



ELLEN MILLER



TYNDALE HOUSE PUBLISHERS, INC.
Carol Stream, Illinois

Visit Tyndale's exciting Web site at www.tyndale.com

TYNDALE and Tyndale's quill logo are registered trademarks of Tyndale House Publishers, Inc.

The One Year is a registered trademark of Tyndale House Publishers, Inc.

The One Year Book of Inspiration for Girlfriends . . . Juggling Not-So-Perfect, Often-Crazy, but Gloriously Real Lives

Copyright © 2009 by Ellen Miller. All rights reserved.

Cover photo of lipstick smear copyright © by iStockphoto. All rights reserved.

Cover textures copyright © by CGTextures.com. All rights reserved.

Cover illustrations by Jessie McGrath copyright © by Tyndale House Publishers, Inc. All rights reserved.

Author photo copyright © 2008 by Jin Kim Photography. All rights reserved.

Photo of Mammaw used by permission of the Ellen Miller family.

Designed by Jessie McGrath

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NASB are taken from the *New American Standard Bible*®, copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

Scripture quotations marked HCSB are taken from the *Holman Christian Standard Bible*®, copyright © 1999, 2000, 2002, 2003 by Holman Bible Publishers. Used by permission. *Holman Christian Standard Bible*®, *Holman CSB*®, and *HCSB*® are federally registered trademarks of Holman Bible Publishers.

ISBN 978-1-4143-1938-4

Printed in the United States of America

15 14 13 12 11 10 09
7 6 5 4 3 2 1

For Mamma



CONTENTS

Acknowledgments vii

Introduction ix

1	Finding Your Joy	1
2	Spread Too Thin	9
3	Living Intentionally	23
4	When There's a Hole in Your Soul	43
5	One Breath Away from Burnout	51
6	Playing the Scales	62
7	Cutting the Clutter	70
8	Work/Life Balance and the Debit Card	75
9	If They Weren't the Cleavers	86
10	What's in Your Purse?	95
11	What Mammaw Said	103
12	The Pushmi-Pullyu of Perfection	111
13	Due to Circumstances beyond Our Control	119
14	Will You Be My Friend?	127
15	The Piano Lesson	133
16	Our Secret Sauce, My Recipe	147
17	Our Secret Sauce, His Recipe	158
18	Sticks and Stones	166
19	Catching My Second Wind	174
20	Getting a Do-Over	181
21	Moving through the Fog	212
22	A Different Perspective	222
23	Dancing with Lazarus	230
24	Crossroads	236
25	What Does It Look Like?	253
26	Digging in the Dirt	282
27	Dwindling Resources	295
28	A City View	306
29	Your Marketing Strategy	315
30	Tongue-Tied	323
31	I Heard It on the Radio	330
32	On the Ground	345
33	Just a Few Words	358
34	Living Your Joy	365

Scripture Index 367

Notes 371

About the Author 373

ACKNOWLEDGMENTS

Without you . . .

my Insiders, this book just couldn't have happened. Your support in carrying my business workload enabled me to have the time and mental bandwidth to write these words. Debbie, Jesse, Will, Becky, Mary Jo, Kathy, Carol, Paul, Clay, Christian, and especially Paula—who is also my dearest friend—thank you for your moral and physical support.

Without you . . .

my dear girlfriends, I would not have had the confidence to even begin this journey. Your encouragement energized me and motivated me to do something I never thought I could have done. Elaine, Linda, Susan, Gretchen, Karen, Petey, Kathryn, Dina, Stacie, and all my girlfriend subscribers around the world—you are such a blessing to me. Kim Miller, my editor, and Jan Long Harris and the team at Tyndale—thank you for taking this chance with me.

Without you . . .

LifeNet, including Terry Smart and the other fabulous team of professionals there, I might not have this story of hope to tell. Thank you for giving my son the tools and encouragement to get his life back. I know God must have a very special place in heaven for those of you who selflessly give your time and energy to those in our society who are so deeply hurt and broken.

Without you . . .

my family, there is no story for you are the ones who give depth and meaning to my life. My in-laws Al, Harriett, and Dean who love me like their own daughter; thank you for always being so proud of me. My son-in-law, Adam, who is way more son than “in-law,” I thank you for the way you love and care for my daughter and granddaughter. Shauna, my light and best friend since I was eighteen years old, you bring me joy and happiness beyond words; I cannot imagine my life without you. To Ava, your very presence has ignited in me a desire to live intentionally in order to leave a meaningful legacy to you as my grandmother did for me. And,

Scott, without you I would not be the woman I am today. Your struggles have humbled me and brought me to my knees, and your courage and determination to fight your way back has filled me with hope and pride. Thank you for so graciously and boldly allowing me to share your struggles so that other moms who are also facing crisis with their children may find hope.

Without you . . .

Steve, I am only a ghost of myself. Your direction, support, and encouragement right me when I fail; your interest, insight and suggestions fuel me when I'm drained. And the way you love me—deeply, selflessly, and passionately—completes me. I am so blessed to have you as my husband. I love you with all my heart.

Without you . . .

my God, I am nothing.

INTRODUCTION

ON A SUNDAY afternoon in 2004, I had an “urging”—a really strange sense of calling—to write some of my girlfriends. I wanted to reach out to those women who I knew were in the difficult life stage of building a career while caring for a family. Since I had passed through that crazy life stage and lived to tell about it (along with my husband and kids), I sent a few of my gal pals an e-mail with a short note and a quote from Andy Andrews’s book, *The Traveler’s Gift*. On Monday morning, my girlfriends, some of whom I had not even corresponded with in over a year, responded with notes like “How in the world did you know that I needed that? Life is so hard right now. Keep ’em coming!”

Goaded by my dear friend and mentor Elaine Weeter, I agreed to begin compiling and sending out some of my personal stories, reflections, and thoughts. As my subscriber base grew, I launched www.ellenmiller.com, a blog for women seeking to live a life of uncommon joy. My musings, called Truth Nuggets, are sent via e-mail and posted to my blog. This book is a compilation of some of those writings.

In the movie *Shadowlands*, a student tells his professor, C. S. Lewis, “We read to know we’re not alone.” And, really, that’s why I began to write. Over five years later, my audience is global. It includes women of all faiths and no faith. These women range in age from their early twenties to nearly seventy. Some have never worked outside the home; others are high-flying executives. But they all long to live intentionally and to leave a legacy for others.

While my purpose in life is to encourage my girlfriends, my profession is marketing. I am the founder and president of a technology marketing company. Since 1994, Insider Marketing has helped launch some of the most innovative and significant products in the technology industry. Prior to opening the firm, I was an executive with a Fortune 500 company. During that period of life I struggled to maintain any semblance of balance between building my career, securing a new marriage, and raising my children. This was the life stage I refer to as my three-ring circus!

My purpose and profession are just two-thirds of who I am, however. Personally, I am a God-loving sinner saved by grace. While I am deeply spiritual and a faithful follower of Christ, I am not a church lady. I can’t pray like they pray; my

words are often clunky. My Bible is well worn and read (literally red, with lots of notes written in ink); but I have a hard time recalling Scripture—especially in a pinch! And . . . well . . . sometimes I'm just selfish and prideful and impatient and—I guess you get the idea. I think church ladies are really neat; I'm just not one of them. Going on twenty years of marriage, I am head over heels in love with my husband, Steve. This is his first marriage and my second. Steve helped me raise our daughter, Shauna, and son, Scott. We've added to the crew with the addition of our son-in-law, Adam, and our granddaughter, Ava.

When I first began writing to my girlfriends, our son, who was addicted to drugs, had been missing for three years. Scott's drug dependency and recovery are a significant, if painful, part of our family history. For this reason, 50 percent of my profits from the sale of *The One Year Book of Inspiration for Girlfriends . . . Juggling Not-So-Perfect, Often-Crazy, but Gloriously Real Lives* will be given to LifeNet, a Dallas-based nonprofit that helps people recovering from mental illness and chemical dependency to rebuild their lives.

Scott believes our story can help other families who also live not-so-perfect lives, so he's given me his permission to tell our story. In fact, Steve, Shauna, and Adam have also generously allowed me to share some of their stories with you, since our experiences have been my best teachers for living a life of uncommon joy.

Because I am a real woman, living a real life—sometimes a very messy and complicated life—I face new challenges every day. I have found peace that passes all understanding in my relationship in Christ. I hope this book of inspirations will bring you joy and hope as you journey for the next 365 days through your real life too.

JANUARY 1

FINDING YOUR JOY

I sometimes wonder whether all pleasures are not substitutes for joy. C. S. LEWIS

ARE YOU HAPPY?

The pursuit of happiness. A final destination so important that our forefathers included it in our Declaration of Independence. Millions *trade* their way to happiness—sometimes finding it in a corner office, others with a power-shopping trip to the mall—only to find that it quickly dissolves into discontent. Here today, gone tomorrow. Happiness, in reality, is just the emotion we feel when we are in a state of well-being. But emotions are fickle and can change with the weather or a ten-second hormonal surge! In fact, I think happiness is overrated—after all, it's so dependent on outside influences.

Do you have peace?

When my kids were teenagers, I would have these moments (sometimes hours) when both kids were doing well in school, their social networks humming; my job was going great; my husband was content and satisfied with his work—our little family a Norman Rockwell poster. And then the sun would come up and there'd be an algebra test, a girlfriend's hurtful words, or a boss's unreasonable expectation, and that peace would be a distant memory.

Peace is a state of serenity. But your peace can be interrupted when the telephone rings. For this reason, I know that peace is fleeting and, like happiness, should not be our lifelong pursuit.

So that leaves us with joy. Do you have joy?

Better yet—do you have *uncommon* joy? Do you live in a state of contentment that defies all logic in this world gone mad? Regardless of who has harmed you in the past, what circumstances may get in your way today, or what life-blows you'll face in the future, can you say you live in a state of constant, uncommon joy? To live with rich contentment, joy—which cannot be affected by outside forces—is required. Joy is a state of heart and is the only one of these three states—happiness, peace, and joy—that you and you alone can control. No one can mess with your joy unless you let them.

I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! (JOHN 15:11)

Have you maybe misplaced your joy? It's not gone—it's just in a very good hidey-hole. Let's go find it. Over the next 364 pages, I will share with you a few very practical but transforming tips to finding uncommon joy—regardless of how common your life is!

FINDING YOUR JOY

Let's Start with You

To find the good life you must become yourself. DR. BILL JACKSON

GIRLFRIENDS, now that we're all grown up, we need to get over trying to please others. If you're over the age of thirty-five, you probably know that you're never going to please everyone and that on some days, you'll please no one. The harder you work at it the more impossible it is to gain or to maintain that person's favor. Seeking the approval of others is a surefire (for my out-of-state friends, that's a Texas term for *guaranteed*) way of losing your joy.

I'm not sure if approval seeking is a result of our upbringing; I guess if we were little girls whose self-esteem got a boost when Mom and Dad were well pleased, we are probably more likely to need approval from others today. I think my need for approval is genetic. I was born this way and came out of the womb hoping to dazzle the doctor! No matter how it's acquired, approval-seeking doesn't cohabit with joy.

For many years, I confused approval with respect. But of course, they are different. I learned, much too late, that people can respect you without always agreeing with your position or your actions. Have you confused approval with respect?

While some women are concerned about what others think, many of us are our own worst enemies. We don't approve of who we are. Of course, there are always things we need to work on. That's okay—we are all works in progress. If you have issues that you know need to be addressed and you don't feel you can give yourself the big Five-Star Approval Rating, give yourself at least four stars; for heaven's sake, recognizing a problem is half the battle!

What is important here is that we be our best for ourselves. No one else. If you're trying to please your husband or boyfriend, your mother, your boss, or your kids—you can forget about it. You won't find joy in that pursuit. Joy is a state of contentment that cannot be affected by outside forces.

Say out loud with me: "Someone will not like something I say or do today."

How do you feel? Not so good?

Say it again, but this time add: "Someone will not like something I say or do today but that's okay—God and I are well pleased with me."

*You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever. (PSALM 16:11)*

Better?

You will find lasting joy only when you decide that others' approval is not important to who you know you are.

FINDING YOUR JOY

Reassigning Your Treasure

I AM A PERSON of joy, and some people think it's because I live a perfect life. Ha! Nothing could be further from the truth. But I have discovered a secret that is the source of my joy: *I have reassigned my treasure.*

My family, probably like yours, is far from ideal. In addition to a wonderful husband and an awesome daughter and son-in-law, our son, Scott, was a non-functioning drug addict for a number of years.

As a matter of fact, when I first wrote this Truth Nugget to my girlfriends, he was missing. Again. We had not heard from Scott in over three years. Could it have possibly been worse? Yes. His drug of choice is methamphetamine. Heart-breaking doesn't even begin to describe what a mother goes through when she knows her baby (yes, at twenty-six, he was still my baby) is in a desperate situation, most likely sleeping on the streets (again), and unable to find his way. My precious little redheaded boy who loved to laugh and play and snuggle was now standing uncomfortably close to the threshold of death.

What mother ever envisions dealing with missing persons officials and calling the morgue on a monthly basis? I sure didn't. You see, we did everything "right." We went to church on Sundays, ate dinner around the table as a family every night, attended soccer games and band competitions. How could this possibly be happening to us? Sometimes I felt like I was playing a part in a bad made-for-TV movie. Whenever the phone would ring—I expected it to be him. I literally held my breath hoping that my one-time saxophone-playing, lovable, huggable, honor-student kid would say, "Hey, Mom! What's up?"

I share my story with you because, like many mothers, my treasure was my children. For many years, I drew my identity, creativity, and self-worth from my children's well-being. My dream of raising healthy, happy children was my energy source. But I've learned through this journey that this doesn't work; I can't commit my sanity, or insanity, to my children. My joy must come from knowing that God's agenda is greater than my own. Thus, I reassigned him to be my treasure by placing my trust in his promise of grace and mercy. Once I shifted my focus from me to him, I realized I could be joyful and strong regardless of this heartbreaking situation. Though darkness had taken my son, I absolutely refused to relinquish my joy to it.

So, what is your treasure? Your home? Your spouse? The quest for money or more stuff? Your children's success? Your position in your church or community? Be careful; it may make finding joy an impossible task.

Wherever your treasure is, there the desires of your heart will also be.
(MATTHEW 6:21)

Of course, reassigning your treasure may not be easy. My only helpful tip: it's easier to let go of something once you recognize it wasn't yours in the first place.

JANUARY 4

FINDING YOUR JOY

Letting Go of Yesterday

We must accept finite disappointment, but never lose infinite hope. MARTIN LUTHER KING JR.

SOMETIMES WE HAVE our joy, only to misplace it. There are as many ways for joy to elude us as there are personalities in the world, but one way we lose it is by not being present in the now. We spend so much time thinking about where we should have been, where we need to be, what we need to do, and how we're going to do it that we forget about right now. We're not going to get this second back, so why are we such poor stewards of this moment?

Notice, I didn't say be in *the* moment. I want you to be in *this moment*. I want you to begin to recognize when you have a "this moment" with your family, your peers at work, your friends. I've found that it is very difficult to be in this moment if we're constantly plagued with thoughts of yesterday or tomorrow.

Living a not-so-perfect life, I have experienced the consequences of sin—my own and those bestowed on me by others. I have made mistakes that shame me to no end; sins that if I dwelled on them and failed to receive the forgiveness freely given, would send me into a black hole from which I would never return. And I have also experienced sin on the receiving end: abandonment, betrayal, manipulation, and emotional abuse. Accepting my failures, as well as those of others, is the only way to deal with a fallen world. And moving on is the only way to hope.

Don't let your past haunt your now. What happened yesterday, last month, or when you were twelve years old cannot be undone. It happened; and it was probably sad *and* unfair. Thinking about, dwelling on, and reliving the past—one created by you or for you—will only rob you of joy today. Joy is a state of contentment that cannot be affected by outside forces. Remember: yesterday is an outside force.

*I cried out to the LORD,
and he answered me from his holy mountain.
I lay down and slept,
yet I woke up in safety,
for the LORD was watching over me. (PSALM 3:4-5)*

Are you willing to let it go? Notice I asked if you were willing. Most of us are capable but have become so comfortable rolling around in our tormented pasts that we've come to relish our "victimhood."

What will you choose? The agony of yesterday or the joy of today?

JANUARY 5

FINDING YOUR JOY

Being Present

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable. SYDNEY HARRIS

I WASTED PRECIOUS “this moments” with my family by not stopping to take in the details of everyday exchanges. Oh, the kids had my full attention when the tears were flowing or when they slammed the bedroom door! (That only happened once. At our house if you slammed the door, Dad would remove it from the hinges to ensure it didn’t get in your way again.) But the little things that make a conversation so precious—facial expressions, giggles, or a well-kept secret finally shared—sometimes went by without my full registration of the moment. Why? I was too busy trying to do other things. Were the other things—like cooking dinner or folding towels—more important? No, of course not. So why didn’t I stop whatever else I was doing to be in that moment?

There will always be challenges with the kids, issues with the boss, home appliances that break down, or a girlfriend whose feelings were hurt. If we are constantly thinking about the next moment and what we need to do, how can we possibly enjoy and be in this one? You will have another moment to deal with life. Life’s stuff is not going away—it will wait for you.

To excel at being in this moment, you will want to turn off the stove when your kids are in the kitchen with you after school. (It’s okay—dinner can be late.) You’ll switch off the TV when your grown kids come over. You will turn off your mobile phone when you go to lunch with a girlfriend. You will learn to *ssshh* the constant chattering in your head. Being in *this moment* will allow you to see, hear, and feel in a whole new way. And that, my friend, is pure joy.

Please, LORD, rescue me!

Come quickly, LORD, and help me. (PSALM 40:13)

Choose to make *this moment* a priority for you and the ones you love. Pure, uncommon joy awaits you.

FINDING YOUR JOY

Give Something Away Every Day

Be careful how you live; you may be the only Bible some people ever read. UNKNOWN

I BELIEVE we rob ourselves of joy by not giving something away—every day.

There's nothing in the world like the feeling you get when you perform a random act of kindness. I almost feel guilty for the pleasure *I* gain when I am helpful to someone. If it feels so good, why do we stop to think before we just *do*? Are we afraid we'll look too soft? Are we afraid we might be embarrassed if the offer for help is refused? Or do we talk ourselves out of helping by drawing a fact-less conclusion that the person will be fine and doesn't really need our assistance?

Most people limit their gifts to money or time. Both are critical, but I've discovered joy by looking for other things to give, such as:

- *Encouragement.* Let's admit it—we're all faced with challenges every day. That's why I started writing my blog. Girlfriends need encouragement. Many of you give away encouragement by forwarding my notes on to your girlfriends, and some of you write me to cheer me on. What inspiration I gain from you!
- *An extra pair of hands.* Ever see a mom struggling at the grocery store or at the airport with her kids, bags, doors, car seats, etc.? I always smile, ask gently if I can lend a pair of hands—and have never been refused. The mother looks at me like I'm some sort of angel. What brings me joy about this? I usually get to hold the baby!
- *Your seat.* This one gave me my biggest jolt of joy ever. I had the opportunity to give my first-class airline seat to an army private coming home for leave from the war in Iraq. Every minute I sat in his middle seat from Dallas to Portland was pure joy. What an honor it was for me to serve him, if only for three hours and fifty-nine minutes. Wow! I could have floated off that plane. (And he was pretty tickled too.)
- *Forgiveness.* I give forgiveness. Because I make mistakes, I know others do too. I've found when I give forgiveness, it's me—not the other person—who benefits. Forgiveness is freeing, and being free is joyful.

*The generous will prosper;
those who refresh others will themselves be refreshed.* (PROVERBS 11:25)

Some people confuse this type of generosity with being nice, but it's much more than that. There's nothing like the rush of joy you get when you give something away. So what will you give away today?

JANUARY 7

FINDING YOUR JOY

Glory in What You Have

Contentment is not the fulfillment of what you want, but the realization of how much you already have. ANONYMOUS

LIFE IS FULL of blessings we take for granted.

Yet so often we dwell on what we don't have. I think the more we dwell on that, the harder it is to come by joy. So if yearning for things robs you of your joy, the opposite must be true. Glory in what you have, and the joy will come flowing through!

This is the Ellen version of “stop and smell the roses.” Don't just be happy about the things or people in your life . . . take *glory* in them. *Celebrate* them. Be in *awe* of them. This isn't about the stuff—it's about how your heart *thinks* about the stuff! One important note: in order to glory in what you have, you will need to have mastered being in *this moment*.

So what do I glory in?

- *A walk.* I glory in the fact that I have feet and that I can walk. I walk every day. It's good for my heart, my mind, and my derriere. What a blessing!
- *My Dean Martin CD.* Dean Martin is pure joy. My mom, who died several years ago, loved Dean Martin and played his albums almost every Saturday evening when I was growing up. Warm, fond memories are good for joy.
- *Cut flowers.* I pick up a bouquet of cut flowers at the grocery store every week. Girlfriend, \$6.99 can't buy anything else this good! Every time I look at them I am amazed at the creativity of our God. Joy in a six-inch vase. How cool is that?
- *Dancing.* I just dance and dance and dance . . . usually in the kitchen and usually to Dean Martin. I'm not very good but it seems to provide great entertainment for my husband—he gets joy from watching my joy!
- *Sunshine.* I'm fueled by sunny, warm days. How can sunlight possibly be free? Well . . . I guess if you live in California you pay for it in property costs. But for the rest of us, it's free. Sunshine brings me joy.

O our God, we thank you and praise your glorious name!

(1 CHRONICLES 29:13)

What do you glory in? Take a few minutes to make your own list. Once you *recognize* what you glory in and you learn to be in *this moment*—you'll glory in it *more*. And that will bring you joy.

JANUARY 8

FINDING YOUR JOY

FATHER GOD, you have spoken to me and I realize that joy awaits me when

- I stop allowing others' disapproval of me to disrupt my sense of well-being;
- I let go of those things I hold on to so tightly and reassign you as my treasure;
- I choose to let go of yesterday;
- I am fully aware of being in this moment with you;
- I give something away;
- I glory in what I have.

ACTIONS I WILL TAKE:

Example: I will let go of my pain of yesterday by reminding myself each morning that I have accepted the forgiveness Christ has so freely given.

1. _____
2. _____
3. _____

God of glory and lover of my soul, I thank you for caring so much for me that you would want me to live with uncommon joy. Thank you for this life you have given me and for the delights you have awaiting me today, tomorrow, and in my life with you ever after. Amen.

SCRIPTURE INDEX

Genesis 1:1.....	September 26	Psalms 34:19	February 26
Genesis 1:3.....	August 10	Psalms 37:3-4	January 17
Genesis 1:14-15	October 27	Psalms 37:5-6	February 6
Genesis 2:7.....	June 26	Psalms 37:23-24	August 22
Exodus 20:3-5	April 22	Psalms 37:30-31	January 28
Exodus 20:6	September 27	Psalms 37:34	January 30
Exodus 20:8	July 25	Psalms 40:1-3	March 27
Exodus 20:12	March 29	Psalms 40:8	March 8
Exodus 35:22	January 19	Psalms 40:13	January 5
Deuteronomy 15:10.....	December 13	Psalms 46:1-2	July 7
Joshua 3:5	March 30	Psalms 51:2-4	December 26
Joshua 24:15	June 13	Psalms 55:13-14	May 29
1 Chronicles 29:13.....	January 7	Psalms 56:3-4	August 21
Nehemiah 6:3-4	July 14	Psalms 57:7	November 27
Nehemiah 8:10	October 7	Psalms 62:5	September 2
Job 1:20-22	August 4	Psalms 62:8	May 20
Psalms 3:4-5	January 4	Psalms 66:1-3	November 21
Psalms 4:3	May 21	Psalms 83:1	November 24
Psalms 7:17	September 8	Psalms 89:1	November 26
Psalms 9:1	September 5	Psalms 91:1	January 15
Psalms 16:5-6	November 14	Psalms 91:2	July 2
Psalms 16:7-8	November 20	Psalms 92:4	September 19
Psalms 16:11	January 2	Psalms 98:1	December 1
Psalms 18:1-2	November 23	Psalms 103:1-2	September 28
Psalms 20:1-3	November 22	Psalms 116:1-2	November 8
Psalms 23:1-3	August 1	Psalms 118:1	December 31
Psalms 23:3	July 26	Psalms 118:6-8	July 3
Psalms 23:4	December 16	Psalms 119:11, 28	December 24
Psalms 25:17	December 7	Psalms 119:66	July 6
Psalms 27:1	April 29	Psalms 119:114	April 30
Psalms 30:11-12	August 7	Psalms 119:143	April 7
Psalms 32:6-7	November 19	Psalms 119:169	September 6
Psalms 34:13-14	September 15	Psalms 120:1	September 4
Psalms 34:14	July 24	Psalms 121:8	August 24
Psalms 34:18	March 13	Psalms 133:1	May 10

Psalms 136:1	July 23	Proverbs 27:17	July 17
Psalms 138:1-2	September 29	Proverbs 31:10	April 17
Psalms 138:7-8	May 3	Proverbs 31:17-18	July 19
Psalms 139:1-2, 4	July 9	Proverbs 31:21	June 3
Psalms 139:10	July 11	Proverbs 31:22	June 12
Psalms 139:13-14	November 11	Proverbs 31:25-26, 28	April 19
Psalms 139:16	November 12	Proverbs 31:30	August 14
Psalms 139:17	November 13	Ecclesiastes 3:1	October 18
Psalms 139:23-24	November 16	Ecclesiastes 3:4	August 5
Psalms 143:8	November 17	Ecclesiastes 3:22	April 27
Psalms 143:10	September 7	Ecclesiastes 5:7	July 1
Psalms 145:4	September 10	Ecclesiastes 5:10	March 21
Psalms 145:14	January 10	Ecclesiastes 5:18-19	July 21
Proverbs 1:19	March 16	Ecclesiastes 5:19-20	September 18
Proverbs 2:6	September 12	Ecclesiastes 7:11	March 23
Proverbs 3:5-6	January 26	Ecclesiastes 8:1	February 5
Proverbs 3:27	June 17	Ecclesiastes 9:7	August 19
Proverbs 4:23	May 27	Ecclesiastes 11:2	March 20
Proverbs 5:18-19	June 9	Ecclesiastes 11:4	October 17
Proverbs 8:14	March 22	Ecclesiastes 11:7	August 30
Proverbs 10:16	March 19	Ecclesiastes 11:7, 9	July 20
Proverbs 11:8-9	October 24	Song of Songs 7:10	June 7
Proverbs 11:16-17	October 30	Song of Songs 8:6	June 5
Proverbs 11:25	January 6	Isaiah 30:18	February 22
Proverbs 11:30	September 1	Isaiah 40:11	August 28
Proverbs 12:14	June 25	Isaiah 40:31	August 11
Proverbs 12:20	August 31	Isaiah 41:10	July 27
Proverbs 13:3	September 16	Isaiah 42:3	August 25
Proverbs 13:20	January 29	Isaiah 43:1-3	August 6
Proverbs 13:22	April 13	Isaiah 43:7	July 29
Proverbs 14:1	October 4	Isaiah 47:10	January 11
Proverbs 14:4	October 31	Isaiah 60:1	December 3
Proverbs 14:23	February 28	Jeremiah 5:1	July 28
Proverbs 14:33	April 9	Jeremiah 29:13	May 15
Proverbs 15:1	June 1	Jeremiah 31:34	May 17
Proverbs 15:13	April 11	Lamentations 3:22-23	March 6
Proverbs 16:3	March 1	Ezekiel 36:26	April 25
Proverbs 16:9	July 18	Hosea 12:6	September 21
Proverbs 16:21	May 30	Micah 7:7	September 3
Proverbs 16:24	May 31	Zephaniah 3:17	April 6
Proverbs 17:14	January 14	Matthew 4:4	May 13
Proverbs 17:22	October 25	Matthew 5:3	November 3
Proverbs 18:12	August 13	Matthew 5:6	November 2
Proverbs 18:15-16	December 21	Matthew 5:7	November 9
Proverbs 18:21	June 18	Matthew 5:8	November 6
Proverbs 19:8	October 26	Matthew 5:9	November 4
Proverbs 22:6	March 25	Matthew 5:13, 16	January 9
Proverbs 26:11	August 3	Matthew 5:14	September 30
Proverbs 27:9	June 30	Matthew 5:14-16	February 8
Proverbs 27:10	May 8	Matthew 5:46	September 20

Matthew 6:9-13	May 22	Romans 12:10	June 11
Matthew 6:12	April 3	Romans 12:12-13	December 20
Matthew 6:14-15	December 6	Romans 12:17-19	April 16
Matthew 6:19	December 4	Romans 13:7	September 17
Matthew 6:21	January 3	Romans 15:4	August 2
Matthew 6:24	August 29	Romans 15:5	September 23
Matthew 6:25-26	May 4	Romans 15:13	January 13
Matthew 7:7-8	December 5	1 Corinthians 5:1	November 15
Matthew 10:31	February 25	1 Corinthians 8:3	July 12
Matthew 11:28-29	April 5	1 Corinthians 9:24-26	December 29
Matthew 25:23	March 17	1 Corinthians 10:13	July 5
Matthew 25:36-37, 39-40	December 17	1 Corinthians 12:14	October 10
Mark 4:19	March 12	1 Corinthians 12:18	October 11
Mark 12:30-31	February 10	1 Corinthians 12:27	March 5
Luke 6:20-21	December 12	1 Corinthians 13:1	June 19
Luke 6:35-36	February 18	1 Corinthians 13:4-5	May 28
Luke 6:37	May 25	1 Corinthians 13:6	December 14
Luke 6:38	January 21	1 Corinthians 13:7	May 9
Luke 10:41-42	April 10	1 Corinthians 13:13	June 2
Luke 11:9-10	April 21	1 Corinthians 15:10	July 8
Luke 12:6-7	May 2	1 Corinthians 15:58	April 26
Luke 15:32	March 9	2 Corinthians 1:3	May 19
John 3:16	December 2	2 Corinthians 5:16-17	August 26
John 8:12	December 9	2 Corinthians 9:6-7	October 20
John 8:32	July 13	2 Corinthians 9:7	January 20
John 8:36	February 3	2 Corinthians 9:8	January 18
John 11:33-34	August 18	2 Corinthians 12:9	February 21
John 13:34-35	December 18	Galatians 3:5	October 6
John 14:1	May 1	Galatians 3:14	July 10
John 14:27	February 17	Galatians 5:22-23	September 13
John 15:4	October 9	Galatians 6:9-10	October 16
John 15:5	December 11	Ephesians 1:18	January 23
John 15:11	January 1	Ephesians 2:20	September 24
John 15:13	October 2	Ephesians 3:14-16	April 24
John 16:13	December 25	Ephesians 3:16-17	March 31
John 16:33	March 14	Ephesians 4:14-15	June 16
Acts 2:24-26	December 8	Ephesians 4:27	July 4
Romans 1:20	September 22	Ephesians 4:29	June 15
Romans 2:3-4	January 16	Ephesians 4:32	February 16
Romans 6:14	January 12	Ephesians 5:28	June 8
Romans 8:1-2	December 28	Ephesians 6:11-12	May 14
Romans 8:15-16	August 27	Philippians 1:6, 9	October 19
Romans 8:28	June 28	Philippians 2:2-3	October 14
Romans 8:31	May 5	Philippians 2:4	October 13
Romans 8:39	August 15	Philippians 2:13	October 12
Romans 12:2	March 11	Philippians 4:6	February 13
Romans 12:5	September 25	Philippians 4:7	April 1
Romans 12:7	February 7	Philippians 4:8	November 7
Romans 12:8	October 29	Philippians 4:9	October 22
Romans 12:9-14	May 11	Philippians 4:13	July 31

Philippians 4:19	<i>February 12</i>	James 1:3-4	<i>August 12</i>
Colossians 1:9-10	<i>April 8</i>	James 1:5	<i>February 4</i>
Colossians 1:10	<i>September 11</i>	James 1:12	<i>March 28</i>
Colossians 1:11	<i>November 28</i>	James 2:1	<i>December 15</i>
Colossians 3:12-13	<i>June 20</i>	James 2:12	<i>October 1</i>
Colossians 3:16	<i>October 28</i>	James 2:13	<i>July 16</i>
Colossians 3:17	<i>February 15</i>	James 2:26	<i>June 24</i>
Colossians 3:18-19	<i>November 30</i>	James 3:13	<i>December 22</i>
Colossians 4:2	<i>July 22</i>	James 4:1	<i>December 27</i>
Colossians 4:5-6	<i>May 24</i>	James 4:2	<i>June 27</i>
Colossians 4:6	<i>June 21</i>	James 4:8	<i>May 16</i>
1 Thessalonians 5:11	<i>April 23</i>	James 5:11	<i>November 29</i>
1 Thessalonians 5:14	<i>August 8</i>	James 5:13	<i>February 27</i>
1 Thessalonians 5:14-15	<i>May 23</i>	1 Peter 1:13	<i>January 27</i>
1 Thessalonians 5:16-18	<i>March 3</i>	1 Peter 1:22	<i>April 18</i>
1 Timothy 4:7-8	<i>February 24</i>	1 Peter 3:3-4	<i>November 5</i>
1 Timothy 5:8	<i>June 10</i>	1 Peter 3:7-8	<i>March 7</i>
1 Timothy 6:18	<i>March 24</i>	1 Peter 3:8-9	<i>October 23</i>
2 Timothy 1:6	<i>August 20</i>	1 Peter 3:15	<i>July 15</i>
2 Timothy 1:7	<i>March 18</i>	1 Peter 4:8	<i>April 7</i>
2 Timothy 2:24	<i>October 5</i>	1 Peter 4:10-11	<i>February 14</i>
2 Timothy 4:7	<i>February 23</i>	1 Peter 4:12-13	<i>February 1</i>
Titus 3:3-5	<i>May 18</i>	1 Peter 5:6-7	<i>February 20</i>
Philemon 1:6	<i>September 14</i>	1 Peter 5:10	<i>January 24</i>
Hebrews 10:23	<i>April 15</i>	1 John 3:18	<i>March 4</i>
Hebrews 11:1	<i>December 19</i>	1 John 4:4	<i>January 25</i>
Hebrews 12:1	<i>June 23</i>	1 John 4:7	<i>February 9</i>
Hebrews 13:2	<i>October 15</i>	1 John 4:10-12	<i>August 16</i>
Hebrews 13:5	<i>June 4</i>	1 John 4:18-19	<i>April 14</i>
Hebrews 13:20-21	<i>October 3</i>	1 John 4:20	<i>May 7</i>
James 1:2-4	<i>February 2</i>	1 John 5:4	<i>January 31</i>

NOTES

1. Alexandra Stoddard, *You Are Your Choices: 50 Ways to Live the Good Life* (New York: Collins Living, 2006), 111.
2. *Merriam-Webster's Collegiate Dictionary*, 11th ed., s.v. "multitasking."
3. Marcus Buckingham and Donald Clifton, *Now, Discover Your Strengths* (New York: Free Press, 2001), 208.
4. Tim Sanders, *Love Is the Killer App* (New York: Three Rivers Press, 2003), 3.
5. *Ibid.*, 81.
6. Dick Richards, *Artful Work* (San Francisco: Barrett-Koehler Publishers, 1995), 38.
7. Joel Olsteen, *Your Best Life Now* (New York: FaithWords, 2004), 163.
8. *American Heritage Dictionary*, 4th ed., s.v. "guilt."
9. *Ibid.*
10. *Wikipedia*, s.v. "cardiopulmonary resuscitation," http://en.wikipedia.org/wiki/Cardiopulmonary_resuscitation.
11. Barna Update, May 4, 2004, <http://www.barna.org/barna-update/article/5-barna-update/140-number-of-unchurched-adults-has-nearly-doubled-since-199>.
12. Rick Warren, *The Purpose Driven Life* (Grand Rapids: Zondervan/Inspirio, 2003), 11.
13. David Bach, *Smart Women Finish Rich* (New York: Broadway, 2002), 36.
14. Ellen Hoffman, "Can Women Bridge the Retirement Savings Gap?" *Business Week*, August 11, 2008, http://www.businessweek.com/investor/content/aug2008/pi2008088_307392.htm?campaign_id=rss_null
15. Don Kuehn, "Your Money," AFT (May/June 2004), http://www.aft.org/pubs-reports/your_money/2004/0504.htm.
16. Bach, *Smart Women Finish Rich*, 26.
17. These final three statistics come from "Statistics and Aging Information," *The Senior Source*, <http://www.theseniorsource.org>.
18. Liz Perle, *Money, A Memoir: Women, Emotions, and Cash* (New York: Henry Holt, 2006), 40.
19. *Ibid.*, 228.
20. Calculations found at <http://www.bloomberg.com/invest/calculators/retire.html>.
21. Perle, *Money, A Memoir*, 107.
22. "Girls and Body Image Tips," Common Sense Media 2003 Research, <http://www.common SenseMedia.org/girls-and-body-image-tips>.
23. See http://www.teenresearch.com/PRview.cfm?edit_id=152.
24. Susan Nolen-Hoeksema, *Women Who Think Too Much* (New York: Henry Holt, 2003), 153.
25. John Maxwell, *Thinking for a Change* (New York: Warner Books, 2003), 109.
26. Sanford Bennett, "In the Sweet By and By," 1868.
27. Hugh Lofting, *The Story of Dr. Doolittle* (New York: Frederick A. Stokes Co., 1920), chapter 10.

28. Dan Baker and Cathy Greenberg, *What Happy Women Know* (New York: St. Martin's Press, 2007).
29. Carolyn Custis James, *When Life and Beliefs Collide* (Grand Rapids, MI: Zondervan, 2001), 82.
30. Patricia Raybon, *I Told the Mountain to Move* (Carol Stream, IL: Tyndale House, 2005), 128.
31. Henry Cloud, *Integrity: The Courage to Meet the Demands of Reality* (New York: HarperCollins, 2006), 191–192.
32. Alison Clarke-Stewart and Cornelia Brentano, *Divorce: Causes and Consequences* (New Haven, CT: Yale University Press, 2006), 16.
33. Marcus Buckingham and Curt Coffman, *First, Break All the Rules* (New York: Simon & Schuster, 1999).
34. Dick Richards, *Artful Work*, 56.
35. Marcus Buckingham, *The One Thing You Need to Know* (New York: Simon & Schuster, 2005), 189.
36. Alexandra Stoddard, *You Are Your Choices* (New York: HarperCollins, 2006), 209.
37. Virginia Satir, *The New Peoplemaking* (Mountainview, CA: Science and Behavior Books, 1988), 325–326.
38. Anne Lamott, *Traveling Mercies* (New York: Random House, 1999), 143.
39. Shelly Branch and Sue Callaway, *What Would Jackie Do?* (New York: Gotham, 2005), 47.
40. John Bunyan, *The Pilgrim's Progress* (London: J. M. Dent and Sons, 1929).
41. Lee Thomas Miller and Ashley Gorley, "You're Gonna Miss This," © EMI Blackwood Music, Inc., 2007.
42. Patty Griffin, "Up to the Mountain," © Almo Music Corporation and One Big Love Music, 2006.
43. Jennifer Nettles, Kristen Hall, and Kristian Bush, "Stand Back Up," © Greater Good Songs and Dirtpit Music, 2003.
44. "Wild Women Do," © CBS Music Inc., Chalk Hill Music, No Ears Music, and Geffen Music, 1990.
45. Sammy Cahn and James Van Heusen, "Come Blow Your Horn," © Maraville Music Corp., 1963.
46. Terence Martin, "Even Trade," © Terence Martin, 2008.
47. Georgia and Angelo Middleman, "Do What You Do," © PolyGram International Publishing Inc. and On My Mind Music, 1999.
48. Lew Brown and Buddy G. DeSylva, "Life Is Just a Bowl of Cherries," 1931.
49. BoDeans, "Everyday," from the album *Still*, © He and He Records, 2008.
50. Van Morrison, "Brand New Day," © Van Morrison, 1969.
51. Don Henley and Glenn Frey, "Get Over It," © Woody Creek Music and Red Cloud Music, 1994.
52. John Mellencamp, "Rumbleseat," © John Mellencamp, 1985.
53. Cindy Morgan, "How You Live," © Word Music, 2007.
54. Bruce Wilkinson, *The Dream Giver* (Sisters, OR: Multnomah, 2003) 7–8.
55. Kay Warren, *Dangerous Surrender* (Grand Rapids, MI: Zondervan, 2007), 21.45.
56. Nancy Guthrie, *Hoping for Something Better* (Carol Stream, IL: Tyndale, 2007), 101.
57. See <http://www.un.org/ga/president/63/statements/peaceanniversary071108.shtml>.
58. Frederick Buechner, *Wishful Thinking* (New York: Harper One, 1973), 119.

ABOUT THE AUTHOR

ELLEN MILLER is passionate about life balance. Why? Because she knows firsthand the miserable feeling we have when we're "off our game" and the joy we can find in everyday life when we're hitting on all cylinders. Her motto is: "You can have it all—just not *every* day."

Professionally, Ellen is a working gal. She served as a corporate officer for a Fortune 500 company while raising a family. She founded and now serves as the visionary for Insider Marketing, a technology marketing firm. Since 1994, Insider has had the pleasure of marketing some of the biggest brands in the technology marketplace.

But Ellen believes that her profession describes only a third of who she really is. Personally, Ellen shares her life with her husband, Steve; their grown children; and their first grandchild. She's not one to take this blessing of a sweet family for granted. But probably the most defining thing about Ellen is her purpose. In this life stage, Ellen has felt a calling to be an encouragement to other women of all walks of life.

Ellen believes that a fulfilled, content woman is vital to our society, our workforce, and most important to our families. A woman who purposefully chooses to live intentionally makes for a productive employee, a strong marriage partner, and a positive role-modeling mother. Her desire is to inspire confidence and motivate women to live to their full potential—with *uncommon* joy—for Christ.