

20 Morning Blessings to Start Your Day with Peace and Joy

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Do you ever wake up to worry instead of peace? Do the cares that weigh heavy in your heart outweigh joy? Is the idea of jumping out of bed with peace and joy as far away from you as Timbuktu?

Sometimes it takes hours to fall asleep because problems nitpick our thoughts. They dash accusations into our hearts and rob us of peace. And then when sleep does come, it's short and fitful, not restful. The buzzing alarm jerks us from semi-sleep, and we resent it because it interrupts the semi-relief sleep brings. Sleep appeals but dissatisfies. Awake leads to awareness that all is not well in our world. What do we do?

Our choices lie before us. We can continue this fretting that leads us down the dangerous path of mistrust. Or we can choose joy and peace right in the middle of our lives filled with worries.

Lamentations 3:22-23 writes that God's mercies are new every morning. Let's believe that's true for peace and joy to flood our hearts today. As they wash over us, may every aspect of our lives know God's peace and joy as they flow through us.

These twenty verses contain blessings for you to abide in as you face the new day.

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1. **Psalm 29:11**

"The Lord gives strength to his people; the Lord blesses his people with peace."

May the Lord bless you with peace and you find your strength in him.

2. **Isaiah 26:3**

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

May God keep you in his perfect peace and your heart focused on him because you trust in him.

3. **John 14:27**

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

Let your heart be at rest, secure in Jesus, releasing your fears and receiving his peace.

4. **Romans 5:1-2**

"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God."

May the faith of God fill your heart as you prepare to face this new day, and as this faith washes over you, let his peace flood your mind.

5. **Ephesians 2:14**

"For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility."

May God be your peace in your relationships and that any hostility you face today may dissipate because of Christ in you.

6. 2 Thessalonians 3:16

"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."

Let God's peace guide every moment today as you make your way to work or about your duties. Let his peace go before you and be in you.

7. Psalm 122:6-9

"Pray for the peace of Jerusalem! May they be secure who love you! Peace be within your walls and security within your towers. For my brothers and companions' sake I will say, "Peace be within you." For the sake of the house of the Lord our God, I will seek your good."

May God's peace be your security and may you seek the good of others.

8. Numbers 6:24-26

"The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace."

May the Lord's gaze fill you with light and let his peace shine through you.

9. Philippians 4:7

"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

As you go through your day, may you take all your questions to the one who knows all the answers. Let his peace reign in your mind.

10. 1 Peter 3:11

"Let him turn away from evil and do good; let him seek peace and pursue it."

May you pursue peace as you seek to do good.

11. Psalm 16:11

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."

May you know the fullness of joy as you walk in God's ways.

12. Psalm 90:14

"Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days."

May you overflow with joy because of God's everlasting love within you.

13. John 15:10-11

"If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full."

May you abide in Jesus today and know the joy that is found in him.

14. John 16:22

"So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you."

May your sorrow give way to joy as you trust in the Lord.

15. 1 Peter 1:8

"Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice

with joy that is inexpressible and filled with glory.”

May your joy arise in you this morning as the dawn breaks the night.

16. Isaiah 12:3

“With joy you will draw water from the wells of salvation.”

May you remember your salvation and discover joy in the remembrance.

17. Isaiah 52:9

“Break forth together with singing you waste places of Jerusalem, for the Lord has comforted his people; he has redeemed Jerusalem.”

May you rejoice because of your redemption and find God’s comfort in your despair.

18. Luke 15:6

“And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost.’”

May your hearts rejoice when what once was lost is found.

19. James 1:2-4

“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”

May you count your sufferings as an opportunity for joy.

20. 1 Peter 4:13

“But rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed.”

May God’s glory fill your joy as you share in Christ’s sufferings.

Today is a new day. It’s filled with peace and joy in spite of difficulties. Rise above what pulls you down by focusing your heart, mind, eyes, and ears on the Lord. He is with you. He comforts and longs to be your peace and joy.