

Starting the Day Right

Some time ago, just as the day was dawning, my cell phone rang. Terry Leonard, Life Care's senior vice president for Information Technology, was on the other end of the call, and – almost breathless – he asked, “Have you seen that beautiful sunrise this morning?” Indeed, I had, and for a few moments we shared in the glory of God's creation, and His message of love and beauty to us.

Admittedly, I am an early-morning person, as I know many of you are. There is just something special about a steaming cup of coffee and meditation with our Lord as the day begins. The experience reminds me of one of my favorite poems, written by Ralph Spaulding Cushman in *Hilltop Verses*. Here it is:

*I met God in the morning
When my day was at its best,
And His presence came like sunrise,
Like the Glory in my breast.*

*All day long the Presence lingered,
All day long He stayed with me,
And we sailed in perfect calmness
O'er a very troubled sea.*

*Other ships were blown and battered,
Other ships were sore distressed;
But the wind that seemed to drive them
Brought us Peace and Joy and Rest.*

*Then I thought of other mornings,
With a keen remorse of mind,
When I, too, had loosed the moorings,
With the Saviour left behind.*

*So I think I know the secret,
Learned from many a troubled way;
You must seek Him in the morning
If you want Him through the day.*



An old saying has it right: The best time to hem your day is in the early morning, before life's circumstances have the opportunity to add to the fray.

Pray about everything; tell God your needs and don't forget to thank Him for His answers. If you do this you will experience God's peace ...His peace will keep your thoughts and your hearts quiet and at rest (Philippians 4:6-7).

– Beecher Hunter