There a good signs all around us. From the moment that we open our eyes each day until the moment that we close our eyes at night there are many little signs all around us to help encourage us and to help empower us to walk through each day.

At days, it may seem a little harder to encourage ourselves to step out and move forward. Old habits from earlier days immediately try to return. Old memories from yesterday also try to return and if we have not chanted the “Our Father’s Prayer” yet then we can find ourselves examining the earlier days or older memories from the previous day in a negative or judgmental way.

We have signs, reading, and verses that we can chant in the early mornings that can give us the strength and courage to help us continually move forward in our daylight hours.

“In all thy ways, acknowledge Him and He shall direct thy paths”.

Find the hopeful messages that will work in your life. Encourage yourself with good music that lifts up your mind, body and spirit. Enjoy the moments of blessing that surround you. Appreciate and give respect to the Lord above for allowing you to walk in another blessed day. Walk away from dark thoughts and walk into the thoughts of light. Finally, give praise in your mind each morning, give praise in your body, give praise in your spirit to show your gratitude to ”our Father who is in heaven, ha

These little truths are the answers to avoid the negative thoughts that visit early in the morning when we awake. We can choice to acknowledge God in the morning and to ask for direction in our day. His eternal power can guide us into the correct paths that can prevent certain burdens from holding us down.

Try it. Chant the prayer and watch yourself as He guides your day. Thank you.