

THE ONE HABIT THAT WILL CHANGE YOUR LIFE

*PLUS 16 TIPS ON GETTING THE MOST
OUT OF YOUR DAILY ROUTINE*



MYRA FRESHWATER



What if one daily habit could transform your life?

By adopting this habit you could become a more loving spouse, a kinder friend, and a better parent. What if the habit brought a renewed sense of purpose into your life? Do you need courage to walk through life's challenges? Do you crave peace? What if you could sense deep joy, even when going through hard times? This habit is the ticket!



I could suggest daily exercise, drinking a gallon of water, or eating a vegan diet. While these are healthy ideas, there is One Habit I'd implore you to adopt first.

I've practiced this habit for over forty years and it has transformed every area of my life. **The One Habit is morning time with God. Put simply, it's Bible reading and prayer.** If you add this one crucial routine to your day, you'll see growth in all areas of your life. You'll never regret time spent with God; He will change you from the inside out. Some call this quiet time; I prefer morning office, a term used by spiritual fathers in early years of the church. You'll find the Bible to be unlike any other book. It's alive; it contains evergreen actual words from God. It will embody the fabric of your life.

When my husband and I set off on an early morning road trip, I'll grab my materials and read out loud in the car. For air travel I've taken photos of my devotional pages and brought my paperback New Testament along, or used the Bible App. I want you to know how crucial this morning rhythm is. It will help you to stay on the right path!

A photograph of an older couple walking down a paved street lined with large, mature trees. The woman is on the left, wearing a light-colored jacket and dark pants, and the man is on the right, wearing a dark sweater and blue jeans. They are both smiling and holding hands. The background shows parked cars and more trees, creating a peaceful suburban atmosphere.

The heart of a man plans his way, but the Lord establishes his steps.

Proverbs 16:9 ESV

Because our lives are demanding and busy we must adapt our evening routines to support the One Habit. If not, life will get in the way and we'll default to the easiest path. Bedtime must be set so that we wake up before the kids; or before our daily responsibilities. We'll be rewarded for our sacrifices, such as skipping a TV show.

Evening Tips:

- Prep morning coffee. :)
- Clean kitchen.
- Check laundry.
- Put your phone away for the night.
- Put toys, papers, clothes, etc. in their homes.
- Place a water bottle by your bed.
- Dim lights.
- Lay out clothes if you have an early morning commitment.
- Write a *short doable* to-do list to keep your mind free for sleep.
- Settle down and pray something like this, "Thank you Lord for blessing me so much!" Thank Him for whatever comes to mind, such as a bed to sleep in.

Beloved shepherd of our souls and bodies, you never slumber nor sleep. Spread your holy protection over us and cover us with your mighty wings, that no terrors of night may disturb us, and let your divine majesty watch over our minds while we sleep; through Jesus Christ our Lord. Amen.

Anonymous

Morning Tips:

- As soon as you wake up, orient your mind to God. Surrender your life to Him. Thank Him for rest and for guidance through the day ahead.
- Drink 8-16 ounces of water while your morning beverage preps. We become dehydrated overnight.
- Dive into God's word. Put social media aside for now. Thousands of sensational voices dart toward us like arrows all day long. Now is the time for Good News. If you're new to this, begin in the New Testament. Luke or John are good books to read first, then enjoy the Apostle Paul's letters to the early church.
- Ask God to speak to you; use a journal to capture life applications that come to mind. Focus on one verse or a word that jumps out to you. When we take time to be quiet and listen, He will speak through our thoughts. I still hear something new each day after many years!
- If your schedule allows, read from a daily devotional book. *My Utmost for His Highest*, by Oswald Chambers, *A Year With C. S. Lewis*, by Lewis, and *Streams in the Desert*, by Lettie Cowman are some of my favorites. You'll find pertinent points to guide your life.
- Pray; talk to God honestly about everything.

I love those who love me, and those who seek me diligently find me.

Proverbs 8:17 ESV

Listen to what John Bunyan, author of Pilgrim's Progress, had to say about the Bible:

Read and read again, and do not despair of help to understand the will and mind of God though you think they are fast locked up from you. Neither trouble your heads though you have not commentaries and exposition. Pray and read, read and pray; for a little from God is better than a great deal from men.

Friends, I challenge you to try this One Habit for thirty days. I can't wait to hear how it's impacted your life!

Blessings!

Myra