

“Greet the Day with Praise!”

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Summary: Some of us are just not morning people. Instead of “Good morning, Lord!” we cry out “Good Lord, it’s morning!” Even if we are morning people, it is so easy to wake up and begin the day consumed with the anxieties related to the activities of the day ahead of us. It can immobilize us, even before the day begins. The Psalmist, quite possibly Moses during the difficult days of the Exodus, reminds us: “This is the day the LORD has made; let us rejoice and be glad in it” (Psalm 118:24). He is saying we are to rejoice in every new day, praising God for the exciting opportunities, even in old and troublesome circumstances. In our wilderness journeys, we are *to rejoice and be glad*. This workshop is designed to teach us how.

Introduction:

Psalm 90:1-2, 4, 10, 12, 14

Psalm 90:12 “So teach us to number our days, that we may present to Thee a heart of wisdom.”

Deuteronomy 30: 15 “See, I have set before you today life and prosperity, and death and adversity.” cf. Deut. 30: 15-18

Joshua 24:15 “...choose for yourselves today whom you will serve but as for me and my house, we will serve the Lord.”

Life is the sum total of the choices I make every day.

“Yesterday is a canceled check. Tomorrow is a promissory note. Today is the only cash you have – spend it wisely.

The Principles for Having a G.R.E.A.T. Day

G = GREET THE DAY WITH PRAISE

R = REPORT TO THE DAY WITH PURPOSE

E = ENGAGE THE DAY WITH A PLAN

A = ANALYZE THE DAY WITH PERSPECTIVE

T = TERMINATE THE DAY WITH PRAYER

GREET the day with PRAISE

Psalm 96:4 “Great is the Lord and greatly to be praised.”

Psalm 118:24 “This is the day the Lord has made; let us rejoice and be glad in it.”

“rejoice” = Hebrew: *gil* = shout out with joy “be glad” = Hebrew: *samach* = cheer

“Today, I choose to resign as General Manager of the Universe. Lord, God Almighty, this is going to be a great day!”

Alphabetical Worship: “Thank you. Lord that you are A _____ B _____ C _____”

Psalm 139:18 “When I am awake I am with You.”

Psalm 119:164 “Seven times a day I praise You”

The Daily Joy Stealers

Psalms 139:23 “Search me, O God, and know my heart; try me and know my anxious thoughts...”

- **Joy-stealer #1** “I don't have enough time to do all that I need to do today.”

Psalms 46:10 “Be still and know that I am God.”

- **Joy-stealer #2** “I am still carrying over frustrations and hurts from yesterday.”

Romans 12:18 “Be at peace with all men when it is in your power to do it.”

Romans 14:19 “So then we pursue the things which make for peace and the building up of one another.”

- **Joy-stealer #3** “This is going to be a horrible day.”

Deuteronomy 30:15 “See, I have set before you today life and prosperity, and death and adversity...”

Psalms 95:7 “For He is our God, and we are the sheep of His pasture, and the sheep of His hand. Today, if you would hear His voice...”

Nehemiah 1:1 “O Lord, I beseech Thee, may Thine ear be attentive to the prayer of Thy servant who delight to revere Thy name, and make Thy servant successful today...”

Genesis 24:12 “O Lord, the God of my master Abraham, please grant me success today...”

Exodus 32:29 “Dedicate yourselves today to the Lord...in order that He may bestow a blessing upon you today.”

WHAT ABOUT PREPARING FOR DAILY BIBLE STUDY?

Begin with P.R.A.Y.E.R. based on the Lord's Prayer (cf. Matthew 6)

P - Praising: “Lord, thank you for...”

R - Repenting: “Lord, I ask forgiveness for...”

A - Asking: “Lord, I pray for...”

Y - Yielding: “Lord, I want Your will concerning...”

E - Entreating: “Lord, I pray for...(name of the person)...”

R - Rejoicing: “Lord, thank You, in advance for...”

Concluding Challenge: Carpe Diem = Seize the Day