

START YOUR DAY HIS WAY

“Before you start your day your way, start your day His way.”

Central Truth: The first battle of the day is a battle for your mind. Before the world begins shaping your thoughts, deliberately turn your mind toward God and yield yourself to the Holy Spirit.

1. GOD HAS GIVEN YOU A HELPER

John 14:16–18; Romans 8:9; 1 Corinthians 6:19

Jesus promised His disciples “another Helper.” The Christian life was never intended to be lived in isolation from God. God created humanity for fellowship with Himself. Sin disrupted that fellowship, but Christ accomplished reconciliation. Through Christ, believers have been brought near to God, and the Holy Spirit now dwells within every person who belongs to Christ.

The Spirit is not a distant force. He is the Helper Jesus promised. He teaches, comforts, convicts, reminds believers of Christ’s words, and enables them to live in obedience to God.

Ask yourself: *If God has placed His Spirit within you to help you live, why would you begin your day without acknowledging Him?*

This lesson is not just to encourage a morning devotional habit. It is to encourage conscious fellowship with the Holy Spirit from the beginning of the day and throughout the day.

2. GIVE GOD YOUR FIRST ATTENTION

Psalms 5:1–3; Psalm 143:8; Psalm 119:147

David made a deliberate decision about where his attention would go in the morning: “In the morning I will direct it to You, and I will look up” (Psalm 5:3). He did not wait for the day’s pressures to determine his thoughts. He intentionally turned toward God.

Psalm 143:8 gives a helpful progression: morning, hear God, trust God, know God’s way, and walk God’s way. The direction of the day begins with the direction of the heart and mind.

Genesis 3 presents the opposite movement. Eve listened to the serpent; she questioned God’s Word; her desire was redirected; she made a wrong choice; and disobedience resulted. Psalm 143 presents a reversal: hear God, trust God, learn His way, and walk in it.

A key principle: *Both patterns begin with a voice and end with a walk. What you allow to influence your mind will help shape how you walk.*

Before the world starts talking to you, talk to God. Before competing voices establish the direction of your thoughts, deliberately direct your attention toward Him.

3. SEEKING GOD EARLY IS A BIBLICAL PATTERN

Scripture repeatedly records people seeking God early. Abraham rose early and returned to the place where he had stood before the LORD (Genesis 19:27). Jacob rose early after his encounter with God (Genesis 28:18). Moses rose early to meet with God on Sinai (Exodus 34:4). Hannah and Elkanah rose early and worshiped before the LORD (1 Samuel 1:19). David declared, “Early will I seek You” (Psalm 63:1).

The clearest example is Jesus. Mark 1:35 records that He rose a long while before daylight, went to a solitary place, and prayed. Jesus began an active ministry day in communion with the Father.

Consider: *If the sinless Son of God deliberately withdrew early to commune with the Father, how much more do we need to begin our day consciously seeking God?*

4. GIVE GOD THE FIRSTFRUITS OF YOUR DAY

Proverbs 3:9; Romans 12:1

Proverbs 3:9 directly concerns possessions and material increase: "Honor the LORD with your possessions, and with the firstfruits of all your increase." The verse is not a command about morning prayer. Yet the principle of honoring God with the first and best raises an important question: Why should God receive only the leftovers of our attention?

Yesterday is gone. Tomorrow has not arrived. Today is the day God has placed before you. Offering Him the first portion of your attention can become an expression of consecrating the entire day to Him.

Romans 12:1 calls believers to present their bodies as a living sacrifice. Therefore, morning prayer can become more than a few devotional minutes. It can become an act of presenting the whole person and the whole day to God.

- This mind belongs to You today.
- These eyes and ears belong to You.
- This mouth belongs to You.
- These hands and feet belong to You.
- This schedule belongs to You.
- These appointments, interruptions, decisions, and opportunities belong to You.

Remember: *God does not just want the first few minutes. He wants the day those minutes represent.*

5. GUARD YOUR MIND FROM COMPETING VOICES

Genesis 3:1, 4; 2 Corinthians 11:3; 2 Corinthians 10:5; Romans 12:2; Romans 8:5–6

The world, the flesh, and the devil compete for your attention. Genesis 3 shows Satan challenging the truth of God. He questioned what God had said and contradicted God's warning. The attack upon truth affected thinking. Thinking affected desire. Desire affected choice. Choice affected conduct.

Paul uses Eve's deception as a warning in 2 Corinthians 11:3, expressing concern that minds could be corrupted from sincere devotion to Christ. He later commands believers to bring every thought into captivity to the obedience of Christ (2 Corinthians 10:5). Romans 12:2 teaches that transformation occurs through the renewing of the mind.

This battle becomes very practical in the morning. Before your feet touch the floor, many things may already be competing for your attention:

- Notifications and messages.

- News and opinions.
- Responsibilities and deadlines.
- Problems and worries.
- Social media and entertainment.
- Yesterday's disappointments.
- Tomorrow's uncertainties.
- Other people's demands.
- Temptation.

The question is not whether something will seek your attention. The question is what you will permit to govern your attention.

Before there is a battle over what you will do, there is a battle over what you will think. Whatever gets your attention begins influencing your direction.

Practical reminder: Do not let your phone disciple your mind before the Holy Spirit directs your heart.

6. LET THE HOLY SPIRIT RENEW YOUR MIND THROUGH THE WORD

John 14:26; Romans 12:2; 1 Corinthians 2:16; Philippians 2:5

The serpent questioned what God had said. The Holy Spirit reminds believers of what Christ has said. Jesus promised that the Helper would teach and bring His words to remembrance (John 14:26). Therefore, begin the day by deliberately placing God's Word before your mind.

Ask the Holy Spirit to illuminate the truth of Scripture. Ask Him to expose thinking that does not agree with God's Word. Ask Him to correct your attitudes, renew your mind, and increasingly conform your thinking to Christ.

The pattern is simple: Read the Word. Pray the Word. Meditate on the Word. Allow the Spirit to use the Word to renew your mind.

The Spirit of God leads the child of God according to the Word of God. Before God changes the direction of your walk, He changes the direction of your thinking.

7. DENY YOURSELF AND YIELD TO THE SPIRIT

Proverbs 3:5–6; Luke 9:23; Romans 8:5–6

Proverbs 3:5–6 warns us not to lean upon our own understanding and commands us to acknowledge God in all our ways. Jesus adds another dimension in Luke 9:23: the disciple must deny self, take up the cross daily, and follow Him.

Every morning therefore presents a question of leadership:

- My flesh or His Spirit?
- My wisdom or His Word?
- My desires or His will?
- My emotions or His truth?

- My plans or His direction?

Romans 8:5–6 connects the direction of life with the setting of the mind. Those who live according to the Spirit set their minds on the things of the Spirit.

***The issue:** The question is not whether you will be influenced today. The question is who or what will influence you today.*

8. ACKNOWLEDGE THE SPIRIT, YIELD TO HIS FILLING, AND WALK

Ephesians 5:18; Galatians 5:16, 25

If you belong to Christ, you do not need to ask the Holy Spirit to move into your life as though He were absent. He already dwells within you. The daily need is to acknowledge His presence, yield to His governing influence, and walk according to the Spirit.

- INDWELLING — He lives in me.
- FILLING — I yield to His governing influence.
- WALKING — I follow His leading according to His Word.

Galatians 5:16 commands, “Walk in the Spirit.” Galatians 5:25 says, “If we live in the Spirit, let us also walk in the Spirit.” The Spirit has given spiritual life. The believer is now called to order daily conduct according to that life.

9. BE STILL AND LISTEN TO HIM

Psalms 46:10; John 14:26; John 16:8; 1 Corinthians 2:12

Many prayer lives consist almost entirely of speaking. We bring requests, concerns, needs, and plans before God, and then immediately move on. Scripture also calls us to stillness before God.

Biblical listening does not mean emptying the mind or seeking revelation apart from Scripture. It means becoming quiet before God with the mind focused upon His truth. The Holy Spirit brings Christ's words to remembrance, convicts concerning sin, and enables believers to understand spiritual truth.

After reading and praying, remain quiet for a few moments. Think about what you have read. Allow the Word to search your heart. Ask:

“Holy Spirit, what truth from Your Word do I need to carry with me today?”

Listen by attending to the Word He inspired. Allow Scripture to correct you, encourage you, expose sin, redirect an attitude, bring Christ's teaching to remembrance, or give wisdom for the day ahead.

10. GET UP AND WALK WITH HIM

Proverbs 16:9; Galatians 5:25

Morning prayer is not the destination. It establishes the direction. Communion with the Holy Spirit should continue after you close the Bible and the day begins.

As you move into the day, continue speaking with God. Ask the Spirit to direct your conversations, guard your tongue, help you know when to remain silent, give wisdom for

decisions, strengthen you against temptation, bring Scripture to remembrance, and help you represent Christ.

Your relationship with the Holy Spirit did not begin this morning. But you can deliberately renew your conscious fellowship with Him from the moment you awaken.

The goal is not merely to start the day with God. The goal is to start with Him and then walk with Him throughout the day.

THE SEVEN-DAY CHALLENGE

For the next seven mornings, give God your first attention. Before the phone, television, email, news, social media, or the day's schedule, deliberately turn your heart and mind toward God.

Use these five simple actions each morning:

1. ACKNOWLEDGE HIM

"Holy Spirit, You are present. You dwell within me. I acknowledge that I need Your help and direction today."

2. THANK HIM

Thank God for another day, for His mercy, for salvation in Christ, and for the presence of the Holy Spirit. Begin the day with gratitude, not anxiety.

3. SURRENDER TO HIM

Present your mind, body, desires, plans, schedule, relationships, decisions, and opportunities to God. Pray, "This day belongs to You. Let Your will govern me."

4. LISTEN TO HIM

Open the Word. Read it, pray it, and meditate upon it. Then become still before God. Ask the Holy Spirit to illuminate Scripture, correct your thinking, convict you where needed, and bring God's truth to remembrance.

5. WALK WITH HIM

Get up and carry that fellowship into the day. Continue talking with God. Follow the truth of His Word. Depend upon the Spirit for wisdom, strength, holiness, love, patience, and self-control.

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