

# 10 Joy and Peace steps to in the morning

O LORD, in the morning  
you hear my voice...

Psalm 5:3a

- Create a Quiet Space and Prepare it at night
  - Bible
  - Pen/pencil/paper
  - Lamp/Candle
  - Worship Music
- Prepare your favorite morning drink: Coffee/Tea/Other.
- Go to bed at a decent time.
- Allow yourself one time to press that snooze button.
- Get up when your alarm goes off (or after that first push of the snooze button.
- Spend time praying, reading and meditating on God's word.
- Enjoy that first cup of coffee/tea/other and consider the fact that your Father is sitting there enjoying this sweet time with you.
- Listen to your worship music.
- God for a walk.
- Now, go wake those blessings with kisses and giggles

