

November 6, 2005

GETTING YOUR DAY OFF TO A GREAT START

How do you start your day? Is it one made rush to get ready for work, to get the kids off to school? Do you become obsessed with the big to do list of things that you have to get done?

For years I have read and enjoyed the Blondie comics in the newspaper. Dagwood Bumstead represents so many of us. There he is morning after morning up late and rushing off to work, often colliding with the mailman on the way out the door.

I've learned some things about my days. When they start like that in a mad rush of stressful frenzy, they never seem to slow down or get anymore relaxed. Often my day is dictated by how I begin it. If it begins in peace, it is a more peaceful day. If it begins in stress it is a more stressful day.

How well do you start your days?

PART OF THE SECRET OF PRACTICING THE PRESENCE OF GOD LIES IN HOW WE START EACH DAY.

David in the midst of a very trying and challenging time in his life reveals a discipline that helped him manage the Chaos of his life. He was able to practice the presence of God in difficult times by getting his day off to a great start.

Turn with me this morning to Psalm 5 and lets see how David gets his day off to a great start.

Background.

- The Psalm is group together with another morning Psalm and an Evening Psalm (3, 4)
- In all three David is faced with enemies and it is quite likely that all three originate from the time of Absalom's rebellion. (see Psalm 3 introduction)
- Absalom's Rebellion 2 Sam 15-17

In the midst of this trying time, overwhelming time David is practicing the presence of God in his life. What is his secret? It is in how David starts his days

Psalm 5^[1]

For the director of music. For flutes. A psalm of David.

Give ear to my words, O LORD, consider my sighing^[2]. 2 Listen to my cry for help, my King and my God, for to you I pray. 3 In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.

There are three things I want to point out about getting your day off to a great start. First of all...

1. Have an Established Morning Routine.

A key phrase in today's Psalm is "in the morning." David said,

(v. 3) In the morning, . . . , in the morning . . .

All of us have a morning routine and we are the authors of that routine.

For many of us our routines sound like this.

[According to a recent survey conducted for Chex Morning Mix, a new portable breakfast product, 75](#)

percent of Americans multi-task to manage their morning routine, with some people performing up to four tasks at once.

Often the challenge starts with getting out of bed. More than 30 percent claim to oversleep on a typical weekday, and 31 percent say they hit the snooze alarm. To minimize oversleeping, 39 percent of Americans set their alarm to go off earlier than needed.

Once their feet hit the floor, however, the rush is on. When mornings are packed with making lunches, grabbing clothes out of the dryer and squeezing in a few minutes of exercise time, respondents in harried households say multi-tasking is the name of the game. Tasks encompass everything from brushing teeth in the shower to grabbing weird leftovers from the fridge. Rushed breakfast choices include everything from leftover liver paté to rattlesnake stew.

* 32 percent of women and 25 percent of men claimed their morning routine typically made them feel "always a bit behind the clock."^[3]

Appl: Each of us needs to evaluate our morning routine and ask the question, does my routine open the door to the presence of God or does it shut him out.

2. Fill your mind with words and music of praise

Listen to what David says.

(v. 3) In the morning, O Lord, you hear my voice.

In other Psalms, he writes...

In the morning I will sing of your love (Psalm 59:16)

O Lord, in the morning my prayer comes before you. (Psalm 88:13)

It is good to praise the Lord...to proclaim your love in the morning. (Psalm 92:1-2)

Let the morning bring me word of your unfailing love. (Psalm 143:8)

Ill: As those who live in the North know, when temperatures plunge well below zero, few cars left outside will start. The oil thickens and holds engine parts like heavy syrup. Cold batteries are incapable of giving enough power. Only batteries that are kept warm or those that are frequently charged will do the job.

Filling our mind with praise is like the pre-heater installed on a battery. It jumps starts our day into the presence of God.

D.L. Moody said

We ought to see the face of God every morning before we see the face of man.^[4]

Appl: In just a few moments we can learn to tune our heart's radio to the of God and find his presence.

In just a few moments we can tune our radio's to the heart of God and find his presence.

The third thing I recommend that you do is...

3. Item by item surrender each part of your day to him.

This is exactly what King David did. In verse 3 he says...

(v. 3) In the morning I lay my requests before you, and wait in expectation.

-- Pegi Tehan, Dayton, OH learned this lesson in a practical way. She wrote in today's Christian Woman. One day I decided to take my three children to an ice skating party in a nearby town, but after several

wrong turns and stops to ask directions, I pulled over to the side of the road and suggested we all ask God to help us find the rink. When we finally arrived, we were nearly an hour late. The following week, as we got into the car to go skating again, my five-year-old son exclaimed, "Mom, let's pray now and save time!"^[5]

- I wonder how much time we would save in our busy days if we just laid them out before God.
- I wonder how much frustration we would avoid.
- I wonder how many mistakes and stumbling blocks we steer clear of.
- I wonder how many divine appointments we would encounter.
- I wonder how many lives would be touched by us for the kingdom if we simple began giving God our days.

The way King James translates this verse:

(v. 3) O Lord, in the morning will I direct my prayer unto you, and will look up.

- I will expect a better day, no matter how busy I am.
- I will anticipate more patience, more effectiveness
- I will assume better outcomes to my problems if I just begin letting God have them in the morning.

While walking through the mall, I smiled when I heard one elderly lady in a wheelchair say to her companion pushing her, "When you get tired, we'll trade." ^[6]

That's what Jesus says to us about our days. When we get tired getting through on our own power, he trades spots, we can surrender to him and let him carry us through the day.

CONCLUSION

We need an established morning routine.

One that forces our minds to find his presence, and then item by item surrender each part of the day to Him.

APPLICATION

We can do this in just a few minutes. Turn on a praise CD. Spend three extra minutes in the shower humming a tune. Recite a Psalm of praise. Read one Hymn.

Then item by item surrender the day with prayers like,

"God I give you my. . ."

CHALLENGE:

If our Mornings shut out the presence of God we must reprioritize our routines so that we can allow our minds to become filled with words of praise and then surrender the day's agenda to him.

Isn't time we acknowledged

Breathe

*This is the air I breathe,
This is the air I breathe,*

Your holy presence living in me.

*This is my daily bread,
This is my daily bread,
Your very Word spoken to me.*

[1] Ps 5:1-3

The situation is different from that in Ps 3. In that Psalm David is fleeing, here he is in Jerusalem and anticipates going up to the Temple service.

[2] hagiyy (haw-gheeg'); from an unused root akin to OT:1897; properly, a murmur, i.e. complaint:

[3] By ARA Content, 10/16/2001

[4] D.L. Moody, Christian History, no. 25.

[5] Pegi Tehan, Dayton, OH. Today's Christian Woman, "Heart to Heart."

[6] Betty Traver, Great Bend, Pennsylvania. Christian Reader, "Lite Fare."