

3-MINUTE
DEVOTIONS
FOR WOMEN

Large Print Edition



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



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INTRODUCTION

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Most days we're seeking out a moment or two of inspiration and encouragement—a fresh breath of air for the lungs and soul.

Here is a collection of moments from the true Source of all inspiration and encouragement—God's Word. Within these pages, you'll be guided through just-right-sized readings that you can experience in three minutes:

Minute 1: Reflect on God's Word

**Minute 2: Read real-life application
and encouragement**

Minute 3: Pray

These devotions aren't meant to be a replacement for digging deep into the scriptures or for personal quiet time. Instead, consider them a perfect jump-start to help you form a habit of spending time with God every day. Or add them to the time you're already spending with Him. Share these moments with friends, family, coworkers, and others you come in contact with every day. They're looking for inspiration and encouragement too.

.....

Your word is a lamp to guide my feet and a light for my path.

PSALM 119:105 NLT

EVEN MORE!

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us. . .

EPHESIANS 3:20 KJV

“Above all that we ask or think” is just that. Imagine every good thing that God has promised in His Word—or things you’ve only dreamed about. Think of wonderful things that exceed the limits of human comprehension or description then imagine that God is able and willing to do even more!

The last part of this verse indicates that the Holy Spirit works within the Christian's life to accomplish the seemingly impossible. Our highest aspirations are within God's power—but like Paul, we must pray. When we do, God does far more for us than we could ever guess.



*Oh Lord, You accomplish things
I perceive as impossible. You
know my hopes and dreams, and I
believe that You are able to exceed
my greatest expectations. Amen.*

HE WILL SEND HELP

“The waves of death swirled about me; the torrents of destruction overwhelmed me. . . . In my distress I called to the LORD. . . . From his temple he heard my voice; my cry came to his ears.”

2 SAMUEL 22:5, 7 NIV

God never asked us to do life alone. When the waves of death swirl around us, and the pounding rain of destruction threatens to overwhelm us, we can cry out to our heavenly Father, knowing that He will not let us

drown. He will hear our voice, and He will send help. So, next time you feel that you can't put one foot in front of the other, ask God to send you His strength and energy. He will help you to live out your purpose in this chaotic world.



Lord, thank You for strengthening me when the dailiness of life, and its various trials, threatens to overwhelm me. Amen.

STEADY. . .

People with their minds set on you, you keep completely whole, steady on their feet, because they keep at it and don't quit.

ISAIAH 26:3 MSG

One of the meanings of *grace* is “an effortless beauty of movement.” A person with this kind of grace doesn't trip over her own feet; she's not clumsy or awkward, but instead she moves easily, fluidly, steadily. From a spiritual perspective, most of us stumble quite a bit—and yet we don't give up. We

know that God holds our hands, and He will keep us steady even when we would otherwise fall flat on our faces.



Father, I don't always feel so graceful. Thank You for holding my hand, steadying my feet, and giving me the strength to keep at it, even when I stumble. Amen.

EVERY STEP OF THE WAY

Never stop praying.

1 THESSALONIANS 5:17 NLT

Several passages in the Bible tell us clearly that God listens to us when we pray. He hears every word and is compassionate. All we have to do is share our concerns with Him and wait faithfully for what He will provide.

God wants to be involved in our daily routines. He wants to hear from us and waits for us. God never promised an easy life to Christians. If we will allow Him, though, God will be there with

us every step of the way. All we need to do is to come to Him in prayer. With these three simple words from 1 Thessalonians 5:17, our lives can be fulfilling as we live to communicate with our Lord.



Father, when I pray remind me that prayer is not only about talking to You, but also about listening to You. Open my heart to Your words. Amen.

REVEAL THE HOPE

In your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

1 PETER 3:15 NIV

Isn't the relevance of God's Word amazing? Peter gives three parts of advice with several key words. First, Peter advises, set God apart from everything else in your heart; in other words, "sanctify," or recognize God's holiness, and treat Him with deserved

awe. Second, be prepared to explain your hope in Christ and eternal life, having a full grasp of what, and in whom, you believe. Finally, remember *how* you say something is equally important to *what* you say. In other words, we must walk the walk before we can reveal the hope we have in Jesus Christ.



Dear God, please prepare me to explain my hope in Christ and eternal life. Teach me to explain it in a way that honors You with gentleness and respect. Amen.

SHAKE IT UP!

*The LORD had said to Abram,
“Leave your native country, your
relatives, and your father’s family,
and go to the land that I will show
you. . . . I will bless you. . .and
you will be a blessing to others.”*

GENESIS 12:1–2 NLT

In God’s wisdom, He likes to shake us up a little, stretch us out of our comfort zone, push us out on a limb. Yet we resist the change, cling to what’s known, and try to change His mind with fat, sloppy tears. Are you

facing a big change? God wants us to be willing to embrace change that He brings into our lives. Even unbidden change. You may feel as if you're out on a limb, but don't forget that God is the tree trunk. He's not going to let you fall.



Holy, loving Father, in every area of my life, teach me to trust You more deeply. Amen.

FREE!

*For the Lord is the Spirit,
and wherever the Spirit of
the Lord is, there is freedom.*

2 CORINTHIANS 3:17 NLT

How do you know when the Holy Spirit is present in your life? You should be able to tell by the sense of freedom you feel. If you feel oppressed, obsessed, or depressed, something in your life is off-kilter. Seek out God's Spirit. He wants you to be free.



Holy Spirit, fill me with a sense of freedom only You can provide. Free my spirit from chains of oppression, and draw me into the wide open spaces of Your peace. Amen.

STILLNESS

Be still, and know that I am God.

PSALM 46:10 NKJV

David wrote, “Meditate within your heart on your bed, and be still” (Psalm 4:4 NKJV). Many of us have lost the ability to meditate on God. We either tell ourselves that meditation is something only Buddhist monks do, or else we cry out frantic prayers while distracted by the careening roller coaster of life. When we lie down in bed at night, instead of meditating calmly and trusting in God, we fret

and toss and turn.

When we learn to trust that God can protect us and work out our problems, then we can lie down peacefully and sleep (Psalm 4:8). That same trust gives us the strength to face our days with confidence.



Dear God, quiet my mind. Remove from it all the worldly thoughts that come between You and me. Create stillness within me, and turn my thoughts toward You. Amen.

PLANTED DEEP

Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads.

DEUTERONOMY 11:18 NIV

Memorizing Bible verses isn't a fashionable trend in today's world, but learning key verses plants the Word of God deeply in our hearts. We draw strength and nourishment in dark times from remembering what God told us in the Bible. In times of crisis we recall God's promises of

hope and comfort. In our everyday moments, repeating well-known verses reminds us that God is always with us—whether we feel like it or not.



*What an awesome gift You
have given me, God—the Bible!
I will fix Your words in my mind
and heart and carry them with
me wherever I go. Amen.*

RELEASE THE MUSIC WITHIN

*Those who are wise will find a time
and a way to do what is right.*

ECCLESIASTES 8:5 NLT

It has been said that many people go to their graves with their music still in them. Do you carry a song within your heart, waiting to be heard?

Whether we are eight or eighty, it is never too late to surrender our hopes and dreams to God. A wise woman trusts that God will help her find the time and manner in which to use her

talents for His glory as she seeks His direction. Let the music begin.



Dear Lord, my music is fading against the constant beat of a busy pace. I surrender my gifts to You and pray for the time and manner in which I can use those gifts to touch my world. Amen.