



Tyndale House Publishers, Inc. | Carol Stream, Illinois



Cheri Heath Fuller and Sandra Pappalumen Aldrich



Daily Inspiration to Share with a Friend

THE ONE YEAR®

women's
friendship
DEVOTIONAL

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

Visit Cheri Fuller's Web site at www.cherifuller.com

Visit Sandra Aldrich's Web site at www.sandraaldrich.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 Women's Friendship Devotional

Copyright © 2008 by Cheri Fuller and Sandra P. Aldrich. All rights reserved.

Cover photo copyright © by Lisa Thornberg/iStockphoto. All rights reserved.

Designed by Jacqueline L. Nuñez

Edited by Susan Taylor

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.

ISBN-13: 978-1-4143-1458-7

ISBN-10: 1-4143-1458-2

Printed in the United States of America

14 13 12 11 10 09 08
7 6 5 4 3 2 1



Introduction

Welcome to the devotional book written specifically to encourage friendships while deepening your connection and enjoyment of God and his Word.

As you read even a small portion of the Bible with a friend and discuss how that ancient, God-breathed wisdom applies to today, you will find your challenges more bearable. After all, Ecclesiastics 4:9-10 says, “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help.”

Although these verses speak specifically of the practical benefits that come from working together, the principles can be readily applied to the encouragement and fresh insight gained from discussing—and working through—the Word together.

In addition, if a particular day’s devotional thought or verse touches a chord in your life or reminds you of a burden, we encourage you to lift this up to God together. It’s as simple as asking each other, “What is your number one worry or concern right now?” and then praying for each other for a few moments. You’ll be amazed at how this will decrease your stress, lift your concerns, and build your heart-to-heart connection, because friendship divides burdens and multiplies joys.

Each week in *The One Year Women’s Friendship Devotional* focuses on a different topic that relates to a woman’s life and experience. These topics include such themes as Facing Life’s Fog, Hearing God above the Roar, Living with Hope, Caring for Our Bodies, Avoiding the Comparison Trap, A Joy-Filled Life, Handling Common Stress, Wading through Grief, and Making a Difference.

Each day’s reading includes a Scripture verse or two, a devotional thought, a prayer, and an insightful quotation to help you reflect on what you’ve read that day.

As you incorporate this devotional book into your life, we encourage you to read the daily reading alone—in the morning or in the evening if that fits your schedule best—or with a friend. Then discuss the questions and your responses once or twice a week, perhaps in one of the following ways:

- Jot questions on an index card, and discuss them with a walking partner while you take a thirty-minute stroll together, giving a boost to three important parts of your life: your body, your spiritual growth, and your friendships.
- Talk about how God is speaking to you as you linger over coffee at a favorite community spot.
- Pick one or two questions from the list at the end of each week’s devotionals and discuss them while you and your friend watch your children play at the park.

- Share your responses by e-mail or on the phone or via Webcam, and pray together if your friend is across the miles.
- Discuss a few of the questions for the week when you share a lunch break with a coworker who is also reading *The One Year Women's Friendship Devotional*.
- Use the book as a small-group resource at your church or a neighborhood women's gathering.

You may also find that journaling your responses to the questions can bring spiritual growth and fresh insights. If you get bogged down and miss a few days of readings, don't worry. It's not about performance but about *connecting*!

Our prayer is that through application of biblical principles, you will find your spiritual life energized and your friendships deepened. God bless!

—CHERI HEATH FULLER AND SANDRA P. ALDRICH

Stores don't sell, I must confess,
The joys of life that cheer and bless,
But friends and prayers are priceless treasures
Beyond all monetary measures.

—HELEN STEINER RICE

Theme: *Growing Your Faith*

JANUARY 1

Faith That Pleases God

It is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. HEBREWS 11:6

From the Old Testament to the New, God encourages his people to walk by faith, pray in faith, and live lives of faith. What kind of faith is that? Faith that trusts the Lord in the dark as well as in the light, that believes his Word and follows it as the pathway of life. Faith that believes in the unseen reality of eternity and in God's existence so much that we seek him with all our hearts. Faith that trusts in the inspired Word of God more than in our feelings or the opinions of others. As today's verse from Hebrews expresses, God rewards faith, and it's *impossible* to please him without it.

God's Word gives us snapshots of the lives of biblical women who saw the invisible, believed the unbelievable, and received the impossible: Sarah, who because of her faith followed her husband and was able to become a mother in her old age. Esther, whom God brought into the palace of a king "for just such a time as this" to save the nation of Israel. Ruth, who though widowed at a young age, left her own country to live with Naomi, her mother-in-law, in a foreign land. Deborah, Rahab, Mary. They are all part of that huge cloud of witnesses who went before us.

Through the sacrifice of the Lord Jesus Christ on the cross we, too, have received a great inheritance of faith, not because of what *we* have done, but because of what *he* did for us. Since faith is a gift (see 2 Peter 1:1), what will we do with it? How can we grow in our faith and in our relationship with God? This week we will look at this vital part of the Christian life. —CHERI

Thank you, Father, for creating me to live in relationship with you, and for the cloud of witnesses of faithful women that surround me. Grant me grace to grow in faith in the Son of God, who loved me and gave himself for me.

Faith sees the invisible, believes the unbelievable, and receives the impossible.
—CORRIE TEN BOOM (1892–1983), HOLOCAUST SURVIVOR, AUTHOR



JANUARY 2

The Faith of a Child

“You don’t have enough faith,” Jesus told them. “I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.” MATTHEW 17:20-21



The little half-European, half-Japanese girl looked out the window of the orphanage, distressed that the mountain blocked the view of her beloved Sea of Japan. Ill and bedridden, her greatest desire was to see the sea, but she couldn’t walk and had no transportation to get over the mountain.

One day the minister read Matthew 17:20-21, and the little girl’s faith was sparked. Believing God’s Word, she asked the other girls to join her that night in praying that God would move the mountain so she could see the sea. The English missionary-houseparent heard the prayers and told her, “Don’t get your hopes up, dear. This verse refers to God’s removing spiritual obstacles, not real mountains.”

But every evening the girl and her friends looked out the window and in faith asked, “Lord, please move the mountain and cast it into the sea!” The missionary left for a year of furlough, and when she returned, the little girls were huddled by the sick child’s bed looking out the window with great joy. “Look! We can see the sea!” they called to her. Astounded, she went to the local authorities to ask what had happened. Due to erosion of the coast, bulldozers had gone up and down the mountain with great mounds of earth. They had actually moved the mountain and cast it into the sea. Before long, the little girl who loved the sea died, but the orphanage is still there, and because of her faith, generations of children have been able to look out the window at her beloved sea.

Jesus said this kind of faith—childlike faith—is necessary, or we will never get into the Kingdom of Heaven. Is your faith in God weak? Pray for the faith of a child that believes in a big God for whom nothing is impossible. —CHERI

Lord, I believe. Help my unbelief. Restore my faith in you and your words so that your awesome ability and power might be manifested in my life and the world.

Faith goes up the stairs that love has built and looks out of the window which hope has opened. —CHARLES HADDON SPURGEON (1834-1892), BRITISH PREACHER



JANUARY 3

The Process of Pruning

Jesus replied, “[My Father] cuts off every branch of mine that doesn’t produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.”

JOHN 15:2-4

I walked down the rural road near the house we rented in Maine. Everything was frozen. Bare trees stood stark against the white, snow-covered fields. The April sky was gray—again—and my soul felt as drained and gray as the sky. Would winter ever end?

Just then I noticed a rosebush that had been severely pruned, its branches covered with ice. That forlorn rosebush reminded me of our family. *We’ve been pruned, too*, I thought. *We’ve lost everything financially because of the crash in the building industry; we’re two thousand miles from family and friends; we haven’t found a church to be involved in, and I feel disconnected and useless.*

Then, into the midst of my thoughts, God seemed to whisper, *Like the rosebush, you will bloom again and be fruitful if you sink your roots deep into me. This rosebush wasn’t cut back by accident. The gardener pruned it purposely so there would be abundant roses next summer. Trust me in this winter you’re in.*

God did bring us through that long winter, and as we saw him provide again and again, our trust in him deepened. We grew a hardy endurance as Holmes worked an all-night job and I substituted at the high school by day and wrote magazine articles at night. By the next spring, although we still faced many difficulties, we were back home in Oklahoma. Eventually, my husband had construction projects again, and God opened new doors for me in ministry. Slowly, imperceptibly at first, the blooms began to appear. As surely as God had promised, spring did come again.

For all of us who belong to Christ, pruning is a part of growing in him and a means to greater fruitfulness. May we trust him in the times of pruning as well as when we bloom. —CHERI

Father, I choose to trust you in the times of pruning, knowing that your Word says pruning is an essential part of the growth process if I am to bear more fruit for you.

Growth is demanding and may seem dangerous, for there is loss as well as gain in growth. —MAY SARTON (1912–1995), AMERICAN POET AND NOVELIST

JANUARY 4

Growing in God's Word

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

2 TIMOTHY 3:16-17

Dwight L. Moody said the Bible wasn't given for our *information* but for our *transformation*. In order for transformation to take place, the daily engraving of God's words on our hearts is imperative. And if we are to continue walking on the steep path through the narrow gate that leads to life, we need God's Word. There's nothing better for spiritual growth! A wood burner literally engraves or burns its mark down into the grain of the wood, leaving a permanent imprint. So should God's Word be imprinted in our hearts.

When we read and meditate on the Scriptures with teachable hearts, the Holy Spirit will engrave his truths into our lives so that those truths, too, leave a permanent imprint of God and his love for us. Today's verses from 2 Timothy tell us why we are not only to read the Bible from cover to cover but to ponder its words, study them, pray them, and believe them because the Scriptures are full of living power and are inspired by God. His Word teaches us what is true, prepares us in every way for what's ahead, and equips us for every good thing we're created to do during our time on earth.

The Bible is meant not only to instruct us but also to transform us into Christ's image. Although we veer at times from its counsel, the love and grace of the Father will lead us back to that Word which has been etched so deeply into our hearts. —CHERI

Thank you, Lord, for your inspired Word, given so that I could know what is true and be equipped for all you have planned for me to do. Engrave your truths on my heart and mind and imprint your love in my life so that I'll grow more and more like Christ.

The Spirit of God uses the Word of God to make us like the Son of God.

—RICK WARREN, PASTOR AND AUTHOR

JANUARY 5

The Psalms Prescription

I will exalt you, my God and King, and praise your name forever and ever. I will praise you every day; yes, I will praise you forever. Great is the LORD! He is most worthy of praise! PSALM 145:1-3



“God says he inhabits the praises of his people,” the minister told the woman. “If God lives and dwells in the praises of his people, you invite his presence and power into your life and circumstances today through praising him.”

“How do you expect me to praise God? I’m barely surviving. My husband has disappeared without a trace. We don’t know whether he’s dead or has just abandoned us and left a pile of debts. I have four children and I’m seven months pregnant. I have no hope inside me. I’m not in a praise mode.”

“If your circumstances have obscured your view of God, I want you to read the last seven psalms and let them be your prayer. Think of this as a prescription to take every day. Pray the verses aloud to God, because as you declare that this is the truth, no matter what the circumstances are or how you feel, it will encourage your faith.”

That sounded like harsh instructions for a woman so brokenhearted. But the next morning she gritted her teeth and read the last seven psalms aloud to God, first in a monotone: “Praise the LORD, who is my rock. . . . He is my loving ally and my fortress, my tower of safety, my rescuer” (Psalm 144:1-2). By the time she got to Psalm 145, tears flowed as she read, “The LORD helps the fallen and lifts those bent beneath their loads. . . . The LORD is close to all who call on him. . . . He hears their cries for help and rescues them” (Psalm 145:14, 18-19).

As she read these psalms aloud to God each morning as her sacrifice of praise—whether she felt like praising or not—she began to experience God lifting her up and, against all reason, giving her hope. While she faced the overwhelming responsibilities of single parenting in the years that followed, God never failed to care for her and her children.

I, too, have found the Psalms Prescription a sure antidote for discouragement or depression. Praising God through his own words will help you to focus on who God is, and the power of praise will grow a faith strong enough to sustain you through any storm. —CHERI

Lord, as I praise you, come and dwell within my worship and my heart. Thank you for your words of praise penned by the psalmists in the difficulties and trials of their lives.

In praying God’s Word back to him, the Bible becomes a vast book of praise.
—CALVIN MILLER, POET, PREACHER, AUTHOR, AND TEACHER



JANUARY 6

Growing in Love

Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. EPHESIANS 3:17-19

One of the great messages of the Bible is that love is of supreme importance to God. He wants us to grow in love toward him and others. Without love, Scripture tells us, we are bankrupt, and all our good works are worth nothing (see 1 Corinthians 13:3). But how can we love unless we've deeply experienced the love of Christ? This prayer from Ephesians 3 is not asking that we will simply have more head knowledge *about* God's love but that we would *understand and comprehend it*—that how very much he loves us would really sink in and go from head knowledge to heart knowledge. And most of all, that we would *experience* the love of Christ for ourselves and be rooted in it. Knowledge isn't enough. Great speeches or sermons won't suffice, nor will hearing what the Lord did in someone else's life. It takes God's power imparted to each of us through his Spirit to fathom the depth and length and width, the incomparable nature, of God's amazing love for us in Christ Jesus.

Just as Paul prayed earnestly for the Ephesian Christians, we need to ask that our roots would go down deep into the soil of God's marvelous love. And as we continually pray this life-transforming prayer, we will drink deeply of love. When we receive and experience the love of Christ in our own hearts, his love will grow and will flow through us to others. —CHERI

Lord Jesus, I want to understand and experience your love in a deeper way than I ever have before. May your love be my anchor as your Spirit causes my roots to sink deeper in you. And may your love flow through me like a river to those around me.

We must daily come and drink at the fountain of divine love. Herein lies the purpose of all prayer. —MARGARET THERKELSEN, AUTHOR AND SPEAKER

JANUARY 7

Growing in Service

[Jesus said,] “Whoever wants to be first among you must become your slave. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”

MATTHEW 20:27-28

Flo Perkins was a woman who loved the Lord so much that every morning at 5:30, before feeding the family or going to work, she knelt at the east window of her home. She called that her “trysting place,” an appointed meeting place for lovers, for Jesus was truly the Lover of her soul. As Flo launched her days from the trysting place, the little gray stucco house became a veritable lighthouse. She served the Lord through praise and prayer all day as she worked long, hard hours in the meat department and often cared for her grandchildren.

She finished only seventh grade before she had to go to work, but her study of the Bible bore good fruit. As she grew in Christ, she taught hundreds of people God’s Word in Sunday school and Bible studies. Flo also ministered to generations of neighborhood kids during her fifty years in that home, feeding them wisdom along with cookies and Popsicles. With homemade quilts, sacks of groceries, and money, Flo gave needy people life-sustaining prayer, Bibles, and the greatest gift of all—Jesus. She wasn’t in full-time ministry. She was an ordinary woman of small means with a family and a hard job at a local grocery store. But she served an extraordinary God and used all she had to serve others in his name.

Living a life of faith means being called to serve whether we are in college or our senior years, single or married, divorced or widowed, whatever color or background, whatever mistakes we’ve made. If you are a believer, God has given you talents and gifts, resources, and skills for the very purpose of serving him and others. I pray as you grow in service that the joy of the Lord will be your strength, just as it was my friend Flo’s until she entered heaven and heard the Lover of her soul say, “Well done, my good and faithful servant!” —CHERI

Lord, what can I do today to serve you? What have you given me that I could use for the good of others? Thank you for the way you do amazing things through ordinary people.

God is always calling on us to do the impossible. It helps me to remember that anything Jesus did during his life here on earth is something we should be able to do, too. —MADELEINE L’ENGLE (1918–2007), AMERICAN WRITER, POET, AND ESSAYIST



To Ponder with a Friend

1. How can we grow in our faith and in our relationship with God?
2. There is something special about the faith of a child, and the story in the devotional for December 19 demonstrates that truth. Have you been touched by a child's faith and belief in God or a prayer a child has prayed for you? If so, write or share about this. What did you learn from that child?
3. Trusting God in the pruning times, in seasons of loss or grief, grows a hardy faith and causes our roots to go deeper into the soil of Christ's love. What experience has most caused your roots to sink deeper into God?
4. Would you take the next week to try the "Psalms Prescription"? Then jot down what happened in your heart, your emotions, and your faith walk.

Theme: *Learning Balance*

JANUARY 8

Balancing Comfort, Adventure, and Caution

The LORD will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. ISAIAH 58:11

Rachel agreed to go on her college group's mission tour—and hated every minute of it. She griped about the heat and dust. She complained that the local people stared at her clothing. She groaned when reminded that morning showers were limited to five minutes. She whined about the lumpy bed. And she complained about the national food. After listening to yet another complaint ending with “Why can't these people do it the right way?” the team leader took her aside.

“Rachel, these people aren't wrong; they're just *different*. How would you feel if they visited our town and complained that we were doing things wrong?”

His words hit their target, and for the rest of the trip Rachel limited her complaints to occasional sighs and silent vows that she would never again travel outside her borders. How sad that rather than enjoy this vast, exciting world, she demanded that everything fit *her* definition of “right.”

I like my familiar comforts too. But like Rachel's youth leader, I learned a long time ago the difference between “wrong” and “just different.” One thing that helped me to develop a less rigid attitude was the realization that Jesus didn't limit himself to only one “correct” way of healing. Sometimes he healed with a *touch*, as in Matthew 8:15 when he touched the hand of Peter's mother-in-law or in Mark 1:41 when he touched the leper.

Sometimes he *spoke*, as in Mark 3:5 when he commanded the man with the shriveled hand to stretch it out, or in Matthew 8:32 when he commanded demons to come out of men and go into a nearby herd of swine.

Sometimes he *sent* his healing ahead, as in the account in Matthew 8:13 when the centurion asked for healing for his servant at home.

And occasionally he even *spit*, as in John 9:6 when he spit into the dirt to make a mud paste for the blind man's eyes. I confess, I don't like that miracle. Not only do I find it disgusting, but it is outside my definition of how Jesus *should* heal. I have to wonder if I have refused his miracles in my own life because they didn't come in what I thought should be the correct package. —SANDRA

Lord, help me not to demand that others or you do things my way. And help me to rejoice in your miracles no matter how they are packaged.

Every time I reject Jesus' ability to handle any problem of my life, I am rejecting Him as the Lord of Life. —CATHERINE MARSHALL (1914–1983), WRITER

JANUARY 9

Proceed Carefully

Pride goes before destruction, and haughtiness before a fall.

PROVERBS 16:18



Being open to the new and different can be good. But while different doesn't mean "wrong," it also doesn't always mean better. I'm thinking of Peggy, who calls herself a free spirit just because she refuses to arrive on time for meetings, is annoyed by traffic laws, complains about conventional rules of etiquette, and ignores common-sense guidelines. Occasionally I might be tempted to identify with her if it hadn't been for a tough lesson in common sense I had to learn during my first visit to the Middle East.

A confident world traveler, I foolishly had decided to do a bit of exploring away from our group. Drawn by the intrigues of Old Jerusalem, I walked two miles beyond the usual tourist area and discovered I was almost out of water in an area where no one spoke English. I tried every foreign word I could remember for "water," beginning with the Spanish word *agua*. Of course, Spanish was just as useless as English in the heart of the Israeli town. Finally, I leaned against a low stone fence to ponder my situation. There, in my obvious American-tourist garb, I felt a pebble hit my back. Then another. And another. Knowing any displayed fear might incite the thrower to become even more aggressive, I slowly gathered the canvas bag holding the now empty water bottle.

Lord, I prayed inwardly, I wasn't very smart to come into this non-English-speaking area by myself. But here I foolishly am, and I'm trusting you to lead me to safety.

As I meandered back up the lane with what I hoped was a confident stride, I quoted Psalm 91:11 to myself: "He will order his angels to protect you wherever you go."

Lord, I know I was foolhardy to come here, I silently prayed again, but I ask that your angels guard me right now. And if angels can choose any form they want, I'd like to request one who's about six feet eight, with longish brown hair held back by a don't-mess-with-me bandanna and can readily be seen by anyone whose heart is evil.

Then, picturing my new, unseen companion by my side, I confidently walked the two miles back to the group, arriving not only thirsty but also wiser.

—SANDRA



Lord, often I am prone to jump into physical or emotional unknowns without listening to your warnings. Help me to remember to ask for your guidance and use the common sense you gave me. May I be aware of your presence moment by moment. And may I rejoice in it.

God cares for us. It is His business as a father to do so. All He asks of us is to let Him know when we need something and then leave the supplying of that need to Him. —HANNAH WHITALL SMITH (1832–1911), QUAKER LAY SPEAKER AND AUTHOR

JANUARY 10

Pleasing Everyone Is Impossible

Many people say, "Who will show us better times?" Let your face smile on us, LORD. PSALM 4:6



As we try to find balance between different and wrong, unconventional and foolhardy, we need to understand that while we can't *change* others, we can't *please* everyone, either. The ancient storyteller Aesop emphasized this point in one of his fables:

One fine spring morning, a father and his son were on their way to market leading their donkey, which would carry their purchases home.

On the way, they met one of their neighbors, who said, "How silly of you both to walk when you have such a fine donkey."

So the father set his son on the donkey, and they continued toward the market, still talking and enjoying the morning.

As they came to a bend in the road, they met another neighbor, who said to the son, "How rude you are to ride while your old father must walk."

So the child slid down from the donkey's back, the father climbed on, and they continued toward town.

As they topped a little hill, they were met by yet another neighbor, who scowled at the father and said, "What a selfish father you are to make this dear child walk while you, a grown man, ride."

So the father pulled his son up in front of him on the donkey's back. Of course, it wasn't long until they met a fourth neighbor.

"How cruel you are," he said, "To make this poor donkey carry the two of you."

So they both slid off the donkey, and the strong father promptly picked up the animal and put it across his shoulders.

As they walked along, still talking and still enjoying the day, they met another neighbor, who doubled over with laughter. "That is the most stupid thing I've ever seen! Donkeys are to be ridden, not carried!"

There's a fine line between what is right and what is mere local custom, between what is wrong and what is only different, between what is wise action and what is a pitiful attempt to please others. But as we seek God's direction, we will find ourselves on a solid path even when moving outside our usual comfort zones. We will also find excitement and challenge and a greater awareness of God's creativity. —SANDRA



Lord, I confess I want the approval of those around me. I listen to their voices and accept their standards even though I know your ways will bring peace rather than chaos, joy rather than regret. Help me to ask for your guidance first and then to accept the strength you offer to follow it.

Keep in mind when you come against irksome barriers, they are designed to build character, not destroy it. The problem is, we tend to want our troublesome situations changed now. —LEWIS B. SMEDES (1921–2002), ETHICIST AND THEOLOGIAN



Weekly Themes

Growing Your Faith	January 1–7
Learning Balance	January 8–14
Cultivating a Heart for Your Home	January 15–21
Embracing Today	January 22–28
Living Life as an Adventure	January 29–February 4
Conquering Stress	February 5–11
Friendships with Women	February 12–18
Financial Peace	February 19–25
The Power of Encouragement	February 26–March 4
Choosing Holiness	March 5–11
A Joy-Filled Life	March 12–18
Making Wise Decisions	March 19–25
A Fresh-Brewed Prayer Life	March 26–April 1
Loving the Lord and Others	April 2–8
Lessons from the Garden	April 9–15
Giving Yourself a Break	April 16–22
A Unique Creation	April 23–29
Refusing to Be Dazzled	April 30–May 6
Hearing God above the Roar	May 7–13
Telling and Hearing Truth	May 14–20
Becoming a Vessel	May 21–27
Discouraging the Victim Mentality	May 28–June 3
Finding Your Spiritual Pathway	June 4–10
Facing Life's Fog	June 11–17
Avoiding Overload	June 18–24
Living with Hope	June 25–July 1
Avoiding the Comparison Trap	July 2–8
Dealing with Disappointment	July 9–15
Renewing the Eyes of Our Hearts	July 16–22
Don't Just Settle	July 23–29
Peace in an Uncertain World	July 30–August 5
Handling Common Stress	August 6–13
Caring for Our Bodies	August 14–20

About the Authors

Cheri Heath Fuller is a best-selling, award-winning author of forty books, with total sales of more than one million. With a master's degree in English literature, Cheri is a popular speaker whose messages and books provide encouragement to women both in the United States and around the world.

At women's retreats and conferences, Cheri communicates a vision of the great gift, invitation, and power of prayer and how our prayers outlive us to touch future generations. She also keynotes at national Christian-teacher conventions, parent events, and conferences for children's pastors and ministries. She has been a frequent guest on national radio and television programs such as *Focus on the Family*, *Family Life Today*, and *The 700 Club*. Cheri is a contributing writer for *Today's Christian Woman*, and hundreds of her articles have appeared in *Focus on the Family* magazine, *Family Circle*, *Better Homes and Gardens' Women's Faith & Spirit*, *Guideposts*, *Pray!* magazine, *Moody* magazine, *Marriage Partnership*, *Decision*, *ParentLife*, *Living with Teenagers*, and other publications.

Each month Cheri's e-zine, *Heart to Heart with Cheri Fuller*, reaches a growing audience of three thousand women. Her Web site, www.cherifuller.com, has a monthly column for mothers, helpful articles, Bible studies and book guides, and other resources that keep visitors returning to the site.

Cheri, a former Oklahoma Mother of the Year, and her husband, Holmes, have three married children and six grandchildren and live in Oklahoma.

Sandra Picklesimer Aldrich, president and CEO of Bold Words, Inc., in Colorado Springs, is a popular speaker and the author or coauthor of eighteen books, including *From One Single Mother to Another*, *Will I Ever Be Whole Again? Living through the Death of Someone You Love*, and *Men Read Newspapers, Not Minds*.

Sandra has a Master of Arts degree in literature and communications, but she says it is her "PhD in the School of Hard Knocks" that has made her a much-in-demand guest on hundreds of TV and radio programs, including repeated appearances on *Focus on the Family*, *The 700 Club*, *Midday Connection*, *Prime Time America*, and *Family Life Radio*.

In addition to radio and television appearances, she is a popular speaker throughout the United States as well as Canada, Germany, and England. Her events range from Women of Virtue conferences, women's and couples' retreats, military-base presentations, single-parent events, college conferences, hospice seminars, business meetings, and educational workshops. Always, Sandra presents the serious issues of life with insight and humor.

Her five-hundred-plus articles and stories have appeared in four *Chicken*

Soup for the Soul books, *Writer's Digest*, *Focus on the Family* magazine, *Moody* magazine, *Today's Christian Woman*, *Discipleship Journal*, and *Crosswalk.com*—among others.

She is the former senior editor of *Focus on the Family* magazine and is listed in several professional publications, including *Who's Who* and *Contemporary Authors*. Visit Sandra's Web site at www.sandraaldrich.com.