



Especially for

From

Date







You Matter

*Devotions & Prayers for a
Doubting Heart*





DONNA K.
MALTESE

You Matter

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Doubting Heart*

BARBOUR BOOKS
An Imprint of Barbour Publishing, Inc.

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ISBN 978-1-68322-842-4

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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 China.

INTRODUCTION

*“Can a mother forget the infant at her breast,
walk away from the baby she bore?*

*But even if mothers forget,
I’d never forget you—never.*

*Look, I’ve written your names
on the backs of my hands.”*

ISAIAH 49:15–16 MSG



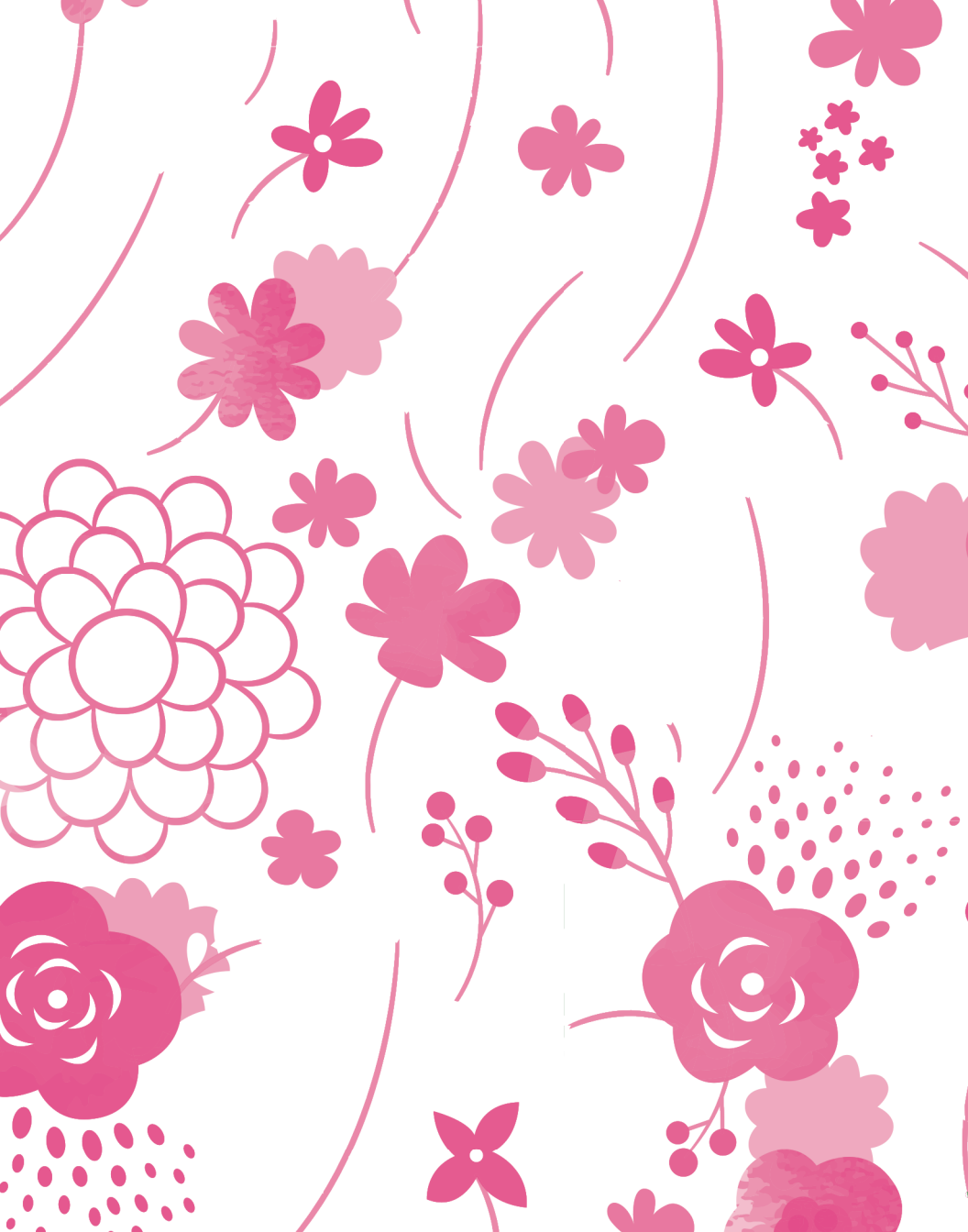
God adores you like no other. You’re so precious to Him that He’s tattooed your name on the backs of His hands! He continually exclaims over you, “O my love, how beautiful you are! There is no flaw in you!” (Song of Solomon 4:7 AMP). He’s even written you a love letter—the Bible—sent directly from His heart to yours.

You Matter has been written to remind you how much God loves and values you. It contains 180 encouraging readings, Bible verses, and prayers, all of which end with takeaway faith-boosting statements you can carry with you throughout the day.

To reinforce the truth that you matter to God, each reading’s title completes the sentence “You’re worthy because. . .” By making this book part of your daily spiritual “diet,” you’ll remove from your mind any doubts as to how much God loves you. Your heart will be refreshed as you begin to understand the many gifts He lavishes upon you. And the fact that God has plans to prosper you and give you peace (see Jeremiah 29:11) will be salve for your soul.

Enter into these pages today and be blessed.





GOD CALLS YOU AS HE SEES YOU

*And the Angel of the Lord appeared to him and said to him,
The Lord is with you, you mighty man of [fearless] courage.*

JUDGES 6:12 AMPC



Sometimes the Lord sees you in a way you do not yet see yourself. That's what happened with Gideon. God saw Gideon as a mighty warrior, a person with fearless courage. Yet Gideon saw himself only as the poorest of his clan and the least in his father's house. But God knew what Gideon would do. He would be a fearless champion because God was with him. He told Gideon, "Surely I will be with you, and you shall smite the Midianites as one man" (Judges 6:16 AMPC). And he did!

Never underestimate who you are. Never doubt how God sees you. Don't let your circumstances dictate your reality. "Go with the strength you have" (Judges 6:14 NLT), never doubting God's power within you.

When God calls you strong, don't think of yourself as weak. When God says you're found, don't see yourself as lost. When God sees you as worthy, don't think of yourself as worthless. Your strength lies in the God who sees you as you truly are: a mighty woman of courage, a beloved daughter through whom He conquers the world (see 1 John 5:4-5).

*Help me to see myself as You see me, Lord.
I can do anything with You!*

*I know I'm worthy because
God sees who I truly am.*

GOD FIGHTS FOR YOU

“Do not fear or be dismayed because of this great multitude, for the battle is not yours but God’s.”

2 CHRONICLES 20:15 NASB



Enemy armies were lining up to attack King Jehoshaphat. Terrified, he begged God for guidance. He and his people prayed and fasted. Jehoshaphat admitted he couldn’t handle the situation, telling God, “We are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You” (2 Chronicles 20:12 NASB).

Then God spoke through the priest Jahaziel, telling Jehoshaphat not to be afraid or discouraged because the battle wasn’t his but God’s. God said, “Station yourselves, stand and see the salvation of the LORD on your behalf” (2 Chronicles 20:17 NASB).

With this knowledge in hand and heart, Jehoshaphat led his people out before his own army, singing and praising the Lord! The story ends with the enemy armies attacking each other, leaving Jehoshaphat to simply pick up the spoils.

When multitudes are coming against you, there’s no need to be fearful or discouraged. Simply keep your eyes on God, knowing He’s got you. He’s fighting your battles. Your job? To praise and follow Him.

*Sometimes, Lord, I think my problems are greater than You!
Help me keep my eyes on You alone, to know You have
me covered. And all I have to do is praise!*

*I know I’m worthy because my
mighty God is fighting my battles.*

GOD LOOKS OUT FOR YOU

The Angel of the Lord found her by a spring of water in the wilderness.

GENESIS 16:7 AMPC



In the Old Testament, we find an aging Sarah, who's frustrated that the baby God had promised to her and Abraham hasn't yet materialized. So she comes up with her own plan. Abraham will sleep with her maid, Hagar. Then Sarah will take the resulting child as her own. So Abraham lies with Hagar, who gets pregnant and soon assumes a sense of superiority over Sarah.

Sarah, now despising Hagar, sends her away. The maid runs into the wilderness and sits down by a well. That's where the angel of the Lord finds her. He asks her what's happening. After Hagar gives her version of events, the angel tells her to go back to her mistress, that God will bless Hagar. That "the Lord has heard and paid attention" (Genesis 16:11 AMPC) to her problem.

In response, Hagar says, "You are the God who sees me" (Genesis 16:13 NLT). "That's how that desert spring got named 'God-Alive-Sees-Me Spring' " (Genesis 16:14 MSG).

The point? Know you're never alone. No matter where you go, God is concerned about what's happening in your life. Your God who sees is always looking out for you, ready to help, to guide, and to bless.

*Thank You for always being with me, Lord,
even during wilderness moments.*

*I know I'm worthy because my
God is looking out for me.*

GOD EASES YOUR JOURNEY

He caused the storm to be still, so that the waves of the sea were hushed. Then they were glad because they were quiet, so He guided them to their desired haven.

PSALM 107:29–30 NASB



The Old Testament verses above were brought to life in the New (see John 6:15–21). Jesus had just fed more than five thousand people with five loaves of bread and two fish. Then He withdrew to a hillside to pray alone.

Meanwhile, His disciples went down to the sea to row over to Capernaum. Darkness had descended, and the winds began to blow, making the sea rough, the waves high. Then the God-followers saw Jesus walking on the sea toward them and became terrified.

But Jesus said to them, It is I; be not afraid! [I AM; stop being frightened!] Then they were quite willing and glad for Him to come into the boat. And now the boat went at once to the land they had steered toward. [And immediately they reached the shore toward which they had been slowly making their way.]

John 6:20–21 AMPC

When you're faced with wind and waves, don't fear. Simply be willing, glad to invite Jesus into your boat. Before you know it, He'll bring you to the place you were struggling to reach.

*With You in my boat, Jesus, I no longer struggle,
for You whisk me to my desired haven.*

*I know I'm worthy because
my God eases my journey.*

GOD'S SPIRIT STANDS WITH YOU

Be strong, alert, and courageous, all you people of the land, says the Lord, and work! For I am with you, says the Lord of hosts. . . .

My Spirit stands and abides in the midst of you; fear not.

HAGGAI 2:4-5 AMPC



More than five hundred years before Christ was born, King Cyrus of Persia allowed the exiled Jews to return to Israel to rebuild the temple that had been destroyed. Two years later they began the work, but because of opposition from neighbors and the indifference by the Jews, they abandoned the effort. After sixteen years had passed, God spoke through the prophet Haggai, telling His people to be strong and not fear, to finish the work because He was with them, and His Spirit was standing in their midst. Because of God's encouragement, His people completed the temple four years later.

When you're plagued with discouragement and others oppose your efforts, remember that God wants you to take His courage and strength and do the work He's given you to do. Be alert to the fact that God has given you His Holy Spirit to stand *with* you and live *in* you.

Lord, when my spirit lags, keep me alert to the fact that Your Spirit is with and in me. Give me the courage and the oomph to do just what You want me to do, in Jesus' name. Amen.

*I know I'm worthy because God
and His Spirit stand with me.*

GOD MEETS YOUR NEEDS

“What I’m trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving. . . . Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met.”

MATTHEW 6:32–33 MSG



Jesus knows just how easy it is for us to forget about God’s love and care for us. We, at times, may find ourselves so busy working to make ends meet that we forget to seek His face. That’s why He gave us these invaluable words.

Relax. Look at what God is doing around you. Before you step into your home office, start cleaning the house, begin that long commute, or wake up the kids—stop. Spend some time with God. Open up His Book, ingest His words of wisdom, pray with all your heart, and open yourself to His presence. Steep yourself in *His* reality. See all that happens through *His* eyes.

Seek God’s kingdom above and before all else, and you will not only find Him meeting all your needs, but you’ll find your cup running over with blessings you never dreamed imaginable.

*I’m here, Lord, reading to steep myself in Your reality,
knowing You love me so much I will always have all I need!*

*I know I’m worthy because
God always meets my needs.*

GOD BUSIES HIMSELF WITH YOUR EVERY STEP

The steps of a [good] man are directed and established by the Lord when He delights in his way [and He busies Himself with his every step]. Though he falls, he shall not be utterly cast down, for the Lord grasps his hand in support and upholds him.

PSALM 37:23–24 AMPC



When you live a godly life—obeying God and His Word—God will not only direct your steps but will pave the way for you, busying Himself with every step you make! And when you're in that place, you can hear His voice behind you at every crossroad, saying, "This is the way; walk in it" (see Isaiah 30:21).

When you're that close to God, He's close to you, so close that even if you fall while on that God-directed path, whether it's because you hit an unexpected pothole or because you tripped up by momentarily veering away, He'll be there to grab you, pull you up, and get you back on your feet!

So never fear when you're walking in God's ways. Just stick your foot out in faith, knowing God is busying Himself with your every step.

Lord, I want You to be delighted with where I'm going. Help me begin by following Your will, way, and Word, knowing You'll be blazing the trail before me. All I have to do is follow Your love and light.

*I know I'm worthy because my God
busies Himself with every step I take.*

GOD GIVES YOU SAFETY, SECURITY, AND GUIDANCE

I waited patiently for the LORD; and He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm.

PSALM 40:1-2 NASB



Some days you may find yourself in a pit of despair. When you're in that dark place, wait patiently for God to draw you back out into His light. Expect Him to show up to save you. Cry out, knowing He *will* hear your voice and be there before you even utter your first word.

And when God gets there—and He *will* get there—He'll not only save you by pulling you out of the pit; He'll secure you by setting your feet on terra firma. Then He'll guide your next steps, ensuring they'll be steady and solid. Safety, security, and guidance from the Creator of the universe, the One who gives you breath, keeps your world in orbit. What more could a woman need or want?

Wait patiently for God to come when you call, precious one. He'll be there before you can say, "Thank God!"

I'm overcome with peace, Lord, knowing You hear my cry before it even reaches my lips. Thank You for being my savior, my security, and my guide!

*I know I'm worthy because my
God pulls me up, sets me on solid
ground, and steadies my steps.*

GOD OPENS DOORS

“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.

For everyone who asks, receives. Everyone who seeks, finds.

And to everyone who knocks, the door will be opened.”

MATTHEW 7:7-8 NLT



Jesus tells you that just as a good parent gives her child what it asks for, knowing it will be good for her little one, “the God who conceived you in love” (Matthew 7:11 MSG) will be sure to give you what you desire. The thing is to keep on asking, and then keep on seeking that which you’ve asked for. At the same time, keep on knocking on God’s door, expecting Him to open it to you!

The God who loves you *wants* you to actively come to Him. Never hesitate to ask Him for the things you need. Do not give up. The more you ask Him, the more you’re cutting to the core of what you truly desire.

So keep asking, seeking, and knocking. Father God is waiting to bless you.

Loving God, You’re the One I can always count on to deliver what I need. Help me hone my desires, lining them up with Your will and way. Give me the patience and persistence I need to keep on coming to the One I can count on.

*I know I’m worthy because my loving
God opens the door to my desires.*

GOD GIVES YOU JUSTICE

*Many crave and seek the ruler's favor,
but the wise man [waits] for justice from the Lord.*

PROVERBS 29:26 AMPC



When things don't go their way, children usually pout and say aloud, "That's not fair!" And lots of times they're right. Know the feeling?

When things don't go your way, when someone or some institution blindsides you or unexpectedly pulls the rug out from under your feet, you may be thinking, *That's not fair!* And you may be right. But rather than seeking revenge or craving to get some bigwig's attention so you can plead your case, why not take the wiser course? Calm down, and wait for God to make things right. After all, that's what He wants you to do. Instead of holding a grudge, bless those who have harmed you. Leave in God's hands that which He wants you to leave there. Let Him be your guide. He loves you too much to ever steer you wrong.

Be a wise woman. Wait for God to make things right.

*Lord, sometimes I find it difficult to wait for You to act.
Give me the patience to do so, knowing You're watching over me.
You want the best for me. And You'll make everything work out just
as You planned so I don't have to worry. Just wait. . .for You.*

*I know I'm worthy because I'm a wise woman
who knows God will make all things right.*

GOD GIVES YOU A SPIRIT OF POWER

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.

2 TIMOTHY 1:7 AMPC



No matter what comes against you, you need fear nothing. Your loving God has gifted you the spirit of power, giving you the courage to face anything and everything in your life. And His provision doesn't end there. He also gifts you the spirit of love for Him, yourself, and others so you'll have the eagerness to serve without fear. He gifts you with the spirit of calm so you won't be steered wrong by your imagination, which may lead you off course.

Yes, woman, dearly loved, God has given you all the spiritual resources you need to not just survive but thrive in this world—and beyond—for Him.

Today, spend some time meditating on your spirit of power, love, and calm. Realize you have everything you need to do what God has called you to do. . . and nothing at all to fear.

I come to You, Lord, leaning into You, tapping into the spirit of power, love, and calmness You have gifted me so I can answer Your call, whatever it may be, wherever it may lead.

I know I'm worthy because God has gifted me with a spirit of power, love, and calm.

GOD'S PLAN FOR YOU

"I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for."

JEREMIAH 29:11 MSG



Whether you're conscious of it or not, you're always making plans. From the time you get out of bed in the morning to the time you lie down at night, you're making mental notes about what your next step, task, duty, or goal will be. Yet, at times, you may not be sure of your next step. Or you may find your plans have gone awry and you need to make a new plan.

No matter what's happening in your life, you need not feel as if God has left you to navigate this journey alone. Know that He has a master plan for you. And even if it looks as if things aren't going your way, relax. They're going God's way, according to His plan—which includes taking care of you and always being with you, working to give you the future you're hoping for.

So, although it's still good to make your plans, remember, God will have His way. And every way He chooses for you is the right one.

Thank You, God, for making me a part of Your master plan.

I can relax knowing it's You who is in control.

Show me what—if anything—You would have me do next.

I know I'm worthy because God has included me in His wonderful plan.

GOD SHOWS YOU HIS GOODNESS

I would have despaired unless I had believed that I would see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and let your heart take courage.

PSALM 27:13-14 NASB



When life gets rough, when you're in crisis mode, when you see no way out of the dark place you find yourself in, you can always hang on to one thing: you have a God who will show you His goodness in some way in this life. He has things waiting for you, blessings that are (or perhaps have already appeared) just around the corner.

For now, while you're in the midst of your trouble, let God hide you "in His shelter; in the secret place of His tent. . .high upon a rock" (Psalm 27:5 AMP). Know that even if those closest to you desert you, God will hold you close (see Psalm 27:10). And He'll lead you on a level path when you're ready (see Psalm 27:11). All you need to do is wait on God. To be strong and have courage while doing so. There's nothing He won't do for you, no goodness He'll not reveal in His time.

*I'm believing that I'll see Your goodness in my life, Lord.
So I'm taking heart while I wait in Your strength and love.*

*I know I'm worthy because God
has something good waiting for me.*

GOD GUARDS AND KEEPS YOU IN PERFECT PEACE

You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You.

ISAIAH 26:3 AMPC



Your relationship with God is a two-way street. When you believe you matter to Him, when you give Him your trust, He will guard you, allowing nothing to touch or unsettle you. When you keep your mind and focus on Him, living for, leaning on, and loving Him, He will keep you in perpetual peace. That's a peace that reigns within and outside of you.

Know that God is not some distant spiritual entity that only checks on you once in a while. You're constantly on His mind. He's continually looking out for you, looking to see what you need, how He can help. As you lean into that knowledge and keep your eyes on Him, confident He will always be there, you cannot help but have that perfect calm. That's why, when bad news hits, you have no fear, for you are confidently trusting in the One who loves you like no other (see Psalm 112:7). Live in that peace. Love it. Cherish it. It's yours for the taking!

*I'm setting my sights on You, Lord, trusting You for all.
Thank You for the perfect peace that gives me!*

*I know I'm worthy because
God keeps me in perfect peace.*

GOD SHEPHERDS YOU

The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack.

PSALM 23:1 AMPC



God's Word tells you that "We are the people he watches over, the flock under his care" (Psalm 95:7 NLT). So you can be sure God is forever watching you, providing you with all you need. With Him filling your life, there is nothing you lack.

There are no greater words than those of Psalm 23, which details all God does for you. He feeds, guides, and protects you. He makes you lie down in lush pastures, leading you beside the still waters so you can eat and drink and be refreshed in His presence. He restores you to yourself, leading you down the right paths—and all because He loves you just as you are!

Even during those hard knocks in life, when you feel as if you are walking in shadows, you need not fear, for the Great Shepherd is with you, protecting you with His rod and guiding you with His staff. He even prepares a banquet for you, anointing you with the oil of His Holy Spirit.

Meditate and refresh your spirit with Psalm 23 today. Know, precious lamb, that God's goodness, mercy, and love pursue you every day!

*Thank You, Great Shepherd, for the tender
care You give me, Your daughter, Your lamb.*

*I know I'm worthy because I'm in
the care of God, my Great Shepherd.*

GOD HELPS AND SHIELDS YOU

Our inner selves wait [earnestly] for the Lord; He is our Help and our Shield. For in Him does our heart rejoice, because we have trusted (relied on and been confident) in His holy name. Let Your mercy and loving-kindness, O Lord, be upon us, in proportion to our waiting and hoping for You.

PSALM 33:20–22 AMPC



The more you wait on and hope in God, the more you trust Him, the more joy you will find as you walk the road He has laid out before you.

Allow yourself to focus on the fact that God’s mercy, love, and kindness are constantly upon you. Know that no matter how dark things may appear to be, your Creator is going to make something good come out of it. He’s already helping you to stand your ground. He’s shielding you from all evils—seen and unseen.

Your job is to trust God will not just bring you through the stresses, trials, and temptations of your day, He will bring you success *in spite of* them! Why? Because He’s your help and your shield. The more you trust in Him, the more you’ll not just get *through* life but find true life!

Grow my trust in You, Lord, so that as my inner self learns to wait and hope in You, I find myself pleasantly overwhelmed by the expanse of Your love for me.

*I know I'm worthy because
Almighty God helps and shields me.*

GOD IS YOUR ARM OF STRENGTH AND PROTECTION

*O Lord, be gracious to us; we have waited [expectantly] for You.
Be the arm [of Your servants—their strength and defense]
every morning, our salvation in the time of trouble.*

ISAIAH 33:2 AMPC



The Hebrew word for *wait* in the above verse means to depend on and order your activities around a future event—in this instance, God’s ultimately fulfilling His promises to you. In the next sentence, *Strong’s Concordance* says the Hebrew word for *arm* implies an arm stretched out, which equates to “force—arm, help, might, power, shoulder, strength.”

Imagine living your life expecting this promise from God to become your reality. To awaken each morning, praying, “You, oh mighty God, will be my arm, my strength and defense,” will not only give you the right mind-set as you enter your day but will be a powerful tool throughout it. You can increase the power of this prayer by adding motions to it. Move your arms into a weight-lifting position when saying the word *strength*, and then swing them in front of your face in a boxing defensive position when you say “defense.” Then go into your day with confidence, knowing God is with you and the fulfillment of His promise awaits you!

Oh mighty God, be my arm, my strength, and my defense every morning.

*I know I’m worthy because
Almighty God arms me with power.*