

My First And Everything

“How we spend our days is how we spend our lives.” (*Annie Dillard*)

From the moment our bodies awaken, our eyes begin to open, and we enter into the ordinary wonder of a brand new day.

What do you do with the first few moments of your day? Does what comes ‘first’ really matter?

We gather as the church on the first day of the week and we worship together, because we believe it forms us. And it does.

But the rituals of our ordinary days form us so much more. The day in, day out patterns of where we point our eyes, our hearts. Our lives and our loves are shaped by what we do again and again.

From the very first moments of your day, your life is being formed; *you* are being formed.

When you awake, do you breathe in the wonder of the life that courses through your veins? Or do you rehearse with worry and anxiety the coming events of the day?

Do you pause in the stillness and tune your heart to God? Or do you launch headfirst into the mad rush of ‘things to be done’ and ‘hills to be climbed’?

Do you reach for a Bible to encounter the presence of God? Or for your phone, and its endless stream of entertainment, stimulation, information.

How we spend our days is how we spend our lives. It is shaping who you become, whether you want it to or not. What will *you* put first?