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# Ending Your Day Right

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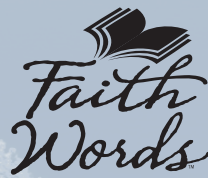
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# Ending Your Day Right

DEVOTIONS FOR  
EACH EVENING OF THE YEAR

Joyce Meyer



NEW YORK BOSTON NASHVILLE

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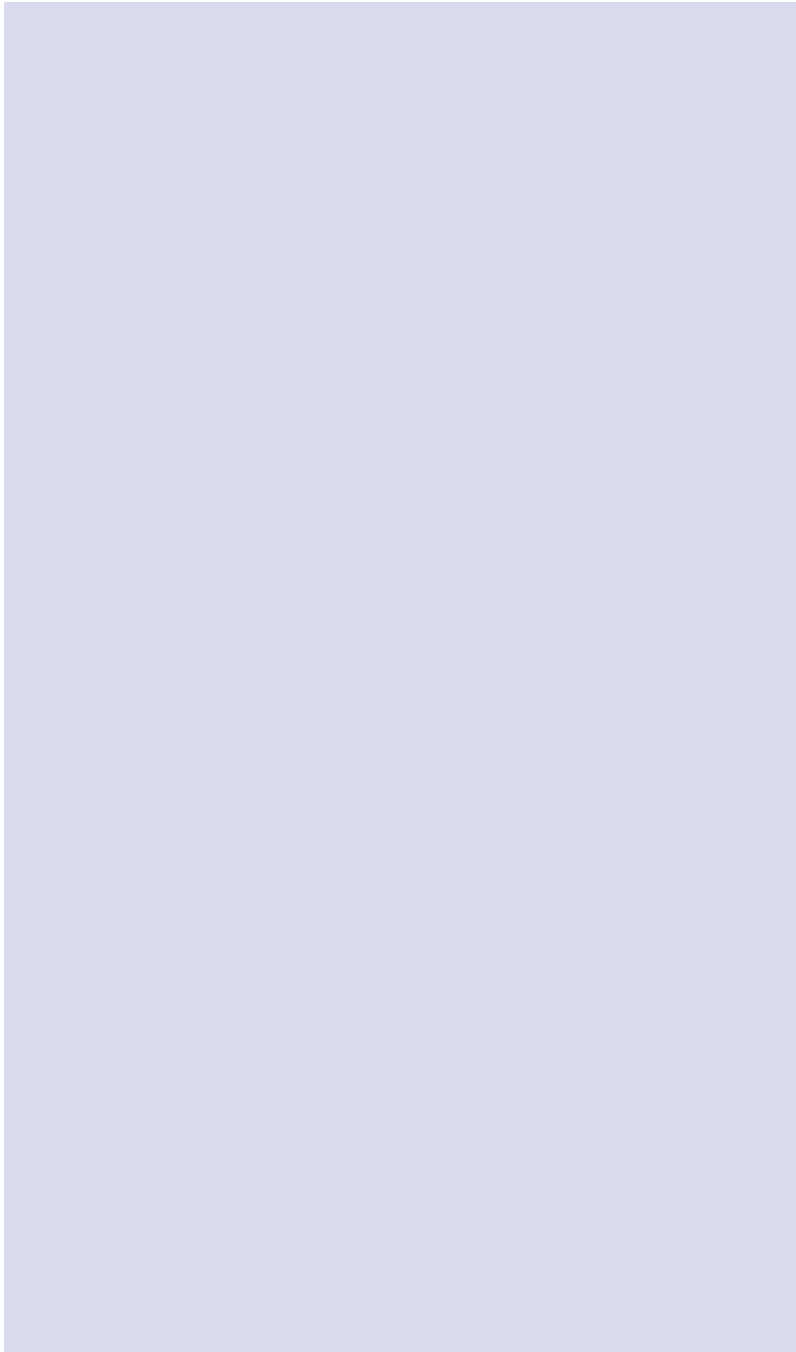
ISBN 978-0-446-53364-5

*Let my prayer be set  
before You as incense, the  
lifting up of my hands as  
the evening sacrifice.*

PSALM 141:2 NKJV

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2ND PASS PAGES

# Introduction

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 God wants you to enjoy everyday life— it is His will for you. As a Christian you can have a quality of life that far exceeds your expectations, but it requires cooperation on your part. Jesus said in John 15:10-11 that if you obey His instructions and abide in His love, your joy and gladness will be full, complete, and overflowing.

Enjoying life to the fullest begins by making a decision to set aside time each day to pray and meditate on God’s Word and to learn His will and direction for your life. The people who most enjoy life are those who spend time with God, seeking His direction and then following His leading.

Starting your day right by spending time with God in the morning is an important part of enjoying life. But spending time with God at night before you go to bed is an extra special time—an unhurried time that allows you to relax in the presence of God and reflect on the activities of the day.

It is a great time to acknowledge and thank Him

*Ending Your Day Right ~ vii*

1 for His presence with you throughout the day, and  
2 to seek His help with any unresolved problems or  
3 concerns you may have. Consider His invitation in  
4 Matthew 11:28-29:

5  
6 *Come to Me, all you who labor and are heavy-*  
7 *laden and overburdened, and I will cause you to*  
8 *rest. [I will ease and relieve and refresh your*  
9 *souls.] Take My yoke upon you and learn of Me,*  
10 *for I am gentle (meek) and humble (lowly) in*  
11 *heart, and you will find rest (relief and ease and*  
12 *refreshment and recreation and blessed quiet) for*  
13 *your souls.*

14  
15 My purpose in writing this book is to help you  
16 focus on God at the end of your busy days. In the  
17 quiet solitude of the night He will refresh and re-  
18 store you, lead you in paths of righteousness (see  
19 Psalm 23:3), and teach you how to enjoy every day  
20 of your life.

21  
22 *It is vain for you to rise up early, to take rest late,*  
23 *to eat the bread of (anxious) toil—for He gives*  
24R *(blessings) to His beloved in sleep. PSALM 127:2*

25L

*viii ~ Joyce Meyer*

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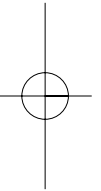
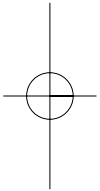
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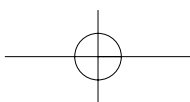


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# You Can Have a New Beginning

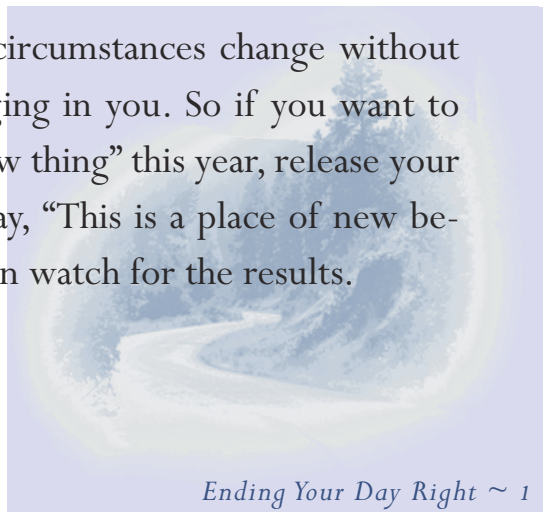
*Do not [earnestly] remember the former things;  
neither consider the things of old. Behold, I am doing  
a new thing!*

ISAIAH 43:18-19

 God created us to need new beginnings—  
places where we can release our faith and  
say, “This is a place of new beginnings for me, a place  
to have a fresh start.” The dawn of a new year is al-  
ways a good time for a fresh start.

You can experience the abundant life Jesus says  
you can have, but it requires making a decision to let  
go of the past. Unless you refuse to go on the way  
you have been, no change will come. God wants to  
change things for you, but He is waiting for your to-  
tal cooperation.

Seldom do your circumstances change without  
something first changing in you. So if you want to  
experience God’s “new thing” this year, release your  
faith right now and say, “This is a place of new be-  
ginnings for me.” Then watch for the results.



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JANUARY 2

## Seek to Know God Better

*[For my determined purpose is] that I may know Him [that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly].*

PHILIPPIANS 3:10

 This was the cry of the apostle Paul's heart as he sought to have such a deep relationship with Christ that the trials of life would barely be noticeable.

At the beginning of this new year, it is a wise thing for you to seek also. There are plenty of problems in life that can weigh you down and cause you to become discouraged, but God wants to provide the strength and power you need to be victorious in every battle of life. Such a relationship requires that you seek God like never before.

So start this year right by becoming more deeply and intimately acquainted with the One who has all power in heaven and earth.

2 ~ Joyce Meyer

# Trust in the Power of Hope

*Hope deferred makes the heart sick, but when the desire is fulfilled, it is a tree of life.*

PROVERBS 13:12

I define *hope* as “the happy anticipation of good things.” You can hope for something good to happen to you by learning how to celebrate and enjoy life.

Everything in life is a process in motion. Without movement and progression there is no life. As long as you live you are always heading somewhere, and you should enjoy yourself on the way. God created you to be a goal-oriented visionary. Without a vision you become bored and hopeless.

But there’s something about hope that makes people lighthearted and happy. Hope is a powerful spiritual force that is activated through your positive attitude. God is positive and He wants positive things to happen to you, but that probably won’t happen unless you have hope and faith.

Expect God to bring good out of every circumstance in your life. Whatever happens, trust in the Lord . . . and trust in the power of hope!

*Ending Your Day Right ~ 3*


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JANUARY 4

## Watch Your Words

*There are those who speak rashly, like the piercing of a sword, but the tongue of the wise brings healing.*

PROVERBS 12:18

 Your life is greatly impacted by the words that have been spoken to you. Likewise, your words impact the lives of those around you—for better or for worse. That’s a sobering thought.

Many people have been crippled with insecurity because their parents spoke words of judgment, criticism, and failure to them. These wounded people can be healed by receiving God’s unconditional love, but it takes time to overcome the wrong image they have of themselves.

That’s why it is important to use your words for blessing, healing, and building up instead of for cursing, wounding, and tearing down.

If you’ve been wounded by words, be quick to receive God’s unconditional love. Let Him heal any unhealthy images you may have of yourself. If you have been fortunate enough to escape such damage, determine that your words will bring blessing and healing to others.


4 ~ Joyce Meyer

2ND PASS PAGES

# Possess Your Soul

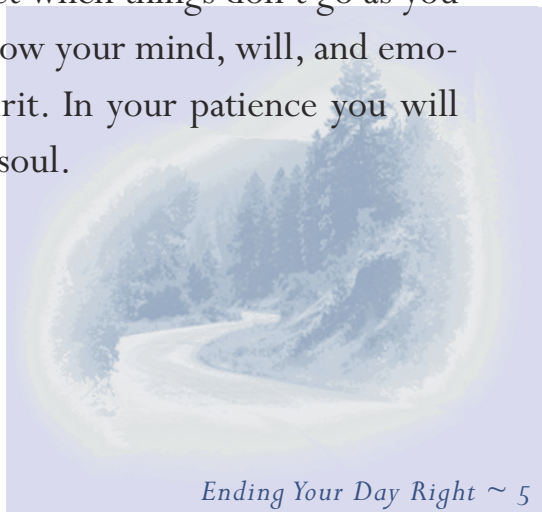
*By your steadfastness and patient endurance you shall win the true life of your souls.*

LUKE 21:19

 You need to learn not to let your mind and emotions get the best of you, especially when it involves things over which you have no control.

Suppose you are on your way to an important interview and get caught in a traffic jam. How do you react? Is it worth getting all upset and unleashing a wild spirit? Wouldn't it be much better for you and everyone else if you just remained calm, even if you were late for the interview? If you have done your best God will do the rest.

Refuse to get upset when things don't go as you planned. Refuse to allow your mind, will, and emotions to rule your spirit. In your patience you will learn to possess your soul.



*Ending Your Day Right ~ 5*


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JANUARY 6

# Praise Your Way to Victory

*Be not afraid or dismayed . . .  
for the battle is not yours, but God's.*

2 CHRONICLES 20:15

 If life sometimes seems to be a battle that causes you to feel upset and fearful, you'll be glad to know you were not meant to fight the battle alone. The Bible says the battle is God's.

God never loses a battle. And when you work with Him according to His plan, you won't either.

During trying times, do you worry or worship? Praise and worship should not be limited to a few minutes in church. If you're not worshipping at home on a regular basis you may feel like the victim instead of the victor.


But God's Word clearly details the Holy Ghost-anointed battle plan to combat every challenge you face. When you begin to substitute praise for petition and worship for worry, God will move on your behalf.

6 ~ Joyce Meyer

# Choose Inner Purity

*The inward adorning and beauty of the hidden person of the heart, with the incorruptible and unfading charm of a gentle and peaceful spirit . . . is very precious in the sight of God.*

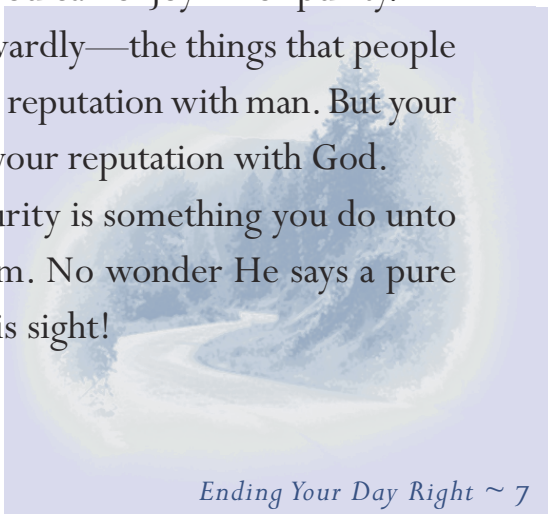
I PETER 3:4

 In light of this Scripture, how would you classify your thoughts, attitudes, imaginations, opinions, and judgments? Are they clean or corrupt? Pure or carnal?

Inner purity is a challenge that requires you to watch over your inner life with determination and diligence. In the beginning you may feel that most of your thoughts, imaginations, and attitudes are corrupt. But as you persist, new habits develop, and with regular maintenance you can enjoy inner purity.

What you do outwardly—the things that people see—determines your reputation with man. But your inner life determines your reputation with God.

Choosing inner purity is something you do unto the Lord to honor Him. No wonder He says a pure heart is precious in His sight!



*Ending Your Day Right ~ 7*

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JANUARY 8

## Choose God's Secret Place

*He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty [Whose power no foe can withstand].*

*I will say of the Lord, He is my Refuge and my Fortress, my God; on Him I lean and rely, and in Him I [confidently] trust!*

PSALM 91:1-2

 This Scripture holds the key to overcoming worry, anxiety, discouragement, disappointment, depression, despair, and disease. It is simply trusting God.

Perhaps you want to trust God, but it seems you just don't know how. Trusting God requires knowing Him—knowing His character and having experience with Him. Going through trials with God by your side builds your faith.

So when you face problems, you can choose trust or torment. Choose to trust God and dwell in the “secret place,” enjoying divine provision in the midst of attacks and walking through dark times in His presence.

8 ~ Joyce Meyer

2ND PASS PAGES

# Receive God's Healing and Restoration

*The Spirit of the Lord God is upon me . . . to bind up and heal the brokenhearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound.*

ISAIAH 61:1



If you are struggling with emotional distress or a broken heart, God wants to renew your mind, restore your soul, and give you a fresh start.

I don't know your circumstances, past or present, but you may have hurts that are holding you back and keeping you captive.

I know firsthand how that feels. But I also know what it's like to be healed and restored. As I received the truth of God's Word and began to understand that I didn't have to stay trapped in my past, I experienced emotional healing and deliverance from bondage.

God loves you unconditionally and He wants to do the same for you. So learn how to receive from God . . . and be made whole.

*Ending Your Day Right ~ 9*


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JANUARY 10

# Accept God's Grace

*[God] . . . is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.*

EPHESIANS 3:20 NIV

 Life is hectic—and if you try to do everything yourself you'll stay exhausted. Rushing and struggling to keep up the pace wears you out physically, mentally, emotionally, and spiritually. But you can make some changes.

First, examine all your activities and allow the Holy Spirit to show you the things that drain your energy and don't produce worthwhile fruit. Then be willing to give them up. You may even have to choose between the good and the best.

Second, learn to receive more of God's grace. Grace is power—God getting involved and doing through you what you could never do on your own. His power can help you accomplish more than you could imagine. So accept His help and start enjoying life.

10 ~ Joyce Meyer