



The  
MORNING  
WATCH

2010

STUDY MEDITATION  
AND PRAYER

# The Morning Watch Calendar, 2010

General Conference of Seventh-day Adventists®  
Youth Ministries Department  
Silver Spring, Maryland, U.S.A.

**THE 2010 MORNING WATCH CALENDAR SHOULD BE USED  
AS AN AID TO PERSONAL BIBLE STUDY AND PRAYER.**



*“Immortal Love, forever full,  
Forever flowing free,  
Forever shared, forever whole,  
A never-ebbing sea.”*

# A Moment in the Morning

A moment in the morning, ere the cares of day begin,  
Ere the heart's wide door is open for the world to enter in;  
Ah, then alone with Jesus, in the silence of the morn,  
In heavenly, sweet communion let your duty day be born.  
In the quietude that blesses with a prelude of repose,  
Let your soul be soothed and softened, as the dew revives the rose.

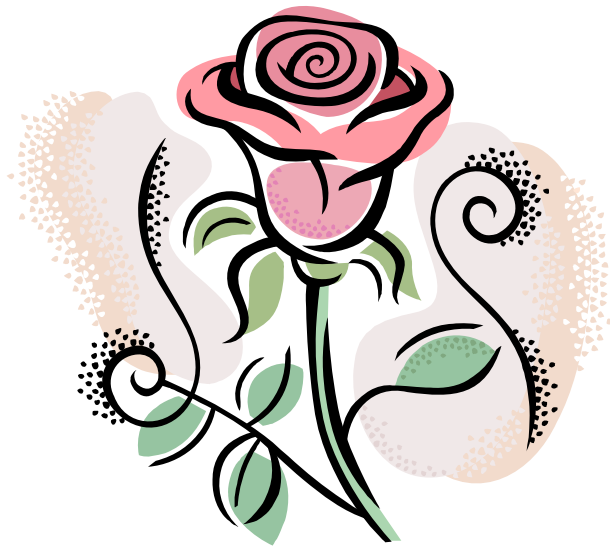
A moment in the morning take your Bible in your hand,  
And catch a glimpse of glory from the peaceful Promised Land;  
It will linger still before you when you seek the busy mart,  
And, like flowers of hope, will blossom into beauty in your heart;  
The precious words, like jewels, will glisten all the day,  
With a rare, effulgent glory that will brighten all the way,  
When comes a sore temptation, and your feet are near a snare,  
You may count them like a rosary, and make each one a prayer.

A moment in the morning — a moment, if no more —  
It is better than an hour when the trying day is o'er.  
'Tis the gentle dew from heaven, the manna for the day;  
If you fail to gather early — alas! It melts away.  
So, in the blush of morning take the offered hand of love,  
And walk in heaven's pathway and the peacefulness thereof.

—*Selected.*

# MY NEW YEAR'S RESOLVE

*RESOLVED:* That I will this year endeavor, by God's help, to live a simple, sincere, and active Christian life; repelling promptly every thought of discontent, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a child-like trust in God; I will make an earnest effort to spend some time in Bible study and prayer every day, and to make some personal effort to encourage or draw someone nearer to Christ at least once every week.



# JANUARY

*I think not of tomorrow, its trials or its task, but still with childlike spirit for present mercies ask. With each returning morning I cast old things away; Life's journey lies before me: my prayer is for today.*

## UNSELFISH SERVICE

Friday	1	John 6:38
Saturday	2	John 4:34

## UNSELFISH SERVICE

Sunday	3	Psalm 40:8
Monday	4	Isaiah 61:1
Tuesday	5	John 8:2
Wednesday	6	Matthew 8:20
Thursday	7	Philippians 2:7, 8
Friday	8	Titus 2:14
Saturday	9	John 8:12

## LIGHT OF LIFE

Sunday	10	John 1:9
Monday	11	2 Corinthians 4:6
Tuesday	12	Luke 2:32
Wednesday	13	Galatians 4:4, 5
Thursday	14	Psalm 119:105
Friday	15	1 John 5:12
Saturday	16	John 8:34

## SLAVERY OF SIN

Sunday	17	Romans 6:16
Monday	18	2 Peter 2:19
Tuesday	19	Proverbs 5:22
Wednesday	20	Psalm 5:22
Thursday	21	Jeremiah 5:25
Friday	22	Galatians 5:1
Saturday	23	Genesis 2:3

## SABBATH OBSERVANCE

Sunday	24	Mark 2:27
Monday	25	Matthew 12:12
Tuesday	26	Ezekiel 20:20
Wednesday	27	Acts 17:27
Thursday	28	Ezekiel 22:26
Friday	29	Isaiah 56:2
Saturday	30	John 10:11

## WONDROUS LOVE

Sunday	31	John 10:10
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### SPECIAL PRAYER

Personal victory over known sin.

Missionary work.

Greater burden for souls.

School and colleges

# FEBRUARY

**Our profession may be as high as heaven, but it will save neither ourselves nor our fellow men unless we are Christians. A right example will do more to benefit the world than all our profession.**

*— Christ's Object Lessons, page 383*

## WONDROUS LOVE

Monday	1	John 10:16
Tuesday	2	Isaiah 40:11
Wednesday	3	Ezekiel 34:28
Thursday	4	Isaiah 43:1
Friday	5	Psalms 23
Saturday	6	Luke 10:40

## ESSENTIALS TO CHRISTIAN LIVING

Sunday	7	Matthew 6:33
Monday	8	Matthew 23:23
Tuesday	9	Luke 10:27
Wednesday	10	Colossian 3:1, 2
Thursday	11	Luke 18:1
Friday	12	Matthew 11:28-30
Saturday	13	Jeremiah 49:16

## PRIDE

Sunday	14	Isaiah 14:12, 13
Monday	15	Matthew 23:12
Tuesday	16	Isaiah 2:12
Wednesday	17	1 John 2:16
Thursday	18	Luke 11:43
Friday	19	1 Timothy 3:2
Saturday	20	Romans 2:6

## TWO REWARDS

Sunday	21	Jeremiah 21:8
Monday	22	Luke 12:47
Tuesday	23	Revelation 20:15
Wednesday	24	Luke 12:42
Thursday	25	Revelation 22:14
Friday	26	Luke 12:40
Saturday	27	2 Corinthians 13:5

## BACKSLIDING

Sunday	28	Jeremiah 2:19
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## SPECIAL PRAYER

More patience in my daily life.

Young People of the church.

All Seventh-day Adventists  
Homes.

# MARCH

*Thy soul must overflow if thou another soul wouldst reach;*

*It takes the overflow of heart, to give the lips full speech.*

## BACKSLIDING

Monday	1	Jeremiah 8:5
Tuesday	2	Malachi 3:7
Wednesday	3	Luke 13:7, 8
Thursday	4	Hosea 14:4, 5
Friday	5	Isaiah 55:7
Saturday	6	John 10:25

## UNBELIEF

Sunday	7	Hebrews 3:19
Monday	8	Hebrews 4:11
Tuesday	9	John 20:27
Wednesday	10	Romans 3:3, 4
Thursday	11	Hebrews 3:12
Friday	12	Mark 9:24
Saturday	13	Luke 14:18

## REFUSING ETERNAL LIFE

Sunday	14	Acts 24:25
Monday	15	Mark 10:21, 22
Tuesday	16	Luke 13:34
Wednesday	17	Acts 13:46
Thursday	18	Ephesians 4:30
Friday	19	Hebrews 12:25
Saturday	20	Matthew 10:37

## TEST OF DISCIPLESHIP

Sunday	21	Luke 14:33
Monday	22	1 Peter 2:21
Tuesday	23	Galatians 2:20
Wednesday	24	Romans 8:1
Thursday	25	2 Corinthians 5:17
Friday	26	Psalms 1:1, 2
Saturday	27	Psalms 103:13

## LOVE OF GOD

Sunday	28	Luke 15:10
Monday	29	Luke 15:20
Tuesday	30	1 John 3:16
Wednesday	31	1 Peter 2:24

## SPECIAL PRAYER

Divine help in my Bible study.

Officers and members of the AY societies in our conference.

The literature evangelism work.

China

# APRIL

The gospel of the grace of God, with its spirit of self-abnegation, can never be in harmony with the spirit of the world. —*Desire of Ages, page 509.*

## LOVE OF GOD

Thursday	1	1 John 3:1
Friday	2	Isaiah 1:18
Saturday	3	Luke 17:6

## FAITH

Sunday	4	John 20:31
Monday	5	Matthew 7:7
Tuesday	6	Luke 7:50
Wednesday	7	1 Timothy 6:12
Thursday	8	Hebrews 11:6
Friday	9	1 John 5:4
Saturday	10	John 5:28

## VICTORY OVER DEATH

Sunday	11	Psalm 17:15
Monday	12	2 Timothy 1:10
Tuesday	13	John 11:25
Wednesday	14	Hosea 13:14
Thursday	15	1 John 5:12
Friday	16	1 Corinthians 15:26, 55
Saturday	17	Luke 17:21

## CHARACTER

Sunday	18	John 3:3
Monday	19	2 Corinthians 3:18
Tuesday	20	2 Peter 1:5-7
Wednesday	21	1 Peter 1:15
Thursday	22	Colossians 2: 6, 10
Friday	23	Revelation 14:5
Saturday	24	Luke 18:16, 17

## DEPENDENCE ON GOD

Sunday	25	Isaiah 40:29
Monday	26	Isaiah 57:15
Tuesday	27	Jeremiah 3:13
Wednesday	28	Luke 18:11
Thursday	29	Luke 18:13
Friday	30	Ezekiel 36:31

## SPECIAL PRAYER

More power as a soul winner

Family members who do not know the Lord.

Officers in our local churches, unions, and conferences.

Staff and students of the Jefferson Christian Academy, USA

Africa

# MAY

**A living, loving Christian, true of tongue, honest of heart, pure of conduct, and lovable in daily life, is the most unanswerable argument for Christianity..**

## **RICHES**

Saturday	1	Ecclesiastes 5:13
Sunday	2	1 Timothy 6:17
Monday	3	James 5:2, 3
Tuesday	4	Zephaniah 1:18
Wednesday	5	Deuteronomy 8:18
Thursday	6	Matthew 19:21
Friday	7	Proverbs 19:17
Saturday	8	Matthew 20:21

## **SELFISHNESS**

Sunday	9	Luke 13:25
Monday	10	John 6:26
Tuesday	11	Isaiah 1:23
Wednesday	12	2 Timothy 3:1, 2
Thursday	13	Exodus 20:17
Friday	14	1 Corinthians 13:4, 5
Saturday	15	Luke 19:8

## **REPENTANCE**

Sunday	16	Ezekiel 33:15, 16
Monday	17	Romans 2:4
Tuesday	18	Acts 5:31
Wednesday	19	2 Corinthians 7:10
Thursday	20	Acts 3:19
Friday	21	Luke 15:10
Saturday	22	Matthew 21:13

## **CLEANSING OF THE TEMPLE**

Sunday	23	Matthew 21:12
Monday	24	1 Samuel 15:22
Tuesday	25	1 Corinthians 6:19
Wednesday	26	1 Corinthians 3:17
Thursday	27	Romans 12:1
Friday	28	Psalms 51:7, 10
Saturday	29	Mark 11:24

## **PRAYER**

Sunday	30	Mark 11:25
Monday	31	Matthew 14:23

## **SPECIAL PRAYER**

More thankfulness for the Gospel.

All SDA church-schools.

The health and temperance work.

Pacific Islands.

# JUNE

*Seldom can a heart be lonely when it seeks a lonelier still;  
Self forgetting, seeking only other emptier cups to fill.*

## PRAYER

Tuesday	1	Daniel 6:10
Wednesday	2	Acts 10:2
Thursday	3	Philippians 4:6
Friday	4	James 5:16
Saturday	5	Matthew 21:28

## MISSIONARY WORK

Sunday	6	Mark 13:34
Monday	7	Luke 11:23
Tuesday	8	Mark 16:15
Wednesday	9	Galatians 6:9, 10
Thursday	10	James 1:27
Friday	11	Jeremiah 48:10
Saturday	12	James 1:4

## CHARACTER BUILDING

Sunday	13	Isaiah 64:6
Monday	14	Revelation 3:18
Tuesday	15	Isaiah 61:10
Wednesday	16	Psalms 119:11
Thursday	17	Jeremiah 15:16
Friday	18	2 Peter 3:18
Saturday	19	Mark 12:30

## TWO GREAT COMMANDMENTS

Sunday	20	Mark 12:31
Monday	21	Deuteronomy 10:12, 13
Tuesday	22	Matthew 5:44
Wednesday	23	John 15:12
Thursday	24	Romans 13:10
Friday	25	1 John 4:7
Saturday	26	Matthew 23:13

## WOE UPON THE PHARISEES

Sunday	27	Matthew 23:14
Monday	28	Matthew 23:15
Tuesday	29	Matthew 23:16
Wednesday	30	Matthew 23:23

## SPECIAL PRAYER

To improve my opportunities to do good.

The Sabbath schools in our conference.

Young people in non-Christian countries.

Japan

# JULY

**The theory of the truth, unaccompanied by the Holy Spirit, cannot quicken the soul or sanctify the heart.**  
—E. G. White: *Christ's Object Lessons*, page 408.

## WOES UPON THE PHARISEES

Thursday	1	Matthew 23:25, 27
Friday	2	Matthew 23:29
Saturday	3	Luke 21:4

## GIVING

Sunday	4	2 Corinthians 9:7
Monday	5	1 Chronicles 29:14
Tuesday	6	Proverbs 23:26
Wednesday	7	John 12:24
Thursday	8	John 12:26
Friday	9	John 12:35
Saturday	10	John 12:48

## THE LAST DAY

Sunday	11	Luke 21:8
Monday	12	Mark 13:7
Tuesday	13	2 Thessalonians 2:3, 4
Wednesday	14	Mark 13:13
Thursday	15	Matthew 24:21, 22
Friday	16	Matthew 24:14
Saturday	17	Matthew 24:27

## COMING OF CHRIST

Sunday	18	Luke 21:25
Monday	19	Joel 2:10
Tuesday	20	Matthew 24:33
Wednesday	21	Joel 2:1
Thursday	22	Matthew 24:31
Friday	23	1 Thessalonians 4:16, 17
Saturday	24	Matthew 25:11, 12

## PREPARATION

Sunday	25	Ezekiel 33:31
Monday	26	Ezekiel 14:20
Tuesday	27	Matthew 24:42
Wednesday	28	Amos 4:12
Thursday	29	Luke 21:34, 35
Friday	30	Luke 21:36
Saturday	31	Matthew 25:21

## SPECIAL PRAYER

Daily victory over temptation.

Young people who are wavering in their faith in Jesus and the church.

The camp-meeting and congresses worldwide.

Korea

# AUGUST

“He hath a work for thee which needs thy heart with His own beating; and true equipment  
always lies just where these two are meeting.”  
–Carrie Merral

## FAITHFUL SERVICE

Sunday	1	Matthew 25:40
Monday	2	2 Corinthians 5:15
Tuesday	3	1 Corinthians 6:20
Wednesday	4	Ecclesiastes 11:6
Thursday	5	1 Chronicles 28:20
Friday	6	Matthew 25:34
Saturday	7	Revelation 3:20

## BECAUSE OF SIN

Sunday	8	John 1:11
Monday	9	1 Peter 3:18
Tuesday	10	Matthew 26:4
Wednesday	11	Luke 22:4
Thursday	12	Jeremiah 8:9
Friday	13	Psalm 118:22, 23
Saturday	14	John 13:15

## HUMILITY

Sunday	15	Luke 22:26
Monday	16	John 13:7
Tuesday	17	Galatians 5:13
Wednesday	18	Philippians 2:3
Thursday	19	James 4:6
Friday	20	Micah 6:8
Saturday	21	Luke 22:19

## THE LORD'S SUPPER

Sunday	22	1 Corinthians 11:25
Monday	23	John 6:53
Tuesday	24	1 Corinthians 11:27
Wednesday	25	1 Corinthians 11:26
Thursday	26	1 Peter 1:18, 19
Friday	27	Matthew 26:29
Saturday	28	John 14:1-3

## MESSAGES OF COMFORT

Sunday	29	John 14:6
Monday	30	John 14:12
Tuesday	31	John 14:14

## SPECIAL PRAYER

That my life be an example to others.

Staff and officers of the General  
Conference.

Acquaintances entering school.

India.

# SEPTEMBER

*Cares can no fret me if my soul be dwelling in the still air of faith's untroubled day;  
Grief cannot shake me if I walk beside Thee, my hand in Thine along the darkening way..*

## MESSAGES OF COMFORT

Wednesday	1	John 14:21
Thursday	2	John 14:26
Friday	3	John 14:27
Saturday	4	John 15:2

## ABIDING

Sunday	5	John 15:4
Monday	6	John 15:8
Tuesday	7	John 15:18
Wednesday	8	John 15:7
Thursday	9	John 15:10
Friday	10	Revelation 22:14
Saturday	11	John 16:33

## COMFORT IN AFFLICTION

Sunday	12	Psalms 9:9
Monday	13	Psalms 34:19
Tuesday	14	Psalms 119:71
Wednesday	15	2 Corinthians 1:4
Thursday	16	Philippians 1:12, 13
Friday	17	2 Corinthians 4:17
Saturday	18	John 10:30

## UNITY

Sunday	19	John 17:11
Monday	20	John 17:20, 21
Tuesday	21	John 17:23
Wednesday	22	1 Corinthians 1:10
Thursday	23	Romans 12:5
Friday	24	Isaiah 52:8
Saturday	25	Matthew 26:38

## IN GETHSEMANE

Sunday	26	Matthew 26:39
Monday	27	Matthew 26:40
Tuesday	28	Matthew 20:22
Wednesday	29	Luke 22:43
Thursday	30	Luke 22:44

## SPECIAL PRAYER

Thankfulness and appreciation for all God has provided and done for me..

Pastors and ministers worldwide.

Publishing houses worldwide.

Afghanistan and Muslim countries worldwide.

# OCTOBER

*But none of the ransomed ever knew how deep were the waters crossed,  
Nor how dark was the night that the Lord passed through.  
Ere He found His sheep that was lost.*

## IN GETHSEMANE

Friday	1	Matthew 26:45
Saturday	2	Luke 22:48

## THE FORSAKEN SAVIOUR

Sunday	3	Matthew 26:48
Monday	4	Mark 14:50
Tuesday	5	John 16:32
Wednesday	6	Luke 18:32
Thursday	7	John 1:10, 11
Friday	8	Isaiah 53:3
Saturday	9	Mark 14:54

## THE DENIAL

Sunday	10	John 18:16
Monday	11	Luke 22:56, 57
Tuesday	12	Matthew 26:73, 74
Wednesday	13	Luke 22:61, 62
Thursday	14	John 13:38
Friday	15	2 Timothy 2:12
Saturday	16	Luke 22:63, 64

## THE FAULTLESS PRISONER

Sunday	17	Mark 15:1
Monday	18	Matthew 27:13, 14
Tuesday	19	Isaiah 53:7
Wednesday	20	Luke 23:5
Thursday	21	Luke 23:4
Friday	22	1 Peter 2:23
Saturday	23	James 1:8

## INDECISION

Sunday	24	Matthew 27:19
Monday	25	Luke 23:21
Tuesday	26	Mark 15:15
Wednesday	27	Matthew 6:24
Thursday	28	Acts 26:28
Friday	29	1 Kings 18:21
Saturday	30	Matthew 27:29, 30

## FINAL TRIAL

Sunday	31	John 19:6
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## SPECIAL PRAYER

Officers in your local church.

Young people converted at summer  
And fall camp-meetings, and camps.

West Indies and Central America.

# NOVEMBER

**All that He endured speaks to each child of humanity, declaring, it is for thee that the Son of God consents to bear this burden of guilt; for thee He spoils the domain of death, and opens the gates of paradise.**

*-E. G. White*

## FINAL TRIAL

Monday	1	John 19:10
Tuesday	2	John 19:11
Wednesday	3	John 19:12
Thursday	4	John 19:16
Friday	5	Isaiah 53:8
Saturday	6	Mark 15:31

## OUR HIGH PRIEST

Sunday	7	Galatians 3:13
Monday	8	Isaiah 53:5
Tuesday	9	Hebrews 9:14
Wednesday	10	Hebrews 9:24
Thursday	11	Hebrews 4:15, 16
Friday	12	Hebrews 9:28
Saturday	13	Luke 23:34

## ON THE CROSS

Sunday	14	Luke 23:43
Monday	15	John 19:26, 27
Tuesday	16	John 19:28
Wednesday	17	Mark 15:34
Thursday	18	Luke 23:46
Friday	19	John 19:30
Saturday	20	1 Corinthians 15:21, 22

## TWO RESURRECTIONS

Sunday	21	1 Corinthians 15:17, 20
Monday	22	Acts 24:15
Tuesday	23	1 Thessalonians 4:16
Wednesday	24	Revelation 20:4, 5
Thursday	25	Luke 20:36
Friday	26	Revelation 21:8
Saturday	27	Romans 6:4

## BAPTISM

Sunday	28	Romans 6:5
Monday	29	Colossians 2:12, 13
Tuesday	30	Galatians 3:27

## SPECIAL PRAYER

Bible Workers worldwide.  
ADRA International.  
Europe.

# DECEMBER

*O love the one sun, O love the one sea,  
No life has begun that breathes not in thee;  
Thy rays have no limit; thy waves have no shore,  
Thou givest without merit, to worlds evermore.*

## BAPTISM

Wednesday	1	Colossians 3:1
Thursday	2	1 Corinthians 12:13
Friday	3	John 3:5
Saturday	4	Luke 24:15, 32

## EVER PRESENT

Sunday	5	Isaiah 41:10
Monday	6	2 Corinthians 6:16
Tuesday	7	John 14:23
Wednesday	8	John 17:24
Thursday	9	Matthew 28:20
Friday	10	1 Thessalonians 4:17
Saturday	11	Jude 5

## DOUBT NOT

Sunday	12	John 5:38
Monday	13	John 7:17
Tuesday	14	Matthew 14:31
Wednesday	15	1 Corinthians 13:12
Thursday	16	Romans 11:33
Friday	17	John 20:29
Saturday	18	Matthew 28:18-20

## “GO YE”

Sunday	19	Acts 1:8
Monday	20	Revelation 22:17
Tuesday	21	Isaiah 40:9
Wednesday	22	Isaiah 52:10
Thursday	23	Daniel 7:27
Friday	24	Isaiah 52:7
Saturday	25	Revelation 2:10

## THE OVERCOMER'S REWARD

Sunday	26	James 1:12
Monday	27	Isaiah 35:10
Tuesday	28	2 Timothy 4:8
Wednesday	29	Revelation 21:7
Thursday	30	Revelation 21:4
Friday	31	1 Corinthians 2:9

## SPECIAL PRAYER

Unconverted friends.

Medical work.

Outpouring of the Holy Spirit.

South America and other needy fields.