

3-MINUTE DEVOTIONS

from the Psalms

Inspiration for Women



© 2018 by Barbour Publishing, Inc.

Devotional writing by Vicki J. Kuyper in association with Snapdragon Groups,
Tulsa, Oklahoma, USA.

Prayers by MariLee Parrish.

Print ISBN 978-1-68322-400-6

All rights reserved. No part of this publication may be reproduced or transmitted for commercial purposes, except for brief quotations in printed reviews, without written permission of the publisher.

Churches and other noncommercial interests may reproduce portions of this book without the express written permission of Barbour Publishing, provided that the text does not exceed 500 words or 5 percent of the entire book, whichever is less, and that the text is not material quoted from another publisher. When reproducing text from this book, include the following credit line: “From *3-Minute Devotions from the Psalms: Inspiration for Women*, published by Barbour Publishing, Inc. Used by permission.”

All scripture quotations are taken from the King James Version of the Bible.

Published by Barbour Books, an imprint of Barbour Publishing, Inc., 1810 Barbour Drive, Uhrichsville, Ohio 44683, www.barbourbooks.com

Our mission is to inspire the world with the life-changing message of the Bible.



Printed in the United States of America.

3-MINUTE DEVOTIONS

from the Psalms

Inspiration for Women

BARBOUR BOOKS

An Imprint of Barbour Publishing, Inc.



Introduction

As women, we can learn a lot about passion, emotion, and praise from the poetry of the book of Psalms. There were at least six authors—perhaps more—and they were nothing if not real. They cried out to God unabashedly, and their prayers seem to put our own struggles into words: *Where is God when I hurt? How can I forgive? Can I be forgiven? Are You really listening, God? Can I depend on You?*

Whether you're looking for an uplifting way to begin your day or seeking what the Bible has to say about a specific topic that's relevant to your life, *3-Minute Devotions from the Psalms: Inspiration for Women* is designed to help you draw near to the God who offers help, hope, and healing.



Say “Yes”

*For the LORD God is a sun and shield: the LORD
will give grace and glory: no good thing will he
withhold from them that walk uprightly.*

PSALM 84:11



You have a Father who owns the cattle on a thousand hills and holds the cosmos in His hands. This Almighty Father generously offers all He has to you. He offers you a life overflowing with joy, comfort, and blessing. But like any gift, this one has to be accepted before it can be enjoyed. Today, why not say yes to the Father who loves you? Tell Him how you long to live—and love—like His cherished child.

*Yes, Father! I choose to trust You in times of plenty
and in times when I have great need. I accept Your life
and peace; this is what fills my heart with joy, comfort,
and blessing even in the midst of difficulty.*

The Abundant Life

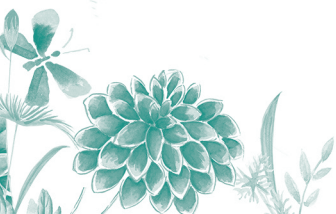
*Thou hast put gladness in my heart, more than in the
time that their corn and their wine increased.*

PSALM 4:7



An “abundant life” is not something we can pick up at the mall or purchase online. It comes from recognizing how much we receive from God each and every day. While some of our abundance may come in the form of possessions, the overflow of an abundant life ultimately comes from what fills our hearts, not our closets. Resting in God’s “more-than-enough” can transform a desire to acquire into a prayer of thanksgiving for what we’ve already been given.

*Your Word tells me that You fill me with joy in Your
presence. Continue to put gladness in my heart, Lord.
Show me how to be content with what You’ve given me.*



God's Acceptance

*The LORD hath heard my supplication;
the LORD will receive my prayer.*

PSALM 6:9



People talk about “accepting” God into their lives. But it’s God’s acceptance of us that makes this possible. Because Jesus gave His life to pay the price for all the wrongs we’ve ever done, our perfect God can accept us wholeheartedly, even though we’re far from perfect people. God not only accepts us, He also accepts our imperfect prayers. We don’t have to worry about saying just the right words. The “perfect” prayer is simply sharing what’s on our hearts.

*Thank You that I didn't have to get all cleaned up before I
could come to You, Jesus. I trust You to do the work in me
to make me more like You day by day.*

Free Gift

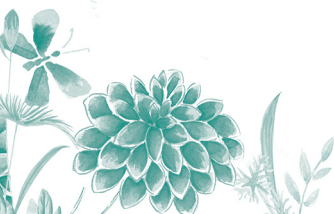
*I have hated them that regard lying
vanities: but I trust in the LORD.*

PSALM 31:6



Religion is man-made, not God-made. Having a personal relationship with God is something totally different. It's not a list of rules and regulations or something we only "do" on Sundays. It's a love story between Father and child, a relationship in which we're totally accepted and unconditionally loved. Since we can't earn God's acceptance—it's a free gift of grace—that means we can't lose it either. God's acceptance releases us from the fear of rejection, so we're free to truly be ourselves.

*I cannot fathom Your great gift, God. Thank You for
bringing me freedom in Christ alone. Thank You for Your
unfailing love for me. Show me how to love like that.*



Joy of Living

*Thou hast also given me the shield of thy
salvation: and thy right hand hath holden me up,
and thy gentleness hath made me great.*

PSALM 18:35



Accomplishing something worthwhile is one of the joys of living. It can give you a sense of purpose and worth. But you are more than the sum of your accomplishments. You are an accomplished woman simply by continuing to mature into the individual God created you to be. Enjoy using every gift, talent, and ability God has so generously woven into you while resting in the fact that you are worthy of God's love, regardless of what you've achieved.

*I'm so thankful for the love and life You've poured
into me. Your blessing and goodness allow me to bless
others with what You've given me. Fill up my heart so
that I may serve You and others with true joy.*

Designed for Great Things

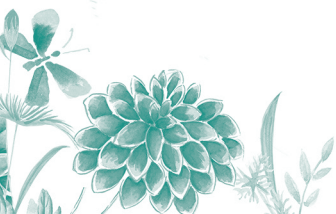
*Except the LORD build the house,
they labour in vain that build it.*

PSALM 127:1



We were designed to do great things hand in hand with a very great God. So why not invite God to be your coworker in every endeavor you undertake today? Call on Him throughout the day, anytime you need wisdom, peace, or perseverance. Allow God to infuse you with creativity, humility, and compassion, regardless of the size of the task at hand. Your hard work, guided by prayer and undergirded by the Spirit of a mighty God, can accomplish amazing things.

*My Creator God, Your works are beyond my
understanding and yet You want to partner with me!
I invite You in to do just that. Speak wisdom and
creativity to me as I work today for Your glory.*



Self-Image

*I will praise thee;
for I am fearfully and wonderfully made.*

PSALM 139:14



You are a living, breathing reason for praise. God formed only one of you, unique in appearance, intricate in design, priceless beyond measure. You were fashioned with both love and forethought. When you look in the mirror, is this what you reflect upon? If not, it's time to retrain your brain. Use the mirror as a touchstone to praise. Ask God, "What do You see when You look at me?" Listen quietly as God's truth helps retool your self-image.

*Father, please tell me the truth about myself.
Who am I? What do You see? Remind me of the
truth of who I am in Christ. Fill me with Your
radiant love, and let my life praise You.*

Discover Beauty

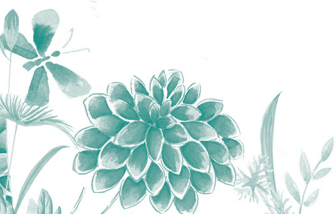
Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

PSALM 119:73



God isn't concerned with appearances. The Bible tells us God looks at peoples' hearts instead of what's on the outside. Perhaps that's because appearances can be deceiving. A woman can be beautiful in the world's eyes, while her heart nurtures pride, deceit, lust, greed, or a host of other unlovely traits. By learning to look at people the way God does, from the inside out, we may discover beauty in others—and in ourselves—that we've never noticed before.

*Show me what You see when You look at my heart,
Lord. I pray You would fill my insides with the beauty that
comes from knowing You. Help me always
look for that beauty in those around me.*



No Greater Assurance

*The LORD will perfect that which concerneth me:
thy mercy, O LORD, endureth for ever.*

PSALM 138:8



Throughout scripture, God continually reassures us that He's working on our behalf to accomplish the good things He has planned for our lives. If your confidence wavers, if you need to know for certain someone is on your side, if you're anxious about the future, do what people who've felt the very same way have done for centuries: Take God's words to heart. There's no greater assurance than knowing you're loved, completely and eternally.

*Father, I bring all my thoughts and feelings to You at this moment. Take my worries, and speak truth into my life.
Remind me You are here and at work in my life.*



Forevermore

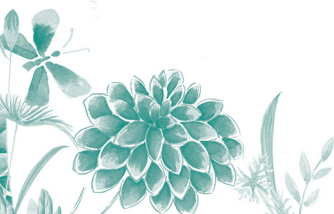
*The LORD shall preserve thy going out and thy coming
in from this time forth, and even for evermore.*

PSALM 121:8



Conventional wisdom tells us that nothing lasts forever. Thankfully, just because a saying is often quoted doesn't make it true. The time-tested wisdom of the Bible assures us that God always has been and always will be. Because of Jesus, *forever* is a word that can apply to us as well. When we follow Jesus here on earth, we follow Him straight to heaven. We have the assurance of knowing our true life span is "forevermore."

*Jesus, thank You for the amazing truth that eternal life
starts here and now. I don't have to wait for heaven to live
the abundant life You have for me. May "Your kingdom
come" in my life and my actions today.*



Attitude Adjustment

*This is the day which the LORD hath made;
we will rejoice and be glad in it.*

PSALM 118:24



What kind of day will you have today? Your answer might be, “I won’t know until I’ve lived it!” But the attitude with which you approach each new day can change the way you experience life. That’s why it’s important to set aside some “attitude adjustment time” every morning. When you wake, remind yourself, “This is the day the Lord has made.” Look for His hand in the details and thank Him for every blessing He brings your way.

*I am Yours, and You are mine, Jesus! I go into this day
with this truth at the forefront of my mind.
Have Your way in me, Lord!*

Word Pictures

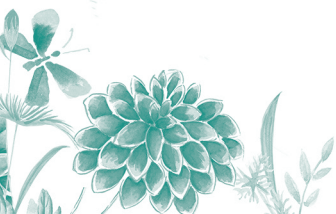
*The LORD is my strength and my shield;
my heart trusted in him, and I am helped.*

PSALM 28:7



A rock, a fortress, a warrior, a king—the Bible uses many metaphors to describe God. Since no single word can wholly describe our infinite, incomparable God, word pictures help us better connect a God we cannot see with images that we can. If your attitude could use a boost of strength and confidence, picture God as your shield. He is always there to protect you, to shelter you, and to guard your heart and mind.

*Creator God, please use the imagination You gave me
to fill me with truths from Your Word. I lay my
thoughts at Your feet for You to transform.*



What You Believe

*Before the mountains were brought forth,
or ever thou hadst formed the earth and the world,
even from everlasting to everlasting, thou art God.*

PSALM 90:2



People once believed the world was flat. This meant only the most intrepid explorers would venture long distances and risk falling off the “edge” of the earth. What people believe determines the choices they make, no matter what era they live in. What do you believe about God? Does it line up with what the Bible says? It’s worth checking out. Since you will live what you believe, it’s important to be certain that what you believe is true.

*Jesus, please speak truth and life into my soul.
I want to follow and believe in the One true God.
Show me any lies I may be believing about You.*

Innate Goodness

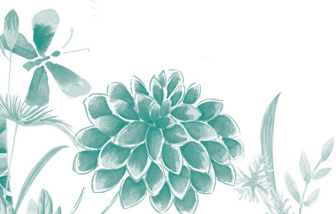
*I had fainted, unless I had believed to see the goodness
of the LORD in the land of the living.*

PSALM 27:13



Knowing a friend's heart toward you can help you relax and be yourself. With a friend like this, you can honestly share your deepest secrets, feelings, and failures without fear of ridicule or reprisal. The psalms remind us over and over again that God's heart toward us is good. Believing in God's innate goodness means we can entrust every detail of our lives to Him without hesitation.

*Your Word tells me that I am made holy and righteous
because of Christ in me! I am Your beloved
daughter, and You also call me friend.
Thank You for Your great love!*



Your Favorite Meal

But his delight is in the law of the LORD; and in his law doth he meditate day and night.

PSALM 1:2



Imagine God's words as your favorite meal, each bite a delicacy to be savored and enjoyed. You relish the unique blend of ingredients, the flavor and texture. When the meal is complete, you're nourished and satisfied. Scripture is a well-balanced meal for your heart and soul, a meal that can continue long after your Bible is back on the shelf. Ponder what you've read. Meditate on God's promises. Chew on the timeless truths that add zest to your life.

*Jesus, You are my bread of life. You fill me
to overflowing in so many ways.
Thank You for providing for my every need!*

Story of God's Love

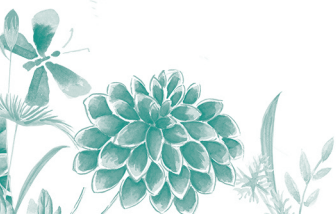
*Thy testimonies are wonderful:
therefore doth my soul keep them.*

PSALM 119:129



The Bible isn't a novel to be read for entertainment, a textbook to be skimmed for knowledge, a manual for living, or a collection of inspirational sayings. The Bible is a love letter. It's the story of God's love for His children from the beginning of the world until the end—and beyond. It's a book that takes time to know well, but God promises His own Spirit will help us understand what we read. All we need to do is ask.

*Holy Spirit, I ask You to fill me with love, wisdom,
and understanding as You teach and
convict me from Your Word.*



God's Blessings

*Return unto thy rest, O my soul; for the LORD
hath dealt bountifully with thee.*

PSALM 116:7



“Friends know what friends need,” so the saying goes. That’s one reason why friends often throw baby showers for moms-to-be. It’s a way to help provide what a mom will need in the months to come. God knows us, and our needs, better than any friend or family member does. That’s why He throws us a shower every day. God wraps His blessings in wisdom, purpose, and creativity to help meet our physical, emotional, and spiritual needs.

*Father, help me to rest in the truth of who You are.
You are my provider. Help me to stop striving to meet
my own needs and instead let You be Lord of my life.*

Words as Blessings

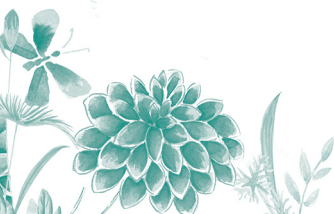
*God be merciful unto us, and bless us;
and cause his face to shine upon us.*

PSALM 67:1



When people speak of “blessings,” they’re often referring to words. Blessings are given at meals and weddings. “Bless you” is even said after a sneeze. The words we say can be as much of a gift as the blessings we can hold in our hands. What would God have you say to the people you meet today? Consider how you can bless others with your words—then speak up. A good word can often be the perfect gift.

*Lord, allow me to bless others with my life, my actions,
and my words. I want to bring life and blessing
to people. Show me what that looks like.*



Casting Burdens

*Cast thy burden upon the LORD,
and he shall sustain thee.*

PSALM 55:22



Casting a fishing line is an almost effortless motion. Casting a burden paints a totally different image. Burdens are pictured as heavy, cumbersome, not easily carried—let alone “cast.” But casting our burdens on God is as easy as speaking to Him in prayer. It’s calling for help when we need it, admitting our sin when we’ve fallen, and letting our tears speak for our hearts when words fail us.

*When my heart is heavy, Lord, You are the only One who
can help. I lay these burdens at Your feet, trusting
that You will carry them for me as I rest in You.*