**Every morning when I arise, I am an empty vessel.**

It is only through the Grace of God that I am able to recall past, positive events that encourages me to go forward into this new day.

We wake up brand new. We are given the choice to bring along old baggage from previous experiences, both good and bad. A wise person would dismiss the bad experiences and decide to bring along the more positive memories into this new day.

Our old habits tell us to remember old mistakes and we sometimes punish ourselves today, for things we have done yesterday. But we can find tools, uplifting music for the ears, inspirational reading for the eyes, ritual verses for the tongue or doing good deeds for the heart, that can encourage the day.

Developing these new habits help us to remember to be patient and understanding with ourselves for new and past experiences. Then we become motivated to get out and walk into our day, fully prepared for life’s encounters.

When we wake up and use these tools, we acquire a special insight into many occurrences that present themselves throughout our day.

We have been given all these gifts and if we start our days with gratitude, we will start to see many of these special gifts, all around our pathways.

Occasionally, we may not follow this practice, but we will notice the frustrations that we may go through in our day.

Remember, the answers are all around us and many tools are here for us to find. It is our choice to decide the outcome that we will have from our daily walks on our pathways.

Let us continue to ask for daily guidance, seek the tools that will inspire us, and apply what we find into our experiences. When we choose to operate with this purpose, we saturate our vessel, which helps to take us through our days, safely and peacefully.

He said, “Arise, take up thy bed and walk”. Let’s walk toward a good day…”Good morning Lord”.