I'm fully cared and provided for. There have been bad mornings where my burdens could not be lifted, but through prayer and the power of the Holy Spirit, I finally laid my burdens down, acknowledging that the outcomes were beyond my control and asking instead for the strength to trust in Jesus.

Time spent with Jesus is transformative. He has the power to bring light into even a rainy day. He longs for us to come to Him with all of our burdens, with all of our joys, with all of our selves and walk an easier walk on this planet of sin.

*I love those who love me, and those who seek me diligently find me. Proverbs 8:17*