

## Have A Good Morning

I have some morning rituals. They are designed to begin my day with peace in my heart. They work on both my mind and social skills. In this essay I will expound on the benefits of my routine. They are: increased patience, tolerance, and meekness.

The first benefit of my morning rituals is that they increase patience. It results from the peace obtained shortly after waking up. I learn patience with myself through these activities. It allows me to extend the patients to others. As I learn to wait on the Lord I discover I can wait on others too.

The second benefit of my morning rituals is that they increase tolerance for others. As I see my own character defects, I am more aware of God's grace and mercy. I depend on them more each day. I receive unlimited amounts from Him; it becomes increasingly easy to extend them to others.

The third benefit of my morning rituals is that they increase meekness. (Meekness is defined as being gentle and kind) A positive start to my day makes it easier to be gentle and kind towards others. Frantically rushing around, listening to destructive input, and playing back negative thoughts leads to drama and stress. They cause brutality. The absence of such influences calms the soul making it easier to be at peace with others.

In conclusion, a positive start to the day is essential. It is worthwhile to have rituals that add to my well being. As I grow in peace from maintaining them, I increase in patience, tolerance, and meekness. What morning rituals do you have? Do they assist you to live each day to the fullest?

## My Routine

I have specific activities to start the day. They are meant to get me up, energized and prepared for the challenges ahead. Many experts will say: "breakfast is the most important meal of the day." I believe that, what the soul is nourished by at the onset of each cycle is just as important. My waking routine involves praying, reading, writing and listening to music.

The first part of my routine involves praying. I petition God first thing. Often negative thoughts will invade the mind at the time of waking. I turn to God and ask Him to cleanse mine. The request is the first of many during the morning. I partake in intercessory prayer after the rest of my routine is complete.

The second part of my routine involves reading.

I read The Daily Bread after my toiletries are completed. The booklet is a devotional with inspirational writing. Then I go to the dining hall to eat, return, and finish my rituals. The reading portion continues later by delving into the Bible. I concentrate on 3 chapters each morning.

The third part of my routine involves both writing and listening to music. Journaling clears my mind so that it is easier to pay attention to the scriptures. Christian music in the background adds to my enjoyment as my thoughts are recorded on paper. I am able to purge my emotions and let go of my concerns so that further prayer and reading are more productive.

So, to review, my morning schedule includes:

1. Praying
2. Looking after toiletries
3. Reading a devotional
4. Eating a meal
5. Journaling
6. Listening to music
7. Reading the Bible
8. Interceding for others in prayer

These activities focus my energies on positive actions. They are a foundation for a positive day.

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The outcome is worth the effort, The growth others see in me testifies of God's grace and the wisdom of having a positive morning routine.

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