

## DAY 3 – MORNING AND EVENING

### BACK TO THE ALTAR – THE CADENCE OF LIFE

*“STAND EVERY MORNING TO THANK AND PRAISE THE LORD, AND LIKEWISE AT EVENING” (1 CHRONICLES 23:30).*

#### LIFE WITH GOD

A reading of 1 Chronicles 23 reveals that God commanded the Levites—those who cared for the ancient Jewish temple and its services—to stand in His presence, lifting their voices in thanksgiving and praise to Him every morning and every evening. This devotional exercise originated in another imperative that God gave Moses when He asked the Israelites to “make Me a sanctuary, that I may dwell among them” (Exodus 25:8). God further enjoined, “One lamb you shall offer in the morning, and the other lamb you shall offer at twilight” (Exodus 29:39).

#### LIFE IN BETWEEN

Israelite life was meant to be lived between two daily, foundational spiritual experiences. God’s people were to begin and end each day with Him. They were never to take His saving grace for granted. They needed God’s power to protect them from outward threats as they traversed a hostile wilderness on the way to the Promised Land. They needed to be guarded against temptations from within—the desire to practice Egyptian values and Egyptian spirituality and Egyptian attitudes learned in captivity. The morning and evening sacrifices were God’s way of laying down a devotional pattern for Israelite individuals and families to follow, a way of keeping them in right relationship with Him. Here is how Ellen White describes this sacred, solemn, daily experience:

“As the priests’ morning and evening entered the holy place at the time of incense, the daily sacrifice was ready to be offered upon the altar in the court without. This was a time of intense interest to the worshipers who assembled at the tabernacle. Before entering into the presence of God through the ministration of the priest, they were to engage in earnest searching of heart and confession of sin. They united in silent prayer, with their faces toward the holy place. Thus, their petitions ascended with the cloud of incense, while faith laid hold upon the merits of the promised Saviour prefigured by the atoning sacrifice. The hours appointed for the morning and the evening sacrifice were regarded as sacred, and they came to be observed as the set time for worship throughout the Jewish nation. And when in later times the Jews were scattered as captives in distant lands, they still at the appointed hour turned their faces toward Jerusalem and offered up their petitions to the God of Israel. In this custom Christians have an example for morning and evening prayer. While God condemns a mere round of ceremonies, without the spirit of worship, He looks with great pleasure upon those who love Him, bowing morning and evening to seek pardon for sins committed and to present their requests for needed blessings.” (Patriarchs and Prophets, pp. 353, 354)

If your devotional life has lost its cadence, ask God now to renew your commitment to morning and evening worship today.

Let’s talk to our God.