



Answer Key: Winning the Morning — Starting Your Day in God's Strength

Main Scripture: *Psalm 5:3 — “In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.”*

Theme Thought: The way you begin your morning often determines the **spiritual** tone of your entire day.

Truth: *The first thoughts of the day have the power to determine the rest of your day.*

I. The Principle of First Things

Matthew 6:33 — “But seek **first the kingdom of God and His righteousness, and all these things shall be added to you.”**

1. The principle of **firstfruits** runs throughout Scripture.
2. Giving God your **morning** is giving Him the first of your time.
3. Jesus modeled this — *“Very early in the morning... Jesus got up and prayed.”* (Mark 1:35)
4. The first thoughts of the day have power to determine the rest of your **day**.
5. Philippians 4:8 reminds us to think on things that are **true, noble, and right**.

II. Priming Your Mind for God's Presence

Romans 8:6 — “The mind governed by the Spirit is **life and peace.”**

1. To **prime** the mind means to intentionally direct your **thoughts** before the day directs them for you.
2. Spiritually, it's preparing your heart to respond in **faith** before challenges arrive.
3. The brain's **R.A.S.** stands for the **Reticular Activating System**, which filters what we focus on.
4. Psalm 118:24 — *“This is the day the Lord has made; I will rejoice and be glad in it.”*
5. Morning declarations like “Your mercies are new this **morning**” (Lamentations 3:23) help shape your mindset.

III. Biblical Examples of Rising Early

1. **Abraham** — Rose early to return to the place of **prayer**. (Genesis 19:27)
2. **Moses** — Met God on Mount **Sinai**. (Exodus 34:4)
3. **Joshua** — Rose early to **obey** God's command. (Joshua 3:1)
4. **David** — “*Early will I seek You.*” (Psalm 63:1)
5. **Job** — Offered sacrifices for his **children**. (Job 1:5)
6. **Jesus** — Prayed before **dawn**. (Mark 1:35)

Lesson: Every great move of God began with someone who met Him **early**.

IV. The Power of Morning Prayer and Word

Psalm 143:8 — “*Let the morning bring me word of Your **unfailing** love.*”

1. Prayer is the **anchor** that steadies the spirit before the waves of the day begin.
2. Philippians 4:6–7 — Prayer exchanges **anxiety** for **peace**.
3. God's Word renews the **mind** (Romans 12:2).
4. The Word is our **lamp** and **compass** (Psalm 119:105).
5. Gratitude increases peace-producing chemicals in the brain, such as **dopamine** and **serotonin**.

V. Renewal of Mind and Spirit

Lamentations 3:22–23 — “*His compassions never fail. They are **new** every morning.*”

1. The morning symbolizes **resurrection** — light conquering darkness.
2. Proverbs 18:21 — “*Death and life are in the power of the **tongue**.*”
3. The words you speak in the morning can set your day's **direction**.
4. Psalm 42:5 — “*Put your **hope** in God.*”
5. Begin your day by declaring: “*God's plan for today is **good**.*”

VI. The Discipline of Consistency

Isaiah 50:4 — “*He awakens Me morning by morning.*”

1. Consistency builds spiritual **strength**.
2. Daniel prayed three times a day, showing daily **discipline**. (Daniel 6:10)
3. Psalm 119:147 — “*I rise before dawn and cry for help.*”
4. Create a sacred **space** for meeting with God.
5. Try the “First 15” Challenge: **5** minutes of prayer, **5** minutes of Scripture, **5** minutes of worship.

VII. Guard Your Morning

Proverbs 4:23 — “*Above all else, guard your heart, for everything you do flows from it.*”

1. Distraction is the enemy of **devotion**.
2. Protect your first hour from digital **noise** and mental clutter.
3. The enemy often attacks early through **worry**, **hurry**, or **negativity**.
4. Talk to **God** before anyone else.
5. Psalm 46:10 — “*Be still, and know that I am God.*”
6. You can’t win a morning you don’t **guard**.
7. What you allow into your first hour often rules the next **23**.

VIII. The Reward of a God-Centered Morning

Psalm 90:14 — “*Satisfy us in the morning with Your unfailing love.*”

1. Meeting with God early helps your **spirit** lead your schedule.
2. Philippians 4:7 — “*The peace of God will guard your hearts and minds.*”
3. A guarded, God-centered morning produces focused **productivity**.
4. Matthew 5:16 — “*Let your light shine before others.*”

Conclusion

Winning the morning is not about control — it’s about **consecration**.

“*Guard your morning, and you will guide your day.*”

Reflection Questions

1. What tends to capture your attention first each morning?
2. How can you better prime your mind for peace and purpose?
3. Which morning distractions do you need to guard against?
4. What biblical example inspires you most to rise early?
5. What one habit will you change this week to win and guard your morning?