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DAILY MOMENTS OF

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INSPIRATION FOR WOMEN

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Daily Moments of Peace



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*The One Year Daily Moments of Peace: Inspiration for Women*

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# Introduction

PEACE OFTEN FEELS LIKE an elusive goal in a world that never seems to shut down—or even slow down. Given all the demands on your time, energy, and resources, does your longing for calm, quiet, and stillness ever seem unrealistic or selfish?

If so, Scripture reveals something surprising. The only source of true peace and restoration, it shows us, is God Himself. After the disciples returned from their first ministry tour, they excitedly told Jesus everything they'd seen and done. Given how much work remained, did Jesus send them right back out into the neighboring towns? No. Instead, He told them, “Let’s go off by ourselves to a quiet place and rest awhile” (Mark 6:31).

Likewise, this book is an invitation for you to spend a few minutes each day in quiet contemplation, whether it be first thing in the morning, over your lunch break, or just before bed. God made you and me to function best (and be most at peace) when we regularly take time to connect with Him through Scripture and prayer. As God told the Israelites, “Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength” (Isaiah 30:15).

*The One Year Daily Moments of Peace* can be your means of connecting with God for a few minutes each day throughout the coming year. These devotions are written by women from all walks of life. Each one opens with a story that will encourage you to embrace the peace that is yours when you remember and rest in God’s goodness, power, and love for you. Many readings will also point you to practical ways that you can be God’s instrument of peace to others.

You can use the prayer at the end of each reading to begin a longer conversation with God about the people and situations He has put on your heart. If

you'd like to go deeper with that day's topic, be sure to turn to the Scripture passage referenced in the Deeper Walk section.

This resource from Walk Thru the Bible is designed to ignite passion for God's Word within you as you relax, recharge, and reconnect with Christ, the one who "himself is our peace" (Ephesians 2:14, ESV).

JANUARY 1

# *A New Year's Revolution*

*Let your face smile on us, LORD.*

Psalm 4:6

EVERY YEAR I MAKE New Year's resolutions. I resolve to slim down my waistline, beef up my savings, clean my house, read through the entire Bible, and be a better wife, mother, sister, daughter, friend, and worker.

I love the idea of a clean slate, a fresh start, a do-over. Don't you? I think that's why so many of us make New Year's resolutions.

But usually, by February (or even sooner), I have broken one or more of my resolutions—I've eaten too much chocolate; I've spent too much on clothes for the girls; the house is still a mess; I've already gotten bogged down in Leviticus. And I'm not a better anything. So let's not chocolate-coat the truth here: Out of exhaustion and frustration, I throw up my hands and revert to my old ways.

So this year, I have a new idea. I'm not going on a self-help kick, and I'm not going to make resolutions. Instead, I'm going to ask God to make me who He wants me to be. Instead of resolutions, I'm going to ask Him to start a revolution in me.

Our heavenly Father is in the business of do-overs. He gives us a clean slate through Jesus so we can spend eternity with Him. And He'll give us a do-over every day through the confession and repentance of our sins. He is in the business of fresh starts when we eat too much or spend too much or can't make it through Leviticus.

For this new year, I'll ask Him to help me refrain from gossip, love more, root out bitterness, and change whatever else needs to be changed. The revolution has begun. But, Lord, I still need help with the chocolate issue!

As Jesus followers, we know that self-help books and resolutions will not help us make true, long-lasting, living-for-eternity change. But God can help us become the women He made us to be. Ask Him to start a revolution in you.

## *Steps of Faith*

*Lord, please start a revolution in me this year. I want to glorify You in all that I am.*

**Deeper Walk:** Psalm 25



# Reading Ahead

*And the one sitting on the throne said, "Look, I am making everything new!"*

Revelation 21:5

I LOVE TO READ—books, magazines, articles on the Internet, whatever. I come from a long line of readers; I like to think it's in my genetic makeup.

I was talking recently with another book lover, and I confessed to the habit of reading ahead at times. My friend laughed and said he couldn't believe I would do that. But when the story's action gets intense or the leading character looks like she might not make it or even if I get bored, I turn to the last few pages of the book. By knowing the end of the story, I can relax and read the rest of the book at a slower pace. That way, I don't miss important details, and I'm not skimming because I'm anxious to know what's going to happen. Also, by knowing the end of the story, I can decide if it's worth the time to keep reading.

Isn't it that way in our lives, too? Sometimes when our stories look scary, we want to close the book out of fear. We want to skim over the slow-going parts, like working a job we don't enjoy. We want to skip painful life chapters, such as going through a divorce. And sometimes, we want to read ahead to discover how everything works out; for example, who our children will grow up to be.

Right now we are living in the middle of God's story. When the action is intense—your husband has been laid off and you don't know how you'll pay the bills; when the plot is heartbreaking—your dad has been diagnosed with a devastating illness; when the story line is exciting—God has called you to another place; in all of these things, we as Jesus followers know how the story ends. We've read ahead. We know the Author's good plan. And we can know that the characters in His story—us—are going to make it through to that happiest of all endings.

Jesus wins! He is coming again to restore all things (see Revelation 21:5), and we are on His winning team.

## *Steps of Faith*

*Father, as we live in the middle of Your story, we've read ahead. We know that You have already won the victory, and we praise You.*

**Deeper Walk:** Revelation 21

# Who's on the Throne?

*Serve only the LORD your God and fear him alone.  
Obey his commands, listen to his voice, and cling to him.*

Deuteronomy 13:4

AS PASTOR KEVIN BEGAN HIS SERMON, I noticed a chair and sofa on the stage that weren't usually there. "Who's on the throne of your life?" he asked.

Pastor Kevin explained that the chair represented a throne—the throne on which only Jesus should be seated. "But sometimes," he said, "we decide that we want to be sitting there instead." He sat down on the chair to demonstrate. "We invite Jesus into our lives, but instead of letting Him sit on the throne, we lead Him over to the sofa—where we've put all the things we love a bit too much—and give Him a little space there."

Pastor Kevin, playing the part of Jesus, sat down on the very end of the sofa, as if he were being squeezed in next to a bunch of other things.

I thought about his illustration and wondered, *Do I have any idols in my heart? Am I giving Jesus His rightful place on the throne of my life? Or am I keeping myself there and offering Him a tiny space on the sofa along with all my other loves?*

It was a powerful, thought-provoking sermon—one that I'll probably remember for a long time. I took some time that afternoon to examine my life and to ask the Lord to show me if there was anything I had put in His place. When He did, I repented and asked for His forgiveness. Then I asked the Holy Spirit to prompt me anytime I was in danger of moving Jesus off the throne and taking His place.

In all our modern sophistication, we may look at the Israelites' worship of idols in the Old Testament and think how ridiculous it seems to bow down to a block of wood. But sometimes we're guilty of worshiping things: homes, cars, money, fame, technology, careers, or physical perfection. Ask God to show you if there is anything in your life that's out of order. Then be ready to obey when He shows you the truth.

## Steps of Faith

*Lord, You alone deserve to sit on the throne of my life. Please forgive me for the times I've tried to take Your place. Show me if there are any idols in my life. Let me always put You first.*

**Deeper Walk:** Deuteronomy 13

# Three Square Meals

*When I discovered your words, I devoured them.*

*They are my joy and my heart's delight.*

Jeremiah 15:16

I WAS BABYSITTING FOR my nephews one evening while their parents celebrated their wedding anniversary. As I prepared dinner, I noticed a small photo album on their kitchen counter and casually picked it up to glance through it, expecting to see pictures of my brother's family. Instead I found index cards containing dozens of Bible verses carefully written in my sister-in-law's handwriting. As I read through the Scriptures recorded on the cards, I could tell they addressed particular needs, hopes, and concerns in Melody's life.

"Tell me about this," I said to Melody when they returned home that evening. "I hope you don't mind me looking through it."

Melody didn't seem offended by my nosiness. In fact, she lit up with infectious enthusiasm when she noticed me holding the album.

"That," said Melody, "is three square meals! I've learned that when I 'eat' or meditate on Scriptures that feed my soul's hungers, I'm a more satisfied woman. That makes me a better wife, mother, friend, and employee."

Melody went on to explain that she keeps the album in the kitchen so she can "eat" from it three to four times each day. She said that's the most convenient place for her to read through her chosen Scriptures, meditate on them, and eventually memorize them.

I decided to try Melody's system for myself. And I can attest that nothing I cook up in my kitchen is nearly as satisfying as the words I eat there!

Besides fortifying us against temptation and equipping us to share the gospel, Scripture memorization feeds our hungry souls. For instance, Job said, "I . . . have treasured his words more than daily food" (Job 23:12). We may taste the sweetness of God's words when we read them (Psalm 119:103), but we don't really "eat" them until we meditate on and memorize them. What are some ways you can make dining on God's Word a regular part of your day?

## Steps of Faith

*Father, I will find Your soul-satisfying words and take them in throughout the day. I know they will become a delight to me and the joy of my heart.*

**Deeper Walk:** Psalm 119:9-16

# Nor Does He Sleep

*He holds all creation together.*

Colossians 1:17

SHE WAS SITTING IN HER CAR SEAT, singing at the top of her lungs: “He is exhausted, the King is exhausted on high, I will praise Him. . . . He is the Rord . . .”

We were on our way home from church that Sunday afternoon and had just sung that song in the service. Of course, our daughter had a few of the words wrong (exchange *exalted* for *exhausted*, and *Lord* for *Rord*).

But her rendition of the song got me thinking. Who would blame God for being exhausted? Just listening to my own prayers would make an ordinary person tired. And He listens to the tiniest prayers of His children all over the world. Just taking care of and providing for my little family is a full-time job. But He takes care of and provides for everyone.

He causes His rain to fall on the evil and the good. He sees everything—all the good deeds and all the sin. He holds the universe in place, and He knits our bodies together. He calls the stars out by name every night, and He gives me every breath I take. He had a plan of salvation for the world from the very beginning, and He has a plan for my four-year-old daughter’s life.

What if He decided to chuck it all and take a nap? What if He said, “Whew. I’ve had enough. These people are wearing Me out. I need a break”?

Scripture tells us “he holds all creation together” (Colossians 1:17)—that means every cell in our bodies and this planet that we live on. It means that every single creature and every single human being depend on Him for survival. And it also means that He knows your name and what each day of your life is going to look like.

Remember, God is never asleep at the wheel. He’s in charge of all that’s going on around the globe, and He never takes a day off.

Rest in the truth that God is fully aware of all that is going on in your life. He is tireless in His pursuit, protection, and provision for you.

## *Steps of Faith*

*Father, thank You that You will never leave us or forsake us. We can relax in the knowledge that You are sovereign over all things, even our very next breath.*

**Deeper Walk:** Colossians 1:15-20

# Learn to Say No

*For the LORD grants wisdom!*

*From his mouth come knowledge and understanding.*

Proverbs 2:6

ELAINE SET THE STEAMING steaks down in front of the customers. As she turned around, Katie whispered, “Gotta talk to you, okay?”

“Later,” Elaine told Katie and headed toward another table to take orders. Katie had cajoled her into covering the rest of her shift on numerous occasions so she could get off early. Elaine had always agreed and stayed late, hoping she would earn enough tips to make it worth her time.

But recently, Elaine’s husband, Blake, had told her, “The kids and I want to spend more time with you. Just tell Katie to find someone else to cover her shift next time.”

Dashing back to the kitchen, Elaine prayed silently. *Father, Katie has asked me to cover for her so many times that I feel like she’s taking advantage of me. Please help me to set healthy boundaries and to say no without feeling guilty.*

About seven, Katie bounced over to her and grinned. “Hey, how about covering for me tonight? I’m supposed to work until ten, but Ron is picking me up at nine.”

“I’m sorry,” Elaine began. “I can’t. I have to get home so I can spend some time with my family before the kids go to bed.”

“But I’ve already made plans . . .”

“Katie, I can’t do it. You’ll have to find someone else or change your plans.”

Katie’s face reddened. “I thought you were supposed to be a Christian!” she snapped.

“I am a Christian, but that doesn’t mean I can say yes every time. I have a family, and I have responsibilities at home.”

Katie stomped off toward the kitchen, and Elaine prayed again.

*Thanks, Lord, for giving me the courage to say no.*

Because of our desire to be liked and accepted, we may be tempted to say yes whenever someone asks us for a favor. If you have trouble turning down others, ask the Lord to give you the courage to say no when necessary. He will give you wisdom to take on only what is within His will.

## Steps of Faith

*Lord, give me the wisdom to know when to say yes and the courage to say no to others’ requests when You call me to do so.*

**Deeper Walk:** James 1:5-6

# Faithful

*What sorrow for those who say that evil is good and good is evil,  
that dark is light and light is dark, that bitter is sweet and sweet is bitter.*

Isaiah 5:20

AS EMPTY NESTERS, my husband, Jeff, and I settled into a comfortable routine. When we got home from work, I cooked dinner. After cleaning up the kitchen, we went for a walk, then came back and sat down to watch TV.

But the shows today seem to have few restrictions about what's acceptable and decent and what's not. When I was growing up, the violence was minimal—in *Gunsmoke*, Marshal Matt Dillon shot the bad guy (in self-defense), who was so far away from the camera that you couldn't see his "injuries" clearly. Lucille Ball and Desi Arnaz, who were married in real life, couldn't share the same bed on their show *I Love Lucy*.

One evening Jeff and I started watching a new drama on cable. It featured a dysfunctional family whose lives were rife with adultery, fornication, greed, and deception. Forget faithfulness. It wasn't anywhere to be found. When the characters had a rough day, they went straight for the bottle. If a character was really angry, he shouted or smashed things.

Jeff and I decided to watch something else. We knew that this program didn't reflect the values we believed in. The next day, while looking through the mail, I uncovered a sales flyer from a local Christian bookstore. It featured some interesting films, music, and books that aligned with our values. I decided to check it out.

Our society and the media today try to convince us that the only things of value are material success, physical beauty, and getting ahead. We are bombarded with messages telling us that faithfulness doesn't matter. We hear constantly that it's not important how we get whatever we want, only that we do. Many TV programs, books, and movies glorify sex, violence, and all kinds of corruption. At the Christian bookstore, I found out there are good alternatives. God's values are vastly different from those of this world. He is faithful, and He wants us to follow in the footsteps of His Son, Jesus.

## *Steps of Faith*

*Father, thank You for Your faithfulness. Help me to be faithful in all that I think, do, and say.*

**Deeper Walk:** Psalm 18

# *This Is My Song*

*The LORD is my strength and my song; he has given me victory.  
This is my God, and I will praise him.*

Exodus 15:2

WE THINK OF PRAISE SONGS as fairly new in the church, but they're actually as ancient as the parting of the Red Sea. Here are a few I've been studying: Moses' "Song of the Sea" (Exodus 15:1-18); Mary's "Magnificat" (Luke 1:46-55); and Zechariah's "Benedictus" (Luke 1:68-79). These are spontaneous songs of worship, with beautiful poetic language such as "He has filled the hungry with good things" (Luke 1:53) and "The morning light from heaven is about to break upon us, to give light to those who sit in darkness and the shadow of death" (Luke 1:78-79).

Moses' song was sung on the shores of the Red Sea after God saved the children of Israel from the Egyptian army. The Israelites watched as God threw the Egyptians into the sea, where they sank like lead into the depths. The song proclaims the Israelites' faith in God, glorifies Him as Deliverer, and describes in vivid imagery His mighty acts and sovereignty.

Mary's song, "The Magnificat," is a testimony to how God worked in her life personally. And since Mary knew her child would be the fulfillment of God's covenant promises to Abraham, she also magnified Him as Promise Keeper.

Zechariah's song, "The Benedictus," begins, "Praise the Lord, the God of Israel." It announces that salvation is at hand and foretells his own son's role: He, John, would prepare the way for Jesus.

Inspired by these ancient praise songs, I wrote my own: *Lord, there is none like You. Your fingerprints have been on my life since before I was born. You've provided for me as I've stood with my husband on the shores of unemployment. You've delivered my baby from sickness. You've done great things for me personally. I was thirsty, and You gave me Living Water. I was without direction, and You showed me the Way. I was without hope, and You gave me life. You bury my enemies—my sins—in Your sea of mercy, where they sink like lead. Thank You, Lord.*

Do you have a song?

## *Steps of Faith*

*Father God, we extol You for all that You are.*

**Deeper Walk:** Exodus 15

# *The Missing Storyteller*

*Seek the Kingdom of God above all else, and live righteously,  
and he will give you everything you need.*

Matthew 6:33

ONE OF THE FIRST THINGS my husband and I did as newlyweds was put a “year at a glance” calendar on our home office wall. We thought it would be great to add in our vacations, important holidays, home improvement projects, and work commitments so we could see our availability throughout the year. We were so proud of ourselves for this plan.

As we added things to the calendar over the first few months of marriage, we slowly became aware of how quickly it filled up. At first, it was fun to be an on-the-go couple with plans and dreams and general busyness. But then one Sunday afternoon, I received a call from the family ministry coordinator at church. I had forgotten that I’d signed up to tell the Bible story in kids’ church. I checked the calendar, and “storyteller” was nowhere to be found. “Stain the deck” was Saturday’s entry, and we hadn’t forgotten to do that. Although we had attended church that morning, I hadn’t even thought about children’s church. My husband and I were active in our congregation, but our calendar didn’t reflect it.

I called my husband in to see. “Honey, there’s nothing on this calendar about our church commitments—no Bible study, no small group, no service or ministry time.” I looked at him and said, “What were we thinking?”

“We weren’t,” he replied. “At least not about the most important things. Why don’t we fix that right now?”

“Great idea,” I said.

Are you too busy for God? Is your life so full of commitments that time spent connecting with God and fellow believers in Bible study and worship gets crowded out or becomes merely routine? Prayerfully examine your calendar and see if it needs a do-over.

## *Steps of Faith*

*Dear God, please forgive me when my priorities don't align with Yours. I desire to honor You and worship You with all of my being.*

**Deeper Walk:** Luke 10:38-42



# *His Kingdom Prevails*

*Yet what we suffer now is nothing compared to  
the glory he will reveal to us later.*

Romans 8:18

WHENEVER MY SMALL GROUP MEETS, we start by catching up with one another and reporting how our weeks are going. This week, one young woman began talking about world events. She mentioned various ongoing wars and conflicts, disastrous famines, and natural disasters and wondered aloud if these were the end times. Then she raised a question: What can we do?

For the next half hour, our group thumbed through Scripture and recounted all that we'd been taught about the "last days" before Christ's return. Many of the younger women were fearful about what the future held for their families. A few mentioned storing up food and keeping a survival kit if times got tougher.

Finally our leader, Linda, addressed the group. "It's true that we need to be watchful for the second coming of our Savior. And it's true that times are getting worse and we must be prepared. But we shouldn't worry or be afraid. Our hearts and minds must be centered on God's leading rather than on packing our bags. We are called to remain faithful through the good times and the bad. In these unsettling times, we can't just say we believe; we have to act on our belief, trusting God to lead and provide for us and our loved ones."

God used Linda's calm directive to remind the group that His Kingdom will prevail. His will is going to be accomplished on earth. It's our job to remain faithful to Him, obey His guidance, and be a light to a world in need.

The world is broken and groans with the pains of childbirth—it is pregnant with expectation of the return of Jesus. If we pull back and see things from a Kingdom perspective, everything weaves together into God's big story of redemption. Life's highs and lows combine to create a beautiful tapestry that glorifies God. Before preparing your survival pack, check your heart and perspective. Are they prepared for Christ's return?

## *Steps of Faith*

*Lord, times are getting harder, but I know You are in control and already have the victory. Give me eyes to see where You want me to be. Give me strength of heart to be faithful.*

**Deeper Walk:** Romans 8:18-30