

Quiet Time with the Lord Every Morning

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Rest and relaxation fills and recharges your batteries when you're physically worn down.

When your soul is running on empty, when you're down and feeling discouraged, you lose your resilience. You lose the ability to bounce back from life's challenges.

When you're frustrated, feeling alone, defensive, feeling unappreciated and unloved, you need to recharge your soul.

Quiet time with the Lord fills and recharges your soul.

Abraham Lincoln said that when life knocks you on your knees, you need to stay on your knees and start praying.

Daily time to be alone with God reading devotionals, journaling, praying or worshiping fills your soul, makes you more resilient and able to get through life's challenges.

Trust Jesus and give your troubles to the Lord.

As you do, the weight of life's problems will become lighter, and you'll feel more and more hope for the future, because you'll know that you're not facing your challenges alone anymore.

You'll become closer to God, and as you start to see things from God's perspective, your worries will go away.

Your fear will lose its grip on you.

You'll be equipped emotionally to face your fears, and you'll have the strength to face whatever the day brings.

I have a short attention span, so the "Jesus Calling" devotional works well for me. The devotionals are short and to the point.

They are written as if Jesus was talking to you.

I really like that because it makes it easier for your mind to get into it. It gets you into the mindset that you're spending time with Jesus.

I have a notebook with me to write what comes to mind as I read the devotionals.

It's a great way to start the day - filling my soul first thing in the morning, and equipping myself spiritually for the day ahead.

Tips

I've always had a hard time doing this.
Finding a devotional book that I could relate to, made a big difference.

Scheduling time in the morning (getting up earlier) helps.
Otherwise you start the day doing urgent but unimportant things.

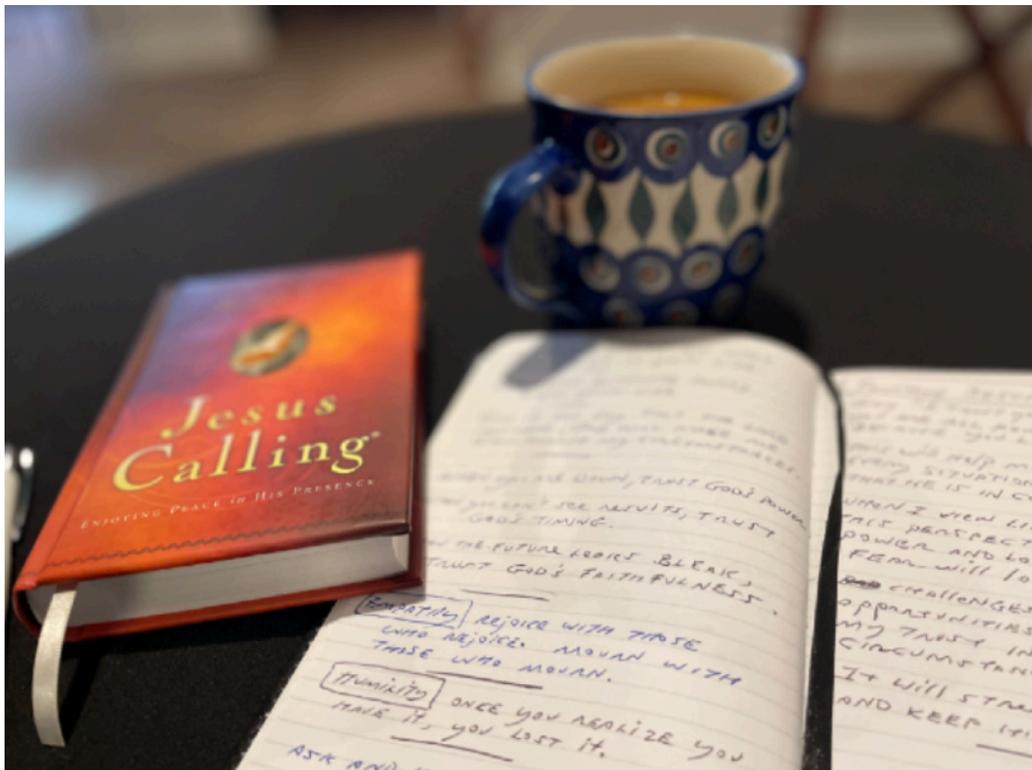
When thoughts come up and interrupt your quiet time, usually thoughts of all the things you have to do that day, pray about them right away.

Trust the Lord and give your worries to him.

Keep doing this until the thoughts stop coming.

Only then, will you start to feel the Lord's power and love.

And then, you'll begin to be filled with the spirit.



I started off with only one devotional - *Jesus Calling*

May 1, 2025

Starting the day on the right track.

Every morning I have two things competing for my attention...

My laptop is SCREAMING at me to hit the ground running because there's so much work to do.

My devotionals are WHISPERING to me to slow down, focus on the Lord, and start the day with strength, wisdom and peace.

Too many times my laptop wins the morning battle.

I feel great about myself because I'm checking all the "important" boxes.

But, invariably, the days I start the day with some quiet time, I get more done.

The quiet time doesn't supercharge me.

It gives me this long-burning fuel that helps me choose to work on the important things, and helps me pace myself through the day and get more done.

It's a little bit like the tortoise and the hare.
Slow is fast and fast is slow.

Simple Solution

I started "hiding" my laptop in another room, before going to bed at night, and leaving the devotionals where I'd easily see them in the morning.

After all, it doesn't make sense to leave a bag of cookies in your home gym, does it?

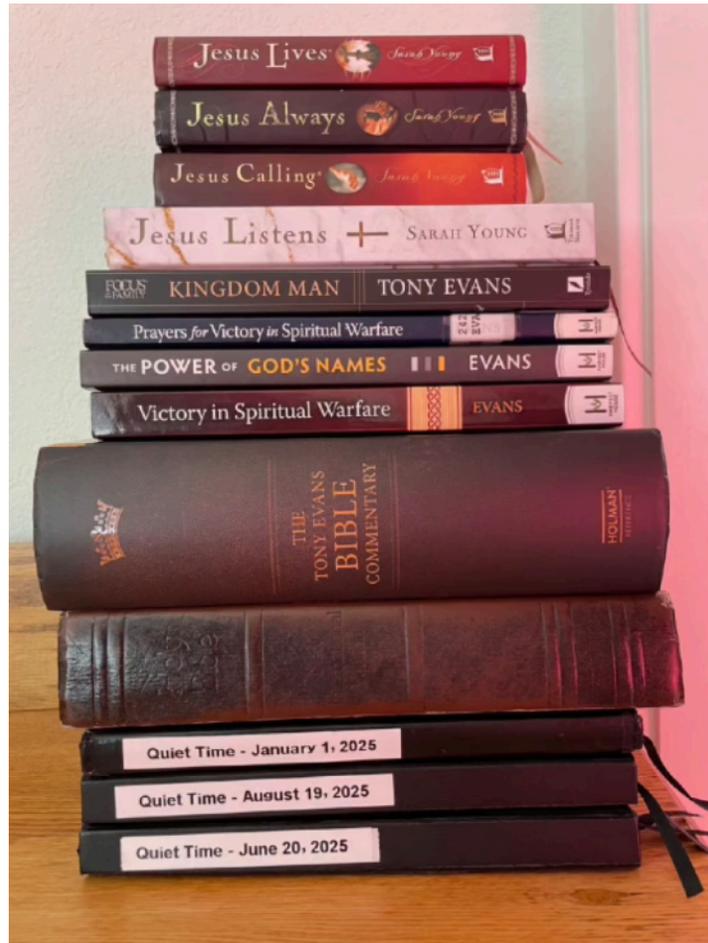
Out of sight, out of mind!

Control your environment. Hide the things that tempt you.
That way, you can focus on what's most important to you.

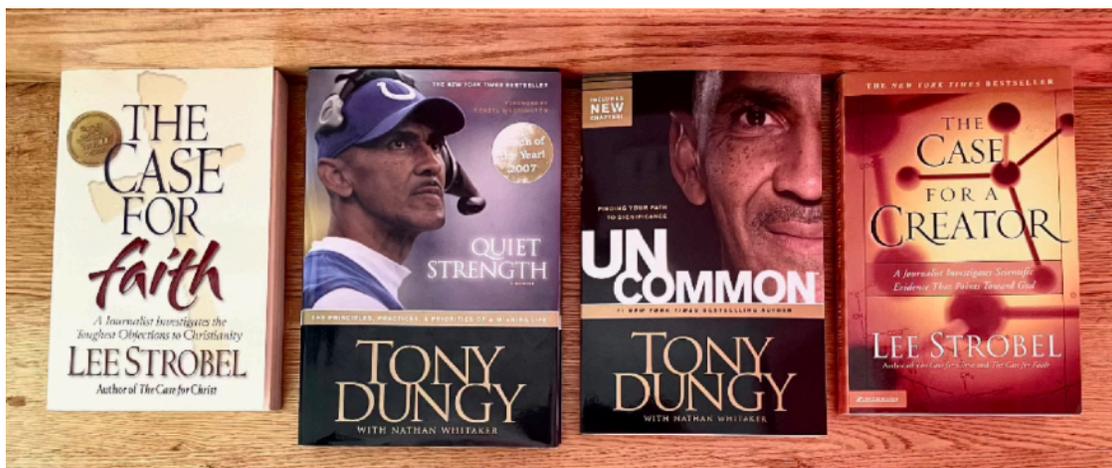
Before long, I was doing three - *Jesus Calling*, *Jesus Listens*, and *The Purpose Driven Life*.



That lead to more and more.



Reading the Bible and Christian books will help you grow more Christlike, which will fill your soul, and help you in every area of your life.



TheLugeMan.com

Christian Books

Jesus Calling, Jesus Lives, Jesus Always, Jesus Listens - 4 devotionals
Sarah Young (over 40 million sold)

David, Jesus - 2 books
Charles Swindoll

Quiet Strength
Tony Dungy

Kingdom Man
Kingdom Focus
Kingdom Prayer
Kingdom Woman
The Kingdom Agenda
Victory in Spiritual Warfare
The Power of Knowing God
The Power of God's Names
The Power of Jesus' Names
The Power of the Holy Spirit's Names
Praying Through the Names of God
The Tony Evans Bible Commentary
Detours, Pathways, U-Turns - 3 books
Tony Evans

A Purpose Driven Life
Rick Warren

The Case for Christ
Lee Strobel

Living Close to God
A Tale of Three Kings
The First Century Diaries - 5 books - **Silas, Titus, Timothy, Priscilla, Gaius**
Gene Edwards

The Story of My Life as Told by Jesus Christ
Matthew, Mark, Luke & John combined into one gospel written in the first person.

The Christ Commission
Og Mandino

The Screwtape Letters
Mere Christianity
C.S. Lewis

Gentle and Lowly
Dane Ortlund

We Will Not Be Silenced
Erwin Lutzer