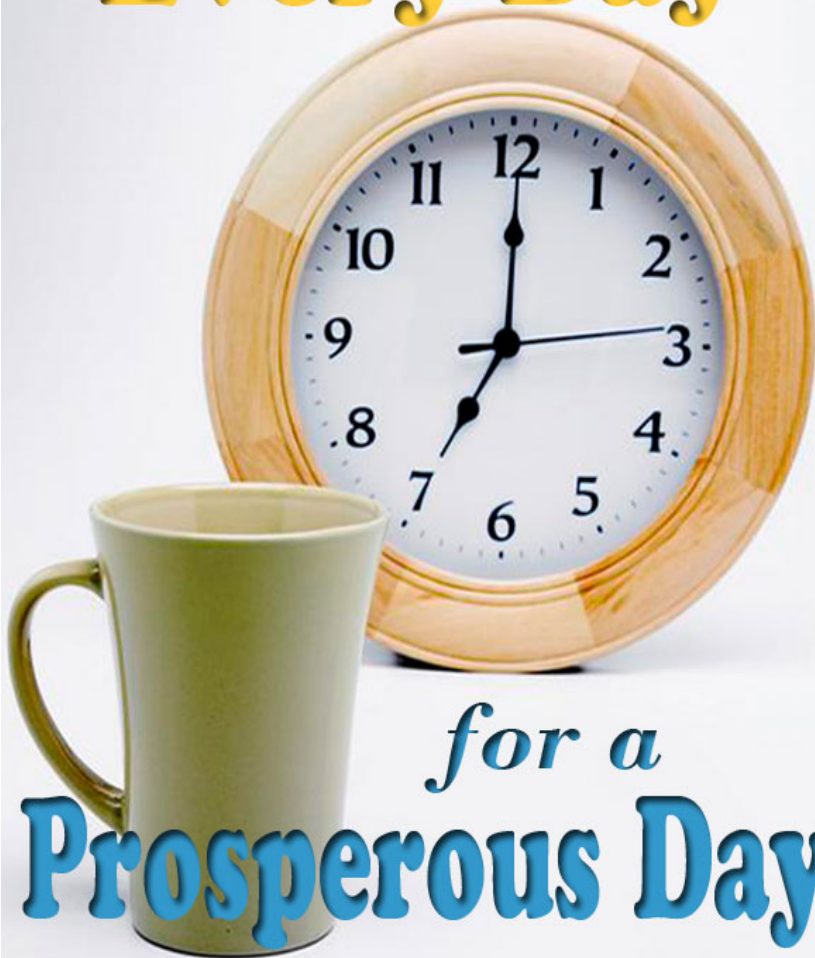


7 Things to Do Every Day



for a
Prosperous Day

Krystal Kuehn, MA, LPC, LLP, NCC

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By Krystal Kuehn, MA, LPC, LLP, NCC

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*They are like trees planted along the riverbank,
bearing fruit each season. Their leaves never wither,
and they prosper in all they do.
(Psalms 1:3)*



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CHECKLIST of 7 Things To Do Every Day for a Prosperous Day

About the Author

Introduction

*Beloved, I pray that you may prosper in all things
and be in health, just as your soul prospers.*

(3 John 1:2)

God wants us to prosper every day in all that we do. To prosper is to flourish and become strong. When we seek Him daily, applying and practicing the Biblical principles He has given us, we will prosper in every area of our lives. We will experience better health (physical and mental), more joy, greater peace, deeper love and genuine success.

The opposite of prosper is failure or struggle. It is not God's will or plan for us to fail or flounder. Jesus died so that we may have an abundant life, but first we must choose to please God and walk in His ways.

It is a choice we can make as we start each day anew. We have everything we need to flourish and grow. The following pages contain 7 things we can do every day that will make our day prosperous and blessed. May they become a part of your daily routine and lead you closer to God and His plans for all of your days!

To your prosperity - one day at a time, *Krystal*

*They are like trees planted along the riverbank,
bearing fruit each season. Their leaves never wither,
and they prosper in all they do. (Psalms 1:3)*

*He sought God...and as long as he sought the Lord,
God makes him prosper. (2 Chron. 26:5)*

1. Commit Your Day to God

Throughout the night the Lord watches over us, and when we awaken He is there with us and He hears our prayers. David prayed to God, saying, “In the morning You hear my voice, O Lord; in the morning I prepare (a prayer, a sacrifice) for You and watch and wait (for You to speak to my heart). (Psalm 5:3, Amp.) David began His day by submitting his will to God and waiting on Him.

The best way to begin our day is to commit it to the Lord first thing in the morning. That means we put Him in charge of it. We ask for His will to be done. We trust that He will lead us along the best path for our life. And we know that He is always with us.

When we begin our day with God, we are more conscious of His presence with us throughout the day. Every morning we can practice His presence by emptying our minds of negativity and worries, and filling it with the awareness of God - acknowledging Him as the name above all names and the One who meets all of our needs. He is our Healer, Hiding Place, Strength, Deliverer, Counselor, Friend, Security, Peace, Restorer.... *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. (Proverbs 3:5-7)*

We can commit our day to God by praying whatever is on our hearts. There is no set rule or ritual we must follow. Some mornings we may feel a greater need to submit a certain area of our lives to Him. We may need to give Him our fears and trust Him more. Or we may need to be open and obedient to His direction and guidance.

Following are some morning prayers you may want to pray or use as an outline for your own.

In the **Lord's Prayer**, Jesus gave us the model of how to pray that includes all these elements: adoration, submission, petition, repentance and praise:

Our Father in heaven,
May Your name be honored.
May Your kingdom come soon.
May Your will be done on earth just as it is in heaven.
Give us our food for today,
And forgive us our sins,
Just as we have forgiven those
 who have sinned against us.
And don't let us yield to temptation,
 but deliver us from the evil one.
For Yours is the kingdom,
 And the power, and the glory forever.
Amen

Matthew 6:9-13, NLT, NKJV

Daily Prayer of Commitment:

Father, Thank You for awakening me to this new morning and for keeping me through the night. Thank You for your lovingkindness that never ceases and Your compassions that never fail but are new every morning. **I commit this day to You Lord.** Help me to put You first in my thoughts and in my heart. And help me to magnify and glory You in all I do and say. In Jesus' name I pray. Amen

Beloved Prayer of Saint Francis Assisi:

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;
O Divine Master, grant that I may not so much seek to
be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.
Amen

Prayer by Fr. Judge, late NYFD Chaplain:

Lord, tell me where You want me to go;
Let me meet whom You want me to meet;
Tell me what You want me to say,
And keep me out of Your way!

Beautiful Prayer by Cardinal Merciar:

O, Holy Spirit, beloved of my soul, I adore You.
Enlighten me, guide me, strengthen me, console me.
Tell me what I should do...give me Your orders.
I promise to submit myself to all You desire of me
and to accept all that You permit to happen to me.
Let me only know Your will.

Short and Simple Prayer of Commitment:

Dear God, I give you this day
All of my work and all of my play
All that I do and all that I say....Amen

2. Prioritize Your Goals and Plans for the Day

When we begin our day, our goals and plans get us moving. There are things we need to accomplish and goals we want to achieve. It is in our nature to work and enjoy being productive.

The best way to make the most of our time is to plan ahead. One way we can do this is by making a checklist of what we want to accomplish for the day and prioritizing it. Prioritizing our time helps us to get the most important and necessary things done first. It also helps to keep us focused on our goals, and we therefore are much more likely to accomplish them. Making our relationship with the Lord top priority helps us to set our other priorities according to His will.

Unless we prioritize our goals and plans for the day, we may not know where to begin or we may feel scattered. Our time is valuable. It is a gift God has given us, and we are to spend it wisely.

We may not always be able to get everything done that we have planned, and sometimes we will be forced to change or adjust our plans. However, managing our time wisely every day can be very productive as it helps us to accomplish our plans, reach our goals, and fulfill our purpose.

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. (Matthew 6:33)

For God is not the author of confusion, but of peace. (1 Corinthians 14:33a)

God wants everything to be done peacefully and in order. (1 Corinthians 14:33, CEV)

*“I, Wisdom, will make the hours of your day more profitable and the years of your life more fruitful.”
(Proverbs 9:11, TLB)*

3. Take Proper Care of Your Body

*Take care of your body. It's the only place
you have to live. ~ Jim Rohn*

We all have just one body per lifetime. Our daily care of it affects our health, appearance, energy and strength, etc. Following are a few things we can do every day to care for bodies and keep them healthy:

- Exercise and stretch
- Drink plenty of water
- Eat healthy foods
- Get plenty of vitamins, probiotics, and antioxidants in your diet
- Breathe deeply and relax
- Get a good night of sleep
- Be moderate in consuming sugars and/or desserts
- Avoid unhealthy habits that can harm your body

I appeal to you therefore brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. (Romans 12:1, ESV)

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going to work, and walking-around life—and place it before God as an offering. (Romans 12:1, MSG)

Following is an excerpt from my article “Taking Care of Our Bodies” taken from my book: [*Faithfully Yours - A Collection of Inspiring Truths About Life, Love, Inner Peace & Joy*](#)

Just imagine for a moment what life would be like if each individual on earth was allowed to own just one automobile per lifetime. Do you think you would be more motivated to take better care of your vehicle—getting routine tune-ups and oil changes, rotating tires, keeping it clean, and so forth? Some of us might have a very different attitude about it altogether. We might take our responsibility to care for it more seriously. And we would most likely appreciate and cherish it much more.

Fortunately, most of us are not limited to owning just one vehicle per lifetime so we don't have to be overly concerned with proper maintenance and care. But, how about our bodies? We can't trade them in for another model. And some parts can't be replaced. When something goes wrong we do what we can to fix it. We own it for life. And it's up to us to take proper care of what we have. The truth is, however, many people neglect proper nutrition and diet. They don't exercise consistently. And they don't make relaxation a priority. So their bodies get run down. They become more susceptible to illness. They get tired and end up having to work harder to keep themselves going.

Most would agree that they could do a better job in taking care of themselves. Oftentimes they know

what needs to be done. There is a lot we can do to be our best—to look our best and to feel our best. When we take steps to take care of ourselves physically it also affects our mental and emotional well-being. Our body and mind works together. Our energy is increased as we make positive changes in improving our health. And our attitude and self-esteem is improved as we like the changes we see and feel.

So what is it that keeps people from taking better care of their bodies?

Excerpt taken from [*Faithfully Yours - A Collection of Inspiring Truths About Life, Love, Inner Peace & Joy*](#)

Give a man health and a course to steer, and he'll never stop to trouble about whether he's happy or not.
~George Bernard Shaw

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

Take care of yourself. Good health is everyone's major source of wealth. Without it, happiness is almost impossible. ~Author Unknown

Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body. ~ Norman Vincent Peale

4. Renew Your Mind

At the time of salvation, our spirit is regenerated. We go from death to life – separated from God to being reconciled to Him. The change that takes place is miraculous and immediate. The transformation of our minds, on the other hand, is a process. The Bible instructs us to make changes in the way we think by renewing our minds.

We renew our minds and grow in our faith and maturity by spending time in the Word of God – reading, meditating, applying and practicing what we learn every day. The more we learn about God – who He is and who we are in Him, the more we will renew our thinking. We begin to see things the way He sees them. We begin to want what He wants. Renewing our minds changes us and makes us more like Christ.* If we spend some time reading the Bible every day, reflecting on what we have read throughout the day, and putting it into practice, we are sure to see some positive changes in our thinking, feelings and behavior.

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (Romans 12:2)

Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him. (Colossians 3:9-10, NLT)

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Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. (Ephesians 4:22-24, NLT)

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. (Joshua 1:8)

* [Think Like a Winner: How Renewing Your Mind with God's Word Empowers You to Win in Life](#) is **highly recommended for an in-depth look at the power of renewing your mind.** Includes step-by-step exercises on how to apply the Scriptures to your daily life. *Think Like a Winner* is the perfect companion to [In Christ, I Am: God's Promises on Who You Are in Christ that Will Transform You from the Inside Out](#) *Audio versions of both books are also available from Amazon.com, Audible.com and iTunes.com*

5. Be a Light of the World

The Bible calls us the light of the world and the salt of the earth. We are no longer in darkness, bound to a sinful lifestyle, hard-hearted or blind to the Truth. We are filled with God's light, and we are called to live in the light. When our light shines, we bring glory to God and magnify His holy name.

How do we let our light shine? First of all, if our light is going to shine, it is going to be visible. That means that people can see it, and it is most clearly seen in our behavior, our manner of speech, and in our attitude.

Our light shines when we choose to love instead of hate, show respect instead of dishonor and disrespect, forgive and release to God instead of retaliate, live with honesty and integrity instead of dishonesty and unfaithfulness. Our light also shines when we are joyful. People want to know what we have that gives us true happiness and peace regardless of our circumstances and all the chaos going on in the world around us. Our joy in the Lord is a powerful witness that shines bright on a hurting world looking for happiness in all the wrong places. It also gives us the wonderful opportunity to share our faith in the Lord Jesus Christ.

Every day we have the opportunity to be a positive influence in the world. We can let our light shine in our homes and neighborhoods, at our places of work, and in all our relationships. It all begins with a life lived for

God in which He lives in us and works through us. Our part is to put His Word into practice every day. We can live a lifestyle of health, happiness and love by the choices we make and the habits we choose to develop and practice every day. And as we do, our lives will bring light to all that is around us.

For once you were full of darkness, but now you have light from the Lord. So live as people of light! For this light within you produces only what is good and right and true. (Ephesians 5:8-9, NLT)

You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father. (Matt. 5:13-16)

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth. (Acts 1:8)

So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God." (2 Corinthians 5:20, NLT)

How beautiful upon the mountains are the feet of him who brings good news, who proclaims peace, who brings glad tidings of good things, who proclaims salvation, who says to Zion, “Your God reigns!” (Isaiah 52:7)

Jesus replied, “But even more blessed are all who hear the word of God and put it into practice.” (Luke 11:28, NLT)

Happy are the people whose God is the Lord! (Psalms 144:15, NKJV)

6. Give, Give, Give

Over the last couple decades, research has indicated what the Bible has long revealed about the powerful principles of giving and serving. There are many social and health benefits of serving/volunteering. Those who serve and give of their time and talents are more likely to feel connected to others. Their sense of purpose and value is increased. They find satisfaction and joy in making a difference in people's lives, in their communities, and in the world. They discover that giving is more rewarding than receiving. The benefits are invaluable and incomparable.

Jesus said it is better to give than to receive (Acts 20:35). He also told us that He came to serve and to give His life (Mark 10:35). Throughout the gospels, we read about Jesus serving and giving. He modeled the life of a servant, always giving, teaching, healing, helping, encouraging people.

God is a Giver of life, blessings and all good things. He gave us His only begotten Son so that we would not perish but have everlasting life (John 3:16). He gave us the Holy Spirit who is always with us. God loves a cheerful giver, and we are encouraged to give and serve others with a cheerful heart. The Bible also says that when we give, we get back even more. This may not make sense in the world's system, but it is a foundational spiritual law in the kingdom of God and His promise to us. Not only is it rewarding to give and

makes a positive difference, but it also releases God's abundance and blessing in our lives.

Whether it's a smile, our time, uplifting words, finances, a helping hand, gifts or talents, support, or hope we all have something to give. And we all have been given talents and skills to use and develop. However, the gifts God gives us are not meant to be buried or used only for ourselves. We are to give and bless others with them. Someone needs what we have to give. If we make an effort to be conscious of needs and where we can give, we will never run out of opportunities. There is always a need to be met even if it is simply a compliment, a note of gratitude, or a kind gesture.

We can never out-give God. So, if we want to experience an abundance of His many blessings, all we must do is give, give, give!

Give and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you. (Luke 6:38)

And remember the words of the Lord Jesus, that He said, "It is more blessed to give than to receive." (Acts 20:35)

You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure.

For God loves a person who gives cheerfully. (2 Corinthians 9:7, NLT)

“Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this,” says the LORD of hosts, “If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it.” (Malachi 3:10)

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. (Galatians 6:7 NKJV)

Freely you have received, freely give. (Matthew 10:8)

Anyone who wants to be my disciple must follow me, because my servants must be where I am. And the Father will honor anyone who serves me. (John 12:26, NLT)



*Make yourself a blessing to someone.
Your kind smile or pat on the back
just might pull someone back from the edge.
~Carmelia Elliot*

*Do not let what you cannot do interfere
with what you can do. ~Bill Bradley*

*The best way to cheer yourself up is to try to cheer
someone else up. ~Mark Twain*

He who praises another enriches himself far more than he does the one praised. To praise is an investment in happiness. The poorest human being has something to give that the richest could not buy.

~George Matthew Adams



The Parable of the Talents (*Matthew 25:14-30*)

¹⁴ “For *the kingdom of heaven* is like a man traveling to a far country, *who* called his own servants and delivered his goods to them. ¹⁵ And to one he gave five talents, to another two, and to another one, to each according to his own ability; and immediately he went on a journey. ¹⁶ Then he who had received the five talents went and traded with them, and made another five talents. ¹⁷ And likewise he who *had received* two gained two more also. ¹⁸ But he who had received one went and dug in the ground, and hid his lord’s money. ¹⁹ After a long time the lord of those servants came and settled accounts with them.

²⁰ “So he who had received five talents came and brought five other talents, saying, ‘Lord, you delivered to me five talents; look, I have gained five more talents besides them.’ ²¹ His lord said to him, ‘Well *done*, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the

joy of your lord.’ ²² He also who had received two talents came and said, ‘Lord, you delivered to me two talents; look, I have gained two more talents besides them.’ ²³ His lord said to him, ‘Well *done*, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’

²⁴ ‘Then he who had received the one talent came and said, ‘Lord, I knew you to be a hard man, reaping where you have not sown, and gathering where you have not scattered seed. ²⁵ And I was afraid, and went and hid your talent in the ground. Look, *there* you have *what is* yours.’

²⁶ ‘But his lord answered and said to him, ‘You wicked and lazy servant, you knew that I reap where I have not sown, and gather where I have not scattered seed. ²⁷ So you ought to have deposited my money with the bankers, and at my coming I would have received back my own with interest. ²⁸ Therefore take the talent from him, and give *it* to him who has ten talents.

²⁹ ‘For to everyone who has, more will be given, and he will have abundance; but from him who does not have, even what he has will be taken away. ³⁰ And cast the unprofitable servant into the outer darkness. There will be weeping and gnashing of teeth.’

7. Practice Gratitude

The truly prosperous, abundant life that God wants us to have cannot exist apart from gratitude. That is because a thankful heart is a happy heart. When we are thankful, we are better able to appreciate and enjoy life and experience greater fulfillment. We are also more likely to recognize God's goodness and be conscious of His abiding presence. The inner joy that results strengthens us. And as we grow stronger, we grow closer to God. We get to know Him, love Him, and trust Him more. Giving God thanks and praise becomes a part of our lifestyle.

There is power in praise. The Bible tells us that God inhabits our praises (Psalm 22:3). When we give Him thanks, the enemy has to flee. Our burdens grow distant. Our faith is increased. We are strengthened and filled with joy. We experience His peace. We embrace His love.

We can practice gratitude every day by choosing to be thankful in everything (1 Thessalonians 5:16). Notice that the Bible does not say *for* everything, but *in* everything. So even in difficult times, God is with us and gives us reasons to be thankful.

* Being thankful is a way of life. It is a way of thinking that affects how we feel and what we do. To make it a part of our life, we must practice it. A great way to do this is to think of at least 3 things every day that you can

be thankful for. At the end of the day, before going to sleep, think about all the things that were good and give thanks for them. Record them in a journal if you would like.

*Excerpt taken from my book: [*Giving Thanks - Why It Makes You Happy, Fills You With Peace and Changes Your Life!*](#) Audio version is also available from Amazon.com, Audible.com and iTunes.com

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. (1 Thess. 5:16-18)

Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms. (Psalm 95:2)

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17, NIV)

But thou art holy, O thou that inhabitest the praises of Israel. (Psalm 22:3, KJV)

You have made known to me the ways of life; You will make me full of joy in Your presence. (Acts 2:28)

Oh, give thanks to the LORD, for He is good! For His mercy endures forever. (Psalm 107:1)

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. (Colossians 3:16, NIV)

We give thanks to You, O God, we give thanks! For Your wondrous works declare that Your name is near. (Psalm 75:1)

I will praise the name of God with a song, And will magnify Him with thanksgiving. (Psalm 69:30)

*Yet he (Abraham) did not waver through unbelief regarding the promise of God, but was fully **strengthened in his faith** and **gave glory to God**, being fully persuaded that God had power to do what He had promised. (Romans 4:20, NIV)*

CHECKLIST of 7 Things To Do Every Day for a Prosperous Day

1. Commit Your Day to God – *start with a simple prayer*
2. Prioritize Your Goals and Plans for the Day – *spend your time wisely; put God first*
3. Take Proper Care of Your Body – *exercise and eat right*
4. Renew Your Mind – *spend time in the Word of God*
5. Be a Light of the World – *put God's Word into practice*
6. Give, Give, Give – *give what you can cheerfully*
7. Practice Gratitude – *find reasons to be thankful*

About the Author

Krystal Kuehn, MA, LPC, LLP, NCC is a psychotherapist, best-selling author, teacher, songwriter and musician.

Krystal specializes in helping people live their best life now, reach their full potential, overcome barriers, heal from their past, & develop a happiness lifestyle. Her inspirational and empowering approach has been helping people all over the world for over 20 years. Krystal's books, articles, poetry, and songs have been published locally and internationally. She is also the author of many best-selling books- see list at end of this book or go to: www.amazon.com/author/krystalkuehn.

Krystal has a passion for encouraging others. She believes everyone has untapped potential for greatness and everyone can live a life of fulfillment and true happiness. Krystal is the co-founder of New Day Counseling in Michigan. Her web sites include:

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It is my sincerest desire and hope that *7 Things To Do Every Day for a Prosperous Day* has blessed you and motivated you to make each new day a prosperous day! I would love to hear your thoughts, testimonials, and how you have been blessed. You can send your testimonials, feedback and comments to me at:



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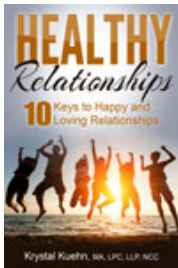


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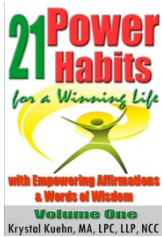
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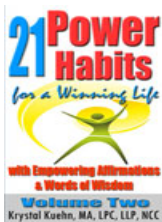
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GIVING THANKS

Why It Makes
You **Happy**,
Fills You with
Peace &
Changes **Your Life!**

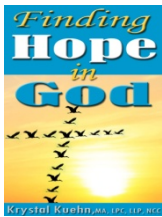


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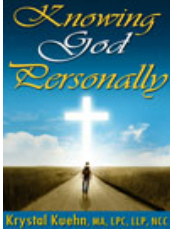
[Faithfully Yours: A Collection of Inspiring Truths About Life, Love, Inner Peace and Joy](#)



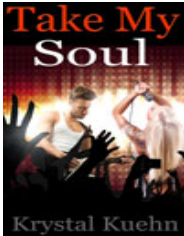
[Finding Hope in God](#)



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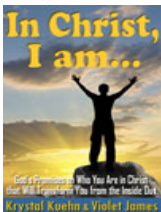
[Knowing God Personally](#)



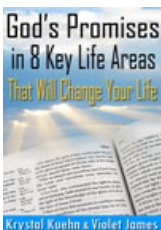
[Take My Soul](#)

Christian short-story fiction

Books by Krystal Kuehn & Violet James:



[In Christ, I am... God's Promises on Who You Are in Christ that Will Transform You from the Inside Out](#)



[God's Promises in 8 Keys Life Areas That Will Change Your Life](#)



[365 Motivation Starters for a New Day](#)

Books by Violet James:



[5 Step Marketing Plan: A Winning Marketing Strategy for Small Businesses](#)



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