

# **SPEND YOUR MORNINGS WITH JESUS**

A FIVE-DAY DEVOTIONAL BY SEAN DREHER



You don't have to be a morning person to believe in the power of morning routines.

Researchers have consistently shown that how you start your day affects everything else: your mood, your decisions, your energy, and even your spiritual awareness. People who establish consistent morning habits tend to experience lower levels of stress, improved sleep, and increased productivity throughout the day.

Perhaps you're already leveraging the power of a morning routine by starting your day with coffee or a carefully curated playlist.

*But what if I told you there is more?*

What if I told you there's a way to spend your morning that has the power not just to change your day but to change your life?

*Well, there is.*

This devotional is a five-day invitation to spend your mornings with Jesus.

Over the next five days, you can reshape the rhythm of how you begin your day with a simple framework I created:

**READ:** A powerful scripture to guide you each day.

**PAUSE:** a short insight to settle the Word into your soul.

**REFLECT:** A question to help you put the Word into practice.

**PRAY:** A prayer to align your heart with His.

**WORSHIP:** A song to align your heart with His.

Whether you're looking for a new rhythm for a new season or just trying to find your way back to God, consider this a fresh start.

*Sean Dreher*

## DAY 1 | SPEND YOUR MORNINGS WITH JESUS

### READ

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

—Mark 1:35 (NIV)

### PAUSE

Before anything else, Jesus made space to be with the Father.

He didn't wait until He was overwhelmed. He didn't fit it in where He could. He began with God.

That's what surrender looks like: allowing Him to define your pace and interrupt your schedule before your schedule interrupts your soul.

### REFLECT

Where in your life are you tempted to start with self instead of God? What would it look like to surrender the first five minutes of your morning?

### PRAY

Jesus, I give You this morning.  
Not just the silence but the space.  
Shape my thoughts. Set my pace.  
Let me start with You, not just fit You in.  
Amen.

### WORSHIP

🎵 “To Worship You I Live” – Israel & New Breed

## DAY 2 | SPEND YOUR MORNINGS WITH JESUS

### READ

“But I trust in you, Lord; I say, ‘You are my God.’ My times are in your hands...”

—Psalm 31:14–15a (NIV)

### PAUSE

The morning is when anxiety tends to sneak in.

Everything you didn’t finish yesterday.

Everything that’s coming today.

The to-do list feels longer than the time you have to do it.

But trust resets the clock.

Your time is not your own, and that’s good news because the hands that hold time are also the hands that hold you.

### REFLECT

What’s making you feel hurried this morning? What would it look like to move through the day at God’s pace, not yours?

### PRAY

God, I trust You with today.

With my schedule. My energy. My expectations.

Keep me from rushing ahead of You.

Let me follow the rhythm of grace.

Amen.

### WORSHIP

🎵 “Wait on You” – Elevation Worship & Maverick City

## DAY 3 | SPEND YOUR MORNINGS WITH JESUS

### READ

“Let the peace of Christ rule in your hearts...”  
—Colossians 3:15 (NIV)

### PAUSE

Peace doesn't happen by accident, especially not in the morning. Before your feet hit the floor, the day is already trying to pull you in a hundred directions.

But peace isn't passive. It's a decision, a pre-set posture.

To let peace rule means you choose not to let fear, frustration, or comparison rule instead.

Let peace be your starting point, not your emergency response.

### REFLECT

What's the first voice or thought that usually rules your morning? How can you intentionally choose peace instead?

### PRAY

Jesus, let Your peace rule my heart.  
Not my phone. Not my feelings.  
Help me slow down and stay grounded in You.  
Let peace lead my morning—and my day.  
Amen.

### WORSHIP

🎵 “Peace” – Koryn Hawthorne feat. Jonathan McReynolds

## DAY 4 | SPEND YOUR MORNINGS WITH JESUS

### READ

“Give us today our daily bread.”

—Matthew 6:11 (NIV)

### PAUSE

You don't need tomorrow's strength for today. You don't need next week's answers to this morning's questions.

Jesus teaches us to ask for daily bread for what we need right now.

That's good news: you don't have to hoard grace. God has more for tomorrow, but today's portion is enough for today's purpose.

### REFLECT

What are you trying to carry into today that doesn't belong to today? What do you need from God this morning: wisdom, patience, provision, or clarity?

### PRAY

Father, I trust You for what I need today.

Nothing more. Nothing less.

Help me stop striving and start receiving.

Feed me with Your peace, presence, and provision.

Amen.

### WORSHIP

🎵 “Jireh” – Elevation Worship & Maverick City

## DAY 5 | SPEND YOUR MORNINGS WITH JESUS

### READ

“You are the light of the world. A town built on a hill cannot be hidden.”

—Matthew 5:14 (NIV)

### PAUSE

Mornings aren't just for fueling your soul; they're for framing your mission.

You don't get spiritually filled just to feel better. You get filled so you can shine.

The people you'll encounter today online, at work, and in traffic don't just need your competence. They need your light.

So before the day distracts you, remember your assignment: Be light. Bring light. Carry Jesus with you everywhere you go.

### REFLECT

What's one space you'll walk into today that could use more light? How might your presence make Jesus more visible?

### PRAY

Jesus, I want to reflect You today.

Fill me this morning so I can pour out this afternoon.

Let my presence carry peace. Let my words carry love.

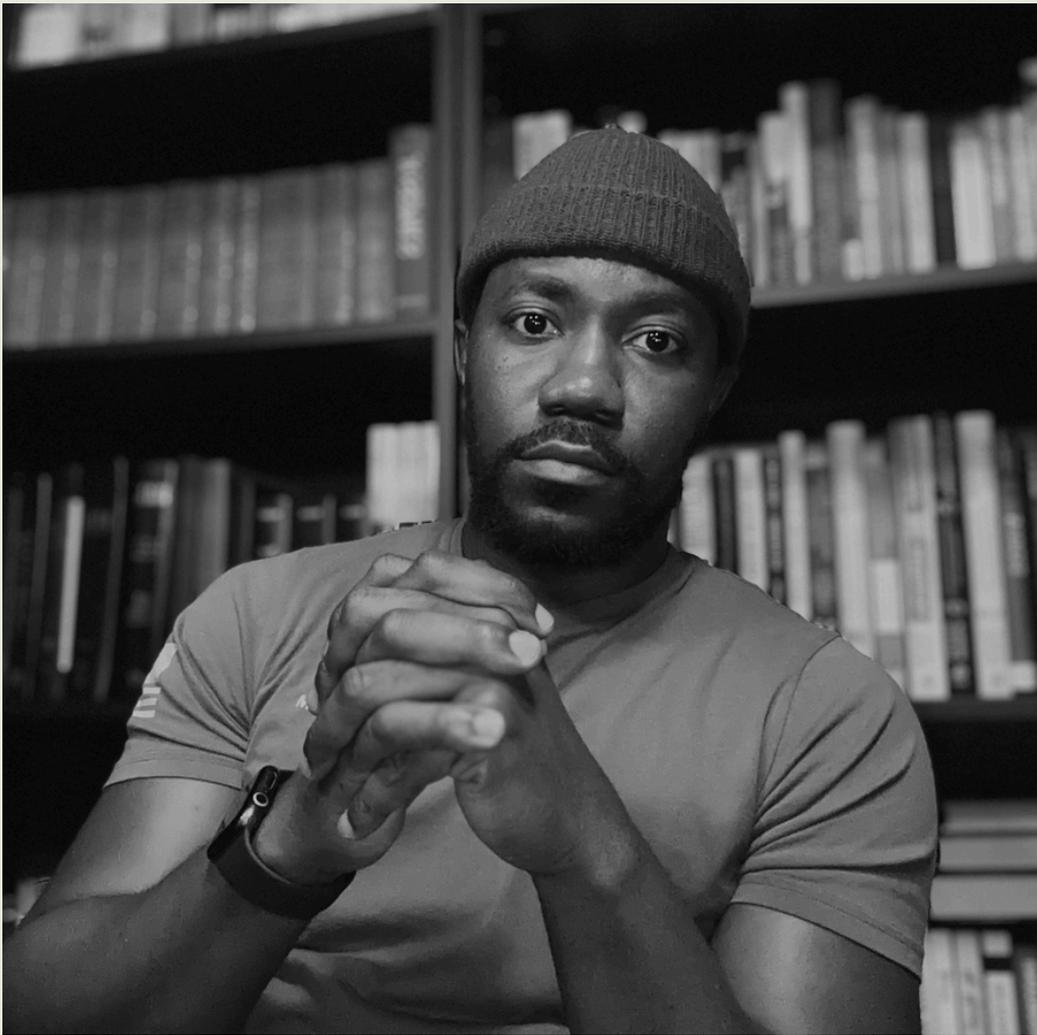
Let my life make You hard to ignore.

Amen.

### WORSHIP

🎵 “Build My Life” – Bri Babineaux

## MEET SEAN DREHER



I'm a pastor and public theologian based in South Carolina.

For nearly two decades, I've served the local church with a deep conviction that the person and work of Jesus should shape not only what we believe, but how we think, live, and engage the world around us.

That conviction shapes everything I create including this five-day devotional.

Today, I lead Kingdom South, a formation-focused church and develop formation-focused resources to help people work out what it means to follow Jesus amidst the complexities of the modern world.

