

## Article



### **"The Best Part of Waking Up!"**

Growing up, we had an uncle who was more like our grandfather. He used to smoke Prince Albert tobacco and sip on a cup of hot, black coffee. That was back in the day before mugs, when coffee was served in cups with saucers. He would pour his coffee into the saucer, blow on it to cool it, and drink it from the saucer. He seemed to enjoy that coffee so much that I really wanted some. But whenever I asked for a sip, he would say, "No. Coffee makes you black." (I believed him, because he was pretty dark himself.)

Coffee is one of those simple pleasures enjoyed by many people. In fact, it is estimated that 90% of people in North America consume caffeine in some form every day. Through stores like Starbucks, drinking coffee has become a serious pastime. (I always feel like one of the uninitiated as I listen to those around me rattle off their orders.) But people don't just drink coffee because it tastes good. Coffee is a drug which acts as a central nervous system stimulant, temporarily warding off drowsiness and restoring alertness. Caffeine is the world's most widely consumed psychoactive substance, and it is entirely legal.

People drink coffee for lots of reasons, but many feel that they can't get going in the morning without their first cup. They think they have to have it. I would like to offer you something better. You **think** you can't make it without coffee, but I can assure you that you can't make it without the Lord. Early in the morning, throughout the day, late in the evening, God is our mind-regulator. In every thought and action we have, God is our power source.

Folgers' ads say that their coffee is "the best part of waking up". I beg to differ. If you want a real kick-start to your day, start it by spending time with God. He is the "lifter-up" of our heads. He is our peace. He is our joy. As you develop that relationship, you will begin to crave Him more and more. He will be the last person on your mind as you lay down to rest, and He will be the first person on your mind when you awake. If you don't think that will give you the boost, try it. You will be amazed!

**Psalm 3: 3 But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.**

**Psalm 63: v1: O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; v2: To see thy power and thy glory, so as I have seen thee in the sanctuary. v3: Because thy lovingkindness is better than life, my lips shall praise thee. v4: Thus will I bless thee while I live: I will lift up my hands in thy name.**

Father, thank You that Your presence is the best "drug" we can ever experience. You have given us a desire for You, we pray now for the obedience to develop the relationship with You which will fulfill this desire. We know that we need more of You, and nothing less will do. Thank You for loving us enough to wait as we learn to lean into Your loving arms. In Jesus' name. Amen.

**Something to think about:  
"You will show me the path of life;  
In Your presence is fullness of joy;  
At Your right hand are pleasures forevermore."  
(Psalm 16:11 NKJV)**

Be blessed in the Lord!