

Quiet Time with the Lord Every Morning

Olympian Ruben Gonzalez

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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 worshipping 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.

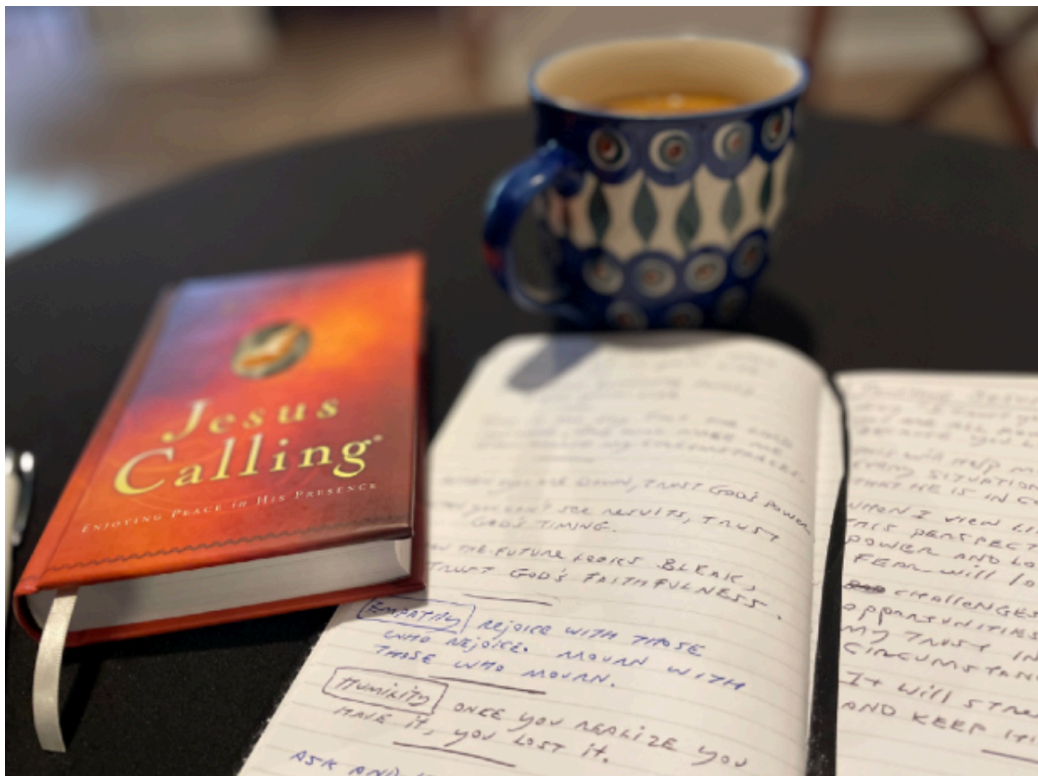
When thoughts come up and interrupt your quiet time, usually thoughts of all the things you have to do that day, pray about them right away.

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?

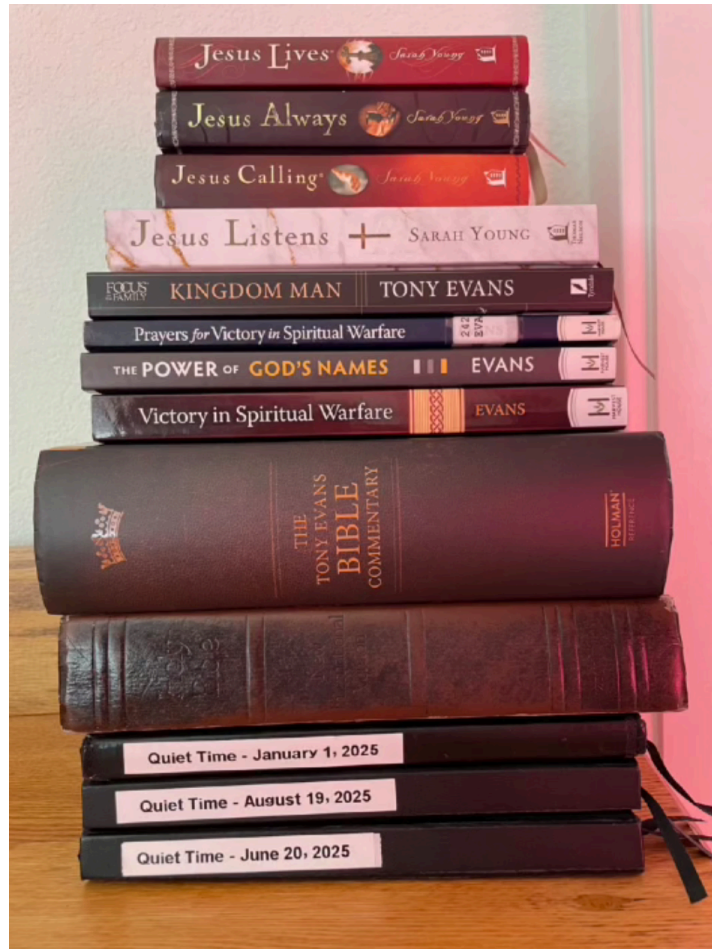
Out of sight, out of mind!

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

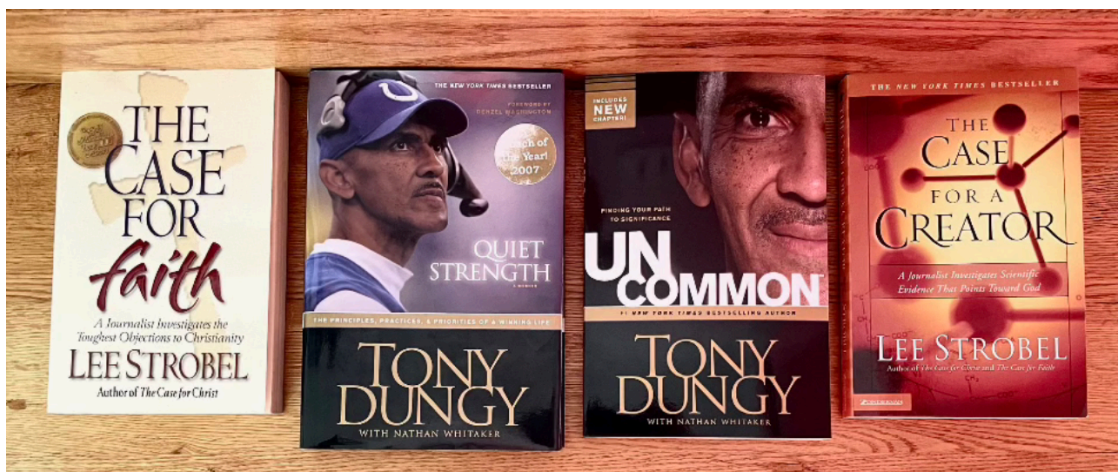
Before long, I was doing three - *Jesus Calling*, *Jesus Listens*, and *The Purpose Driven Life*.



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

Bible - I like the **New Living Translation (NLT)** Bible.

It's written in modern English, so it's easy to understand.

I'm more likely to read it than a harder-to-understand translation.

Jesus Calling, Jesus Lives, Jesus Always, Jesus Today - 4 devotionals (40 million sold)

Sarah Young

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

The Tony Evans Bible Commentary

Detours, Pathways, U-Turns - 3 books

Tony Evans

A Purpose Driven Life - Rick Warren

Quiet Strength - Tony Dungy

Living Close to God

A Tale of Three Kings

Gene Edwards

The Christ Commission - Og Mandino

As Silver Refined - Kay Arthur

Praying God's Word - Beth Moore

The Case for Christ - Lee Strobel

Life Without Lack - Dallas Willard

The Screwtape Letters - C.S. Lewis

We Will Not Be Silenced - Erwin Lutzer

The Story of My Life as Told by Jesus Christ

Matthew, Mark, Luke & John combined into one gospel written in the first person.

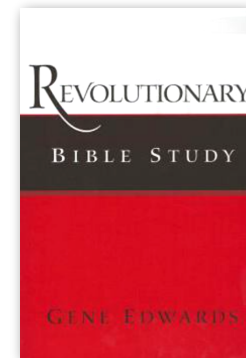
Revolutionary Bible Study - Gene Edwards

This easy-to-use guide helps you read through Acts and Paul's letters in the order they were written.

Plus, it tells you what was happening in Jerusalem, Rome and in the early churches when the letters were written.

What events prompted Paul to write the letters?

When you read the New Testament this way, everything makes much more sense, because you can see the story unfolding.



The First Century Diaries: Silas, Titus, Timothy, Priscilla, Gaius - 5 books

Gene Edwards - Historical fiction of Paul's journeys that help you understand the letters Paul wrote as he was planting churches. Easy reading and eye-opening.

Paul's Letters in Order

1st Journey Acts 13-14

Galatians

2nd Journey Acts 15-18

1 Thessalonians

2 Thessalonians

3rd Journey Acts 19-21

1 Corinthians

2 Corinthians

Romans

1st Roman Imprisonment Acts 21-26

Colossians

Ephesians

Philemon

Philippians

Between Imprisonments

1 Peter

1 Timothy

Titus

Hebrews (Barnabas)

2nd Roman Imprisonment Acts 28

2 Timothy

Note - The Gospel of Mark was written *before* Matthew.

It's shorter, easier to read, and doesn't begin with a long, boring, genealogy.

Read Mark first. Especially if you're a new Christian.