

7-1-2003

Recipe For a Beautiful Day

Dick Duerksen
Florida Hospital

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Recommended Citation

Duerksen, Dick (2003) "Recipe For a Beautiful Day," *Perspective Digest*. Vol. 8 : No. 3 , Article 18.
Available at: <https://digitalcommons.andrews.edu/pd/vol8/iss3/18>

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RECIPE FOR A BEAUTIFUL DAY

Mornings are the most difficult part of my day. I know some people bounce out of bed with the energy of a collie puppy. Not me. I crawl down to the floor and then check carefully to see whether all my body parts came along.

However! My mornings have been newly energized by Dr. Jack Hayford's recipe for bringing LIFE into your life.

The secret is P.R.A.I.S.E.

Present yourself to God and submit to his Lordship.—Romans 12:1.

Not with just a semi-coherent "Good morning, Lord," but a purposeful turning over of life's throne.

"Lord, as today begins, I give all of me to you. That includes these creaky bones, my temper, my talents, and my lust for chocolate. I choose to yield control of my life to you for the entire

day and ask you to take charge of my body, attitude, and schedule."

A wonderfully energizing peace finds every nerve and muscle as he takes over.

Raise your hands in holy worship.—1 Timothy 2:8.

Go ahead. Take both hands and extend them high above your head toward God himself. Most Adventists are a bit uncomfortable with this motion during a church service, but do it and three wonderful things will happen:

1. You will be fulfilling the instruction Paul gave to Timothy: "I want men everywhere to lift up holy hands in prayer" (1 Timothy 2:8, NIV).

It's difficult to look at your feet

**Dick Duerksen rises each morning to represent Florida Hospital as Director of Spiritual Development.*

while your hands are upraised in worship. And looking up, into the eyes of Christ himself, affirms your commitment to his Lordship for the day.

3. This act of worship will physically demonstrate that you are giving him dominion over your life. The important thing is not where your hands are, but where your heart is.

**Audibly give thanks to God.—
Philippians 4:4.**

Say “Thanks” out loud. Thanks for being willing to take over and energize these tired bones. Thanks for what Christ did on Calvary. Thanks for helping to cover the car payment. Thanks for getting the kids into church school. Thanks for helping my boss understand me. Thanks for helping me understand my spouse. Thanks for the fresh corn on the cob we had last night. Thanks that it will snow soon. Thanks for the sale on tennis shoes. Thanks for Tylenol. Thanks for the green leaves that are beginning to turn colors. Thanks that we’re not all the same race.

Whew! There’s always enough thanks to bring smiles of appreciation for his goodness. And those smiles pour even more energy into our batteries.

**Invite the Spirit’s presence.—
Luke 11:13.**

When Christ left Palestine, he gave us the Spirit. Don’t start your

day without him. He is your spiritual link to all the resources of heaven.

Ask that he accompany you through every moment of the day. Ask, especially, that he show you the escape routes God has prepared for the day’s temptations.

Sing a new song.—Colossians 3:16.

In the shower, by the bed, in the cellar, in the barn, or on the rooftop. Sing! It doesn’t even have to be in tune. Just freely sing your feelings and praise to God! The music may sound terrible. It may be better than Bach. But it doesn’t matter. God’s not holding a talent search for singers or songwriters. Sing!

**Exercise your gifts and calling.—
Romans 12:6-8.**

You are uniquely talented. God has given you specific gifts and called you to a special way of using those gifts. Today is the day for him to put it all together in you.

You have surrendered to his Lordship. You have accepted his authority and worshiped him, audibly. You have invited the Spirit to be a living gift in your life. And you have sung his song in your voice.

He has taken over as Lord in you. He has accepted your worship. He has smiled with your thankfulness. He has given you the Spirit. And he has sung his song with you.

Now go and *revel in the adventure of being a Christian!* □