



MORNING AND EVENING EXERCISES

*“This is the day that the Lord has made;
let us rejoice and be glad in it.”*

Psalm 118:24

*“It is good to give thanks to the Lord, and to sing praises to Thy name, O Most High; to declare
Thy lovingkindness in the morning, and Thy faithfulness by night.”*

Psalm 92:12

MORNING

Scripture Reading

1. Choose a book of the Bible to read through verse by verse.
2. Read as large a passage as is necessary to gain the sense of it, and as time permits.
3. When you have finished one book, take up another from the other Testament.

Meditation

Think over the meaning of the passage using one or more of these questions as a guide for your meditations:

1. What did I learn of God, Father, Son, and Holy Spirit, that I may glorify and enjoy Him in my life and my death? (1 Cor. 10:31)
2. What did I learn of God’s unfolding revelation of salvation in Christ Jesus in this text, and how does it apply to my place in redemptive history? (Luke 24:27)
3. What commands did I find to good works, and to a holy life? (Phil. 2:12-13)
4. What sins threatened with judgments; and what examples of God’s punishment? (Gal. 6:7-9)
5. What blessings of God promised to patience, mercy, zeal, charity, faith, and trust, and other such Christian virtues? (2Pet. 1:3-11)
6. What gracious deliverance has God brought about, and what special blessings has God given to those who are His true and zealous servants? (Heb. 13:5-6)
7. Apply these things to your own heart, and to the circumstances of this day, reading the Scriptures as letters sent down from God to you for your good: “For whatever was written in earlier times was written for our instruction, that through perseverance and the encouragement of the Scripture we might have hope.” Romans 15:4.

Questions adapted from Lewis Bayly, 1565-1631, *The Practice of Piety*. London, 1734.

Prayer

Start the day in prayer in the presence of God by acknowledging who He is, who you are, and your need of Him in all the affairs of the day ahead:

1. God (Father, Son and Holy Spirit) is my creator, and I am His creature; thus I must be content with the events of this day, understanding that they have been ordered by the wise and loving providence of Him who works all things according to the counsel of His own will, while employing all the means lawfully within my reach to glorify and enjoy Him, persuaded in faith that God is working all things for my good and His glory.
2. God (Father, Son and Holy Spirit) is my Savior, and I am His adopted child, who by His mercy was recreated in Christ Jesus to live by faith, walking worthy of the one who called me; loving Him with all my heart, mind, soul and strength, and loving my neighbor as myself, I am called be joyful, prayerful, and thankful in all things, so that whether at the day of my death, or the day of Christ's return, I may be prepared for the heavenly home Christ has prepared for me.
3. God (Father, Son and Holy Spirit) is my Judge, and though as a sinner I deserve His judgment, in Christ I am reconciled unto Him, and stand now as a steward who must give an account of the riches of grace that I have been given—to be used for God's glory, my good, and the good of all others I will meet this day; thus I must work this day as unto a heavenly master, knowing that my hope is in God alone for whatever fruit He is pleased to bring from my labor.
4. God (Father, Son and Holy Spirit) is my Sustainer, and I am needy and prone to sin; apart from Him I can do nothing, but with Him all things are possible; if He is for me, who can be against me, for no one can snatch me from His loving hand, and He will not fail to complete the good work He has begun in my life; thus I must this day abide in Him who is able to keep me from stumbling, and to make me stand in the presence of His glory blameless with great joy.

Follow these prayers with requests particular to the duties of the day ahead, and for family and friends.

EVENING

Scripture & meditation

Review the morning's passage and meditations, seeking the fruit that God has worked in your life this day.

Prayer

Bring the day to a close in prayer in the presence of God by reviewing who He is, who you are, and how you have come to know Him better this day, confessing our sin where you have failed, offering thanksgiving where you have grown, and seeking His blessing, protection and rest through the night's sleep.

PSALM 4

1 ANSWER me when I call, O God of my righteousness! Thou hast relieved me in my distress; Be gracious to me and hear my prayer. 2 O sons of men, how long will my honor become a reproach? {How long} will you love what is worthless and aim at deception? Selah. 3 But know that the LORD has set apart the godly man for Himself; The LORD hears when I call to Him. 4 Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah. 5 Offer the sacrifices of righteousness, And trust in the LORD. 6 Many are saying, "Who will show us {any} good?" Lift up the light of Thy countenance upon us, O LORD! 7 Thou hast put gladness in my heart, More than when their grain and new wine abound. 8 In peace I will both lie down and sleep, For Thou alone, O LORD, dost make me to dwell in safety.