

HOW TO SPEND A DAY WITH GOD



Get all the sleep your body needs but don't be lazy (Proverbs 6:9).



Let God have your first thoughts of the day (Psalm 5:3; 88:13). Thank Him for the rest you enjoyed and that you have another day to serve Him and others.



Pray before you do anything else. This is how Jesus started His day (Mark 1:35).



God created you to glorify Him. Whatever you do, do it for the glory of God (1 Corinthians 10:31).



Be diligent in whatever you do (school, homework, chores, and even play). Do it to please the Lord (Colossians 3:23).



Don't waste time. Don't get bored; stay busy with good things. Use your time in profitable ways (Ephesians 5:16).



Eat and drink with self-control and what will help you be healthy and strong (Proverbs 23:21; 1 Corinthians 9:27).



Review your day before you fall asleep. Thank God that you are safely back home (Psalm 42:8; 63:6; 92:2). Confess any sin (1 John 1:9). Remember, God never sleeps so He is watching over you while you rest (Psalm 4:8; 121:4-5).

Adapted from Richard Baxter (1615-1691), "How to Spend a Day with God"
(<http://www.puritansermons.com/baxter/baxter5.htm>).

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