

# For a New One Day at a Time

## See Psalm 5

In the morning, LORD, you hear my voice;  
in the morning I lay my requests before you  
and wait expectantly. *Psalm 5:3*

Old habits need to end, and new habits need to be developed. A very important new habit for you is a daily time with your Higher Power, the God of your understanding.

It's okay if you don't know how to do this. None of us knew what to do when we first started giving God time each day.

One example we have is from King David as he records in the Psalms. He has his time with God in the morning. He trusts that God hears him, he lays his requests before God, and then waits for God to act.

As you have some practice in this time with God, you will discover that God does act. God doesn't always act in the way we are asking, but God will act. God has your best interest at heart. God knows what is best for you.

So, start today with a time for God. Say hello, like you would to a friend. Begin a conversation. At first it may feel very much like a one sided conversation, but you will come to know of God's presence in those conversations.

If morning doesn't seem to work for you, then try bed time. Or take a walk to talk with God. There is no right way. You need to search for the way that works for you and God.

## Today I pray:

New every morning is your love, great God of light, and all day long you are working for good in the world. Stir up in me a desire to serve you, to live peacefully with my neighbors, and to devote today to you. Amen.

*Prayer adapted from The Upper Room Worshipbook, p. 112*



Daily Devotions for the first days out of treatment.  
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