

A photograph of a forest floor with sunlight filtering through the trees, creating a dappled light effect on the grass and path. The text is overlaid on a white rectangular background in the center.

# **7 Days to Owning your Morn- ings:**

**Daily Devotionals,  
Scriptures & Prayers**

**Natalie Brown Rudd**

**[www.becauseofhisgrace.com](http://www.becauseofhisgrace.com)**

# **7 Days to Owning your Mornings:**

**Daily Devotionals,  
Scriptures & Prayers**

**Natalie Brown Rudd**

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Photo by Greg Becker on Unsplash

*To my fellow believers  
who desire to seek Yah  
first thing in the morning!*

# Introduction

You purchased this workbook because you want a closer connection with Yahweh (sometimes I call Him Yah). I have the same desire. I have found that to stay connected with Yahweh, I must set time aside every day.

The best time is early in the morning when the world is still and quiet. You can position yourself to hear the voice of Yahweh. You see, to get the clarity we yearn for, we must be in a position to receive direction, and that is achieved only at His feet - first thing in the morning.

Why the morning time?

There are several reasons, even if you are not a morning person. There are three main reasons why morning time is best.

1. Your day has not begun, and you are clear-minded from a restful sleep.
2. You can focus your priorities for the day based on what the Holy Spirit revealed to you in your quiet time, which will set the tone for your day.
3. You would not awaken to this brand new day without Yah's breath of life breathing in you. Surely this is reason enough to commit to giving Him the first part of your day.

I find that when I miss my quiet morning time, I feel off throughout my day. My ability to hear His voice clearly becomes muffled. My heart can start to feel anxious about the smallest thing. This is why owning my morning time is my top priority, not once a week, but every day.

This workbook was designed to help you own your morning time so that you, too, can experience the presence of Yah every day. The clarity and the direction that you seek from Him will happen when you intentionally set time aside daily to read His Holy Scriptures, pray, confess your sin, and reset your mind and heart towards Him. Contrary to what you may think, you cannot connect with the Most High without reading His Holy Scriptures. He speaks clearly through His word, but if you are not reading it, you are missing a vital piece of your faith.

My desire is for you to become focused for the next seven days to seek Yahweh's presence first thing in the morning. Follow these steps for your daily routine.

The night before:

1. Set your timer to wake up 30 minutes earlier than usual.
2. Find your favorite place in your home that you will give you some privacy.
3. Place your Bible, a pen, and this workbook in that space.
4. Pray before going to bed that you do not hit the snooze button in the morning!

The morning of:

1. Jump out of bed, feeling excited to keep your appointment with Yahweh!
2. Make your favorite beverage and head to your favorite place.
3. Follow the devotional instructions outlined every day.
4. Take time to read the Scriptures, journal and pray. During your prayer time, pause and be silent. Allow the Holy Spirit time to move.

As you go throughout your day meditate on the Scripture, think about what you wrote in the journaling section and what you said

you would do in the Faith in Action (FIA) section. I guarantee you that you will start to notice that Yahweh's voice is always there, leading you when you are in the right position to hear Him.

After your first week, I suggest that you rinse and repeat again for another seven days. Experts say that it generally takes 21 days to build a habit. I am a witness that once the practice is formed, you will look forward to your quiet time. In fact, you will find yourself getting up an hour earlier without your alarm clock and doing everything to protect that special time to make sure that you don't miss it.

I am praying for you as you become intentional about seeking Yahweh every day.



### Prayer of Dedication

Father Yahweh, thank you for this time of coming into your presence. There is so much peace when I am still before you. I am dedicating the next seven days to starting my mornings off with you. I am committing to reading your Holy Scriptures and reflecting on how to apply it in my life. Grant me the clarity and the direction that I yearn so that I can put my faith in action and walk in my divinely created purpose for this day. Let it be in your name, Hallelujah!





# Day 1

## FINDING BALANCE



*I am thankful for this quiet moment.*

Read the passage in Luke 10:38-42 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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We can indeed become distracted in life and find ourselves pursuing all of the wrong things while neglecting the things that matter and make a difference. As you slow down, reflect on a typical day for you. Are you like Martha very busy, and “distracted by all of the preparations” or tasks before you? Are you ever like Mary - sitting at the feet of Yahshua taking in His words?

Whether you are always busy like Martha or forever at the feet of Yahshua like Mary, understand that both roles are needed. You cannot effectively be like Martha without first being Mary. Be-

cause after receiving your direction at Yahshua's feet, it is time for you to get up and get busy! In other words, both roles are important but in the right order and never at the neglect of the other.

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Jumpstarting your Prayer

Father Yah, thank you for today's scripture passage about Mary and Martha's interaction with you. Have I been distracted? Do I have my priorities mixed up? Show me how to use this day to honor you.

Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am

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# Day 2

## DOING YOUR PART



*I am thankful for all of my blessings.*

Read the passage in John 15:7-8 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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Sometimes we feel as though we just can't figure out this thing called life. We feel like we are going in circles, never feeling completely satisfied or content with where we are. Perhaps we feel like a void or something is missing. Or that our efforts are in vain because we are not producing the outcome that we truly desire.

Today's scripture provides two conditions that we must follow if we want to receive the desires of our hearts.

**#1. IF** you remain in me

**#2. AND** my words remain in you

If these two conditions are fulfilled, we can then ask whatever we like, and we will receive it.

You see, sometimes life doesn't work out like we desire because we haven't done our part. We want Yah's blessings, but we haven't sought Him. We want our prayers answered, but His word isn't in us; therefore, we continue to fall short, trying to fill a void that only He can fill.

Yah has told us how, but are we following His instructions. It is so simple: if we do our part, Yah will do His.

## Are you doing your part?

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

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# Jumpstarting your Prayer

Father Yah, thank you for laying out your instructions in plain sight for me to receive it. You are always providing for me. Please forgive me for not always following your instructions. Show me what I need to do differently to be closer to you this day.

## Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Day 3

## PREPARED FOR BATTLE



*Yah is providing all that I need.*

Read the passage in Ephesians 6:10-13 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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Never underestimate the fact that we, believers in Yahshua as our savior, are in an ongoing spiritual battle. Our enemy is clearly outlined in today's scripture text. Do not miss that it is not flesh and blood that we war against. It is the authorities, principalities, and the powers of this dark world who are in direct opposition to believers. What we see is not our enemy but that which we do not see that attacks our lives and our loved ones. Do not get distracted and fight the wrong enemy.

With that said, you must put on the correct armor to be victorious over your enemy. Ephesians 6 starts with telling you to put on the FULL armor, then it goes into describing each piece. If you are not fully armed, you will lose the battle. But as always, Yah provides in plain sight all that we need. We just have to be willing to put it on and keep it on at all times.

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

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### Jumpstarting your Prayer

Yahweh, my Father, thank you for being my shield and my salvation. Thank you for hiding me under your wings of refuge. For protecting me from my enemy by providing me with Your armor. Have I left some pieces off? Are there moments when I don't lift up my shield of faith? Have I been fighting the wrong enemy? Show me Your truth. I know that I fall short, but here I am before you with a willing heart to follow you this day.

### Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am

# Day 4

## MY FAITH IS STRONGER



*I am victorious!*

Read the passage in 2 Timothy 1:7 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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Sometimes we allow our fears to control us by influencing our decisions. We allow fear to hold us back from taking our leap of faith to make our dreams a reality. We make our fears bigger than our faith. However, in today's scripture, we see that fear is not from Yahweh. And since it is not from Him, we do not have to accept it. Instead, we can rebuke the spirit of fear and replace it with the Holy Spirit.

How do we rebuke it? By putting our faith in action and doing the very thing that we are afraid of doing. The more we take action, the

stronger our faith becomes, and the spirit of fear will have no choice but to leave us.

Has fear been holding you back? Are you afraid of the unknown? Or of being vulnerable to someone else? Do you have a fear of failure? Fear of \_\_\_\_\_ (fill in the blank)?

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

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### Jumpstarting your Prayer

Father Yah, thank you for showing me your truth about fear. Now that I know that it is a spirit that I can rebuke, I can overcome my fears. I rebuke in the name of Yahshua my fear of \_\_\_\_\_ . I breakdown the stronghold that it has had over my life. As I put on my full armor, I am taking up my shield of faith and securing my helmet of salvation and I am walking victoriously in this day. I am full of your Holy Spirit and fear has to leave. In the name of my Savior, Yahshua I declare victory today! Hallelujah!

### Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am

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# Day 5

## DELIGHT IN YAH



*I am full of joy!*

Read the passage in Psalm 37:4 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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When you delight in Yahweh, He delights in you. And the scriptures say that the reward is that He will give you the desires of your heart just because you delight in Him. Delighting means to take great pleasure in something, in this case, it is Yah, the creator of heaven and earth. The One who has the power and the resources to give you the desires of your heart.

When you own your mornings and start with Him as the center, you are taking delight in Him. And as you continue to commit to making this habit a part of your daily routine, you will find that the

scriptures are true. Trust your way to Him and watch Him give you the desires of your heart.

How can you delight in Yah throughout your day?

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

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## Jumpstarting your Prayer

Father Yah, I am honored and humbled that you delight in me. Thank you for opening up the windows of heaven and pouring out your blessings upon me and my loved ones. I am grateful to know you personally. Help me to hear your voice as I commit my way to you.

## Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am \_\_\_\_\_

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# Day 6

## TRUSTING IN YAH



*Yah is my resting place.*

Read the passage in Proverbs 3:5-7 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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Let's agree that we don't know everything, even when we act as we do. In fact, some of our thinking may have gotten us in the difficult circumstances we find ourselves in today. This is why we must meditate on the scripture passage today and take it to heart. Yahweh is the all-knowing and all-seeing Elohim. He is above all. We must depend on the One that sees the end from the beginning and every detail in between.



Do you find yourself taking matters in your own hand rather than seeking the guidance of the Most High? What keeps you from fully trusting in His plans for you?

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

[illegible]

[illegible]

# Jumpstarting your Prayer

Father Yah, thank you for the conviction that I may have been trying to do life without you. Help me to trust in you.

## Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am \_\_\_\_\_

[illegible]

# Day 7

## FIRST THINGS FIRST



*I am thankful for Yahshua's sacrifice.*

Read the passage in Matthew 6:33 twice. Write down what words jump out to you or what images come to your mind.

First reading:

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Second reading:

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When we have our priorities in the right order, everything seems to fall into place. We have an abundance of time because we are working on essential things. We feel as though we are accomplishing great things because we are focused on what matters at that moment.

The scripture helps us to determine our priorities. Seek first Yah's kingdom, which means make what is important to Him vital to you. And when you do, He will give you everything else. But when we do things backward, we feel overwhelmed, lost, dissatisfied.

Do you need to do some rearranging of your priorities, your schedule, your goals? Have you been doing things out of order yet wondering why things aren't working out? The scriptures are giving you insight into how to start putting first things first.

## Journaling the Journey

Write down your thoughts as you contemplate today's devotional.

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Jumpstarting your Prayer

Father Yah, thank you once again for showing me the way to live victoriously in this day. I am grateful for starting the day with You. Guide me in focusing on what is important to you. Show me how to order my steps, my time, and my schedule to accomplish what you would have me to do to honor you.

Faith In Action (FIA)

What will you do to apply this scripture to your life today?  
I am

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# About the Author



Hi, I'm Natalie,

A minister, author, coach, but most importantly, I am a daughter of Yahweh, the Most High. I am on a mission to teach women - just like you- how to create a lifestyle that honors Yahweh.

I believe that when you become intentional and strategic about building an intimate relationship with Yahweh, through His son, His Holy Scriptures, and His Holy Spirit, you can create a life that you love because it aligns with who you were designed to be.