

Morning and Evening Routines



BY JOSHUA JEFFERSON

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"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." (1 Timothy 4:7-8)

This passage is calling us to become in practice, who we are in status. This kind of practical godliness would not be expected of us, unless it was also fully provided for us. The Spirit of Jesus is our provision, and training is the application. Training means daily practice. Our lives are full of unexpected changes and surprising opportunities, but our response in these situations depends largely on the framework of our daily routines. For this reason, we really need to pay attention to our morning and evening routines.

If you already have a morning and evening routine, I invite you to update them. A routine is not a goal, a routine is how we achieve our goals. Routines are like cobwebs at first, and cables at last. The strength they offer depends on their sustainability. A routine is like a track that moves you safely and strategically through complex circumstances. For instance, picking out my clothes for the day takes me about 1 minute before bed, and 10 minutes if I wait until the morning. You might not be a "morning person", but you are still called to be a godly person. Your brain might shut down like mine often does around 6pm making the evenings a time of tension and temptation, but our calling remains, and if it remains, it will also be supplied by sufficient grace.

Rather than bumbling through our day like bumper cars, a routine is more like a roller coaster, moving us swiftly and strategically (maybe even enthusiastically) around the course, whether our eyes are open or shut, and our hands are up in the air or clutching the bar for dear life! Routines form naturally around the things that give us instant gratifi-

cation. These are often called "bad habits". But for the fullness of joy set before us, that can only be found in communion with God, we can break these habits, and form godly routines that work against our impulses and flow with holy passion. These routines rely on the supernatural power of God at work within us, and fueled with peace that is beyond the reach of psychology.

There are three steps to crafting a morning and evening routine.

1. **First, take an inventory** of all the activities that tend to fill the first hour and last hour of your day (for example, shower and shave, get dressed, start the coffee, read scripture, fill the water bottles, feed the kids, brush my teeth, pack my lunch, check my emails).
2. **Next, choose one of the [Fruit of the Spirit](#)** that describes what you seek from that hour, and write that word on the top of an index card.
3. **Finally, write down 10 activities** (1-6 minutes each) on the 10 lines of that index card that move you most powerfully in step with the Spirit and naturally through this specific place and time toward the fruit that you seek.

This will most likely take several attempts. Make a final draft in your nicest handwriting, and post it strategically on your bathroom mirror or fridge.

Joshua Jefferson and his family are members of Sunnyside Mennonite Church in Lancaster PA.

