



# *Any Given Moment*

52 Devotions and Prayers  
to Feel the Goodness of God

*SARAH MOLITOR*

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# *Introduction*

AT THE TIME, I DIDN'T REALIZE how special it would become. I just prayed because it felt like the right response in that moment. Truthfully, it's always the right response, even though I sometimes forget to take my own advice. But after that first Sunday that I prayed out loud with my online community, I started receiving messages full of prayer requests. And I quickly felt as though the Lord asked me to keep going. So I did. Each week, I opened my social media and asked the Lord to make His words my words and to speak through me. This weekly commitment to pray with others quickly became a favorite priority in my life. Now, any given Sunday evening you can still find me ducking away from whatever is happening to go pray with friends I may never meet. Friends like each of you! But if we never meet and I never fully know these friends, why do it? Because we are connected by the Lord and His faithfulness. Because God isn't confined to time or place and is touching lives even through an app. Because prayers are being answered—often quickly and sometimes over longer spans of time with consistent prayer. Because if I could share with you the testimonies that others have shared with me, you would be instantly encouraged in your faith! And because even those who don't recognize God as their Lord and Savior just yet are drawn to His love through prayer.

The Lord began to put on my heart a desire for this encouragement, this prayer time, to have a permanent place. Not just in some virtual cloud or highlight reel but on paper, where it could be read and recited over and over to keep His promises at the forefront of our hearts. Like the Lord says



in Habakkuk 2:2, “Write my answer plainly on tablets, so that a runner can carry the correct message to others.”

I want to be the runner. Not the kind that runs marathons (trust me on this one). But the kind that runs to carry the correct message of Christ to the hearts of others so they can hear and know His goodness too. I know from personal experience that encouraging words and prayers spoken to me in specific seasons have brought not only comfort but a challenge to press into the Lord more and seek His ways and will for my life.

I hope the words you read in this book bring the same feelings for you. As I began to write, I created a simple template for myself to follow—one that I surveyed my sisters and mom for to learn what they loved in devotional books they had read. I combined all of our favorite elements to create the structure for each week’s devotional. In every one, you will find a verse to think on for that day or week, an encouragement that may include personal stories as well as a biblical foundation, a simple yet actionable step to carry into the week ahead, and a prayer to read and meditate on. There’s also a topical index at the back of the book for those days you need a specific encouraging word for your circumstances.

Words can be hard. But prayer shouldn’t be. And my hope is that as you read and pray your way through these pages, God will speak to you through His Word. I pray my written words will simply be a vessel for the Lord to speak directly to your spirit, exactly how you need. And that, with each reading, you will feel comforted, valued, seen, encouraged, and challenged.

I’m so thankful for you as my friend. Without you and the Lord, this devotional wouldn’t be here, and I believe with all my heart that these words and prayers will have an eternal impact for God’s Kingdom. May it be so!

*In complete thankfulness,*

*Genah*



In His good timing  
that often doesn't  
make sense to us,  
He answers.



# *When I Need to Be Rescued*

The LORD says, "I will rescue those who love me.  
I will protect those who trust in my name."

PSALM 91:14

*I DON'T NEED TO BE RESCUED.* That's how I felt, at least. Because in that moment, five years into marriage, as much as I knew I wanted to change the unkind way I spoke to my husband, I figured I could do the changing myself. Until I realized I couldn't, no matter how hard I tried. So when that option dead-ended, I figured I would give God a shot at doing the rescuing. He might know a thing or two about that, given His history. Not so shockingly, He came through. *And He's continued to come through ever since.*

About three years ago, my sister-in-law's heart stopped a few hours after giving birth. No explanation. No warning. No answers. She needed to be rescued. Yet thousands of miles away and across an ocean, what could I possibly do? So I asked God to do the rescuing. We asked and prayed and pleaded and trusted. Three months later, she walked out of those hospital doors with answers and healing. *And He's continued to come through ever since.*

Then there was the time our sixth son was sick. Night after night, day after day, he got no relief and struggled to breathe. We did everything we could to help. He needed to be rescued. Yet no medicine, no oil, nothing we tried seemed to make a difference. So in the depths of the night, rocking back and forth, tears streaming down my face, I once again asked God for rescue. I knew He could because He had proven Himself faithful. In the dark of that room, peace covered us like a blanket as we rocked. *And He's continued to come through ever since.*

Faithful. Good. Steady. Rescuer. Protector.

One of the verses I repeated out loud through tears when my son was sick was Psalm 91:14. The funny part about it is that I'd memorized it by happenstance. I had been helping my boys memorize Bible verses for a challenge my parents gave them. Each day for two months, we would practice a verse or two and slowly put them together. I didn't think much of it at the time.

But then those nights came. The nights when he was so sick and I was so exhausted that I didn't know what else to do. When I had nothing else to pray and nowhere else to turn, I knew I needed to turn upward. The words that came off my lips were from Psalm 91:14: "The LORD says, 'I will rescue those who love me. I will protect those who trust in my name.'"

I'm not saying we will always get the answers we want or think we need, but the good news is *He* is the answer. Whatever question you have, whatever prayer you pray, whatever tears you cry, *He answers*. In His good timing that often doesn't make sense to us, He answers. In His good ways that sometimes don't look so good from our perspective, He answers. God is in the unique business of rescuing and protecting, but there is another part of Psalm 91:14 that is important also.

"I will rescue *those who love me*."

"I will protect *those who trust in my name*."

When you are in a relationship with another person, it's only fair that each side puts forth some effort. This is also true of our relationship with God. *Love Him. Trust Him*. Know that even when things look bleak and don't go the way we hoped, His way is better than the paths we plotted and the prayers we prayed for ourselves.

The requests and prayers we send up to heaven can often be as loaded as a baked potato. (Not sure why that came to mind—maybe I'm hungry!) When God doesn't answer our prayers in the exact way we hoped, we may feel discouraged or let down. But once we have the benefit of hindsight, sometimes we will see how His hand was directing our situation the whole time. God truly never leaves us. He just asks us to love Him and trust in His name.

So here I am. I've lived a little bit of life, and I can tell you from that little bit that doing what God asks is worth whatever risk you might perceive.

To love God is *to allow* Him to be our rescuer.

To trust in His name is *to know* He will be our protector.

Once we release those two jobs from our grip, we find the freedom to live in Him, knowing He will do it. Once you know that, it's a lot easier to remember the next time that He always comes through.

Let's walk forward into this week trusting in the Lord to protect and rescue us so we can give Him all the glory in every situation we face.

## Pray

Dear Lord, thank You so much that You have chosen to rescue me again and again. Whether or not I've noticed it, You have always come through for me. Lord, help me to not look to You just when I'm desperate but to look to You at all times. I trust in Your name, and I trust in the path and plans You have laid out for my life. Help me to walk securely in them because of my trust in You. Protect me along the way and be my defender and rescuer every minute of every day. Lord, I love You, and I ask You to forgive me for the times I've tried to do life all on my own. Thank You for going before me, being with me right now, and always covering me. In Jesus' name, amen.



Whatever  
comes, may  
our first  
response be  
“Hallelujah!”

## *He Never Fails Us*

Be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you.

DEUTERONOMY 31:6

I WILL NEVER FORGET the moment Tim called me in a panic and said, “Please pray! My dad just collapsed and I’m going to the hospital with him right now.” Not much could have prepared us for what followed. In that instant, our lives changed forever. Four days later, in the hospital, we were having conversations that no one wants to have, laying out all the what-ifs as if we were playing some game. Yet it wasn’t a game, and we were very aware of that. We knew decisions needed to be made, though we also knew that God had Tim’s dad’s days and years planned out already. It was confusing and overwhelming.

As everyone was preparing for the worst, suddenly, in the middle of the uncertainty, hope inserted itself. Within less than a day, Tim’s dad went from completely unconscious to awake and responsive to commands. But that was only the first hurdle. He was diagnosed with a massive stroke, and as we have continued to walk this uncertain road over the past eight years, we’ve learned many lessons laced with God’s steadiness and faithfulness.

One of these lessons is how God never fails us or leaves us. What a gift. He personally goes ahead of us, just as the Bible says He will. He never abandons us, just as He promises. We do nothing to deserve any of it, yet God lavishes His goodness on our lives, often in unexpected and “I didn’t see that coming” ways. And that’s exactly what He did during this family medical crisis. It’s nothing we would have planned or asked for. And it’s been anything but easy.

But want to know something really cool about this story? Before his stroke, Tim's dad would say "Hallelujah" (Praise the Lord) as if it were applicable to everything in life. It was his hello and goodbye. His word that covered everything. We'd be having a tough time, and he would say, "Well, hallelujah; you guys will know what to do." Or we'd be thrilled about some news, and he would say, "Hallelujah! This is so exciting." He was so certain of who God is that you could feel it every time he uttered the word. So it only seems fitting that when he woke up from that stroke, sat up for the first time, and looked around, his first word was none other than "Hallelujah."

He lost so much from his stroke. We all felt like we did too. But his "hallelujah" has never left him, and that's something I want to take on for myself. To have a heavenly perspective even when my world is shaking. And to respond to that shaking with a firm "hallelujah." May I be grounded enough to rest in praising God through all the seasons that threaten to shake me up. May I be "strong and courageous" as Deuteronomy 31:6 says, not afraid or full of panic, because I know that I know that I know that God personally goes ahead of me in everything.

Let's walk forward into this week so rooted in Christ that any shaking in our life makes our roots go deeper into what God has for us. Whatever comes, may our first response be "Hallelujah!"

## Pray

Dear Lord, my world feels like it's being shaken right now. Certain areas are getting the best of me and weighing me down. It honestly feels unfair. Lord, right now I need You to be the faithful God You have always been to me. I'm asking You to please continue that! I need You to carry me right now and show Yourself faithful in my life. I offer You what I'm struggling with, and through it all I say, "Hallelujah!" and "Help me!" God, I know I tend to hold tightly to things in my life. But I want to give them to You, knowing that You will hold them even tighter and care for me through it all. Lord, I give You my marriage, my children, my friendships, my job, my health. All of it—it's Yours. Would You replace my anxiety with peace? Would You move in my life and transform all the parts that need work? Don't let me get in my own way or in the way of a breakthrough You have for me. I need You to go before me and steady me in all I'm facing. I need Your perspective. Thank You for Your faithfulness to me. Lord, I know You are there—I'm counting on it. Hallelujah! In Jesus' name, amen.

God cares  
for us, so He  
carries our  
burdens.



## *The Invisible Backpack*

Give all your worries and cares to God, for he cares about you.

1 PETER 5:7

I REMEMBER THIS ONE NIGHT (okay, maybe there has been more than one) where nothing I did felt good enough. It had been a day, and I wanted to be recognized for all my contributions to getting through it. Everything I did that day seemed to add weight to an invisible backpack that grew heavier by the hour. When dinner came and went and no compliments or thank-yous followed from my children or my husband, I lost it. The first thing I lost was a good attitude and a right heart. Once that was gone, I let my exhaustion take over. And for my grand finale, I began dumping out all my invisible burdens for everyone to hear. Not exactly my most shining moment.

Once all was said and done and the kids were asleep, I plopped onto my bed, worn down. I was exhausted from carrying around a whole day's worth of invisible burdens and letting my feelings take over. Instead of looking to the Lord in my tired moments and crying, "Help!" I let the weight of the day get the better of me. As I lay there, I knew I had gotten it all wrong. Maybe you know the feeling.

Not so shockingly, after a good night's sleep and some food, it was amazing how different I felt. Tim always tells me I won't solve any problems when I'm hungry, tired, or it's after 10 p.m., yet somehow I always think I will. But the truth is that I won't solve any problems when I'm busy trying to be the problem solver instead of letting the Lord do what He does best. Instead of casting

my cares on Him, I decide that carrying all the burdens of whatever happens to and around me is a great idea. Can you imagine if we all wore see-through backpacks every day? We would start our day with empty backpacks and slowly add bricks for every burden or mishap we faced. Then we would carry our bricks from our house to the grocery store and back to our house. Maybe to our office or down the stairs, outside, and to the car. Backpacking them into church on Sundays.

It's a laughable picture, right? Yet it's all too easy to live this way. We think we are "managing" or "balancing" things well. After all, I can carry bricks better than you, right? I know how to stack them just right so they don't make me fall over. Until they do. And my world crumbles. But that is *not* what God designed for us.

We are never meant to carry that kind of weight. Why do we try? Control. The more I can control the ins and outs of my day, the more in control I feel—only to discover that I'm just one brick away from being tipped over. So here we have this picture of us carrying around the weight of all these things we deem important, but on the other side of heaven we have a gracious God offering to off-load our bricks. Now notice this: our key verse today doesn't say, "Give all your worries and cares to God and He will make them disappear." No, that's not the promise. The promise is that God cares for us, so He carries our burdens. He off-loads them from us and carries them for us while we walk with Him.

Letting God have control over even the smallest areas of our lives actually frees us from being weighed down. The coolest part of it all to me? When our backpacks are emptied, we have a big, empty space for the Lord to pour into and show us how He would have us live. At the end of chapter 11 of the book of Matthew, Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (verses 28-30, NIV). I don't know about you, but I can

guess that most of us would gladly exchange whatever we carry around daily for a burden that is much, much lighter. And that isn't just something that sounds nice—it's a promise from Jesus.

So let's take the Lord up on His promises today. No more endless exhaustion. Let's cast our cares on Him, drop our bricks at the door, and say, "Have Your way, Lord!" (One more thing: when we do this, let's not forget to go back and ask forgiveness from anyone we might have dropped a brick on along the way!)

Let's walk forward into this week knowing that next time we're carrying a burden, we can choose to cast it quickly on Jesus and exchange it for His gentleness and rest.

## *Pray*

Dear Lord, there are some days when I feel downright tired—exhausted from all the things I've let build up inside and outside of me. I ask that in the midst of the exhaustion, You would remind me that my words and actions still matter. I want to remember that even in the middle of my weariness, I can come to You. Even when life feels hard or heavy, I can come to You and offer You what I have—and You will fill in the gaps. I pray that in the moments I feel "less than," I would turn to You first. God, nothing is too big for You. I proclaim that my life is Yours, and that means even the tired moments. It's Your strength, Lord, that sustains me. I want to be faithful because I know You are faithful to take whatever burdens I carry. In Jesus' name, amen.