



Renewal Watch
+
Heart Stream

DAY WATCHES

6am - 9am > Renewal (Heart)

9am - 12pm > Focus (Passions)

12pm - 3pm > Restoration (Nations)

3pm - 6pm > Maranatha (Calendar)

Atmosphere
Spiritual Fields

The first of the four day watches is Renewal. We focus on the Heart prayer stream.

Relief. Refreshment. Restoration. Return. Revival.

Everyone loves a sunrise except the Hellfire Dragon.

Jesus Messiah rose from the dead at dawn. Angels came down from heaven to roll back the stone in

flashes of lightning and a violent earthquake. Pagan Roman guards witnessed the majesty and power of the Son of Man and passed out unconscious when they beheld his glory at daybreak. (Matthew 28:1-4)

All the demons who were scattered throughout earth's plane advancing hell's agenda have retreated back to outer darkness and eternal flames, smoldering and conniving as they wait for the next nightfall. Only those demons that humans have welcomed into their lives and bodies remain, and they are not nearly as active while Yahweh lights up the earth with the blazing sun.

One of the most powerful examples for me personally of dawn's power is in C.S. Lewis' Narnia series in the Lion, the Witch, and the Wardrobe. Aslan went to the Stone Table as a willing sacrifice to pay Edmund's debt of betrayal and was slain. The White Witch and the powers of darkness appeared to claim total victory in Narnia with no hope left. But the next morning, the first ray of daybreak's light touched the Stone Table, splitting it in two with a booming crack, signaling the resurrection of Aslan and his return to Narnia to claim lordship over these lands and defeat all his foes.

Fresh Resets

Guilt and shame are powerful weapons of the enemy. The Devil's craft is accusation and condemnation. His heart is hatred; his will is vindictive. He has no peace, and he can never be healed of his hostility because his heart is eternally unwilling to repent; so, his only option is to make disciples of his chosen way of death. In contrast to Satan's destruction and devastation, Jesus provides deliverance and delight. The Devil

wants every human to wake up each morning with regret for their decisions from the previous day and night. He works tirelessly to poison each sunrise with shame and pain. Jesus Christ enters into this space with the Ancient Gospel: while we are lost and hopeless in rebellion, Jesus died to save us. We've never been able to get it right or do enough good to stand holy before our Creator. Jesus does it for us.

The Renewal Watch is a reset button that we press every morning when we awake and arise. Yahweh's mercies are fresh and new every single day; great is his faithfulness and perfect is his redeeming love. Wherever the Spirit is, there is freedom, and because Jesus' Spirit dwells inside every true disciple, the Holy Spirit never leaves us even if we have avoided his presence or silenced his voice. He is Immanuel: God with me. He will never leave or forsake us. Though we flood our pillows with tears at night, his joy shines in our souls in the morning.

Each new day is a fresh start, and we all experience thousands upon thousands of these fresh starts throughout our lifetimes whether or not we perceive it.

Beware Checklists

When I was growing up, I learned about the morning devotion. I decided to follow Jesus when I was 12 years old. Jesus' Holy Spirit gave me a vision of angels and demons fighting over the souls of men, and I knew I was going to hell. I gave my life to follow Jesus.

After inviting Jesus to be my Lord, my mentors began to disciple me, teaching me how to follow Jesus in practical ways, in the daily rhythms of my life.

Many teachers refer to these practices “spiritual disciplines.” Read your Bible. Sing worship songs. Pray and fast. Confess your sins. Memorize Scripture. The idea is to give new followers of Jesus experience engaging with the Holy Spirit in worship, prayer, and spiritual growth. And all of these are good and can bring God glory.

But we must beware checking off our checklists.

The Renewal Watch holds the Heart Stream, and the Bible says our hearts can easily deceive us.

One of my favorite worship songs says, “Prone to wander, Lord I feel it, prone to leave the God I love. Here’s my heart, Lord, take and seal it, seal my heart for your courts above.”

We need help with our hearts, because we are easily distracted, seduced, and deceived. I feel this seduction every day when I wake up. Over the last seven years, by God’s grace, I’ve formed a habit of listening to a daily audio Bible. And every day when I wake up, I open up this app and listen to someone reading Scripture to me; it’s how I reconnect with Jesus first thing every day.

And every single day, my first thought is: I don’t need to listen to this today, I’ll listen tomorrow.

I literally have to fight myself to abide with my Savior, Lord, Teacher, Friend, Rescuer, Redeemer, Healer, Deliverer, Shepherd, Shining Light, and Living Water.

When I first began following Jesus, I was zealous for his kingdom and I wanted to do absolutely everything I could to be a “good Christian” and to check off my checklist of good deeds for the day, and over time my identity and worth as a person became more and more bound to this checklist of spiritual behavior. And that’s when the Accuser snuck in and got a foothold in my heart, because I began to struggle with my checklist. Before I loved every minute of abiding with Jesus and living out the spiritual disciplines, but the longer I lived, the more I battled with a growing desire to skip out memorizing Scripture, or praying for the nations, or reading and studying a Bible story.

The enemy was right there in that internal struggle to say, “See? You’re not a true disciple.”

Should we pray? Yes. Should we worship Jesus? Yes. Should we memorize Scripture? Yes. But it’s not a checklist or obedience to heavenly expectations. When we follow Jesus, we enter into a relationship and a journey. We befriend Jesus and walk together as companions. It’s not about the “10 minutes with Jesus” in the morning and whether or not I’m faithful to focus on him, and be faithful to do everything I think I should.

It’s about abiding in Jesus: practicing his presence in everything, everywhere, and experiencing his love, listening to his voice all day, every day, all our lives.

On one hand, it's very helpful to experiment with all the different ways that a person can experience God to find the ones that feel natural for each one of us. There's a great resource called Sacred Pathways by Gary Thomas that explains at least nine distinct ways that humans experience God in worship and prayer. It's the worship preference version of spiritual gifts or leadership passions.

Some of us experience the Holy Spirit through silent meditation or reading Scripture. Others experience God through encouraging someone who is lonely, going for a walk in nature, or feeding the poor.

One of the keys to sustainable abiding with Jesus every morning is to figure out how you are wired for worship, how you naturally connect with Jesus. Don't feel bad if you connect with and experience Jesus differently than your parents or how your mentors taught you. We are all free in Christ to pursue a relationship with him on our own and to learn directly from him what we need and how we are designed.

So, let's beware the checklists, have no expectations, and remain flexible as we follow Jesus; living by faith and not sight, and stoking that eternal flame of hope that the Dragon is always seeking to quietly extinguish.

Rest & Receive

We need help.

We need our Abba Father to help us understand and experience his love and friendship. We need our Lord Jesus Christ to help us understand his Truth and how

to represent him in the world. We need the Holy Spirit to align our desires with God and guide our decisions as we practice his presence and listen to his voice.

The Renewal Watch is a special time to start every day with Jesus: embracing his presence, singing his praises, drinking his Word, and continuing whatever prayer conversations we've had with him since we met and became his disciples.

In Luke 10, Jesus trained his followers how to enter local villages searching for a person of peace. He trained them how to identify peace in the places they would go: the person will welcome you into their home, they will take care of your needs, they will listen to your message, and they will believe what you say.

The Renewal Watch is powerful, because Jesus' Spirit calls each one of us to ask these same questions of ourselves when we first awake and prepare for the new day. Is Jesus' Holy Spirit welcome in my heart and home today? Will I worship God in Spirit and Truth today, bringing my Father glory? Will I listen to the Word and Spirit speaking to me today? Will I believe whatever Jesus reveals and follow his leadership?

Before we search for other people of peace, we need to first practice being people of peace.

The only way I know to practice peace daily is to set aside the firstfruits of my day, meaning the first hours I'm awake, to focusing upon my Creator & Savior.

By spending focused time every morning on our friendship with God, we not only enjoy rest and

receive revelation, we also receive perspective. Hebrews says to keep our eyes fixed upon Jesus, the Author and Perfecter of our Faith. Abba Father has given us a truly remarkable gift in Jesus, because it's through Jesus we are able to see ourselves and the world we live in accurately, according to his design.

Just as we were made for worship, we were made for rest, designed to listen to God and walk in his ways.

If we neglect this essential time of getting God's perspective on our lives, then our hearts will be in critical condition the rest of the day, because we will be living our lives based on our experience, education, and knowledge rather than by his Holy Spirit. Galatians says not to only say we live by the Spirit, but instead to keep in step with the Spirit.

And we take our first steps daily with Jesus' Holy Spirit during the Renewal Watch in the Heart Stream.

During these precious, vulnerable hours of awakening and preparation, we dialogue with the Holy Spirit in prayer. How am I doing? How's my heart today? What burdens am I already bearing today? What's causing me to be anxious or worried about what's on my plate to accomplish today and in the near future? Who truly is my Lord & Savior today: myself, my boss @ work, or Jesus Christ? Is the Holy Spirit really my Guide and Teacher today, or is my day too full to include him?

Jesus told a story about two types of builders: one built their house on sand, the other built their house on rock. A storm inevitably blew in and demolished the house on sand, but the house on rock was totally fine.

This story is talking about the critical need of every human life to be built and cultivated upon a strong foundation. And the foundation Jesus meant was a relationship with him.

How easy is it first thing in the morning to get distracted by everything that needs to get done before dinner?

Up and at 'em, right?

In one sense, yes, we want to be intentional about our day's activities and good stewards of our relationships and resources. In another sense, we realize we are completely incapable of doing anything right or bearing any kind of supernatural fruit for Jesus' kingdom unless we are standing upon him, Jesus our Rock & Redeemer, and his Spirit is flowing through us.

That's the distinction Jesus made in John 15. Humans can produce fruit, we do it every year through cultivating and harvesting the fruits of earth's soils. But to produce spiritual fruit, we have to abide in Jesus and be vessels, channels of the eternal, divine fruit that only he can produce through his true disciples.

Friends, my advice is to fiercely guard the Renewal Watch, and do whatever you can to invest time and treasure into the Heart Stream. Of all eight prayer watches, the Renewal Watch is the most critical to cultivate in order to fulfill Jesus' Commission. Because our hearts are prone to wander, let's quickly develop the skill of warning sirens going off in our hearts when we stray, then drop everything and begin anew.

Revelation Verses To Guide Us

Abundant Life > All who came before Me are thieves and robbers, but the sheep did not listen to them. I am the Door. If anyone enters through Me, he will be saved and will go in and out and find pasture. The thief does not come, except to steal and kill and destroy. I came that they may have life, and that they may have it more abundantly. (John 10:8-10 MEV)

Alignment > Jesus said, “In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven.” (Matthew 6:9-10 NKJV)

Author of Life > This is the same Jesus whom you handed over and rejected before Pilate, despite Pilate’s decision to release him. You rejected this Holy, Righteous One and instead demanded the release of a murderer. You killed the Author of Life, but God raised him from the dead. And we are witnesses of this fact! Through faith in the name of Jesus, this man was healed—and you know how crippled he was before. Faith in Jesus’ name has healed him before your very eyes. (Acts 3:13-16 NLT)

Beginning > What was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the Word of Life. The Life was revealed, and we have seen and testify and declare to you the Eternal Life that was with the Father and was revealed to us. (1 John 1:1-2 TLV)

Beginning & End > I am the First and the Last, the Beginning and the End. Happy are those who wash their robes clean and so have the right to eat from the fruit from the tree of life and to go through the gates into the city. (Revelation 22:13-14 GNB)

Bones & Days > My bones were not hidden from You when I was made in secret and put together with care in the deep part of the earth. Your eyes saw me before I was put together. And all the days of my life were written in Your book before any of them came to be. (Psalm 139:15-16 NLV)

Bright Morning Star > “I, Jesus, have sent my angel to attest these things to you for the churches. I am the Root and the Offspring of David, the Bright Morning Star.” Both the Spirit and the bride say, “Come!” Anyone who hears should say, “Come!” And the one who is thirsty should come. Whoever desires should take the living water as a gift. (Revelation 22:16-17 HCSB)

Chain Breaker > You were worn out from working like slaves, and no one came to help. You were in serious trouble, but you prayed to the LORD, and he rescued you. He brought you out of the deepest darkness and broke your chains. You should praise the LORD for his love and for the wonderful things he does for all of us. (Psalm 107:12-15 CEV)

Choose Life > Today I am giving you a choice of two ways. And I ask heaven and earth to be witnesses of your choice. You can choose life or death. The first choice will bring a blessing. The other choice will bring a curse. So choose life! Then you and your children

will live. You must love the LORD your God and obey him. Never leave him, because he is your life.
(Deuteronomy 30:19-20 ERV)

Clean Hands > Who may go up on the mountain of the LORD? Who may stand in his Holy Temple? Only those with clean hands and pure hearts, who have not worshiped idols, who have not made promises in the name of a false god. They will receive a blessing from the LORD; the God Who Saves Them will declare them right. (Psalm 24:3-5 NCV)

Deep Roots > Now that you have welcomed the Anointed One, Jesus the Lord, into your lives, continue to journey with Him and allow Him to shape your lives. Let your roots grow down deeply in Him, and let Him build you up on a Firm Foundation. Be strong in the faith, just as you were taught, and always spill over with thankfulness. (Colossians 2:6-7 VOICE)

Foundation > We are God's workers, working together; you are like God's farm, God's house. Using the gift God gave me, I laid the foundation of that house like an expert builder. Others are building on that foundation, but all people should be careful how they build on it. The Foundation that has already been laid is Jesus Christ, and no one can lay down any other foundation. (1 Corinthians 3:9-11 NCV)

Glad > The Stone that the builders rejected has become the Cornerstone. This is what the LORD has done; it is marvelous in our eyes. This is the day that the LORD has made; we will rejoice and be glad in it. (Psalm 118:22-24 MEV)

Guiding Light > I, the LORD, have called you to demonstrate my righteousness. I will take you by the hand and guard you, and I will give you to my people, Israel, as a symbol of my covenant with them. And you will be a Light to guide the nations. You will open the eyes of the blind. You will free the captives from prison, releasing those who sit in dark dungeons. (Isaiah 42:6-7 NLT)

Heart & Soul > Jonathan said to the young man who carried his armor, “Come, let us go over to the garrison of these uncircumcised. It may be that the LORD will work for us, for nothing can hinder the LORD from saving by many or by few.” And his armor-bearer said to him, “Do all that is in your heart. Do as you wish. Behold, I am with you heart and soul.” (1 Samuel 14:6-7 ESV)

King Who Comes in the Name of the LORD > When Jesus reached the place where the road started down the Mount of Olives, all of his followers began to shout and sing as they walked along, praising God for all the wonderful miracles they had seen. “Blessings on the King Who Comes in the Name of the LORD! Peace in heaven, and glory in highest heaven!” (Luke 19:37-38 NLT)

Light of the World > Then Jesus spoke to them again, saying, “I am the Light of the World. He who follows Me shall not walk in darkness, but have the Light of Life.” (John 8:12 NKJV)

Love > Love is patient, love is kind. It does not envy, it does not boast, it is not proud. Love does not dishonor others, it is not self-seeking, it is not easily angered, it

keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love always protects, always trusts, always hopes, always perseveres. Love never fails. (1 Corinthians 13:4-8 NIV)

Morning Blessing > This promise I call to mind, and therefore I have hope: the steadfast love of the LORD never ceases. His mercies never come to an end, and they are new every morning. Great is your faithfulness. “The LORD is my portion,” says my soul, “therefore, I will hope in him.” (Lamentations 3:21-24 ESV)

Next Steps > Show me your ways, LORD, teach me your paths. Guide me in your Truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, LORD, your great mercy and love, for they are from of old. (Psalm 25:4-6 NIV)

Pathway > Here’s my instruction: walk in the Spirit, and let the Spirit bring order to your life. If you do, you will never give in to your selfish and sinful cravings. For everything the flesh desires goes against the Spirit, and everything the Spirit desires goes against the flesh. There is a constant battle raging between them that prevents you from doing the good you want to do. But when you are led by the Spirit, you are no longer subject to the Law. (Galatians 5:16-18 VOICE)

Prince of Peace > For to us a child is born, to us a Son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David’s throne and over his kingdom, establishing and upholding it with justice and

righteousness from that time on and forever. The zeal of the LORD Almighty will accomplish this.
(Isaiah 9:6-7 NIV)

Ready > The girls who were ready went in with the bridegroom to the wedding feast. Then the door was closed and locked. Later, the other girls came. They said, “Sir, sir! Open the door to let us in.” But the bridegroom answered, “Certainly not! I don’t even know you.” So always be ready. You don’t know the day or the time when the Son of Man will come.
(Matthew 25:10-13 ERV)

Renew > God, create a clean heart for me and renew a steadfast spirit within me. Do not banish me from Your presence or take Your Holy Spirit from me. Restore the joy of Your salvation to me, and give me a willing spirit. Then I will teach the rebellious Your ways, and sinners will return to You. (Psalm 51:10-13 HCSB)

Renewal > But when the kindness of God our Savior and his love for mankind appeared, he saved us—not by works of righteousness that we had done, but according to his mercy—through the washing of regeneration and renewal by the Holy Spirit. He poured out his Spirit on us abundantly through Jesus Christ our Savior so that, having been justified by his grace, we may become heirs with the hope of eternal life. (Titus 3:4-7 CSB)

Salt & Light > Jesus said, “You are like salt for the whole human race. But if salt loses its saltiness, there is no way to make it salty again. It has become worthless, so it is thrown out and people trample on it. You are like light for the whole world. A city built on a

hill cannot be hidden. No one lights a lamp and puts it under a bowl; instead it is put on the lampstand, where it gives light for everyone in the house. In the same way your light must shine before people, so that they will see the good things you do and praise your Father in heaven.” (Matthew 5:13-16 GNT)

Sky Painter > The heavens tell about the glory of God. The skies announce what his hands have made. Each new day tells more of the story, and each night reveals more and more about God’s power. You cannot hear them say anything. They don’t make any sound we can hear. But their message goes throughout the world. Their teaching reaches the ends of the earth. The sun’s tent is set up in the heavens. (Psalm 19:1-4 ERV)

Strength & Song > The LORD is my Strength and my Song; he has become my Salvation. This is my God, and I will praise him, my father’s God, and I will exalt him. The LORD is a Warrior; Yahweh is his name. (Exodus 15:2-3 HCSB)

Sunrise Blessing > I tell myself, “I am finished! I can’t count on the LORD to do anything for me.” Just thinking of my troubles and my lonely wandering makes me miserable. That’s all I ever think about, and I am depressed. Then I remember something that fills me with hope. The LORD’s kindness never fails! If he had not been merciful, we would have been destroyed. The LORD can always be trusted to show mercy each morning. Deep in my heart I say, “The LORD is all I need; I can depend on him!” (Lamentations 3:18-24 CEV)

Treasures

Practicing Heaven Here & Now

Promises

- Every day is fresh and new, filled with God's promises and amazing adventures initially unseen, but available to be enjoyed if we seek Jesus' face and delight in his presence. (Lamentations 3:22-26)

- Father Yahweh transforms the pillar of fire from the night watches into a pillar of cloud to guide us through the day watches, illustrating the mysteries of the heavens and his perfect will, as well as the glory of his presence and promises. (Exodus 13:20-22)

- At daybreak, Moses stretched out his hand and the Red Sea waters closed over the Egyptian army, drowning Israel's enslavers. God provides a safe escape for us during the night, and his mighty power and wonders in the morning. (Exodus 14:26-31)

- There is no one like Yahweh. He alone is God. He dwells in inapproachable light, and his power is beyond measure or imagination. His love never fails. He works miracles and wonderful signs for his faithful. He delivers us from all our enemies, and brings us safely to heaven. (Exodus 15:11-18)

- Our Creator invites us to join in with all creation in singing his praises at dawn, to start each day with worship and singing, to celebrate with the skies and songbirds, to remember his faithfulness and believe in his promises. (Psalm 148:6-14)

- Yahweh Most High turns the darkness into light, he shepherds us through the night watch dangers into the cool beauty of dayspring. The moon, stars, and constellations reflect God's glory at night; the sun radiates his majesty all day. (Amos 5:8)
- We don't give up during the dangers and spiritual warfare of the nighttime. We go into the night watches knowing there may be great trouble and oppression. But, we wait patiently for the morning as watchmen warriors knowing that though the night may be troublesome and tiring, he is with us and his Light will end the darkness soon. (Psalm 130:5-6)
- Judgment Day is coming. We all must check the condition of our hearts and the desires of our souls to ensure that we truly love God with all our hearts and are truly following Jesus, rather than seeking our own pleasures. For all who walk in Jesus' Spirit, the Righteous Son is returning to welcome us into his Heavenly Father's eternal kingdom. (Malachi 4:1-3)
- No matter how busy his daily activities, Jesus woke up early to get away and alone with Abba Father to rest in his presence, listen to his voice, and discern his will. Sometimes Yahweh's will was different than people's expectations. We too need to get alone early in the day to listen and receive. (Mark 1:35-39)
- Jesus rose from the dead at dawn. God's total victory over the Hellfire Dragon happened at daybreak. Light overcomes darkness. Jesus crushes the serpent's head. The stone has been rolled away, and Jesus Christ is King of the Nations. (Matthew 28:1-10)

Prayers

- Celebrate the Good News that, though sorrow may last for the night, Jesus' joy comes with the morning.
- Rejoice that Jesus' Holy Spirit brought us safely through the dangerous night watches and delivered us into a beautiful new day.
- Sing praises to the One who is worthy to receive all honor and glory. Sing praises to the Ancient of Days who wakes up the nations with radiant majesty.
- Remember God's promises: he's with us, he loves us, he's saved us through Jesus Messiah, and he guides us through every day by his Word & Spirit.
- Count your blessings, name them one by one. All we need to survive is faith, water, food, and shelter.
- Open up your heart to the LORD. Father, may your kingdom come and your will be done in and through me as in heaven in Jesus' name and for his glory.
- Enter into the Seraphim River. Join in with the worship of all angels and saints praising the Lamb of God who was slain for the sins of the world. Lift up Jesus Messiah for all nations to behold and believe.
- Get away with our Good Shepherd and be still. Quiet your mind and open your heart. Abba Father, I'm yours, and I'm listening. Help me to hear you clearly.

- Dedicate the new day and all your plans the LORD. We make our plans, but Jesus' Holy Spirit orders our steps. Be available to spontaneous surprises.
- Praise God for who he is. We can get into a rut of only praising him for what he does for us. Ensure that your worship is Christ-centered rather than self-centered. Father, we praise you for who you are: you are good and holy, kind and generous, faithful and trustworthy, pure and majestic, forgiving and loving.
- Pray for discernment about the day. Lord, are my plans and goals for today aligned with who you are and what you want? Is there anything I'm doing today that you want me to delay or drop from my plans? What do you want me to see about today?
- Sometimes we make bad decisions at night. Confess any sins to the LORD and receive his forgiveness. Father, I messed up last night and ask you to please forgive me. I repent of quenching your Holy Spirit. Help me fully embrace and live out this new heart and new spirit with integrity in Jesus' name.
- Pray for an availability to share the Gospel today. Lord Jesus, you may bring a stranger into my path who is seeking but hasn't met you. Help me to be sensitive to that person today, and by your Spirit be bold in opening my mouth and telling your stories.
- Pray for perspective. Father, I might be looking at my relationships, resources, and priorities in the wrongly. Father, transform my sight; help me see my life and plans through your eyes. May all that I am and seek to accomplish be calibrated purely to your heart.

Practice

- Set an alarm on your phone to get up at 6am and spend an hour alone with the Lord listening to relaxing music and audio Bible. Let the Scriptures flow quietly and freely into your body, heart, mind, and soul. Let God's Word purify and prepare you.
- Make a list of helpful questions to start the day. We call these deep dive questions because they help you think on a deeper level about your life, past and future, and your relationships and resources. Different questions help different people through different seasons of their lives. Be honest with yourself and answer the questions truthfully. Questions like, "How am I really doing today?" and "What burdens am I carrying this morning that I need to lay down at Jesus' feet in prayer and let go?"
- Make a list of God's promises that mean something special to you. Commit to read these promises from God's Word & Spirit out loud every day for a week; then, share with a friend what encouraged you.
- Ask someone to pray for you. So often we serve others in prayer, but we feel ashamed or awkward asking others to pray for us. One of the greatest blessings any of us can experience is to hear someone else praying for us in the Holy Spirit. Look through your Contacts, send a message to someone with a prayer request, and see what God does.
- Send a prayer message to someone. Pray and ask the Holy Spirit to put a person and their need on your heart to lift up. Then, either write out your

prayer or create an audio recording of your prayer and send it to bless and encourage them.

- Evaluate your upcoming plans. Take a look at your new day's schedule and pray. Invite Jesus' Holy Spirit to give you his perspective on your schedule, to see people with purpose, resources with generosity, and time with wisdom.
- Take a look at your heart. How are you doing? How do you feel? What's the good, the bad, and the ugly? Invite Jesus' Holy Spirit to minister love, peace, and hope to your soul. Let go of what you can't control. Forgive your enemies and anyone who has hurt or unfairly judged you. Ask the Holy Spirit to help you live for Jesus Christ today no matter what happens.
- Pray for the nations today. Every new day is reminder of our new covenant with Yahweh through Jesus Christ. Pray for the world to meet and believe in Jesus; pray for missionaries around the world who are seeking to reach the most dangerous and hostile tribes left to our generation with the Good News.
- Pray for help entering into and remaining in the Seraphim River from Ezekiel 47. It's typical to spend time briefly with Jesus in the morning and then forget about him until tomorrow. Ask the Holy Spirit to help you be aware of him all day, to know fellowship with Father, Son, and Spirit without ceasing, and to be attuned to his revelation all day.
- Schedule a dawn gathering. Meet up with some friends outside if you can to sing and pray at sunrise.