

# Jesus, The Early Riser

We see Jesus rising up early:

*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. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!"*

*Mark 1:35-37*

Jesus leaves the house before the crow of the rooster. He retreats into the morning air.

There's something about waking up alone and experiencing the first stirrings of morning. The air seems pure. The sounds of night in glorious stillness. The whole countryside waits in longing anticipation for the light of morning. This is the dawn-treading Messiah sleuthing for the stillness of the dawn's advent.

Before any healing, deliverance, miracle or story, Jesus' days begin with the power of stillness, intimacy and prayer. It is the key to true mindfulness.

He wakes to pray...

He prays to wake...

Lord. of the Dawn...

King of Creation...

Teach me your abiding peace that seeks the Father before any other relational transaction.

When everyone is looking for me, may I, first, begin to look for You.

