

## Morning By Morning Pathway to Health

Over the years, many people have asked, "Why do you call it 'Morning By Morning'?"

"Morning By Morning" emphasizes a daily commitment and the faithfulness of God.

For many years, I turned to God only as a last resort. I prayed only in crisis mode. I believed in God and I accepted Jesus Christ as savior, but I couldn't believe that God would be interested in the trivial or everyday circumstances of my life. Because of that unbelief, I failed to pray daily, I was not in the Word daily, I did not grow in my relationship with him, I was open to some temptations that could have been avoided, and my children saw only a "good person", not the product of my faith, the fruit of the Spirit, and not a witness of my belief in action. I did not witness to others. I felt that religion was a personal thing, a simple acceptance or denial, not realizing the immense potential for growth in the faith. But the Lord was ever faithful to me. He has loved me with an everlasting love; he has drawn me to him with loving kindness. The Bible tells us in many ways and in many situations that we are to be in close communion with the Lord every day and that God's faithfulness is without end. From beginning to end, the Bible is full of references to the need for a daily commitment to God and assurances that God is faithful to us. A few scriptures will illustrate the importance of this daily commitment and the everlasting faithfulness of our God. He is with us morning by morning and great is his faithfulness.

- **The Lord is faithful in providing daily instruction in the word that will sustain the weary.**

*The sovereign Lord has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught.*  
- Isaiah 50:4

- **The Lord's compassions never fail. His faithfulness and love sustains us.**

*Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.*  
- Lamentations 3:22-23

- **God set a pattern for us at the creation. There was evening and there was morning. And he blessed the seventh day and made it holy.**

*And God created the . . .*

*(Heavens, earth, light)*  
*And there was evening, and there was morning – the first day.*

- Genesis 1:5

(Sky)

And there was evening, **and there was morning** – the second day.

- Genesis 1:8

(Land, seas, vegetation)

And there was evening, **and there was morning** – the third day.

- Genesis 1:13

(Sun, moon, stars)

And there was evening, **and there was morning** – the fourth day.

- Genesis 1:19

(Living creatures in the sea and birds of the air)

And there was evening, **and there was morning** – the fifth day.

- Genesis 1:23

(Livestock, wild animals, creatures that move along the ground, man)

And there was evening, **and there was morning** – the sixth day.

- Genesis 1:31

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. **And God blessed the seventh day and made it holy**, because on it he rested from all the work of creating that he had done.

- Genesis 2:1-3

- **In many scriptural references, we are told to be in daily communion with God, praising and proclaiming his name and the wonderful gift of his salvation.**

Sing to the Lord, praise his name; proclaim his salvation day after day.

- Psalms 96:2

- **In showing us how to pray, Jesus taught us to ask for our daily bread. We ask this day for the needs of this day. We walk in faith that he will provide for us each day.**

Give us this day our daily bread

- Luke 11:3

- **When the Israelites were in the desert after being delivered out of Egypt, God provided food from heaven for them each day. The people were instructed to gather only enough for that day. They were learning to trust in him to meet their needs on a daily basis.**

Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.”

- Exodus 16:4

- **Paul reminds us that our troubles are temporary and that glory is eternal.**

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

- 2 Corinthians 4:16

- **David recognizes that the Lord, as his shepherd, will meet all of his needs all of his days.**

*Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

- Psalms 23:6

- **David takes refuge in God each morning by praying, sighing, and crying out for help.**

*In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.*

- Psalms 5:3

- **Jesus, in his Revelation, describes himself as the Bright Morning Star.**

*I am the Root and the Offspring of David, and the bright Morning Star.*

- Revelation 22:16b

- **Peter refers to the morning star that rises in our hearts.**

*And we have the word of the prophets made more certain, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts.*

- 2 Peter 1:19

- **Without fail, the Lord is righteous and just. We see this morning by morning and with each new day.**

*Morning by morning he dispenses his justice, and every new day he does not fail*

- Zephaniah 3:5

- **Job is amazed that God gives attention to the minute circumstances of man, examining him every morning and testing him constantly. Great is the faithfulness and loving attentiveness of our God.**

*What is man that you make so much of him, that you give him so much attention, that you examine him every morning and test him every moment?*

- Job 7:17-18

- **David turned to God each day for strength. When Saul had sent men to watch David's house in order to kill him, each morning David sang praises to God as his fortress and refuge in troubled times.**

*But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.*

- Psalms 59:16

- **David experienced the joy that comes in the morning and his heart could not be silent.**

*For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.*

- Psalms 30:5

- **Job not only followed the commands of God, he treasured God's words more than his daily bread. Even then, he knew that 'Man does not live on bread alone, but on every word that comes from the mouth of God'.**

*I have treasured the words of his mouth more than my daily bread.*

- Job 23:12

- **David praises God for bearing our burdens every day.**

*Praise be to the Lord, to God our Savior, who daily bears our burdens.*

- Psalms 68:19

- **Proverbs says of wisdom that we should listen, watch, and wait daily to find wisdom and favor from the Lord.**

*Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway. For whoever finds me finds life and receives favor from the Lord.*

- Proverbs 8:34-35

- **What a glorious comfort to know that our sins are swept away like the morning mist.**

*I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you.*

- Isaiah 44:22

- **David praises God for his abundant blessings.**

*where morning dawns and evening fades you call forth songs of joy.*

- Psalms 65:8

- **Moses prays for God's compassion for Israel that she may see God's unfailing love in the morning and be joyous every day.**

*Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.*

*- Psalms 90:14*

- **When we walk with God, his will is the desire of our hearts every morning.**

*My soul yearns for you in the night; in the morning my spirit longs for you.*

*- Isaiah 26:9*

- **The Lord is our strength every morning and our salvation when we are in distress.**

*Be our strength every morning, our salvation in time of distress.*

*- Isaiah 33:2*

- **His word is our hope as we wait for the Lord just as a watchman attentively and expectantly waits for the morning.**

*My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.*

*- Psalms 130:6*

- **Declaring that his soul thirsts for God like a parched land, David beseeches God to affirm his unfailing love in the morning by showing him the way he should go.**

*Let the morning bring me word of your unfailing love, for I have put my trust in you.*

*- Psalms 143:8*

- **A Sabbath song of praise tells us that it is good to praise the Lord and make music to his name, proclaiming his love in the morning and his faithfulness at night.**

*to proclaim your love in the morning and your faithfulness at night*

*- Psalms 92:2*

- **Among their duties in the temple, the Levites also were to stand and thankfully praise the Lord every morning.**

*They were also to stand every morning to thank and praise the Lord.*

*- 1 Chronicles 23:30*

- **The Lord answered Job out of the storm "Where were you when I laid the earth's foundation?" We learn that when the cornerstone was laid, the morning stars sang and the angels shouted for joy.**

*while the morning stars sang together and all the angels shouted for joy  
- Job 38:7*

- **In Ezekiel, we are told of the daily sacrifice of a lamb without defect. This foreshadows the Lamb of God, Jesus, who sacrificed once for all. Under the law, we sacrificed every day, morning by morning. When Jesus, as the perfect Lamb of God, died for our sins, he made one sacrifice for all and for all time. Then he sat down at the right hand of God because his work was finished.**

*Every day you are to provide a year-old lamb without defect for a burnt offering to the Lord; morning by morning you shall provide it. You are also to provide with it morning by morning a grain offering, consisting of a sixth of an ephah with a third of a hin of oil to moisten the flour. The presenting of this grain offering to the Lord is a lasting ordinance. So the lamb and the grain offering and the oil shall be provided morning by morning for a regular burnt offering.  
- Ezekiel 46:13-15*

- **Isaiah prophesies about the coming of Jesus, the precious cornerstone for a sure foundation. Those who trust in him will never be dismayed. Those who scoff, who take refuge in lies, will be carried away by a scourge that sweeps by morning after morning.**

*Therefore hear the word of the Lord, you scoffers who rule this people in Jerusalem. You boast, "We have entered into a covenant with death, with the grave we have made an agreement. When an overwhelming scourge sweeps by, it cannot touch us, for we have made a lie our refuge and falsehood our hiding place." So this is what the Sovereign Lord says: "See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation; the one who trusts will never be dismayed. I will make justice the measuring line and righteousness the plumb line; hail will sweep away your refuge, the lie, and water will overflow your hiding place. Your covenant with death will be annulled; your agreement with the grave will not stand. When the overwhelming scourge sweeps by, you will be beaten down by it. As often as it comes it will carry you away; morning after morning, by day and by night, it will sweep through." The understanding of this message will bring sheer terror.*

*- Isaiah 28:14-19*

- **When our soul is full of trouble, we can cry out to the Lord for help, bringing our prayers to God in the morning.**

*But I cry to you for help, O Lord; in the morning my prayer comes before you.  
- Psalms 88:13*

- **Since we cannot understand the work of God, or which will succeed and which not, we are admonished to sow our seed in the morning and then not to be idle.**

Sow your seed in the morning, and at evening let not your hands be idle.

- Ecclesiastes 11:6

- **Jesus said we must take up our cross every day and follow him.**

Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me."

- Luke 9:23

- **David cries out to God at all times and God hears his voice and saves him.**

Evening, morning and noon I cry out in distress, and he hears my voice.

- Psalms 55:17

- **Moses tells the Israelites that in the evening they will know that the Lord brought them out of Egypt, and they will see the Lord's glory when he gives them bread from heaven in the morning.**

And in the morning you will see the glory of the Lord . . .

- Exodus 16:7

- **Jesus was faithful to teach at the temple every day, and he prayed on the Mount of Olives every evening. The people made a daily commitment to come and hear him preach.**

Each day Jesus was teaching at the temple, and each evening he went out to spend the night on the hill called the Mount of Olives, and all the people came early in the morning to hear him at the temple.

- Luke 21:37-38

- **Proverbs tells us that our daily bread provided by God is all that we need.**

Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.

- Proverbs 30:8

- **Each and every day, morning by morning, we should rejoice in the day that we have been given by God.**

This is the day that the Lord has made; let us rejoice and be glad in it.

- Psalms 118:24

- **Part of our daily commitment is to each other. We are to encourage others.**

... encourage one another **daily** . . .

- Hebrews 3:13

- **We have a daily commitment to God. Praising him and extolling his name is natural when we understand the awesomeness of his righteousness, mercy, and grace, and it also turns our focus away from ourselves.**

**Every day** *I will praise you and extol your name for ever and ever.*

- Psalms 145:2

- **Jesus honored his commitment to his father and to us by daily teaching in the temple at his own peril. He was faithful to us and to God's perfect plan which was prophesied in the Scriptures.**

**Every day** *I was with you, teaching in the temple courts, and you did not arrest me. But the Scriptures must be fulfilled.*

- Mark 14:49

- **The people of Berea received the gospel message from Paul with great enthusiasm and they were committed each day to examine what he said and compare it to the Scriptures.**

... they received the message with great eagerness and examined the Scriptures **every day** to see if what Paul said was true.

- Acts 17:11

- **The believers were committed to be in fellowship and praising God every day, and God was faithful to add new believers to their number every day.**

**Every day** *they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number **daily** those who were being saved.*

- Acts 2:46-47

- **In the Old Testament, we learn of Hezekiah's prayer to God on behalf of the people of Israel who were not ceremonially clean, but wanted to celebrate the Passover: "May the Lord, who is good, pardon everyone who sets his heart on seeking God -- the Lord, the God of his fathers -- even if he is not clean according to the rules of the sanctuary." And the Lord heard Hezekiah and healed the people. The people were committed to return to the Lord, and God was faithful in receiving them.**

*The Israelites who were present in Jerusalem celebrated the Feast of Unleavened Bread for seven days with great rejoicing, while the Levites and priests sang to the Lord **every day**, accompanied by the Lord's instruments of praise.*

- 2 Chronicles 30:21



- **Jesus was faithful in teaching the people every day.**

*Every day he was teaching at the temple.*

*- Luke 19:47*

- **In the Old Testament story of Elijah and the widow at Zarephath, we learn once again that God is merciful and faithful in providing for our daily needs when we are obedient to his commands.**

*So she went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.*

*- 1 Kings 17:15-16*

- **Jesus tells us not to worry about such things as what we shall eat or drink or wear because God knows our daily needs and is faithful in providing for them when we make the daily commitment to seek first his kingdom.**

*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

*- Matthew 6:33-34*

- **As Paul, Silas, and Timothy traveled about spreading the gospel message daily, God was faithful to strengthen the young church in faith and to increase the number of believers and churches.**

*So the churches were strengthened in the faith and grew daily in numbers.*

*- Acts 16:5*

- **Throughout his life, Moses made a daily commitment to God to lead the Israelites and, even after their heart-breaking idolatry and breaking of all of the commandments caused Moses, in anger, to break the new stone tablets that God had just given them, God was faithful to provide the Ten Commandments for us again.**

*So Moses chiseled out two stone tablets like the first ones and went up Mount Sinai early in the morning, as the LORD had commanded him; and he carried the two stone tablets in his hands.*

*- Exodus 34:4*

- **We should give thanks every day, morning by morning, for God's goodness and love which endures forever. His faithfulness knows no bounds.**

*Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures **forever**; his faithfulness continues through all generations.*

*- Psalms 100:4-5*

- **We can be thankful to God every day when we remember those who are partners in the gospel, and we can be confident that God is faithful to complete the good work that he has begun in us.**

*I thank my God **always** upon every remembrance of you.*

*- Philippians 1:3*