

Greet the Day

By Jessica Harris Daum

Do you begin the day by checking email or social media sites on your phone, grumbling and grouching, or with a ritual first cup of coffee? What you do first thing in the morning sets the scene for the rest of the day. Create a ritual for centering yourself and connecting with God and family before the day gets rolling!

For

Adult, Couple

Season

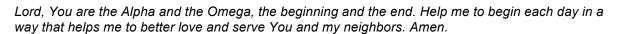
Summer

Needed

Paper and a writing utensil

Activity Plan

1. Say this prayer aloud to begin.



- 2. Draw a comic strip—a series of pictures—of your current morning routine. Don't worry about artistic talent, but, if you'd rather, write a short story about a typical morning for you. Work individually.
- 3. If you're completing this activity with a partner, share your drawings or short stories. Discuss (or, if you're working alone, reflect on) your morning routine using these questions as a starting point:
 - How does your current routine help you to start your day off right?
 - What about this routine is not helpful?
 - If you could change anything about your typical morning, what would you change?
- 4. Read Lamentations 3:23-25

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him."

- 5. Create a list of all the ways that you might connect to God's new mercies every morning. Some ideas to get you started: read a Bible verse (maybe on a smart phone app), listen to a song, pray a short prayer, say a phrase like "God is good all the time" or "Bless the Lord, O my soul," turn on the light and think: "Christ is the light of the world," greet your spouse with "Peace be with you."
- 6. Choose one morning ritual to try for a week. Make it the first thing that you do each day. If you're completing this activity with a partner, keep each other accountable and check-in with each other a week from now to see how it is going. If it isn't working, try another of your ideas.
- 7. Close with this prayer.

God of fresh starts, Your mercies are new every morning. Help me as I do my best to try to start my day by connecting to this reality and connecting to You. Amen.

