

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.

Lord, You are the Alpha and the Omega, the beginning and the end. Help me to begin each day in a way that helps me to better love and serve You and my neighbors. Amen.

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.

