

Finding God in Your Morning Routine

Start your day with purpose, prayer, and a hot cup of hope.

The Morning Rush

We've all been here – the alarm blaring, your phone lit up with notifications, and then suddenly you're speeding through your morning routine. You may have attempted to fit a quick prayer or scripture reading into your routine, however it often seems to be an afterthought, and you feel like you're stuck in a chaotic cycle of "getting ready." What if you could experience calmness and a sense of connection to God during your morning routine? What if you could begin each day with purpose and clarity?

Discover the Connection between Jesus and Java

This article invites you to explore how incorporating Jesus into your daily routine yes, before your first cup of coffee can positively impact your morning routine and overall life.

This Article Will Explore:

Real Biblical Examples of Connecting with God in the Mornings

Practical Tips for Creating a Daily Connection with God

Creative Ideas for Connecting with God While Getting Ready for the Day Ahead

Why Mornings Matter

Mornings Set the Tone for the Rest of Your Day!

Your first hour of being awake sets the tone for your entire day. Research has shown that studies confirm your first hour of being awake affects your mood, productivity and relationships throughout the day. There's more than science at work here... The Bible is filled with accounts of people who connected with God in the early hours of their day. For many of those individuals, connecting with God wasn't simply a means of gaining a head start in their day, but rather they wanted to start their day with God.

When you rise in the morning, your mind is fresh, your heart is open and the world is quiet. What a perfect time to listen to God's voice and set the course for your day ahead before the noise of the world begins!

If you've felt like you're just going through the motions, or if you yearn for more depth in your daily life, the solution may be as easy as changing how you begin your day.

Connecting with God in the Mornings

Many Christians have struggled with busy mornings. However, the Bible is rich with stories of people who made a point to meet with God in the early hours of their day. A few examples include:

David:

King David, whom the Bible describes as a man after God's own heart, expressed a similar sentiment in Psalm 5:3: "In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."

For King David, the morning was a time to express himself to God, ask for guidance and to find encouragement.

Jesus:

Even though Jesus had a multitude of people clamoring for his attention, and countless responsibilities calling for him to act, He took time to pray in the early morning hours. Mark 1:35 states: "Early in the morning, while it was still dark, Jesus went outside and sat by the lake. He prayed."

If the Son of God needs time to be alone with the Father before he begins his day, then shouldn't we also take time for ourselves to connect with God?

Abraham, Moses, and Job:

Abraham spent time with God in the early morning hours (Genesis 19:27). Moses went to the top of Mount Sinai at dawn (Exodus 34:4) to receive instruction directly from God. Job would offer sacrifices for his children each morning (Job 1:5).

These people didn't just go through the motions. They used their early morning routines to establish connections with God before anything else began.

The Common Theme Among All of These Stories

All of these accounts demonstrate that spending time with God in the morning isn't about checking a box. Rather, it's about beginning the day with the One Who gives our lives purpose, direction and hope.

Why Begin Your Day with God?

You may be wondering, "Does it really matter when I spend time with God?" The good news is that God isn't restricted by our calendars. However, there is something unique about the morning. The morning represents an opportunity to reset and to release yesterday's concerns so you can invite God into your day ahead.

The book of Lamentations reminds us: "Because of the Lord's great love we are not consumed, for his mercies never come to an end. Great is thy faithfulness. Thou art worthy to be praised. Thou hast given me new mercies every morning. Great is thy faithfulness" (Lamentations 3:22-24). Every morning offers a brand new start to give thanks for God's merciful love.

When you choose to begin your day with God, you're not merely asking Him for assistance. Instead, you're bringing your heart into alignment with His. You're saying, "Lord, I want You to guide me today. I want Your wisdom, peace and strength." And this simple act can profoundly affect how you view yourself, your problems and the people around you.

Creative Ways to Connect with God in the Mornings

Now, let's get practical. You don't need a lot of spare time, nor do you need a seminary education to meet with God in the morning. Below are some true, doable ideas to incorporate Jesus into your daily routine:

Coffee and Scripture

Open your Bible or access a Bible app before checking your phone. Read a Psalm or a few verses from the Gospel accounts as you enjoy your coffee. Let God's Word awaken you from the inside out.

Worship Playlist

If you're not a morning person, create a playlist of worship music to listen to as you prepare for the day. Let the lyrics remind you of God's love and faithfulness. Sing along even if you sing off-key! It's not about how well you perform, it's about being present.

Walking Prayers

Don't have to sit still to pray. Take a walk around your home, your yard or even your neighborhood. Share your hopes, fears and goals for the day with God and listen for His gentle nudge.

Gratitude Journal

Keep a small journal near your bed. Each morning, write down one thing you are grateful for and one thing you trust God will accomplish through you today. As time passes, you'll witness how God demonstrates Himself in both large and small ways.

Short Devotions

Find a short devotional or daily devotion to read. Use an app or website that speaks to you. Even five minutes can be a game-changer.

Memorize Scripture

Choose a verse of Scripture for the week. Write it on a post-it note and place it in a spot where you'll see it frequently such as your mirror, coffee machine, etc. Repeat the verse as you get ready for the day. Let it shape your thoughts and decisions.

Quiet Time

Take a moment before rushing out the door to pause. Breathe. Ask God to give you peace. At times, the quietest moments are the most powerful.

The Challenge of Starting the Day

We all know mornings can be difficult. We may oversleep, we may be sluggish, we may be easily distracted, and we may simply lack motivation. This is nothing to be ashamed of; it is normal, and we are not alone. To help us overcome these challenges, we can begin with the following tips:

- **Begin Small:** Instead of trying to accomplish everything at once, begin with a small amount of time — such as 5 minutes. Gradually increase that amount of time to develop a habit.
- **Prepare the Night Before:** Plan ahead by preparing anything you may need for the next morning. For example, lay out your Bible, journal or headphones so they are readily available to use when you wake.
- **Be Kind to Yourself:** Understand that there will be days when you are not able to accomplish as much as you would like. God is not keeping track of your successes and failures. He simply wants to spend time with you.
- **Figure Out What Works for You:** There is no "right" way to create a daily habit of connecting with God. Experiment with various methods until you find one that works for you.

Creating a Habit of Spending Time with God

Habits greatly influence the course of our lives. As research has shown, making spending time with God a regular part of your day will become natural and habitual. Many people have reported experiencing a craving to spend time with God in the same way many of us have experienced cravings for things such as a cup of coffee in the morning.

According to James Clear, author of *Atomic Habits*, "You do not rise to the level of your goals. You fall to the level of your systems." In order to experience growth in your faith, you must establish a system that supports that. Establishing a system could include establishing an alarm clock to wake up early enough to spend time with God, establishing an accountability partner, and/or using a journal to keep track of your progress.

As you continue to consistently spend time with God, you will begin to recognize His presence in your life not just during your time with Him in the morning, but also throughout the remainder of your day.

How Morning Time with God Changed Real People's Lives

Here is an example of how a college student named Sarah began spending time with God and how it impacted her life. Sarah had previously been a late riser and rushed off to classes while feeling anxious most of the day. However, she decided to spend ten minutes with God each morning reading Psalms, praying, and listening to Christian music. At first, she found it a bit awkward, but eventually she began to notice a difference in herself. She felt more calm and peaceful, and she became more focused and hopeful. Her friends even took notice of the positive change in her.

Similarly, consider the example of Marcus, a young professional balancing work and family responsibilities. Marcus began writing one thing he was thankful for each morning. Writing down the

good things he experienced each day allowed Marcus to focus on seeing God's presence in his everyday life — even on the tough days.

These are not just inspirational stories they are examples of how relatively minor adjustments can result in significant life-changing experiences.

A Step-by-Step Guide to Transforming Each Sunrise into a Spiritual Reset

Are you ready to attempt to create a morning practice? Follow the steps outlined below to begin creating a habit of spending time with God at the beginning of each day:

1. **Determine Your Reason:** Decide why you want to establish a connection with God in the morning. Be honest. Write down your reason.
2. **Select Your Method:** Choose a couple of ways to interact with God (e.g., reading, prayer, music, journaling) and decide which ones you will commit to.
3. **Prepare Ahead:** Set out any materials you may require for the next morning.
4. **Start Small:** Commit to five to ten minutes per day. Consistency is more important than duration.
5. **Evaluate & Refine:** After one week, evaluate what worked and what did not. Make necessary adjustments to improve your morning practice.
6. **Invite Others:** Tell a friend or join a small group to share your experience. Encourage them as well!

This process is not intended to be a means of earning God's favor. Rather, it is designed to allow you to enjoy the relationship you already have with Him.

Most Frequently Asked Questions

Q: What if I am not a morning person?

A: That is okay! Regardless of whether you are a morning person or not, the goal is to give God your first and best whenever that may be. Try moving your wake-up time back by only a few minutes, and you may discover you can adjust.

Q: Must I follow a set schedule?

A: No, the best plan is one that allows you to connect with God. Feel free to mix-and-match activities until you find your rhythm.

Q: What if I miss a day?

A: Do not berate yourself. God provides new mercy every morning. Simply pick right back up where you left off.

Conclusion: A New Morning Invitation

Imagine you are able to awaken tomorrow with a sense of calmness, direction and optimism. Imagine you can begin your day without stress or anxiety instead, with a quiet confidence that you developed through spending time with Jesus. This is the potential that exists for those willing to invite God into their morning routines.

You do not have to be perfect. You do not have to be flawless. All you have to do is show up to your day with a cup of coffee in your hand, and tell God, "I'm here, let's do today together."

So are you prepared to begin transforming each sunrise into a spiritual reset? Give it a try this week. Post a comment sharing your experience. Send this post to a friend who may benefit from receiving a message of encouragement and a reminder to add their coffee to their morning devotions with Jesus. Let us begin our days with Jesus, and watch what develops.