

Finding Renewal in the Love of God

Unit 1: Discovering Renewal in the Father's Love

Experience 1: Good morning, Lord; it's (me).

When my son Shane lived at home, I was always blessed to wake him up on any given morning. Even as a teenager, from a dead sleep, Shane rewarded me with a broad, loving smile, filled with appreciation—or that is how it seemed. Just seeing him roll over and break out that smile and hear his simple greeting, “Hi Mama,” made my day. I still get teary eyed thinking of those mornings, and to this day, I feel loved when I remember.

*How do you greet the Lord each day? Regardless of when you have your quiet time, work on developing a habit of greeting the Lord with a smile and thanksgiving every morning. Not only will you will be blessed by an immediate recognition of your blessings, but it **feels good, too.***

You may need a memory peg if this is not already a habit! When you go to bed tonight, look around your room. What are the first things you see each morning? Which of these things might remind you of the richness of His grace toward you? It may take some experimenting to find just the right object, but it's a worthwhile quest.

This is (more or less) the way it works for me. You may try it, adjust it to meet your needs, or develop your own ritual. Come ready to discuss your experience next week.

- a. My memory peg is sunrise; I can usually see it just outside my window. When I awaken and see those colors, my heart warms; it always makes me smile—*Good morning, Lord!* I try to greet the Lord before I move a muscle—if I can remember.
- b. From the sunrise, my mind scrolls through an abundance of blessings. I don't linger on any one of them, just click them off, celebrating the richness of His goodness. I maintain a sense of praise and thanksgiving for as long as possible.
- c. Within a few seconds, I begin considering *this new day*. The Lord's grace is new every morning! I imagine *that* for a while!
- d. I consider my schedule: What blessings do I expect? What problems might I anticipate?
 - i. I confess to the Lord how incapable I am of living today without him.
 - ii. I confess his love for me.
 - iii. When I am fearful, I confess my faith and beg his help with my unbelief.
 - iv. I recount evidences of His love:
 1. His promise to never leave me or forsake me.
 2. His knowledge of every trial I will encounter. He has *promised* not to test me more than I can handle.
 3. He is Jehovah Jirah—the God who provides.
 4. *I can do all things* if He is with me—He *is* with me.
- e. I close my time by mentally holding each of my children and grandchildren before him. I lift them one by one before Him, and ask his blessings on their day.