

The book cover features a white background with scattered blue ink-style floral and leaf patterns. A solid red vertical band runs along the left edge, serving as the spine. The text is centered and rendered in a serif font.

90 DEVOTIONS FOR

Women on the Go

Pam Farrel &
Stephen Arterburn

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90 Devotions for Women on the Go

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To Robin, for praying me through.

To my Young Women of Influence group: mentoring you brings me joy, hope, and the promise that God is passing the baton of faith securely to the next generation.

To all my fellow “on the go” friends who read this book: May God meet you as you read it in the same way he met me while I wrote it!



The LORD God is our sun and our shield.

He gives us grace and glory.

*The LORD will withhold no good thing
from those who do what is right.*

PSALM 84:11



Introduction

YOU LOOK AT YOUR WATCH—NO TIME! You look at your to-do list—no time! Does everyone seem to want a piece of you? Does it seem as if the more you give, the more people want from you? Do you wonder how you can give any more or go any more? Has your “get up and go” gone? If so, this devotional is for you. It is for any woman who wants to grow in a relationship with God and go through her busy, on-the-go days with God.

Within its pages you will discover timeless truths from God’s Word that will revive, restore, reenergize, and renew you; principles to help you cope with crushing circumstances and nagging irritations; suggestions to help stabilize your life for success in the long haul. You’ll also find ideas for strengthening your intimate relationship with God and with others, as well as ways to cope with emotions and fears common to women. You might think of the devotions as spiritual vitamins or a protein bar for producing character on the run. I

know this because I wrote them on the go: my days are filled with speaking schedules, family obligations, writing projects, and my ministry, Seasoned Sisters.

God is so personal. He meets us where we are: waiting for kids at soccer or ballet practice; dragging home bone-tired at the end of a rugged workday, or rushing out the door for the daily commute. Our full schedule doesn't affect his presence with us. He is right there, just waiting for us to carve out a few minutes so that he can give us a glimmer of hope or a nugget of wisdom from his Word.

Tuck the *90 Devotions for Women on the Go* in your glove compartment, your briefcase, your purse, your desk, or your nightstand. Make a commitment to God that you will give him at least five minutes every day. He longs to give you rest and refreshment, and he promises to meet you wherever you are—even on the go!

Pam Farrel

DAY 1

To Read: Proverbs 2:1-11

First Things First

Tune your ears to wisdom, and concentrate on understanding. . . . Then you will understand what it means to fear the LORD, and you will gain knowledge of God.

PROVERBS 2:2, 5

SOMETIMES on our daily path in our relationship with God, spending time with him can seem like just one more thing on an already long to-do list. With responsibilities that seem to keep us unendingly on the go, it's easy to lose perspective about exactly why we *need* to spend time in God's Word daily. And yet God's Word itself promises wonderful benefits to those who will take the time to pursue wisdom:

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding. Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the LORD, and you will gain knowledge of God. For

the LORD grants wisdom! From his mouth come knowledge and understanding. He grants a treasure of common sense to the honest. He is a shield to those who walk with integrity. He guards the paths of the just and protects those who are faithful to him.

Then you will understand what is right, just, and fair, and you will find the right way to go. For wisdom will enter your heart, and knowledge will fill you with joy. Wise choices will watch over you. Understanding will keep you safe.

PROVERBS 2:1-11

Doesn't this seem like a great deal? If you have spent years second-guessing yourself, the wisdom in God's Word builds confidence in decision making. If you have felt like a victim in some aspect of your life, God's Word is a shield, and God is your protector. If you are depressed, God's Word gives comfort and knowledge that are pleasant to your soul. If you are struggling with the consequences of unwise or foolish choices, God's Word can teach you discretion that will protect and guard you from this point forward. Considering all the benefits of gaining God's wisdom, our busy days will go much more smoothly once we have God's wisdom firmly in our minds and hearts.

DAY 2

To Read: Philippians 3:12-14

Eye on the Goal

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

PHILIPPIANS 3:14

I WAS A COMPETITIVE GYMNAST growing up. To perform a medal-winning beam routine, I had to keep my eyes on a fixed point ahead to keep my balance. To look down or look away would mean a fall. The apostle Paul understood this, so he encouraged those in the persecuted church to “fix [their] eyes not on what is seen, but on what is unseen” (2 Corinthians 4:18, NIV). And the writer of the book of Hebrews said, “Fix your thoughts on Jesus” (Hebrews 3:1, NIV), and “[Fix] our eyes on Jesus” (Hebrews 12:2, NIV).

In these verses the word *fix* means “to reach a goal or look attentively at the goal in front of you.”

Picture it! Cut out pictures of the goal. If you are raising funds for a project, keep the renderings in front of your desk. If you have a goal of writing, print out

the best-seller list from the *New York Times* website and hang it on the refrigerator. If you are losing weight, put up pictures of the outfit you'll wear when you reach your goal. If you are trying to get out of debt, make a graph so you can see your progress.

Chart it! Plan out step-by-step how you will attain the goal. I use a chart that looks like a set of stairs. I put the long-term goal at the top of the stairs, then I break it into smaller steps with due dates for each step.

Write it! Place motivational, inspirational quotes all over your mirror, on your desk, any place where you will see them. Choose your favorite verses, those that give you emotional and physical strength.

Think it! Create your own motivational prompts, or listen to podcasts and sermons from the leaders who inspire you to excel.

As you focus on your goal, you will see your success as well.

DAY 3

To Read: 2 Peter 3:13-18

Progress to Perfection

*Grow in the grace and knowledge of our
Lord and Savior Jesus Christ.*

2 PETER 3:18

CARISSA HAS COME A LONG WAY. She has overcome being abandoned by her birth mother and stepmother, the drug-overdose death of her father, and abandonment by her first husband. But she still avoids driving mountain roads—too scary!

Skye has experienced life-changing faith that turned her from a former free spirit into a serious parent and teacher, but she is still afraid to fly.

Sandy is a strong leader, a role model to younger Christian girls, and a Bible teacher, yet she feels weak at the knees if she's asked to speak in front of a large group.

Renee used to be afraid of leaving her home, meeting new people, and making phone calls—people basically freaked her out. Now she is out of the house for work and church, but she still feels her chest tighten when she's forging new relationships. Small talk is fine, but

somewhere in each new friendship she has to fight the impulse to run away.

Works in progress. Why do we feel that if we are not perfect, we are a failure or “less than” another person in spirituality or emotional health? Romans 8:1 proclaims, “There is no condemnation for those who belong to Christ Jesus.” Condemnation means there is now no adverse sentence.

Quit overreacting to your shortcomings. Let’s give a new definition to emotional well-being: progress. Movement, not perfection, should be your goal. Next time you are feeling guilty that you are afraid to drive in traffic or don’t want to fly alone, call one of your less-than-perfect friends, own up to the fear, ask for prayer, refuse the guilt, and walk forward knowing there is a whole team of imperfect people—in fact all of humanity—backing you up.

DAY 4

To Read: 2 Timothy 2:1-10

Keep Going! You Can Do This!

You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others.

2 TIMOTHY 2:2

WHEN A YOUNG MOTHER, Ariel, called needing some advice and encouragement, part of my advice was to reconnect her to Michelle, an older woman who had disciplined her when she was a high schooler and college student. The strand of faith was passed from one to another to another, generation to generation.

Many times when you are trying to walk the straight and narrow, the road seems hard and the mountain steep, and you need to hear the reassuring voices of those who have made it to the top. You need to hear, “Keep going! You can do this! It’s worth it!”

Soon after my conversation with Ariel, the phone rang again. It was Michelle, calling to thank me for being like a spiritual mom to her. When Ariel told her I recommended she call Michelle, Michelle had been reminded of the benefit of connecting one generation

to another and passing on the baton of faith. I had mentored Michelle, and Michelle had mentored Ariel, so I had a connection to Ariel, too! The connection has remained intact over years and miles.

We all need connections. To those who are older, Psalm 145:4 directs us: “One generation commends your works to another; they tell of your mighty acts” (NIV).

Conversely, those younger in the faith need to find someone who will tell them of the mighty acts of God. Make a list of five to seven women you would trust with your heart: women who will encourage you, strengthen you, and tell you God’s truth. If you can’t think of seven women to call, then call one and ask her to connect you to someone who will disciple you. Create a success network by learning from those who have gone before and then passing the baton of belief forward.

DAY 5

To Read: Matthew 5:21-26

Close the Gate behind You

If you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person.

MATTHEW 5:23-24

I GREW UP ON A FAMILY FARM. I was often assigned the job of helping move either the cattle or sheep from one pasture to another. My whole job was to close the gate behind the herd so they couldn't backtrack and get into a field of alfalfa. All I had to do was close the gate behind me. Sounds simple enough, right?

But gate closing is boring work. Gate closing is a whole lot of waiting until something happens. Gate closing isn't prestigious or exciting, but it is vitally important.

On the path to wellness, wholeness, and emotional health, there are many gates to close. There are groups to attend, homework to complete, and amends to make. Closing the gates means not leaving loose ends hanging. Are there some people with whom you have some loose ends? Is there a phone call you need to make to

say, “I’m sorry”? Do you need to return something that you “borrowed”? Is there restitution that might renew a relationship?

My mama used to tell me, “Close the gates behind you.” And most often she wasn’t talking about the field gate, but rather making amends to repair or restore a relationship. Jesus was so serious about the need to make things right that he told people not to give a gift to God unless they first made things right with others (see Matthew 5:23-24).

Pray and ask God to remind you of open gates in relationships that may need to be closed so you or another can gain freedom to move forward.



DAY 6

To Read: Psalm 26:1-12

Listening to God

I am always aware of your unfailing love.

PSALM 26:3

OUR RELATIONSHIP WITH GOD requires a listening heart. We need to make the same commitment that David did in Psalm 85:8: “I will listen to what God the LORD says; he promises peace to his people” (NIV). So what can you do while you listen?

Think: Research the issue. Do a topical study. Write down your questions, your dreams, and your ideas. Then take the key words and phrases, look them up in a concordance, and seek to find the heart of God through his Word.

Pray: Talk to God about your dreams, ideas, fears, or habits. Talk to him about your successes and frustrations. Tell him your hopes—and hang-ups. Find a time and place to pray. Start a prayer journal and log your requests, key verses to pray, your impressions, and the thoughts and ideas you sense may be from God. Weigh

your impressions against the truth found in the Word of God. You might listen to an audio Bible to create a backdrop of truth in your heart.

Walk: Exercise. Creative juices flow after physical activity. Endorphins release ideas, so get out and about. Move, dance, run, ride a horse, cycle, or kickbox out your frustrations—but move! Physical movement makes white space in the mind. For example, when I swim in a pool, I can pray through my life without interruption. When I swim in the ocean, my problems nearly disappear as I concentrate on the rhythm of the waves.

When you fall in love, you make dates that allow for conversation. The same is true with your relationship with God. Make some space in your life to listen to his Word.

DAY 7

To Read: Matthew 6:25-34

Right on Time

I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? . . . Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

MATTHEW 6:25, 33

SOMETIMES YOU'RE SURE about what God wants you to do, but movement seems slow and hard.

When my husband, Bill, and I were called into the senior pastorate from youth ministry, there were about six months in between when Bill ran his own business. We didn't have a large savings account, and when clients were late paying their bills, we were between a rock and a hard place. I put a list of "needs" on the refrigerator: grocery items, electric bill, gas for the car, etc. Each day I'd pray, "Give us each day our daily bread" (Luke 11:3, NIV). I realized that I expected God to provide ahead of time, instead of day by day. I was secure only if I could see money in the bank.

While I believe that Proverbs clearly teaches that the wise save for a rainy day (see Proverbs 6:6-8; 21:20), sometimes life's storms last longer than the savings. I

began to pray, “Lord, help me not feel the need, until it is a need.” And, “God, give me faith to believe you will provide right on time.” Some days I prayed, “Just let me go one more day and trust your provision.” I prayed verses like Psalm 37:25: “I was young, and now I am old. Yet I have never seen the godly abandoned or their children begging for bread.” And if things felt really tight, “Lord, help me make it one more hour, with my focus on you, not the need!”

I kept a journal of God’s provision. The unexpected job that paid cash, the diaper rebate check that bought milk the day we ran out, etc. God provided what I *needed* right on time.