

P.O.W.E.R. Mornings:

Keys to a Christ-Honoring Morning Routine

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1. **Why You Need a Morning Routine: Introduction**
   1. The Firstfruits of the Day
      1. Exodus 34:26 – “The best of the firstfruits of your ground you shall bring to the house of the LORD your God.”
      2. When you give God the first and best, you are acknowledging it all belongs to Him anyway.
      3. When you give the Lord the first moments of your morning, you are offering Him the firstfruits of your day.
2. **Building a P.O.W.E.R. Morning: The 5 Elements of a Great Routine**

**P**rayer  
**O**rganize  
**W**ord  
**E**xercise  
**R**eading & Writing

* 1. **Prayer & the Word: Orient Your Heart**
     1. Reasons to Begin with Prayer & the Word:
        1. The example of Scripture (Psalm 5:3; 119:47; Mark 1:35)[[1]](#footnote-1)
        2. Reminds you of your purpose
        3. Sets your priorities straight
     2. The simple choice of picking up your Bible before you pick up your phone in the morning is a cosmic act of defiance against your own sinful heart.
  2. **Reading & Writing: Orient Your Mind**
     1. Tips for choosing a Bible Reading Plan:
        1. Follow a plan
        2. Don’t bite off more than you can chew
        3. Aim for consistency first
  3. **Orient Your Mind:** Reading & Writing
     1. Morning journaling
     2. Other reading
  4. **Exercise**: Orient Your Body
     1. Your body is a stewardship too.
        1. Your body is a temple of the Holy Spirit (1 Corinthians 6:19)
     2. Thinking wisely about exercise.
        1. Exercise is necessary in modern times
        2. Exercise is not about vanity
        3. Exercise doesn’t have to be all-or-nothing
        4. Take time for exercise enables you to be a better pastor
        5. Focus on the immediate benefits
  5. Organize: Orient Your Self
     1. Write down your top 3 tasks
     2. Circle the most important task
     3. Schedule that most important task

1. Notes on Crafting Your Morning Routine
   1. Don’t sacrifice sleep
   2. Write your times down
   3. Setup your space
   4. Adjust to reality
2. Tips to Make It Stick
   1. Remember your “why”
   2. Avoid your phone
   3. The 2-Day Rule
   4. Enlist accountability
   5. Track your habits

Imagine what kind of pastor, husband, father, Christian you would be in a year if you gave a portion of every single day to the Word and prayer, journaling and constructive reading, some light exercise, and deliberately planning your day around your most important tasks.

**Note**: to download these notes, additional resources, slides, and any templates mentioned in this talk, go to <https://redeemingproductivity.com/e3-2023>

1. “In the morning, O Lord, You will hear my voice; In the morning I will order my prayer to You and eagerly watch” (Psalm 5:3), “I rise before dawn and cry for help; I wait for Your words.” (Psalm 119:47), “In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.” (Mark 1:35). [↑](#footnote-ref-1)