

Morning Meditations



“Espresso for the Soul”

Freshwater Series: Part 2

By Pastor Jeffery Glick

*It is good to give thanks to the LORD, and to sing praises to Your name, O Most High; To declare Your lovingkindness **in the morning**, and Your faithfulness every night,...For You, LORD, have made me glad through Your work; I will triumph in the works of Your hands. O LORD, how great are Your works! Your thoughts are very deep. A senseless man does not know, nor does a fool understand this....But my horn You have exalted...I have been **anointed with fresh oil**....The righteous shall **flourish** like a palm tree, he shall **grow** like a cedar in Lebanon. Those who are planted in the house of the LORD shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be **fresh** and **flourishing**, To declare that the LORD is upright; he is my rock, and there is no unrighteousness in Him.*

Ps 92:1-2, 4-6, 10, 12-15

*Give ear to my words, O LORD, consider my **meditation**. My voice You shall hear **in the morning**, O LORD; **in the morning** I will direct it to You, and I will look up.*

Ps 5:1, 3

Throughout the Scriptures, wonderful and miraculous things happened in the early hours of the day. Fervent praying, offerings, worship, altar building, miraculous daily provisions, military and spiritual victories, deliverance, mountaintop experiences, anointings, renewals and resurrections all happened in the morning hours. We are given examples of God speaking, Jesus praying and teaching, and prophets hearing in the morning.

In Exodus, God's plan for His people pursuing the promise included His supernatural provision of daily bread in the morning and meat in the evening. In order to appropriate this miraculous gift, God's people were required to do the gathering. They were to gather what they required for each day. There was no hoarding, for the manna from heaven spoiled from one day to the next. Each day, they were to gather this [fresh morning manna](#) from above. It strengthened them for the journey and labor of the day.

As the Levites were required to stand to thank and praise the Lord every morning, as God's chosen were required to bring morning offerings unto Him, and as the Israelites were to gather their fresh daily bread every morning, let us approach our God in the morning hours, offering to Him the first fruits of our day. The Bread of Life awaits us, to supernaturally provide us with our fresh portion of manna every morning. Why wait until the end of the day, when our souls are affected by the dullness we contract daily? Why wait until we're running on empty? Answers, provision, direction, spiritual victories, anointing and daily refreshing await us each morning. *What are you waiting for?*

This series of meditations, prayers and faith declarations will lead you through early morning minutes of thanksgiving and rejoicing, seeking God's presence and direction, and times of refreshing.

Thanksgiving and Rejoicing

Ps 92:1-2

[It is good to give thanks to the LORD](#), and to sing praises to Your name, O Most High;
To declare Your lovingkindness [in the morning](#), and Your faithfulness every night,

Read the Word

Ps 100:4

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.

Ps 95:2a

Let us come before His presence with thanksgiving...

Phil 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Ps 107:1-2

Oh, give thanks to the LORD, for He is good! For His mercy endures forever. Let the redeemed of the LORD say so, whom He has redeemed from the hand of the enemy,

1 Thes 5:16-18

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

Phil 4:4

Rejoice in the Lord always. Again I will say, rejoice!

Pray the Word

Ps 69:30

I will praise the name of God with a song, and will magnify Him with thanksgiving.

From Col 4:2

Lord, help me to continue earnestly in prayer, being vigilant in it with thanksgiving;

Ps 59:16-17

...I will sing of Your power; yes, I will sing aloud of Your mercy in the morning; for You have been my defense and refuge in the day of my trouble. To You, O my Strength, I will sing praises; for God is my defense, my God of mercy.

Ps 30:1-5, 11-12

I will extol You, O LORD, for You have lifted me up... and You healed me. O LORD, You brought my soul up from the grave; you have kept me alive, that I should not go down to the pit. Sing praise to the LORD, You saints of His, and give thanks at the remembrance of His holy name. For His anger is but for a moment, his favor is for life; weeping may endure for a night, but joy comes in the morning... You have turned for me my mourning into dancing; you have put off my sackcloth and clothed me with gladness, To the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.

Ps 63:7-8

Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; your right hand upholds me.

Declare the Word

From Ps 50:14-15

I **will** offer to God thanksgiving, and pay my vows to the Most High. I **will** call upon You in the day of trouble; You **will** deliver me, and I **shall** glorify You."

From Ps 118:24

This is the day the LORD has made; I will rejoice and be glad in it.

From Phil 4:6-7

I will be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, I will let my requests be made known to God; and the peace of God, which surpasses all understanding, will guard my heart and mind through Christ Jesus.

From Rom 5:2b-5

...I **will rejoice** in hope of the glory of God. And not only that, but I will also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in my heart by the Holy Spirit who was given to me.

- **I will rejoice through the difficulties of this day, knowing that you are doing a great work in me.**

From Psalm 136 – Create your personal Psalm of Thanksgiving. Fill in the blanks and read it out loud. Proclaim these personal victories and thank Him!

My Personal Psalm of Thanksgiving

Oh, give thanks to the LORD, for He is good! For His mercy endures forever.

Oh, give thanks to the God of gods! For His mercy endures forever.

Oh, give thanks to the Lord of lords! For His mercy endures forever:

To Him who alone does great wonders in my life, for His mercy endures forever;

To Him who by wisdom _____, for His mercy endures forever;

To Him who _____, for His mercy endures forever;

To Him who _____, for His mercy endures forever—
_____, for His mercy endures forever;
_____, for His mercy endures forever.

To Him who _____, for His mercy endures forever;

And brought me out from _____, for His mercy endures forever;

With a strong hand, and with an outstretched arm, for His mercy endures forever;

To Him who _____, for His mercy endures forever;

And made me _____, for His mercy endures forever;

But overthrew _____, for His mercy endures forever;

To Him who led me _____, for His mercy endures forever;

To Him who _____, for His mercy endures forever;

And _____, for His mercy endures forever—
_____, for His mercy endures forever;

_____, for His mercy endures forever—

And gave me _____, for His mercy endures forever;

A _____ to me, His servant, for His mercy endures forever.

Who remembered me in my lowly state, for His mercy endures forever;

And rescued me from _____, for His mercy endures forever;

Who gives _____, for His mercy endures forever.

Oh, give thanks to the God of heaven! For His mercy endures forever.

Seeking God's Presence

Ps 63:1-8

O God, You are my God; **early will I seek You**; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to see Your power and Your glory. Because Your lovingkindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied....and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; your right hand upholds me.

Read the Word

Lam 3:21-26

This I recall to my mind, therefore I have hope. Through the LORD'S mercies we are not consumed, because His compassions fail not. **They are new every morning**; great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I hope in Him!" The LORD is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the LORD.

1 Chr 28:9b

...the LORD searches all hearts and understands all the intent of the thoughts. If you seek Him, He will be found by you...

Isa 55:6

Seek the LORD while He may be found, call upon Him while He is near.

2 Chr 7:14

"if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

Ps 105:3-4

Glory in His holy name; let the hearts of those rejoice who seek the LORD! Seek the LORD and His strength; seek His face evermore!

Pray the Word

Ps 27:4-5

One thing I have desired of the LORD, that will I seek: that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in His temple. For in the time of trouble he shall hide me in His pavilion; in the secret place of His tabernacle he shall hide me; he shall set me high upon a rock.

Declare the Word

Ps 34:10b

...those who seek the LORD shall not lack any good thing.

- **I shall not lack any good thing!**

Prov 28:5

Evil men do not understand justice, but those who seek the LORD understand all.

- **Through my seeking, I shall gain understanding!**

Finding God's Will and Daily Direction

Ps 5:1, 3, 8

Give ear to my words, O LORD, consider my [meditation](#). My voice You shall hear [in the morning](#), O LORD; [in the morning](#) I will direct it to You, and I will look up. Lead me, O LORD, in Your righteousness...make Your way straight before my face....

Read the Word

Jer 10:23

O LORD, I know the way of man is not in himself; it is not in man who walks to direct his own steps.

Eph 6:5-8

...be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; not with eyeservice, as men-pleasers, but as bondservants of Christ, doing the will of God from the heart, with good will doing service, as to the Lord, and not to men, knowing that whatever good anyone does, he will receive the same from the Lord...

Heb 10:35-36

...do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the will of God, you may receive the promise:

Pray the Word

Ps 143:8-11

Cause me to hear Your lovingkindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to You. Deliver me, O LORD, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; your Spirit is good. Lead me in the land of uprightness. Revive me, O LORD, for Your name's sake! For Your righteousness' sake bring my soul out of trouble.

Ps 119:1-12, 15-18

Blessed are the undefiled in the way, who walk in the law of the LORD! Blessed are those who keep His testimonies, who seek Him with the whole heart! They also do not iniquity; they walk in His ways. You have commanded us to keep Your precepts diligently. Oh, that my ways were directed to keep Your statutes! Then I would not be ashamed, when I look into all Your commandments. I will praise You with uprightness of heart, when I learn Your righteous judgments. I will keep Your statutes; Oh, do not forsake me utterly! How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, that I might not sin against You! Blessed are You, O LORD! Teach me Your statutes! I will meditate on Your precepts, and contemplate Your ways. I will delight myself in Your statutes; I will not forget Your word. Deal bountifully with Your servant, that I may live and keep Your word. Open my eyes, that I may see wondrous things from Your law.

Ps 119:132-135

Look upon me and be merciful to me, as Your custom is toward those who love Your name. Direct my steps by Your word, and let no iniquity have dominion over me. Redeem me from the oppression of man, that I may keep Your precepts. Make Your face shine upon Your servant, and teach me Your statutes.

From Rom 12:2

God, help me position myself daily to be transformed by the renewing of my mind, that I may prove what is that good and acceptable and perfect will of God.

From 2 Th 3:5

Lord, direct my heart into the love of God and into the patience of Christ.

Declare the Word

I Jn 2:17b

...he who does the will of God abides forever.

Ps 40:8

I **delight** to do Your will, O my God, and Your law **is** within my heart.

From Prov 3:5-6

I **will** trust in the LORD with all my heart, and I **will not** lean on my own understanding; in all my ways I **will** acknowledge Him, and He **shall** direct my paths.

Refreshing

Ps 92:1-2, 4-6, 10, 12-15

It is good to give thanks to the LORD, and to sing praises to Your name, O Most High; To declare Your lovingkindness **in the morning**, and Your faithfulness every night,...For You, LORD, have made me glad through Your work; I will triumph in the works of Your hands. O LORD, how great are Your works! Your thoughts are very deep. A senseless man does not know, nor does a fool understand this....But my horn You have exalted...I have been **anointed** with **fresh oil**....**The righteous shall flourish** like a palm tree, **he shall grow** like a cedar in Lebanon. Those who are planted in the house of the LORD shall flourish in the courts of our God. They shall still **bear fruit** in old age; they shall be **fresh** and **flourishing**, To declare that the LORD is upright; he is my rock, and there is no unrighteousness in Him.

Read the Word

Acts 3:19

Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

Isa 40:29-31

He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

NOTES: _____

Pray the Word

Ps 51:10, 12-13

Create in me a clean heart, O God, and renew a steadfast spirit within me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You.

Phm 1:20b

...refresh my heart in the Lord.

From James 3:11-13

Lord, cleanse the spring of my soul from any bitter water and help me to send forth "freshwater words" from mouth.

From Rom 15:32; 1 Cor 16:18; 2 Cor 7:13; 2 Tim 1:16; Phm 1:7

God, it is written in your Word that there were those in the New Testament church who refreshed other Christians. Make me a refresher.

Declare the Word

Isa 38:16-17

O LORD, by these things men live; and in all these things is the life of my spirit; so You will restore me and make me live... You have lovingly delivered my soul from the pit of corruption, for You have cast all my sins behind Your back.

From 2 Cor 4:16-18

Therefore I **will not** lose heart. Even though my outward man is perishing, yet the inward man is being renewed day by day. For my light affliction, which is but for a moment, is working for me a far more exceeding and eternal weight of glory, while I will not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

From Eph 4:22-24

I will put off the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of my mind, and I **will** put on the new man which was created according to God, in true righteousness and holiness.

From Ps 92

I will give thanks to the LORD, to declare Your lovingkindness in the morning. For You, LORD, have made me glad through Your work; **I will triumph** in the works of Your hands. O LORD, how great are Your works! Your thoughts are very deep. My horn You have exalted. **I have been anointed with fresh oil. I shall flourish** like a palm tree, I **shall grow** like a cedar in Lebanon. Because I am planted in the house of the LORD, I shall flourish in the courts of our God. **I shall still bear fruit; I shall be fresh and flourishing!**

NOTES: _____

