

*Pastor Daniel Olawande*



Lit Episodes:

# **HOW TO BUILD A DAILY SPIRITUAL ROUTINE**

*Transcribed and Published by [Livingsermons.com](http://Livingsermons.com)*

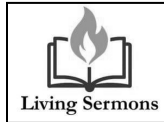
LIT Episodes:

## **HOW TO BUILD A DAILY SPIRITUAL ROUTINE**

*Preacher: Pastor Daniel Olawande*

*Publisher: [LivingSermons.com](http://LivingSermons.com)*

*Watch Live Video [Here](#)*



***Title: LIT Episodes***

***How To Build A Daily Spiritual Routine***

***Preacher: Pastor Daniel Olawande***

***Publisher: Livingsermons.com***

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For Kingdom impact worldwide.



## Foreword

***Great spiritual lives are not built in extraordinary moments—they are built in ordinary days.***

*Every believer admires men and women who burn brightly for God. We celebrate their passion, their consistency, and the unmistakable evidence of God's presence upon their lives. Yet behind every visible flame is an unseen altar. Behind every public expression of power is a private life of daily devotion.*

*This timeless truth is at the heart of *How to Build a Daily Spiritual Routine*.*

*In this practical and deeply convicting teaching, **P. Daniel Olawande** reminds us that spiritual fire is not sustained by occasional encounters but by consistent fellowship with God. Conferences, revivals, and special meetings can ignite our hearts, but only daily habits of prayer, worship, and meditation on God's Word can keep that fire burning.*

*Throughout these pages, you will discover that a thriving spiritual life is not reserved for a select few. It is available to every believer who is willing to meet with God consistently. With biblical insight, personal testimony, and practical guidance, the author demonstrates that routine is not the enemy of revival—it is often the pathway to it.*

*As editors, we have carefully preserved the preacher's voice, passion, and teaching style while presenting this message in a clear and reader-friendly format. Our prayer is that as you read, you will hear not only the words on these pages but also the gentle invitation of the Holy Spirit calling you into a deeper, more disciplined walk with Christ.*

*Whether you are just beginning your spiritual journey or have walked with the Lord for many years, this book offers practical wisdom that can transform your daily fellowship with God. The challenge is simple but life-changing: build an altar that you return to every day. It is there that faith is strengthened, character is formed, spiritual discernment grows, and the fire of God is continually renewed.*

*Do not rush through these pages. Read prayerfully. Pause often. Reflect on the Scriptures. Apply what you learn immediately. Lasting spiritual growth is never produced by information alone but by consistent obedience to God's Word.*

*May this book inspire you to seek God with fresh determination, establish habits that endure, and cultivate a devotional life that remains steadfast through every season. As your routine becomes rooted in Christ, may your passion become sustainable, your faith become stronger, and your life become a lasting testimony of His grace.*

*May your personal altar never grow cold.*

**— Wisdom Epsi**

**Chief Editor, [LivingSermons.com](http://LivingSermons.com)**

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## ***Publisher's Note***

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube, **at [Pastor Daniel Olawande's Official YouTube Channel](#)**.

Livingsermons.com does not claim ownership of this message. All spiritual credit and ministerial authority belong to the preacher through whom the Word was delivered. Our role is that of stewards and editors—serving the Body of Christ by preserving and distributing life-giving messages in accessible digital formats.

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Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— ***Livingsermons.com***

***A Spirit-led Publishing Stewardship***

## ***Main Message***

*Begins Here*



## ***Introduction***

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One of the greatest secrets of a consistent Christian life is not occasional spiritual excitement but daily spiritual discipline. In this teaching, P. Daniel Olawande explains that spiritual fire is sustained through consistent fellowship with God, not through conferences alone. He emphasizes the importance of building a daily routine of prayer, worship, and the Word, showing that lasting spiritual strength comes from faithful habits rather than fluctuating emotions.

*Luke 9:23 (KJV)*

"And he said to them all, If any man will come after me, let him deny himself, and take up his cross **daily**, and follow me."

Fire needs daily fuel.

When we talk about spiritual fire, it has to be **daily**. It is not what you do once in a while. It is not once a week or once a year. Spiritual fire requires daily attention.

Let me say it again:

**Fire needs daily fuel.**

Spiritual fire is not sustained by conferences.

YMR, Massive Meetings, YC, Holy Ghost Festivals, Fire Conferences, 12 Hours in the Holy Ghost, Fire in My Bones, and every other gathering across the Body of Christ are wonderful meetings. They are powerful and ordained by God.

But your fire is not sustained by great conferences. It is sustained by **daily consistency**. Say it after me:

**"Spiritual fire is not sustained by conferences. It is sustained by daily consistency."**

You can encounter God in a meeting, but you must schedule your own meeting with Him every day if your fire will continue to burn.

If your fire will burn, you must appear on your personal altar every day.

You don't stay on fire by hype.

You stay on fire by habit.

I know what happens after a powerful meeting. You become stirred. You pray in tongues passionately. You receive impartation. You cry. You rejoice. You feel energized.

But excitement is not enough.

You don't stay on fire by hype. You stay on fire by habit.

Develop the daily habit of showing up in God's presence.

Develop the daily habit of spending time in the Word.

Develop the daily habit of prayer.

That is how spiritual fire is preserved.

## CHAPTER ONE

### ***Strong Spiritual Lives Are Built on Routine***

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A strong spiritual life is not built on emotions. It is built on routines. The way to build a robust spiritual life is by showing up consistently every single day. Let me say this carefully. Showing up **one hour in God's presence every day** is stronger than spending **seven hours once a week**.

Consistency produces strength. A strong spiritual life is never built on emotional moments. It is built on godly routines.

### ***Why Routine Matters Spiritually***

Think about your everyday life. You have a routine for brushing your teeth. You have a routine for bathing. You have a routine for charging your phone. Yet many believers treat their time with God as optional.

Some people are so forgetful that they eat breakfast before remembering they have not brushed their teeth. I know some young people like that. I'm not mentioning any names!

But ordinarily, when we wake up, we brush our teeth.

We bathe. We charge our phones every day. Those things have become routines. Yet many believers have no routine around spending time with God.

## ***Daniel's Secret***

*Daniel 6:10 (KJV)*

"Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, **he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.**"

I love this Scripture.

Notice those words:

**"...as he did aforetime."**

Daniel prayed three times every day.

Not when he felt like praying.

Not when he was inspired.

Not when trouble came.

He prayed because it had become his lifestyle.

Daniel did not react to the king's decree.

He simply continued his consistency.

His prayer life was not born out of crisis.

He simply continued what he had always been doing.

It is your routine that will sustain you—not emergency prayers.

Many believers practice what I call **contract prayers**.

A crisis comes, and suddenly they want to pray seven hours because someone announced a seven-hour prayer meeting.

Daniel didn't invent a new prayer pattern because trouble came.

He simply continued praying three times a day, **as usual**.

When the king declared that anyone who prayed would be thrown into the lions' den, Daniel was not disturbed.

He simply continued his prayer life.

You are building power through consistency.

You are building capacity through consistency.

## ***Routine Protects Your Fire***

Routine protects your fire when feelings fade.

You will not always feel like praying.

Can I confess something to you?

I didn't feel like praying this morning.

We had a meeting yesterday, and I woke up very tired.

Prayer wasn't flowing.

Honestly, I felt like doing something else.

But I forced myself to pray.

I showed up in the place of prayer.

I entered my prayer room.

When prayer wasn't flowing, I played a worship song to help my heart engage.

Now listen carefully.

Don't make music your only source of inspiration.

There should be days you pray with music.

There should also be days you pray without music.

What happens if your phone battery dies?

What happens if you are somewhere without electricity?

Will you stop praying?

You must learn to pray in season and out of season.

Learn to pray with music.

Learn to pray without music.

That particular morning, I needed help to flow, so I played a worship song.

As the song played, strength came.

But the important thing was this:

**I showed up.**

Routine protects your fire when feelings disappear.

Although I didn't feel like praying, I still spent almost three hours in God's presence.

Routine kept me going.

## ***Routine Keeps You Grounded***

Routine keeps you grounded during busy seasons.

When conferences come...

When assignments increase...

When responsibilities multiply...

A spiritual routine creates structure.

Even when it seems you have no time, you will create time because your life already has a spiritual framework.

Routine keeps you grounded.

Routine also turns discipline into delight.

At first, maintaining a routine feels difficult.

After a while, it becomes part of who you are.

It becomes something you genuinely look forward to.

You begin to say:

"I want to spend time in God's presence."

"I want to show up in the secret place."

Eventually, it becomes impossible to imagine starting your day without prayer.

Routine transforms discipline into delight.

## ***Don't Depend on Your Mood***

If your walk with God depends on your mood, it will collapse under pressure. Especially if you experience mood swings. The day someone offends you...

The day someone insults you...

The day something valuable is stolen...

The day life becomes difficult...

Your spiritual life will collapse if it is built on feelings instead of discipline. Imagine if Daniel prayed only when he felt inspired. The Bible says he prayed **as usual**.

When the king's decree came, Daniel simply continued praying. Remember, the reason the law was passed was because of Daniel's prayer life. The decree declared that no one should pray to any god except the king, and whoever disobeyed would be thrown into the lions' den.

Daniel simply said, in effect:

"If my prayer life is powerful enough to trouble you, then there must be something powerful in this prayer. I will simply continue."

Let me tell you what Daniel probably did not realize. As he prayed three times every day, he was building a capacity that would one day keep lions from devouring him. He was developing a nature that reflected the Lion of the tribe of Judah.

So when the lions saw him, they encountered something greater than an ordinary man. Many people don't realize what consistency is building inside them. It is when adversity comes that you discover the strength your daily habits have produced.

If your walk with God depends on your mood, it will collapse under pressure.

## CHAPTER TWO

### *The Best Way To Start Your Day*

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*Mark 1:35 (KJV)*

"And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."

Start your day with God.

Before the world speaks to you, let God speak to you.

Your morning sets your spiritual temperature.

Your morning sets the spiritual climate of your day.

Your morning establishes the atmosphere you will carry throughout the day.

Please, don't lose your mornings.

Don't lose your mornings.

Protect them.

## *A Simple Morning Spiritual Routine*

Begin with worship. Spend a few minutes simply adoring God. If you choose to play music, let it be worship that leads your heart into thanksgiving and adoration. Don't rush into making requests. The Bible says:

"Enter into his gates with thanksgiving, and into his courts with praise..."  
(*Psalm 100:4, KJV*).

Our parents understood this principle. They would sing:

*"In the morning, early in the morning, I will rise and praise the Lord."*

Or:

*"Good morning, Jesus."*

There is so much we can learn from them. They understood the protocol of approaching God. Begin with thanksgiving. Enter His courts with praise. Then read a portion of Scripture.

Read your devotional if you use one, such as *Open Heavens*, and then read the Bible passages alongside it.

After that, pray intentionally about your day.

Spend time praying.

Pray in the Holy Ghost.

Then surrender your plans for the day to God.

Commit each day into God's hands.

As you conclude your prayer session, carry your Bible again.

The best time to read the Bible is after prayer because you begin to see what you would not ordinarily see.

Let me also say this:

**Don't check notifications before connection.**

Make it a rule.

**Your Word before your world.**

Don't check notifications before connection.

Feed your spirit before your schedule.

Feed your spirit before your schedule.

## **The Word Is Daily Bread**

*Jeremiah 15:16 (KJV)*

"Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart..."

I love this Scripture.

"The words were found, and I did eat them."

That means the Word of God is food.

You don't grow spiritually through random exposure.

You grow through consistent intake.

You don't grow because you watched one short video today, read one verse tomorrow, and listened to another message the next day.

No.

You grow by consistently feeding on God's Word.

Even if it is only one chapter every day, let it be consistent.

The Word says:

"Thy words were found, and I did eat them."

The Word of God is not decoration.

It is your daily bread.

Jesus taught us to pray:

"...Give us this day our daily bread." (*Matthew 6:11, KJV*).

Get your bread every day.

And if I were you, I would add butter, tea, and even sauce to it!

What do I mean by that?

If the Word of God is your bread, then ask yourself:

What is your butter?

What is your tea?

Perhaps your butter is worship.

Perhaps your tea is praying in the Holy Ghost. Add everything that nourishes your spiritual life. Don't just eat bread. Enjoy a complete spiritual meal every morning.

Daily intake is what produces steady growth.

# ***Practical Tips for Building a Word Habit***

## **1. Set a Specific Time**

Don't leave it to chance.

Don't say, "Any time."

Choose a definite time.

Now, don't become discouraged if you miss that time.

Suppose your plan was to pray from 5:00 a.m. to 6:00 a.m., but you overslept and woke up at 6:30.

Start at 6:30.

Don't say, "I've missed today."

Don't make that mistake.

I made that mistake before, and I learned from it.

Perhaps your routine is from 6:00 a.m. to 7:00 a.m., but you wake up at 7:30.

Start immediately.

The important thing is to show up.

But still maintain a fixed time as your target.

## **2. Use a Reading Plan**

Have an organized reading plan. Maybe you're reading through the New Testament. Maybe you're reading through the Old Testament. Right now, for example, I'm reading the Prophets. I just finished Isaiah.

Now I'm in Jeremiah. After Jeremiah, I'll move to Ezekiel. Everything is organized. You can also study Bible characters. Perhaps you're studying Matthew. Perhaps you're studying Elijah. Or you may study biblical themes like faith, communion, or the blood of Jesus.

Have a plan.

## **3. Write Down One Lesson Every Day**

Keep a journal. Every day, write one thing God teaches you. Let me share something I learned today. From *Jeremiah 5:25*, I saw that sin can prevent good things from coming to you.

That challenged me deeply. Sometimes we think sin only affects eternity. But I discovered there are blessings that can be withheld because of disobedience. Write down one lesson every day.

## **4. Apply What You Read**

Don't just read the Bible. Practice it.

One thing I decided after today's study was this: "I will do my best every day to please the Lord."

Not only because I want to go to heaven. But because I don't want good things to be withheld from me. So every day, I will intentionally seek to please Him. Apply at least one truth from your daily reading.

## ***The Secret To Deep Roots***

Little daily feeding produces deep spiritual roots.

Little by little...

Day after day...

Consistency develops deep roots. While others only see the visible growth, your roots are quietly becoming stronger.

## ***Pray Throughout the Day***

*1 Thessalonians 5:17 (KJV)*

"Pray without ceasing."

Routine prayer is not only about long prayer sessions. Routine prayer is constant connection.

- You can pray while driving.
- You can pray while traveling to work.
- You can pray during your break.
- You can pray in the restroom.
- You can pray while taking your shower.
- You can pray while walking.
- You can pray quietly under your breath.

Throughout the day, mix your prayers with thanksgiving.

"Father, thank You."

"Glory to Jesus."

"Hallelujah."

As you go through your day, continue talking to God.

Prayer is constant fellowship.

It keeps your heart continually connected to the Lord.

Whenever you need help, simply pray:

"Lord, help me."

That simple prayer reminds you that you are not depending on yourself.

You are depending on the Lord.

Even in ordinary conversations, your heart remains connected.

Someone greets you.

You respond.

Then quietly within yourself:

"Father, thank You."

You keep mixing prayer into your day.

Remember what I said earlier?

Add butter.

Add tea.

Add sauce.

Keep enriching your spiritual life throughout the day.

When you live this way, your heart stays warm instead of growing cold by evening.

## ***End Your Day with God***

Don't go to bed spiritually disconnected. One of the best habits you can develop is ensuring that the last thing you do before sleeping is spending time in God's Word or in prayer.

There is something sweet about falling asleep after praying.

"Father, thank You for today.

I worship You.

I give You praise."

There is peace in sleeping after fellowship with God.

There is peace in sleeping after feeding on His Word.

Don't sleep spiritually disconnected.

## ***A Simple Night Routine***

Before you sleep:

Thank God for the day.

Reflect on the lessons you learned.

Ask yourself:

"What did God teach me today?"

"What happened during the day?"

If necessary, ask God for forgiveness.

"Lord, I'm sorry for what I said."

"Lord, I'm sorry for what I did."

Receive His mercy.

Then surrender tomorrow into His hands.

"Lord, I commit tomorrow into Your hands."

"Please help me again tomorrow."

Do this consistently, and you will develop a healthy night routine.

Ending your day with God keeps your fire from cooling overnight.

## ***How to Make Your Spiritual Routine Sustainable***

### **1. Start Small**

Start small. Consistency beats intensity. I need to emphasize that.

**Consistency beats intensity.**

Praying for three hours once every three days is not better than praying consistently every day.

Steady growth is better than occasional bursts.

### **2. Set a Fixed Time**

Don't leave your devotional life to chance. Don't say, "Any time."

Set a definite time. Routine grows through structure.

### 3. Remove Distractions

Keep your phone away during your devotion. Whenever I go on a prayer walk, my phone stays at home. If I must carry one, it is usually a phone that very few people can reach me on—perhaps only my wife, in case of an emergency.

Protect your time with God.

### 4. Track Your Consistency

Measure your progress. What gets measured gets maintained. Anything you can measure, you can sustain. Don't remain at twenty minutes forever.

Measure your growth. Track your consistency. Maybe you've grown from twenty minutes to thirty minutes. Then to one hour.

Perhaps eventually to three hours. Monitor your progress. What gets measured gets maintained. You cannot maintain what you never measure.

Hear this before I leave you today. You don't stumble into spiritual strength.

You build it daily.

Let's pray together.

"Lord, help me to build a daily walk with You.

Not just emotional moments, but consistent habits.

Lord, let my life burn because I meet with You daily."

Remember this:

**Fire is sustained by daily fuel.**

I pray for you in the name of Jesus:

Your fire will not die.

You will stay lit.

You will stay lit.

You will stay lit.

Your fire will not go out.

You will burn brightly for God.

Receive grace to remain consistent.

In Jesus' name.

Amen.

## ***Your Assignment***

I want to give you an assignment.

Build a new spiritual routine this week.

Make it flexible.

Start small.

Then grow from there.

One mistake many people make after hearing a message like this is deciding to do something unrealistic.

They immediately say,

"I'm going to pray for three hours every day."

Then they discover they cannot sustain it.

Don't do that.

Start small.

Then scale up gradually.

## ***Daily Declaration***

Say this after me:

"I will live lit daily.

I will build lit intentionally.

I will lead lit boldly.

I am sent to carry the fire into my world."

Let's say it once again:

"I will live lit daily.

I will build lit intentionally.

I will lead lit boldly.

I am sent to carry the fire into my world."

## ***Final Charge***

The Lord bless you. Thank you for joining me today. I encourage you to become part of the **LIT House**, our community where we continue conversations around these teachings and everything related to keeping your spiritual fire burning.

You can find the details in the description below.

If you're already part of the LIT House, thank you for your commitment and participation. Also, make it a point to share these teachings with your friends and family.

Don't be the only one staying lit. Help everyone connected to you stay on fire for God.

That is one way to **lead lit**.

Follow us across all our social media platforms, and if you would like to reach out to me personally, you can send us an email using the details provided on your screen. We will be glad to hear from you.

I encourage you this week:

**Live lit.**

**Lead lit.**

**Build lit.**

And above all,

**Stay lit.**

God bless you. Until we meet again.



## ***About The Speaker***

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*Pastor Daniel Olawande, widely known as P. Daniel, is an ordained minister in the Redeemed Christian Church of God (RCCG) and the Lead Pastor of RCCG The Envoys in Lagos, a youth-focused expression of the church marked by revival emphasis and strong apostolic teaching. He also serves in key national roles within RCCG's youth structure, including leadership within the Students and Corpers Ministry (CRM) and youth evangelism, with a clear mandate centered on raising a “burning generation” and stirring spiritual awakening among young people. His ministry combines preaching, mentorship, and large-scale revival gatherings, with a consistent focus on alignment, consecration, and purposeful living, making him a prominent voice among emerging Pentecostal leaders in Nigeria.*

### **Connect With Pastor Daniel Olawande Via:**

- [Official Instagram](#)
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## *About Living Sermons*

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*To become the world's largest digital platform for ebooks transcribed from live sermons, preserving and spreading the spoken Word of God across nations and generations.*

### **Our Mission**

*At [LivingSermons.com](http://LivingSermons.com), our mission is to take the living voice of God spoken through His servants and transform it into accessible PDF resources, making salvation-centred truth available to the ends of the earth. We believe that the spoken Word carries divine power, and by preserving these messages in written form, we help extend their reach beyond pulpits, borders, and generations.*

### **Why We Exist**

*Many life-changing sermons are preached and forgotten with time. We exist to preserve these divine utterances, making them available for study, meditation, discipleship, and spiritual growth. Through this work, we are committed to ensuring that no revelational truth is lost, but that every inspired message can continue to speak, heal, transform, and bring men into the knowledge of Christ.*



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*Let us preserve God's spoken Word together and take the Gospel further.*

*LivingSermons is raising Kingdom-minded volunteers across the world to help transform live sermons into lasting digital resources. If you have the burden to serve and the skill to contribute, there is a place for you.*

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- **Language Translators:** Help translate sermons into different languages so more people can access the truth.
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