

The Best Way To Start Your Day (Mark 1:35)

What is the very best way to start your day? ...A run on the beach? ...A workout at your local gym? ...Sleeping until 10:00 am? ...Awaking to the aroma of egg & bacon frying in the kitchen?

IF YOU ARE A CHRISTIAN, there is no better way to start your day than in an early-morning meeting with your Father in heaven. In Mark 1:35 we are told that Jesus rose early in the morning, a long while before daylight, and went to a solitary place where He prayed. In the fifth chapter of Luke we are also told that this was part of His regular routine. *How about you?* Are morning devotions an important feature in your daily life? Do you start out each day with the Lord? You should. To enjoy the fullness of God's presence and His power throughout the day, you need to meet with Him in the morning. In this message we shall consider the blessing of the "morning watch."

POINTS TO PONDER:

A. THROUGH JESUS CHRIST, YOU CAN ENJOY GOD'S PRESENCE DAILY!

- Through Christ you can have Access to God (Ephesians 2:18) and Fellowship with God (1Jn 1:3).
- God's presence was disregarded by Cain, but enjoyed by Enoch (Genesis 4:16; 5:22, 24).

B. THE MOST FRUITFUL TIME OF YOUR DAY IS TIME SPENT ALONE WITH GOD

- *When is the best time?* Mark 1:35 – The first part of the day.
- *Where should I meet with God?* Matthew 6:6 – Alone with God; Away from Distraction; All your Attention.

C. WHAT IS "THE MORNING WATCH"?

- In Bible times, city walls were guarded. The guards would keep watch all night and take shifts in order to protect the city. There were three watches in the night, with the morning watch, from 2am to 6am.
- In the book "The Inner Chamber" by Andrew Murray, the first chapter is titled "the Morning Hour." In this chapter, Murray emphasizes the extreme importance of setting aside a daily time of quiet for prayer and meditation on God's word.
- This is taught in various places in the scriptures: E.g. 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."

CHALLENGE TO CHANGE:

There is no substitute for the "morning watch"! From scripture it is clear that God has given the morning hour a unique place in His heart. Should it not also have a special place in yours? The challenge from Mark 1:35 is to follow the example of the Lord Jesus and rise early to meet with God. This commitment will have far reaching implications in your life, in your church, and also in heaven. Consider the Father's pleasure when His children begin to rise early to call upon Him.