



## Morning Meditation

By Lucy Wall

*I had the pleasure of performing in a play during the renowned Edinburgh Fringe Festival in August 2022. It was a brutally exhausting but colourful experience and one that I had never had in my performing career thus far.*

*After an arduous stint in the show, I was making my way back to London and had plonked myself down into my train seat at Edinburgh Waverley Station. I had only been en route for about fifteen minutes when I decided to utilise my four hour journey and see if I could get some writing done.*

*I began rolling some Scriptures around in my head as I watched the green fields of Scotland whizz by the window and was thinking about how faithful God had been during my time in Edinburgh.*

*As a Christian theatre company, we had faced several trials and a lot of spiritual warfare performing in a very secular realm and so I had really felt the Lord encouraging me and upholding me each morning as I went in to work. Knowing that I was going in to face high levels of animosity and vitriol, I found myself praying fervently each morning for God's wisdom and that I might be a good witness to the lost souls I would encounter in the workplace.*

*It was quite incredible to see how the Lord's mercies really are new every morning and I feel it was these experiences that likely inspired me to write this poem on my London-bound train journey home.*

*I didn't realise it at the time of writing but I would say this poem reflects the morning prayers I had been praying during my Fringe experience. Going into such a heated environment really highlighted to me how important it is to pray in the morning, before you even set foot out the door.*

*Of course not every day is like this but even when we're just facing the usual tasks and routines of life, coming before God's Throne in the morning is still the best and most energising way to begin each day! I pray this poem can be a blessing to many. Committing the day to Jesus is certainly a good way to start the day indeed!*

I come before You, Jesus in the gentle, morning light  
And offer up my thanks for Your protection through the night.  
To know You guard me faithfully is quite a contemplation.  
I ask that You would ready me for quiet meditation.

Before responsibilities begin to make demands  
I take a moment now to place this day within Your hands.  
Though several tasks await and there are many things to do,  
I still myself before Your Throne to start my day with You.

Fill me with Your strength, O' Lord. Help me show Your grace.  
Let my speech be Christ-like in the challenges I face.  
Melt the negativity from all that's gone before.  
Give me fresh perspective for whatever lies in store.

Grant my spirit wisdom Lord, endow me from above.  
Let my words and conduct be a witness for Your love.  
If opposition comes then help me turn the other cheek.  
Show me when to hold my tongue and when You'd have me speak.

Should I find I'm overwhelmed or facing things alone,  
Remind me where my strength comes from and lead me to Your Throne.  
May gentleness of spirit show in situations, pressing.  
Use my gifts and skills O' Lord and help me be a blessing.



Fill my heart with mercy and compassion for the lost.  
Help me share the Gospel, not considering the cost.  
Keep my focus Heavenward, set on things divine!  
Use me for Your glory Lord, one day at a time.

I'm grateful You are with me and Your grace will see me through.  
You've gifted me with time and so I give it back to You.  
My heart will sing Your praises when this day is at an end.  
I ask You go before me now. In Jesus' name, Amen.

**Psalm 5:3**

*"My voice You shall hear in the morning, O Lord;  
In the morning I will direct it to You,  
And I will look up."*

**Psalm 59:16**

*"But I will sing of Your power;  
Yes, I will sing aloud of Your mercy in the morning;  
For You have been my defence  
And refuge in the day of my trouble."*

**Psalm 90:14**

*"Satisfy us in the morning with your unfailing love,  
that we may sing for joy and be glad all our days."*