

Message Extras

a little something extra to keep you connected to Jesus this week

Message Extras accompany the [weekly message](#).

Here's a challenge: Start every day by saying "good night" to our Heavenly Father. Yes, you read that right, start your day by saying "good night."

In the culture where Jesus lived, the day began when the sun went down. This is so contrary to Western culture. We just aren't wired this way. But consider this ... God used His work in creation to establish many rhythms for us: 24 hours a day, seven days a week, morning, noon, night, and yes, starting the next day when the sun goes down.

As God created the heavens and the earth, His word teaches in Genesis that as God spoke things into existence, He would pause and see that His work was good. On days three and four (Tuesday and Wednesday), as one day was ending, and a new day was beginning, God looked back at His work for the day, and before He rested for the next day, He looked and saw the work of the day was good.

There is a God-given principle here for how we are to approach the transition between the end and the start of our days. Before we say goodnight to God, starting a new day by trusting Him with rest, we should take a moment to look back at the previous day and acknowledge the good in the day that God just blessed us with.

Some may say, "there is nothing good in the world today - only pain. Looking back at my day will only discourage me. I'd rather not." Agreeably, these days are difficult. But God is greater! God is good!

If you start your days with Him, trusting in Him, knowing that He is your keeper, that He never sleeps, even in these difficult days, you will look and see His goodness. Then, when the morning comes, say "good morning" to your heavenly Father.

There is something special about setting aside time every morning to be with the Lord. Jeremiah, an Old Testament prophet who was well acquainted with difficult days, understood that morning was a time to seek God. While expressing his sorrow to God, Jeremiah pauses and sees the goodness of God. He exclaims, *"The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness. His mercies begin afresh each morning."* (Lamentations 3:22-23)

Morning is a holy time. It is a time to boldly approach God's throne of grace and seek His tender mercies for the new day. We have a choice every day. We can choose to say "good morning" to God, or because the day comes so fast, we can choose to rush into the day.

Choose to say "good morning" to God every day! And when you do, you have another choice. You can choose to approach this good morning conversation, this time of devotion, as a chore, or you can say to the Lord, "Before I rush into this day, I desire to spend time with You. What new mercies do You have in store for me today?"

God gives you new mercies when you take time to seek and encounter Him. The quietness of the morning is a gift from God to spend time with Him. If you do not encounter God, you will not receive new mercies. And when the next day begins, you will struggle to see God's goodness in the previous day. So, put first things first and make time every day for our great and good God.

What impact would saying "good night" to the Lord every night to start your day have on your relationship with the Lord?

Read Psalm 121. Does knowing God never sleeps give you greater confidence in Him? Why or why not?

When God created the heavens and the earth, He paused and saw His work was good. The day comes fast. How would taking time to pause throughout the day and especially at the end of the day to see the goodness of God change your life? How would this impact your relationship with God?

The morning is a holy time. What changes do you need to make to spend time every morning with God? How do you think this will change your life? How will this impact your relationship with God?

