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Little
Blessings
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Women

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DAY 1

God's Gift of Abilities

*We have different gifts, according
to the grace given to each of us.*

ROMANS 12:6 NIV



God has blessed every person—every single one—with some gift or ability with which to serve others and bring glory to His name. Some abilities are obvious—they shine brightly in front of everyone—but others move below the radar. They include things like the ability to pray effectively, love the unlovely, and listen attentively. Ask God to open your eyes to your special abilities. They are God's blessings to you.



DAY 2

Strengthen Your Gifts

Do not neglect your gift. . . . Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.

1 TIMOTHY 4:14–15 NIV



The Bible most often refers to human abilities as gifts because they are given in order to be given again. If you have the gift of song, God expects you to strengthen and polish that gift and use it to enrich the lives of others. If you have been given a way with children, extend that gift to every child you meet. As you use your gifts to bless others, you will be blessed most of all.



DAY 3

God's Joy Is Your Strength

"The joy of the LORD is your strength."

NEHEMIAH 8:10 NIV



Is it really possible to have joy in your everyday life even when the kids are crying and the bills are piling up? When you're overwhelmed with work or struggling with emotional problems? Can you truly "rejoice and be glad" in the midst of such trials? Of course you can! Joy is a choice, and it's one the Lord hopes you'll make in every situation. His joy will give you the strength you need to make it through. So, rejoice, dear one. Rejoice!



DAY 4

God Heals Your Anxieties

*Search me, God, and know my heart;
test me and know my anxious thoughts.*

PSALM 139:23 NIV



Have you ever asked the Lord to give you an “anxiety check”? He longs for you to live in peace, but that won’t happen as long as you’re driven by worries and fears. Today, allow Him to search your heart. Ask Him to dig deep. Are there cobwebs that need to be swept out? Things hidden that should be revealed? Let God wash away your anxieties, replacing them with His exceeding great joy!



DAY 5

Be Anxiety-Free

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

PHILIPPIANS 4:6 NKJV



Be anxious for nothing? Is that possible? Aren't my anxieties tied to my emotions? And aren't my emotions tied to the things that happen to me? I can't control what happens to me, so how can I control my reactions? Deep breath, friend! Instead of knee-jerking when troubles come, slip into the throne room and spend some time giving those problems to the Lord. With thanksgiving, let your requests be made known to Him.



DAY 6

God's Love Has No Limits

Rejoice in the LORD your God, for he has given you the autumn rains because he is faithful. He sends you abundant showers, both autumn and spring rains.

JOEL 2:23 NIV



As human beings, we are limited in what we can provide for those we love—our resources, both material and emotional, are finite. But God has no limits. He blesses His children far beyond our comprehension. He does more than just rain down His blessings on us; He sends abundant showers of blessing in every season of our lives. You are a rich woman. Once you see all God has provided for you, you won't ever want to come in out of the rain.



DAY 7

God's Love Overflows

Grace and peace be yours in abundance.

1 PETER 1:2 NIV



As you look around at God's blessings in your life, close your eyes and look inward as well. God has also provided you with an abundance of grace and peace. Grace that allows you to be who you genuinely are and the peace of knowing that who you are is just fine with Him. Women are wonderfully emotional people, the keepers of the inner life. If your inner places are dark and empty, invite God to fill them to overflowing with His goodness.



DAY 8

Spread Joy to Feel Joy

*A miserable heart means a miserable life;
a cheerful heart fills the day with song.*

PROVERBS 15:15 MSG



Have you ever felt weighted down? Heavy? Sometimes the cares of this life can make us so anxious that we see only the tips of our toes, not the road ahead. Today, lift your eyes! Speak words of faith and hope over your situation. Go out of your way to cheer up someone else. This simple act will lift your spirits and cause you to forget about your own burdens. Watch the joy sweep in!



DAY 9

Thou Shalt Not Worry

*“Do not worry about tomorrow,
for tomorrow will worry about itself.
Each day has enough trouble of its own.”*

MATTHEW 6:34 NIV



What if the Lord wrote an eleventh commandment: “Thou shalt not worry”? In a sense, He did! He commands us in various scriptures not to fret. So, cast your anxieties on the Lord. Give them up! Let them go! Don’t let worries zap your strength and your joy. Today is a gift from the Lord. Don’t sacrifice it to fears and frustrations! Let them go. . .and watch God work!



DAY 10

Work, Don't Worry

What do people get for all the toil and anxious striving with which they labor under the sun?

ECCLESIASTES 2:22 NIV



Sometimes, out of anxiety, we bury ourselves in work. We labor from sunup till sundown. There's nothing wrong with working hard, but striving is another thing altogether. When we "strive," we're not trusting God to do His part. We're taking matters into our own hands. Today, take a moment to ask yourself an important question: "Am I working, or am I striving?" Don't let the enemy steal your joy! Strive no more!



DAY 11

Garments of Praise

*Awake, awake; put on thy strength,
O Zion; put on thy beautiful garments.*

ISAIAH 52:1 KJV



Imagine you've been invited to a grand celebration—perhaps a wedding or a banquet. The clothes in your closet are old. Boring. You need a new outfit, one worthy of such an occasion. After serious shopping, you find the perfect dress! It's exquisite and when you wear it, you're in a party frame of mind. That's what God desires from each of us. . .to “dress” ourselves in garments of praise. It's time to party!



DAY 12

Joy in the Face of Betrayal

*Then my head will be exalted above the enemies
who surround me; at his sacred tent I will
sacrifice with shouts of joy; I will sing
and make music to the LORD.*

PSALM 27:6 NIV



It's one thing to offer a sacrifice of joy when things are going your way and people are treating you fairly. But when you've been through a terrible betrayal, it's often hard to recapture that feeling of joy. As you face hurts and betrayals, remember that God is the lifter of your head. Sing praises and continue to offer a sacrifice of joy!



DAY 13

God's Acceptance

[God] chose us in Him before the foundation of the world...according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.

EPHESIANS 1:4–6 NKJV



You may never receive the full acceptance and approval of the people in your life. But God has already given you His approval, His acceptance. He chose you. Think about that. Almighty God chose you! No one compelled Him to. His motive wasn't pity. The Bible says He created you and pronounced His work "good." He's proud of the "you" He's made, and He is moved with love for you—just as you are.



DAY 14

Praise Through Song

*I will praise the name of God with a song,
and will magnify Him with thanksgiving.*

PSALM 69:30 NKJV



It's one thing to spend time with God; it's another to praise Him with a thankful heart. Sometimes we forget His many blessings. We praise out of routine. Today, allow God to remind you of all the many ways He has blessed you. Oh, what full and thankful hearts we have when we pause to remember. Now, watch your praises rise to the surface, like cream to the top of the pitcher.



DAY 15

Happy Endurance

*Behold, we count them happy which endure.
Ye have heard of the patience of Job, and
have seen the end of the Lord; that the Lord
is very pitiful, and of tender mercy.*

JAMES 5:11 KJV



It's interesting to think of the words *happy* and *endure* in the same sentence. Twenty-first-century Christians are accustomed to a fast-paced life, used to getting what they want when they want it. But sometimes patience is required, especially when we're not feeling well. Want to know the secret of surviving the seasons that try your patience, the ones that wear you to a frazzle? Endure! Happiness will prevail!



DAY 16

A Season of Joy

*Anxiety weighs down the heart,
but a kind word cheers it up.*

PROVERBS 12:25 NIV



Want to know how to get beyond a season of heaviness? Want to enter a season of joy? Speak uplifting, positive words. The things that come out of your mouth can make or break you. After all, we tend to believe what we hear. So, let words of joy flow. Speak hope. Speak life. And watch that spirit of heaviness take flight!



DAY 17

Accept Others

*Honor God by accepting each other,
as Christ has accepted you.*

ROMANS 15:7 CEV



Just as God has accepted you, He asks that you accept others. That doesn't mean you must accept their aberrant behaviors or keep your mouth shut when you see people doing things they shouldn't. Accepting others means appreciating that each person was created by and is loved by God. They have value for that reason. In loving Him, you must love whom He loves and accept whom He accepts. That's the only proper response to so great a Creator.



DAY 18

Forgiving Others

“If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained.”

JOHN 20:23 NASB



Ever known someone who simply refused to forgive? It's one thing to cling to past hurts because you're unable to let go; it's another to do so out of spite. There are no stipulations on forgiveness. We must forgive, regardless of what has been done to us. If you are struggling to release someone who's hurt you, ask the Lord to help you. A miracle of joy will take place as you release your grip.



DAY 19

Accomplishing God's Will

A longing fulfilled is a tree of life.

PROVERBS 13:12 NIV



You are a fortunate woman! You live in a time when women can accomplish anything they set their minds to do. Are there still obstacles? Of course, but nothing you can't deal with. God has given you something special to do in this world. You'll know it by the longing you feel deep inside. Ask God to guide you, lending you His wisdom, grace, and strength. Then go for it. Nothing can compare with the joy of accomplishing God's will for your life.



DAY 20

Refuge from Betrayal

*But let all who take refuge in you be glad;
let them ever sing for joy. Spread your protection
over them, that those who love your
name may rejoice in you.*

PSALM 5:11 NIV



Oh, the pain of betrayal. If you've been hurt by someone you trusted, choose to release that person today. Let it go. God is your defender. He's got your back. Take refuge in Him. And remember, praising Him—even in the storm—will shift your focus back where it belongs. Praise the Lord! He is our defense!



DAY 21

Call on God for Help

*Commit your work to the LORD,
and your plans will be established.*

PROVERBS 16:3 ESV



Whatever God has called you to accomplish in your life, He has not called you to accomplish alone. He is always there, providing you with the resources you need to get the job done. That doesn't mean you won't stumble along the way or encounter difficulties. But it does mean that you can call upon the counsel and resources of almighty God to help you. Whether you need wisdom, inspiration, confidence, strength, or just plain tenacity, you will find your answer in Him.