

Special Topic #1

**Get Up!**

*Those that seek Me early shall find Me.*

**Proverbs 8:17**

**I. The importance of spending time with Jesus in the morning**

**Romans 8:6**

For the mind set on the flesh is death, but the mind set on the spirit is life and peace.

**Ephesians 5:15-17**

15 Look therefore carefully how you walk, not as unwise, but as wise,

16 Redeeming the time, because the days are evil.

17 Therefore do not be foolish, but understand what the will of the Lord is.

**II. Examples in the Bible**

Who	Verse(s)	Who	Verse(s)
Abraham	Genesis 19:27, 21:14, 22:3	Samuel	1 Samuel 15:12
Jacob	Genesis 28:18	David	1 Samuel 17:20
Moses	Exodus 8:20, 9:13; 24:4, 34:4	Job	Job 1:5
Joshua	Joshua 3:1, 6:12, 7:16, 8:10	Mary	Luke 24:22, Mark 16:9, John 20:1
Gideon	Judges 6:38	The apostles	Acts 5:21
Hannah	1 Samuel 1:19		

**Mark 1:35**

And rising very early in the morning, *while it was still* night, He went out and went away to a deserted place, and there He prayed.

**III. What to do**

- A. **Fellowship with God**—Open up fully to the Lord and allow Him to enlighten us, speak to us, and draw us closer to Him. (Prov. 8:17, Psa. 119:105, 119:147, Isa. 50:4, Eph. 5:14)
- B. **Praise and sing**—Sing and psalm to the Lord and offer our highest praise. (Psa.57:8-9, 59:16, 96:2, Isa. 12:5-6, Eph. 5:19b)
- C. **Read the Bible**— “Gather the Manna”. Open our hearts and eat, or take in, God’s Word and enjoy His truth to equip us to journey through the day. (Exo. 16:21, Jer. 15:16, Matt. 4:4)
- D. **Pray**—Present everything in prayer to God. We can pray for ourselves, the world (friends, family, the lost) and His church. (Psa. 5:3, 63:1, Eph. 6:18, 1 Thes. 5:17, 1 Tim. 2:1)

**IV. Practical ways to build up a habit**