



## **STRATEGIC THEME #3: SPIRITUAL VITALITY**

### **A PASSIONATE PREFERENCE FOR JESUS**

#### **Breakfast With God**

“In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly.”  
Psalm 5:3 NIV

During a Sunday morning message, Pastor Adam said, “The state of the individual’s spirituality matters.” When my children were young, I wanted to teach them the importance of spending time with God daily. Breakfast is a necessity, so I came up with the concept of having breakfast with God. The purpose was to provide nourishment for your spirit and spend quality time with God.

Here is the “Breakfast with God” format.

Start with prayer; placing God in His rightful place in your heart and asking Him to speak to you. Then get your heart ready by asking for forgiveness, asking God to fill you with His Holy Spirit. Next, put on the full armor of God. Say the words “I put on the full armour of God” or read the passage from Ephesians 6:10-17. The last part is to be set free. After the previous steps, you have the authority to cast off anything that is not of Christ. Place your hand on your head and say the words “anything not of Christ, be gone in Jesus’ Name”.

Now you are ready to handle everything that comes your way. Not everything will be easy but you have set your day, gotten your heart ready, and put the armour on. Spend time with God every morning even if it’s on the go. “Let the morning bring me word of Your unfailing love, for I have put my trust in You. Show me the way I should go, for to You I entrust my life.” Psalm 143:8 NIV

**FAITH IN ACTION:** God I choose to make You the priority in my life. I choose to put You first. Thank you for what You and I will accomplish today. I love You, Father.

Having breakfast with God will set up your day for anything that will come your way.