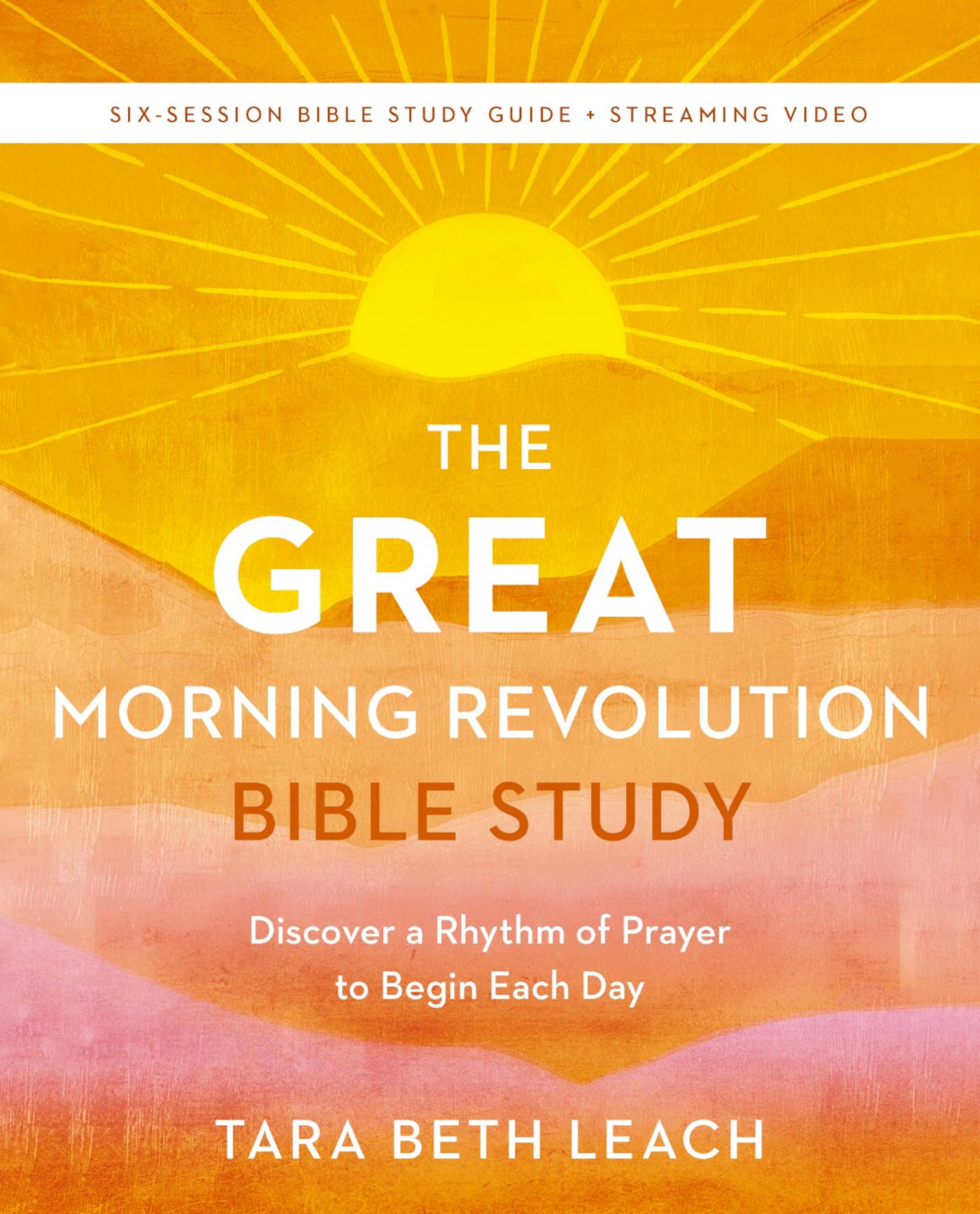


SIX-SESSION BIBLE STUDY GUIDE + STREAMING VIDEO



THE **GREAT** MORNING REVOLUTION **BIBLE STUDY**

Discover a Rhythm of Prayer
to Begin Each Day

TARA BETH LEACH

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THE
GREAT
MORNING REVOLUTION
BIBLE STUDY

Discover a Rhythm of Prayer
to Begin Each Day

TARA BETH LEACH



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A PERSONAL INVITATION

Welcome to *The GREAT Morning Revolution Bible Study*! I'm so excited to journey with you through these six weeks as we explore how to transform our mornings and, ultimately, our lives through intentional time with God at the start of each day.

As someone who once thought being a “morning person” was impossible, I understand the hesitation you might feel. Trust me when I say: If I could train my body to run a marathon and to wake up early with purpose, you can too! This revolution isn’t about perfection—it’s about presence. It’s about creating space at the dawn of each day to meet with God before meeting the demands of your schedule.

I remember vividly those first mornings when my alarm would go off, and every part of me wanted to hit snooze and roll over. The stillness of those early hours felt foreign, even uncomfortable at first. But I promise you, there is a sacred invitation waiting in the morning quiet—a chance to commune with God before the noise of the day drowns out His gentle voice.

In the stillness of the early morning, when the world is still quiet, there is a sacred moment that beckons your soul to awaken. The day is yet untouched by the noise of chaos and clamor, and the heart can commune with God in ways that the rest of the day cannot offer.

This isn’t about becoming a superhuman who bounds out of bed at 4 a.m. with a smile (though that might happen!). This is about finding the joy that comes in the morning through God’s presence. It’s about training ourselves, little by little, to meet God in those first waking moments.

I’m so grateful you’ve decided to join me on this journey. Let’s discover together how beginning with God can transform not just our mornings but our entire lives.

With hope for your mornings,

Tara Beth Leach

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HOW THIS STUDY WORKS

What makes this study unique is that we'll build your morning routine gradually, week by week. I know from experience that trying to change everything at once rarely leads to lasting transformation. Instead, we'll take small, intentional steps that build on each other. We will record our thoughts and experiences and have opportunities to see the documentation of the important and valuable changes in not only our prayer lives but in the relationship God calls us into as we go.

BUILDING YOUR MORNING REVOLUTION

In **Week 1**, you'll establish the foundation—finding your optimal wake-up time (maybe just fifteen minutes earlier than usual), creating a sacred space, and beginning with simple morning stillness.

For **Week 2**, you will add **gratitude** to your routine. You'll continue the practices from Week 1 while learning to begin each day by thanking God for His gifts—both obvious and subtle.

During **Week 3**, **reflection** will join your growing practice. You'll maintain stillness and gratitude while adding time for honest self-examination and remembrance of God's faithfulness.

In **Week 4**, you'll incorporate **exaltation**—lifting God's name high through various expressions of worship to start your day.

For **Week 5**, you'll learn to bring your requests to God with both boldness and surrender, adding the practice of **asking** to your morning routine.

Finally, in **Week 6**, you'll complete the GREAT Morning framework by embracing **trust**—surrendering control and outcomes to God before facing the day ahead.

By the end of our six weeks together, you'll have established a complete morning practice that includes Gratitude, Reflection, Exaltation, Asking, and Trusting. These elements together form a revolutionary approach to beginning each day in God's presence.

WHAT YOU'LL NEED

For this journey, I recommend:

- A Bible
- A journal or notebook
- This study guide
- A device to stream my video teaching segments (TV, laptop, phone), or a DVD player (DVD is sold separately if that is your preference.)
- A quiet, comfortable space where you can meet with God
- A willingness to try something new, even if it feels challenging at first



WEEK

1

INTRODUCTION

JOY COMES
IN THE MORNING



GROUP TIME

(90 MINUTES)

WELCOME AND INTRODUCTION

(10 MINUTES)

For groups meeting for the first time, allow participants to introduce themselves.

Icebreaker: Describe a time when morning brought you clarity or relief after a difficult night. What made that morning significant?

OPENING THEOLOGICAL REFLECTION

(5 MINUTES)

Select a volunteer to read aloud.

Throughout Scripture, morning serves as a powerful theological symbol. From the very beginning in Genesis 1, God establishes a rhythm of evening and morning, with each new day emerging from darkness into light. This pattern reflects God's ongoing work of bringing order from chaos, hope from despair, and life from death.

The prophets and psalmists repeatedly point to morning as the time when God's mercies are experienced anew. Lamentations declares that God's compassions "are new every morning" (3:23), while Psalms speaks of "joy com[ing] with the morning" after a night of weeping (30:5 ESV). These aren't merely poetic sentiments but theological declarations about God's character and His commitment to renewal.

Jesus Himself embraced morning as sacred time, rising "very early . . . while it was still dark" (Mark 1:35) to commune with the Father. In His resurrection, Christ conquered death "early on the first day of the week," making morning forever symbolic of God's victory over darkness (John 20:1).

As we begin this journey into morning prayer, we're not simply adopting a helpful habit. We're participating in a divine pattern woven throughout redemptive history—embracing the theological significance of beginning with God before all else.

OPENING PRAYER

Pray together in unison or select a volunteer:

Faithful God, as we begin this journey of exploring morning prayer, we recognize that we are entering into an ancient pattern established by You. Morning has always been Your time of renewal, revelation, and resurrection. Open our hearts to the theological significance of beginning our days with You. May we experience the joy that comes in the morning as we seek Your face first each day. In Jesus' name, amen.

SCRIPTURE READING BEFORE TEACHING

Read Lamentations 3:19–26 aloud, allowing the full context of the “mercies new every morning” passage to be heard.

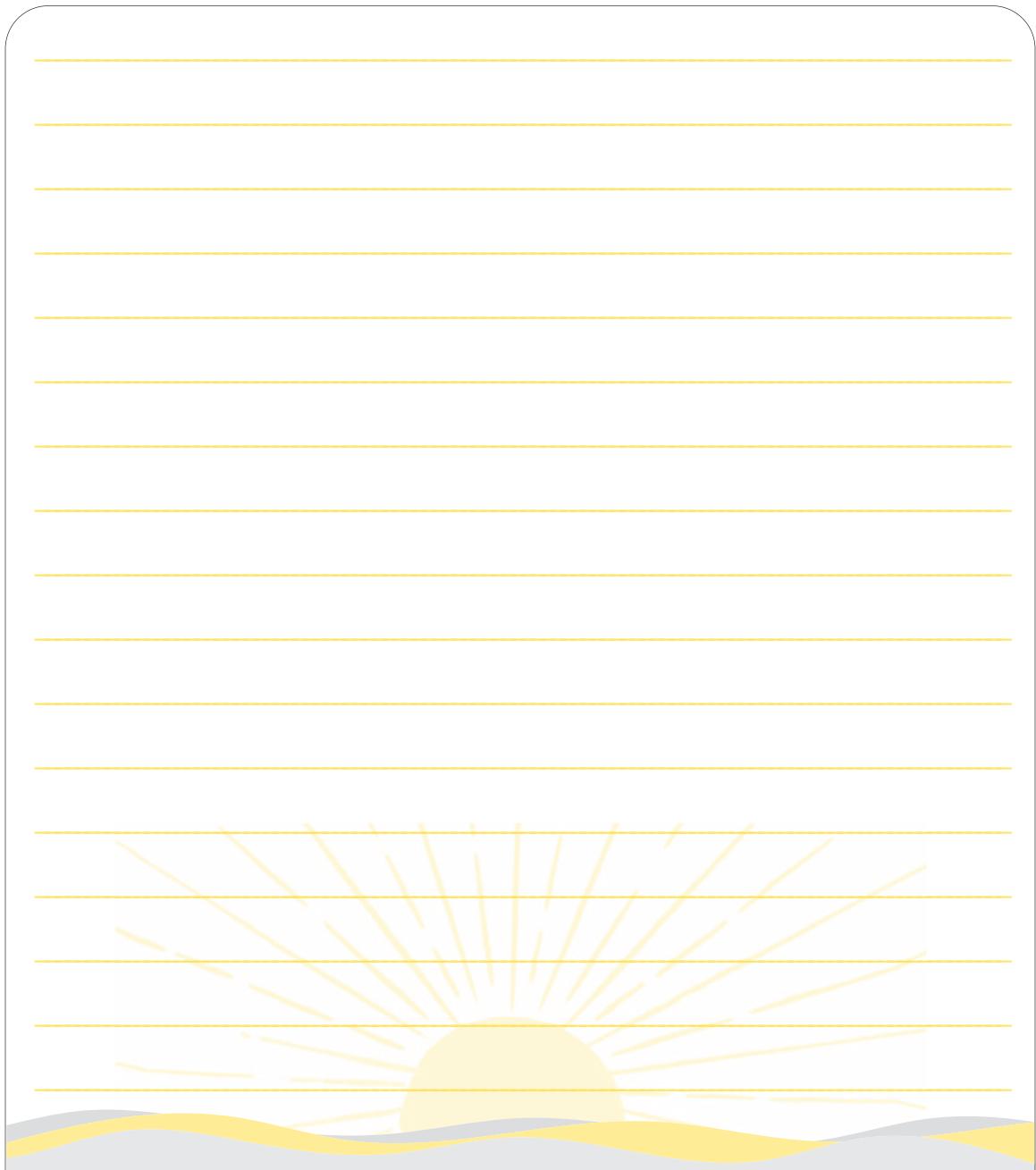
VIDEO TEACHING

(20 MINUTES)

Watch Week 1 video “Joy Comes in the Morning” streaming or on DVD.

NOTES

Use the space below to take notes if you'd like.



GROUP DISCUSSION

(45 MINUTES)

Leader, present each prompt, associated passages, and questions in order to the group. Where scripture is to be read, select a volunteer to read aloud to the group.

1. Exploring Biblical Patterns of Morning Prayer

Look at the passages below:

In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly (Psalm 5:3).

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed (Mark 1:35).

But I cry to you for help, LORD; in the morning my prayer comes before you (Psalm 88:13).

What patterns do you observe about morning prayer in Scripture?

What significance might there be to beginning the day with God?

2. The Theology of Renewal

Read Lamentations 3:19–26 again. This passage was written during Israel’s darkest hour—after the destruction of Jerusalem. How does this historical context deepen our understanding of God’s mercies “new every morning”?

What does this reveal about God’s character in the midst of suffering?

3. Morning as a Spiritual Symbol

Throughout Scripture, morning often symbolizes new beginnings, hope, and God's faithfulness. Look up the following passages, read them independently, examine them, and discuss their theological implications.

☀ Exodus 16:13–21 (manna in the morning)

☀ Psalm 30:5 (joy comes in the morning)

☀ Isaiah 33:2 (God as our strength every morning)

☀ Mark 16:1–6 (resurrection very early in the morning)

How do these passages shape our understanding of beginning each day with God?

4. The Example of Jesus

In Mark 1:35, we see Jesus rising “very early in the morning, while it was still dark” to pray. This happens after a demanding evening of ministry (Mark 1:21–34) and before another full day ahead (Mark 1:36–39). What does this reveal about Jesus’ priorities and the importance He placed on morning communion with the Father?

5. Obstacles to Morning Prayer

What barriers keep you from establishing a consistent morning routine with God?

How might these barriers reflect deeper spiritual struggles?

What scriptural principles might help overcome these obstacles?

6. Theological Reflection for Modern Application

How does a theological understanding of morning as God's time of renewal challenge our cultural perspectives on mornings as merely a time to "get going" or "be productive"?

How might this shift in perspective transform your approach to each new day?

7. First Steps of Transformation

Based on today's discussion, what is one specific change you feel called to make in your morning routine?

What scriptural truth will anchor this change?

CLOSING REFLECTION

Ask participants to write down a one-sentence prayer expressing their desire for transformation in their morning routine.

MY ONE SENTENCE REQUEST



CLOSING PRAYER

Read together or select a volunteer.

Creator of morning, we thank You for the gift of each new day. As the sun rises on our world, may we rise to meet with You. Help us move beyond our reluctance and resistance to embrace the spiritual practice of morning prayer. May we, like the psalmist, lay our requests before You in the morning and wait expectantly. May we, like Jesus, seek solitude to hear Your voice before the demands of the day crowd in. We confess our need for the joy that comes in the morning—the renewal that can only be found in Your presence. Transform our mornings that our days might be transformed as well. In Jesus' name, amen.



WEEK

1

INTRODUCTION

**JOY COMES
IN THE MORNING**



PERSONAL BIBLE STUDY

DAY 1

THE LAMENT THAT LEADS TO HOPE

Begin by quieting your heart before God. Take three deep breaths, remembering that God's Spirit is with you in this moment.

CONTEXT SETTING

Today we will study one of Scripture's most profound passages about morning renewal. Written during the Babylonian exile after Jerusalem's destruction (586 BC), the book of Lamentations expresses Israel's deep grief. Yet even in this darkest moment, the prophet finds hope in God's faithfulness, particularly visible each morning.

Read: Lamentations 3:19–26

Inductive Study

1. Observation: What does the text say?

- Make a list of all the emotions and mental states the author expresses in verses 19–20.
- In verse 21, identify the turning point in the passage. What specific phrase marks this shift?
- In verses 22–23, list all the attributes of God that the author affirms.
- What action does the author commit to in verse 24?
- In verses 25–26, what does the author label as good?

2. Word Study: “Wait” (v. 24) The Hebrew word translated “wait” is *qavah*, which carries the sense of hoping with eager expectation, like a taut rope under tension. This isn’t passive waiting but active, expectant hope.

- How does understanding this word change your perception of what it means to wait for the Lord?
- Look up Isaiah 40:31, which uses the same Hebrew word. How does this expand your understanding of waiting on God?

3. Cross-Reference Analysis:

- Read Psalm 130:5–6, which uses the metaphor of watchmen waiting for morning. How does this complement the message in Lamentations?
- Read Exodus 16:13–21 about the manna that appeared each morning. How does this historical example demonstrate God’s daily faithfulness that Lamentations celebrates?

4. Interpretation: What does the text mean?

- Why is remembering God’s faithfulness crucial during times of suffering?
- What theological significance is there in the author’s assertion that God’s mercies are “new every morning” (v. 23)?
- How does the author’s focus shift from his circumstances (vv. 19–20) to God’s character (vv. 21–24)? What can we learn from this pattern?

Theological Reflection

The author of Lamentations demonstrates a profound theological truth: Hope is not based on changing circumstances but on the unchanging character of God. Even in the midst of national catastrophe, the author anchors his hope in God's covenant faithfulness, which he observes renewed each morning. Morning becomes a daily reminder of God's commitment to His people, a tangible evidence of grace that doesn't depend on their faithfulness but on His character.

Personal Application

- ✿ Where in your life do you need to shift your focus from difficult circumstances to God's faithful character?

- ✿ How might beginning each day remembering God's mercies change your approach to challenges?

- ✿ What specific reminders can you place in your morning routine to help you recall God's faithfulness?

PRAYER

Lord, when my soul is downcast and I remember my affliction and wandering, help me to intentionally call to mind Your unfailing love. Thank You that Your compassions never fail but are new every morning. Great is Your faithfulness! Teach me to say with conviction that You are my portion, therefore I will hope in You. Help me to wait for You each morning with eager expectation. In Jesus' name, amen.

DAY 2

DAVID'S MORNING DISCIPLINE

Set aside distractions and focus your attention on God's presence with you now. Ask Him to open your heart to His Word.

CONTEXT SETTING

The Psalms give us intimate access to the prayer life of God's people, particularly David. As both warrior and worshiper, David understood the strategic importance of beginning the day with God, establishing morning prayer as a spiritual discipline long before the day's challenges arose.

Read: Psalm 5:1-8 (focusing especially on v. 3)

Inductive Study

1. Observation: What does the text say?

- What specific words does David use to describe his prayer in verses 1–2?
- What attitude accompanies David’s morning prayer according to verse 3?
- How does David describe God’s character in verses 4–6?
- What action does David take in verse 7, and on what basis?
- What request does David make in verse 8?

2. Word Study: “Lay my requests” (v. 3) The Hebrew verb used here is ‘arak (עָרַךְ), meaning “to arrange” or “set in order.” In Psalm 5:3, David says, “In the morning I prepare a sacrifice for you and watch” (ESV). The word can refer to arranging items for various purposes—sometimes in liturgical contexts, such as preparing the showbread in the tabernacle (Ex. 40:23), and other times in non-liturgical ones, such as arranging troops for battle (Judg. 20:20). The context of Psalm 5 suggests a deeply intentional act of worship.

- How does understanding David’s use of the word ‘arak help you imagine prayer as more than spontaneous speech, but as something carefully and reverently laid before God?
- What might it mean for your own prayer life to “arrange” your words before the Lord with such intentionality—like preparing an offering?

3. Cross-Reference Analysis:

- Read Exodus 29:38–42, which describes the morning sacrifice in the tabernacle. How might David's morning prayer practice relate to this temple rhythm?
- Read Daniel 6:10, noting Daniel's prayer routine. What similarities do you see with David's practice?
- Read Mark 1:35. How did Jesus follow in this tradition of morning prayer?

4. Interpretation: What does the text mean?

- Why do you think David emphasizes morning as his special time of prayer?
- What is the significance of David saying he "waits expectantly" after prayer (v. 3)?
- How does the surrounding context of this psalm (David's reflection on God's holiness and his enemies) inform our understanding of why morning prayer was important to him?

Theological Reflection

David's morning prayer practice reveals a theological understanding that God deserves our first attention, not our leftover time. By "arranging" his prayers before God like a carefully prepared sacrifice, David shows that prayer is not casual but a deliberate, ordered communion with the holy God. His expectant waiting demonstrates faith that God not only hears but responds to prayer. For David, morning prayer wasn't merely about personal benefit but about aligning himself with God's character and ways before facing a world that often opposed both.

Personal Application

- ☀ What would it look like for you to “arrange” your prayers before God each morning rather than approaching prayer casually?
- ☀ How might waiting expectantly after prayer change your prayer experience?
- ☀ What practical steps can you take to establish morning prayer as a consistent discipline, following David’s example?

PRAYER

God, hear my voice in the morning. Help me to deliberately arrange my prayers before You, not as hasty requests but as an offering of myself. Give me the discipline to rise and seek You first, and the faith to wait expectantly for Your response. Lead me in Your righteousness today, making Your way straight before me. In Jesus’ name, amen.

DAY 3

JESUS' PRACTICE OF MORNING PRAYER

Begin with a moment of silence, acknowledging Christ's presence with you.

CONTEXT SETTING

Mark's Gospel portrays Jesus as constantly in motion, ministering to crowds with barely a moment's rest. Yet within this picture of constant activity, Mark reveals Jesus' secret to sustained ministry: withdrawal to solitary places for prayer, particularly in the early morning. Today's passage gives us a glimpse into Jesus' spiritual rhythms.

Read: Mark 1:29–39

Inductive Study

1. Observation: What does the text say?

Create a timeline of events in this passage, noting:

- What happened at Simon's house (vv. 29–31)
- What happened that evening (vv. 32–34)
- What Jesus did "very early in the morning" (v. 35)
- What happened after Simon found Jesus (vv. 36–39)

- What specific details does Mark include about the timing and location of Jesus' prayer?

- What interruption occurred during Jesus' prayer time?

- What decision did Jesus make following His prayer time?

2. Structural Analysis: Examine the structure of this passage, noting how Jesus' prayer time (v. 35) stands between two periods of intense ministry (vv. 29–34 and vv. 36–39). Consider how this structure might reveal the importance of prayer in Jesus' ministry.

3. Cross-Reference Analysis:

- Read Luke 5:15–16. What pattern do you notice in Jesus' prayer life?
- Read Luke 6:12–13. What significant decision did Jesus make after a night of prayer?
- Read Mark 6:45–46. In what way does this reinforce Jesus' pattern of seeking solitude for prayer?
- Read Hebrews 5:7. How does this illuminate the nature of Jesus' prayers?

4. Interpretation: What does the text mean?

- Why do you think Jesus chose to pray "very early in the morning, while it was still dark" (v. 35)?
- What does Jesus' withdrawal for prayer reveal about His priorities?
- What might we learn from Jesus' response to Simon's implied request to return to Capernaum?
- How does Jesus' prayer life inform His sense of purpose and mission?

Theological Reflection

Jesus' early morning prayer practice reveals profound theological truth about the incarnation. Though fully divine, the incarnate Christ depended on communion with the Father to fulfill His mission. His withdrawal for prayer wasn't an escape from ministry demands but was the very source of His power and clarity of purpose. The Son of God considered nothing—not sleep, popularity, or even legitimate ministry needs—more important than communion with the Father. This upends our tendency to view prayer as secondary to “real ministry” and shows that true spiritual power and direction flow from prayer, not activity.

Personal Application

- ✿ Jesus prayed after an exhausting day and before making important decisions. What parallels do you see with your own life right now?

- ✿ What “interruptions” typically disrupt your time with God? How can you respond to these with Jesus’ sense of purpose?

- ✿ How would prioritizing prayer change your sense of purpose and ministry direction?

☀ What practical adjustments would help you follow Jesus' example of solitary morning prayer?

PRAYER

Lord Jesus, thank You for modeling the priority of prayer even in the busiest seasons of ministry. Give me the discipline to rise early, seeking solitude with the Father before the demands of the day close in. Help me not to view prayer as an optional addition to ministry but as its essential foundation. Like You, may I emerge from prayer with clarity about God's calling on my life. In Jesus' name, amen.

DAY 4

MORNING PRAYER AS FOUNDATION FOR THE DAY

Quiet your heart before God, acknowledging your need for His guidance today.

CONTEXT SETTING

The psalmist of Psalm 143 writes from a place of distress, surrounded by enemies and feeling that his spirit is failing within him. Yet in the midst of this darkness, he turns to God in the morning, seeking direction and deliverance. This psalm reveals how morning prayer can anchor us even in life's most challenging seasons.

Read: Psalm 143:1-12 (focusing especially on vv. 5-10)

Inductive Study

1. Observation: What does the text say?

- What is the overall tone and emotional state of the psalmist in this prayer?
- What past action does the psalmist recall in verse 5?
- What physical gesture does the psalmist describe in verse 6, and what does this symbolize?
- What specific request does the psalmist make regarding the morning in verse 8?
- What reasons does the psalmist give for God to answer his prayer (vv. 8, 11-12)?

2. Word Study: “Let the morning bring me word” (v. 8) The Hebrew phrase *hashmi‘ēnî babōqer* can be rendered quite woodenly as “cause me to hear in the morning.” This verb comes from a causative stem, indicating a plea for God to actively make His voice heard. While some translations, like the NIV, render it more gently as “let the morning bring me word,” the original language underscores the depth of the request: David isn’t just hoping to hear—he’s asking God to *cause* him to hear.

- How does this deepen your understanding of morning prayer as a time not only for speaking to God but for listening with expectation?
- What might it look like for you to begin each day with this plea: “God, cause me to hear Your unfailing love”?

3. Cross-Reference Analysis:

- Read Exodus 16:4–8, noting when God provided manna. How does this connect with the concept of hearing from God in the morning?
- Read Isaiah 50:4–5, where the Suffering Servant (prophetically pointing to Christ) speaks of God awakening his ear “morning by morning.” What does this reveal about God’s desire to communicate with us daily?
- Read Psalm 90:14. How does this complement Psalm 143:8?

4. Interpretation: What does the text mean?

- Why is hearing of God’s unfailing love specifically in the morning significant?
- How does the psalmist’s request to know “the way I should go” (v. 8) relate to starting the day with God?
- What connection exists between remembering God’s past works (v. 5) and facing the current day?
- How does entrusting one’s life to God (v. 8) influence daily decisions and direction?

Theological Reflection

Psalm 143 presents morning prayer not as a spiritual luxury but as essential spiritual orientation. The psalmist recognizes that without hearing of God's unfailing love at the day's beginning, he will struggle to navigate life's challenges. Morning becomes the critical moment when our souls must be anchored in God's covenant faithfulness before facing a world filled with enemies, trials, and temptations. This psalm also reveals the profound connection between remembering God's past works and finding courage for present challenges—a remembrance that happens most effectively when our minds are fresh at morning's dawn.

Personal Application

- ☀ What would it mean for you to ask God to cause you to hear of His unfailing love each morning? How might this transform your day?

- ☀ The psalmist meditates on God's works and considers what His hands have done. How might you incorporate remembrance of God's faithfulness into your morning routine?

- ☀ In what specific area of your life do you need God to "show [you] the way [you] should go" (v. 8) right now?

☀ Describe specifically how beginning your day seeking this guidance would change your approach to decisions.

PRAYER

Lord, cause me to hear of Your unfailing love in the morning, for I put my trust in You. Show me the way I should go today and every day, for to You I entrust my life. Like the psalmist, I spread out my hands to You; my soul thirsts for You like a parched land. Teach me to do Your will, for You are my God. May Your good Spirit lead me on level ground. For Your name's sake, O Lord, preserve my life. In Jesus' name, amen.

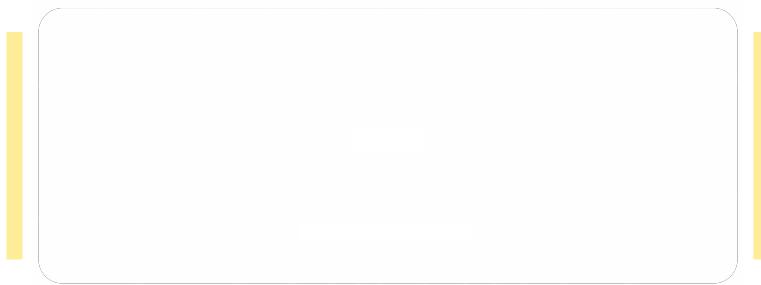
DAY 5

BEGINNING YOUR MORNING PRACTICE WITH STILLNESS

INTRODUCTION

This week, we begin our journey in contemplative prayer with a simple practice of morning stillness. This will become the foundation of your GREAT Morning Revolution—the first step in establishing a new pattern of beginning your day with God before anything else.

Read



STARTING YOUR MORNING REVOLUTION

1. Claim Your Wake-Up Time:

- Decide when you'll begin your morning practice. I recommend setting your alarm 10-15 minutes earlier than your usual wake-up time.
- Set your alarm for this time every day for the next week.
- Place your alarm away from your bed so you have to physically get up to turn it off.



2. Create Your Sacred Space

- Designate a specific place for your morning practice—a comfortable chair, a corner of your bedroom, or any quiet space.
- Keep your Bible, journal, and this study guide in that space.
- Consider what might help you focus—perhaps a candle, a special mug for your morning beverage, or a cozy blanket.

MORNING STILLNESS PRACTICE

(10 – 15 MINUTES)

1. Begin with a few deep breaths. As you sit in quiet meditation, ask for God to align your heart with His.
2. Take a pen and piece of paper and acknowledge the presence of God that is there. Perhaps make a list of the ways that God is with you or the goodness of God in your life.
3. Slowly repeat Psalm 46:10, “Be still, and know that I am God.”
4. Then gradually reduce the phrase, pausing between each iteration:
 - “Be still and know that I am God.”
 - “Be still and know that I am.”
 - “Be still and know.”
 - “Be still.”
 - “Be.”
5. Rest in stillness for 5–7 minutes.



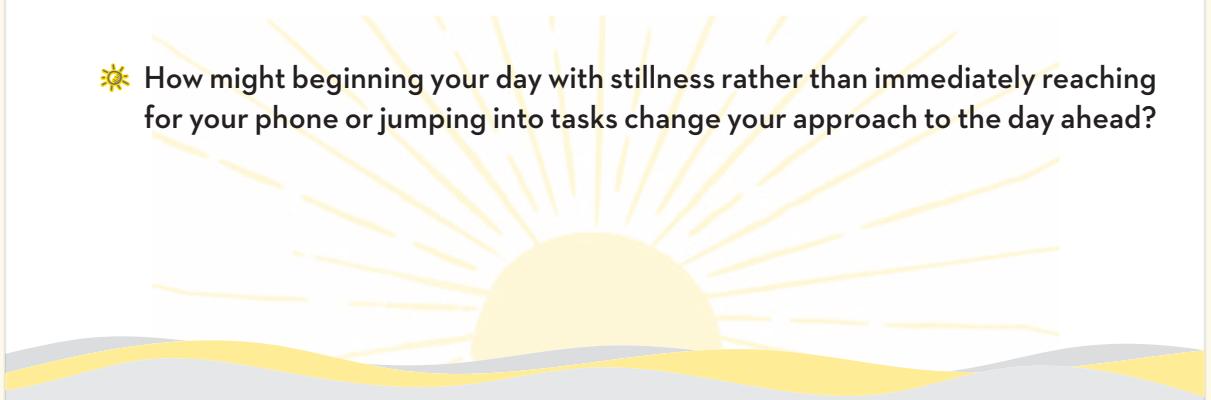
6. When thoughts arise (as they naturally will), gently return to your breath and the awareness of God's presence.
7. Slowly read Psalm 46:10-11 once more.
8. Close by praying the Lord's Prayer out loud or silently. If you're new to praying the Lord's Prayer, it's on page 185 in the study guide for your reference.

REFLECTION QUESTIONS

☀ What emotions or thoughts emerged during this time of stillness?

☀ How easy or difficult was it to be still? What made it challenging?

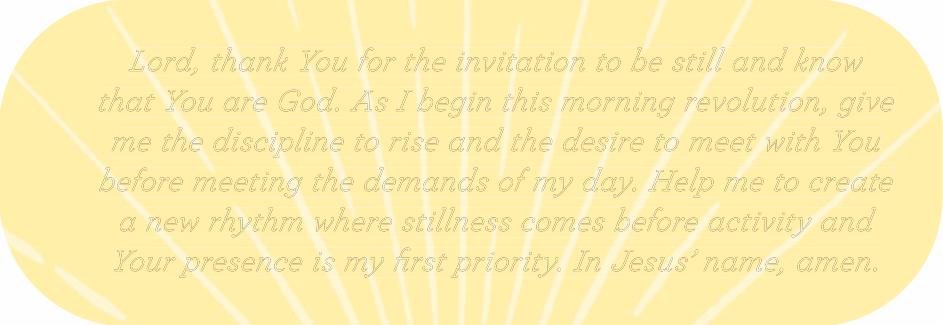
☀ How might beginning your day with stillness rather than immediately reaching for your phone or jumping into tasks change your approach to the day ahead?



YOUR WEEK 1 MORNING ROUTINE

For the coming week, commit to this simple practice of waking up 10–15 minutes earlier and spending time in stillness before God. Don’t worry about doing it perfectly—just show up, day after day, creating the foundation for all that’s to come.

PRAYER FOR THE WEEK AHEAD



Lord, thank You for the invitation to be still and know that You are God. As I begin this morning revolution, give me the discipline to rise and the desire to meet with You before meeting the demands of my day. Help me to create a new rhythm where stillness comes before activity and Your presence is my first priority. In Jesus' name, amen.



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