

How Do You Start Your Day?

Several years ago a national survey was conducted by a manufacturer of small appliances and home electronics, Robert Krups. The survey was entitled: "Morning Habits of America." A list was created from the results of the survey: "Top 10 Morning Rituals." Here are the activities the participants say they simply can't do without each morning:

10. Iron clothes: 11%
9. Exercise: 22% (split evenly among men and women)
8. Watch television: 30%
7. Read newspaper: 35%
6. Kiss spouse-partner: 49% (a heartwarming 83% for couples married five years or less; 56% for couples married 10 years or more)
5. Make breakfast: 50%
4. Make bed: 53% (71% of women versus 32% of men)
3. Drink coffee: 53%
2. Listen to the radio: 55%
1. Personal hygiene (brushing teeth, washing face, taking a shower): 84%

Children of God should observe that there are some important things missing from this list. Not a single word is mentioned about prayer or Bible reading. Ironing clothes certainly isn't more important than spending time communing with one's Maker (and anything else on the list). Since I do not know how the survey was administered, I cannot state the following with certainty, but **it would appear that no more than 10% of Americans pray or study the Scriptures in the morning** (since neither of those activities made it into the top ten). In truth, it might be a much lower figure than that. This is tragic, especially in our country where over 80% claim to believe that Jesus is the Christ, the Son of the living God, and where over 60% believe the Bible is the literal, inspired word of God (according to a Gallup poll).

How do you start your day? That's a valid question for all Christians to consider. Is there prayer and Bible reading at the beginning of your daily routine? If not, are these important activities found later in your daily routine?

David declared in Psalm 5:3, "My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up." David also said – "Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice."

We will be better equipped to handle the difficulties and frustrations of daily life when we make it a habit to begin our day with the Lord.

Donald