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Some Suggestions for Your Daily Routine

- by Greg Gwin

We all have some things that we do with great regularity. Certain activities are a part of every day - things like bathing, dressing, brushing teeth, etc. Each person will have other unique practices that are incorporated into their normal routine. And, while it is possible to “get in a rut”, some of this regularity is important and helpful in making us more efficient individuals. With that idea in mind, we’d like to suggest some things that ought to become a regular part of every Christian’s daily routine. Every day we should.

- **Pray.** Pray daily for your fellow Christians, especially remembering the sick, the bereaved, those who are spiritually weak, those laboring under heavy burdens, and others who have special needs. Don’t let these prayers be totally “general” in nature. Think of specific individuals and mention them by name in your prayers.
- **Give Thanks.** In the course of your prayers, do not neglect to thank the Heavenly Father for all the wonderful blessings that He gives us. Again, be specific. Taking the time to “count your blessings” every day will help you to gain a greater appreciation for what God has done for you. Especially spend time contemplating the great spiritual blessings we have in Christ.
- **Study.** Find some time each day to spend in the study of God’s Word. Get up a few minutes earlier each day, break away in the middle of the day, make time in the evening - but by all means study the Word. This will help you to resist temptation (Matthew 4:1-11)

Laus Deo

Unknown Author

On the aluminum cap atop the Washington Monument in Washington, DC, are displayed two words: *Laus Deo*.

No one can see these words. In fact, most visitors to the monument are totally unaware they are even there and for that matter, probably couldn't care less. Once you know *Laus Deo's* history, you will want to share this with everyone you know. I do.

But these words have been there for many years; they are 555 feet, 5.125 inches up, perched atop the monument, facing skyward to the Father of our nation, overlooking the 69 square miles which comprise the District of Columbia, capital of the United States of America.

Laus Deo! Two seemingly insignificant, unnoticed words. Out of sight and, one might think, out of mind, but very meaningfully placed at the highest point over what is the most powerful city in the most successful nation in the world.

So, what do those two words, in Latin, composed of just four syllables and only seven letters, possibly mean? Very simply, they say “Praise be to God!” [*Laus* is 'Praise be' and *Deo* means 'God!']. Though construction of this giant obelisk began in 1848 when James Polk was President of the United States, it was not until 1888 that the monument was dedicated and opened to the public. It took twenty-five years to finally cap the memorial with a tribute to the Father of our nation, “*Laus Deo....Praise be to God!*”

From atop this magnificent granite and marble structure, visitors may take in the beautiful panoramic view of the city with its division into four major segments. From that vantage point one can also easily see the original plan of the designer, Pierre Charles l'Enfant...a perfect cross imposed upon the landscape, with the White House to the north, the Jefferson Memorial to the south, the Capitol to the east and the Lincoln Memorial to the west.

A cross you ask? Why a cross? What about separation of church and state? Yes, a cross; separation of church and state was not, is not, in the Constitution. So, read on.

How interesting and, no doubt, intended to carry a profound meaning for those who notice. Praise be to God! Within the monument itself are 898 steps and 50 landings. As one climbs the steps and pauses at the landings the memorial stones share a message. On the 12th landing is a prayer offered by the City of Baltimore; on the 20th is a memorial presented by some Chinese Christians; on the 24th a presentation made by Sunday School children from New York and Philadelphia quoting Proverbs 10:7, Luke 18:16 and Proverbs 22:6.

Praise be to God!

When the cornerstone of the Washington Monument was laid on July 4th, 1848, deposited within it were many items including the Holy Bible presented by the Bible Society. Praise be to God! Such was the discipline, the moral direction, the spiritual mood given by the founder and first president of our unique democracy... "One Nation, Under God." I am awed by Washington's prayer for America. Have you never read it? Well, now is your opportunity, so read on!

"Almighty God; We make our earnest prayer that Thou wilt keep the United States in Thy holy protection; that Thou wilt incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government; and entertain a brotherly affection and love for one another and for their fellow citizens of the United States at large. And finally that Thou wilt most graciously be pleased to dispose us all to do justice, to love mercy, and to demean ourselves with that charity, humility, and pacific temper of mind which were the characteristics of the Divine Author of our blessed religion, and without a humble imitation of whose example in these things we can never hope to be a happy nation. Grant our supplication, we beseech Thee, through Jesus Christ our Lord. Amen."

We are a nation under God! Laus Deo! Praise be to God! Laus Deo!

"Unless the LORD builds the house its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain." Psalm 127:1.