

News And
Information
For Perry
Hill Road
Members
And Friends

Perry Hill Road Church Of Christ

January 31, 2016

www.perryhillroadchurch.org

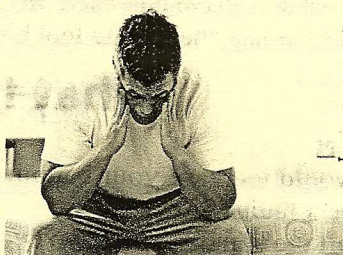
Before the Foot Hits the Floor

by W. Frank Walton

"I, O LORD, cry to you; in the morning my prayer comes before you" (Psa 88:13).

I read an article where the author stated that he endeavored to say a morning prayer to God for help, while in bed, "before the foot hits the floor." What a great habit to begin the day with God!

Note that David said, "I remember you upon my bed" (Psa 63: 6). This is a wonderful discipline to immediately start framing our outlook for the day by first turning to God. David, the spiritually-minded man after God's own heart, began **Psalm 63** thus: "O God, you are my God, early will I seek you" (v. 1). Before the duties and demands of the day begin rushing in to crowd our mind, we need to fortify our mind by beginning the day with God.



Please note the Scriptures that advocate the morning priority of seeking God by prayer, worship, and meditation on His Word:

v *"I rise before dawn and cry for help; I hope in your words" (Psa 119:147).*

v *"O LORD, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch" (Psa 5:3). Continued on page 2*

