

Rising Like a Lion in the Morning

לְכוּן צְרִיךְ הָאָדָם לְהִתְגַבֵּר כְּאַרִי וּמִיָּד כְּשֵׁיֶעוֹר מִשְׁנָתוֹ יָקוּם בְּזְרִיזוֹת
לְעֲדוּת הַבּוֹרָא, וְיִתְבָּרַךְ וְיִתְעַלֶּה, קוֹדֵם שֶׁיִתְגַבֵּר עָלָיו הַיֵּצֶר-הָרָע
בְּטַעֲנוֹת וְתוֹאֲנוֹת לְבַל יָקוּם. וְיִתְחַכֵּם עָלָיו לְהַשִּׂיאוֹ בַּחוּרְף: אֵיךְ
תָּקוּם עֵתָה בְּבִקְרַת הַשָּׁכֶם וְהַקֹּר גָּדוֹל? וּבְקִיץ יִשְׂאָנוּ: אֵיךְ תָּקוּם
מִמְטָתְךָ וְעֵדִין לֹא שְׁבַעְתָּ מִשְׁנֵתְךָ? אוֹ בְּטַעֲנוֹת אַחֲרוֹת וְכַדוּמָה...
וְלִכּוֹן כָּל בַּעַל-נֶפֶשׁ הַיָּרָא וְחָרַד לְדַבַּר ה' צְרִיךְ לְהִתְגַבֵּר עָלָיו וְלֹא
יִשְׁמַע לוֹ.

One should strengthen oneself like a lion, and when awakening from sleep immediately rise quickly to the service of the Creator, be he blessed and exalted, before the evil impulse prevails upon him with various persuasions not to rise. It might try to outwit him in the winter: How can you get up so early in the morning when it is so cold? Or, in the summer it might say: How can you get out of your bed when you haven't yet had enough sleep? or similar persuasions.... And so, every reflective person who stands in awe and trembling at the divine word must prevail over the evil impulse and not listen to it.

Shulhan Arukh 1:4