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# Starting Your Day Right





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DEVOTIONS FOR  
EACH MORNING OF THE YEAR

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Joyce Meyer



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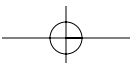
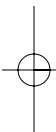
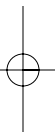
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My soul, wait only upon God *and* silently submit to  
Him; for my hope *and* expectation are from Him.

PSALM 62:5



## Introduction



God wants you to enjoy your life. Jesus said, “I came that they may have *and* enjoy life, and have it in abundance (to the full, till it overflows)” (John 10:10). Your days can be filled with an overflowing joy that will spill into the lives of others. You can experience this joy all day if you learn to start your day right—by spending time with God, reading His Word, praying, and listening for His direction.

Listening to God each morning fills you with expectancy and favor for a better day, and those days add up to a better life. The Lord wants you to have Him clearly in sight in order to follow Him. He is willing to wake you in the morning and make your ear alert to His instruction. If you will seek Him with all your heart, He will renew your strength and make clear your path (See Isaiah 40:31; Proverbs 3:6).

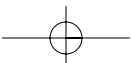
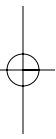
I have written this book to remind you of the benefits of starting your day with God. It is not written to replace your personal time with Him, but

simply to enhance it and to point you to your own daily encounter with Him so that you will enjoy every day of your life. He will teach you to balance out your extremes, gain self-control, and live in a way that has a positive impact on others. I encourage you to seek God early each morning and to wait on Him to write in your spirit direction for the day. God will fill your heart with knowledge that will enlighten you at the right time. Once you experience the empowerment of beginning your day with God, you will never want to start your day without Him.

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# Starting Your Day Right






## Start Your Day Right

*When I said, My foot is slipping, Your mercy and  
loving-kindness, O Lord, held me up.*

PSALM 94:18

 Some people seem to start their day on the “wrong foot.” They feel all right when they wake up, but as soon as something goes wrong they lose their footing and walk with a “loser’s limp” the rest of the day. Once they are off to a bad start, it seems they never catch up.

If someone offends us early in the morning, our anger can keep us defensive all day. If we start the day rushing, it seems we never slow down. But today our feet can be firmly planted in God’s Word. There will be no “bad day” when God’s Word supports, strengthens, and directs us.



*Starting Your Day Right ~ 1*

JANUARY 2

## Get Up and Get Going

*I am weary with my groaning; all night I soak my pillow with tears, I drench my couch with my weeping . . . Depart from me, all you workers of iniquity, for the Lord has heard the voice of my weeping (emphasis mine).*

PSALM 6:6, 8



Even before we are totally awake, Satan is bidding to deceive us and is ready to plant defeating thoughts in our mind. He wants us to be hopeless, faithless, and negative. He definitely doesn't want us to *be* positive when we get up. He wants us to have a bad attitude and be selfish and self-centered, full of hatred, bitterness, resentment, doubt, unbelief, and fear — to be mad at everybody,

But thank God, through Jesus Christ we have been redeemed from all of those negative patterns. We can resist the devil and trust God's power in order to live victoriously today.

## Keep in Touch with God

*BLESSED (HAPPY, fortunate, prosperous, and enviable) is the man who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes] . . . But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night.*

PSALM 1:1-2



Keep in touch with God today; stay tuned to His voice. You may have a plan for the day, but God may lead you in a totally different direction if you are sensitive to the Holy Ghost. Be brave enough to flow with what you feel in your heart God wants you to do.

Today is going to be a good day. Listen for the voice of God to lead you. Be determined to walk in the Spirit and stay in the flow of God's leading today.




*Starting Your Day Right ~ 3*

JANUARY 4

## Avoid the Slingers

*O GOD, You are my God, earnestly will I seek You;  
my inner self thirsts for You . . . in a dry and weary  
land where no water is . . . I have looked upon You  
in the sanctuary to see Your power and Your glory.  
Because Your loving-kindness is better than life,  
my lips shall praise You.*

PSALM 63:1-3



There were people in the Bible called slingers who defeated their enemies by slinging stones and throwing dirt into their wells, contaminating their life source of water (See 2 Kings 3:25). We all know people who sling accusation, judgment, criticism, and faultfinding at others. We certainly don't want slingers in our life, and we don't want to become slingers either.

Don't be a slinger who contaminates your own faith or the faith of those around you. Spending time with God will fill you with "living water" (See John 7:38). You will be edified and become a source of encouragement for others all day long.

JANUARY 5

## Get in the Flow

*You cause them to drink of the stream of Your pleasures. For with You is the fountain of life; in Your light do we see light. O continue Your loving-kindness to those who know You, Your righteousness (salvation) to the upright in heart.*

PSALM 36:8–10



I have never been much of a swimmer. I may not be the best at fighting the current, but I can float. It is wonderful just to trust the water to keep us up and go with the flow. We can trust God to keep us afloat through the rapids and lead us to still waters.

The Bible says God's mercy and loving-kindness are "new every morning" (See Lamentations 3:22–23). His mercy isn't just there waiting for us; it is new, fresh, flowing, and; powerful every new day. We need to get in the flow of God's river of life early each day and learn to float on the power of His presence.



*Starting Your Day Right ~ 5*

JANUARY 6

## Get Rest

*As for me, I will continue beholding Your face in righteousness (rightness, justice, and right standing with You); I shall be fully satisfied, when I awake [to find myself] beholding Your form [and having sweet communion with You].*

PSALM 17:15



Each evening the sun sets on all of our problems and on all of the mistakes we made that day. But something marvelous happens to us as we sleep — the Lord gives us rest physically, mentally, and emotionally. We are renewed and rejuvenated to face the next day.

Today we may wake up with the same problems we had when we went to bed, problems that yesterday we felt we just couldn't take anymore. But somehow today after proper rest and sleep, we think, *I can do it; I can face it again.* God promises to renew our strength when we rest in Him.

JANUARY 7

## Rejoice Today

*Let the hearts of those rejoice who seek the Lord!  
Seek the Lord and His strength; yearn for and seek  
His face and to be in His presence continually!  
[Earnestly] remember the marvelous deeds which He  
has done, His miracles, and the judgments He uttered.*

1 CHRONICLES 16:10–12



Many people don't realize how important the morning is, especially those first moments of time that we are awake. God calls the sun to rise for us. He is eager for us to wake up and talk to Him again.

David the psalmist talked a lot about mornings, saying "This is the day that the Lord has made; I *will* rejoice and be glad in it." (See Psalm 118:24). David didn't always *feel* like rejoicing, but he *decided* to rejoice in God's new day.

As soon as you get up, look at yourself in the mirror, smile, and say, "I am going to have a good day because Jesus loves me."




*Starting Your Day Right ~ 7*

JANUARY 8

## Start Out Joyfully

*You try the heart and delight in uprightness. In the uprightness of my heart I have freely offered all these things. And now I have seen with joy Your people who are present here offer voluntarily and freely to You. O Lord . . . keep forever such purposes and thoughts in the minds of Your people, and direct and establish their hearts toward You.*

1 CHRONICLES 29:17–18



My husband always seems happy. Within five minutes of waking, Dave is humming, singing, or listening to music as he gets ready for the day. Years ago I didn't want music on in the morning. I didn't want singing or humming or noise of any kind. I wanted quiet so I could think.


Today I still need a little more quiet than Dave does in the morning. But we have both found the way to start our day out right. We set our hearts and minds to follow God. And it works.

JANUARY 9

## Listen for His Purpose

*Who is the man who reverently fears and worships the Lord? Him shall He teach in the way that he should choose. He himself shall dwell at ease . . . The secret [of the sweet, satisfying companionship] of the Lord have they who fear (revere and worship) Him.*

PSALM 25:12-14



It is God who wakes us each morning. If He didn't keep us alive overnight, it wouldn't matter what kind of an alarm clock we had! The prophet said, "God wakens me morning by morning, and He wakens me for a purpose so that I can hear; I am like a disciple who is taught" (See Isaiah 50:4).

Before you even get out bed, listen to hear what God has to say to you. It will be a good day if you start it with a ready ear, taking time to listen to Him. God is eager to reveal today's plan to you.




*Starting Your Day Right ~ 9*

JANUARY 10

## Expect Something New

*In the morning, O LORD, you hear my voice;  
in the morning I lay my requests before you  
and wait in expectation.*

PSALM 5:3 NIV

 If you get up and do the exact same thing every morning, you may get pretty bored after a month or so. But seeking God when you first wake up is never boring. He will always have a new revelation ready for you to hear.

Keep your expectation fresh by changing what you do in your time with God. You might worship the Lord with singing one morning, listen to Christian music another morning, read God's Word the third morning, sit in His presence or confess His Word the following morning. Let the Holy Spirit lead you as you learn to enjoy starting your day with God.