



365
MOMENTS
of PEACE *for a*
WOMAN'S
HEART



REFLECTIONS ON GOD'S GIFTS OF
LOVE, HOPE, AND COMFORT



BETHANYHOUSE

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365 Moments of Peace for a Woman's Heart

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INTRODUCTION

Would you be surprised to learn that God loves you? He does! He loves you with all his heart, and he knows you better than you know yourself. That's because you are his creation, his handiwork, the expression of his artistic genius. He knows about your struggles and your achievements. He knows about your secret acts of kindness and your secret sins. He knows what you need and what you don't need. He knows, and he wants you to know too—both who you are and who he is.

365 Moments of Peace for a Woman's Heart was written for that purpose. It opens the door wide to knowing God and becoming the woman he created you to be. When you look into his face and see your reflection in his loving eyes, you'll receive strength to overcome fears and obstacles, discover new ways of thinking, and develop the skills to walk in new and exciting paths.

It is our prayer that as you read, you will see and understand God's wonderful plan for you, a plan designed to reveal your incredible worth and beauty. In seeking, you will find more treasure than you ever imagined.

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JANUARY



*When you call upon me
and come and pray to me, I will
hear you. When you search for me,
you will find me; if you seek me
with all your heart.*

JEREMIAH 29:12–13 NRSV

January 1

GOD'S DELIGHT

For Yahweh takes pleasure in His people; He adorns the humble with salvation. Let the godly celebrate in triumphal glory; let them shout for joy.

Psalm 149:4–5 HCSB

There may be times in your life when you feel as if you're on your own—it seems that no one understands or cares for you, and you can't do anything right. These are the times it is most important to remember your Creator. God loves you, cares for you, and works through you to fulfill his purpose for your life.

Of course, he does not approve of your sins, because when you commit them you hurt yourself. That's why he empowers you to turn from them and triumph over them.

Are you feeling like a failure today? Rejected, unloved, and unworthy? Then it's time to give up your opinion of yourself and embrace God's vision for your life. He delights in you and will lead you to victory if you will follow him.

Sing to the Lord a new song, and His praise in the congregation of the godly ones.

Psalm 149:1 NASB

God, in you is all my worth, glory, and joy. I thank you for accepting and loving me. I praise you for delighting in me and leading me to victory.
Amen.

January 2

RIGHT LIVING

Jesus came to them and said . . . “Go and make disciples of all nations . . . teaching them to obey everything I have commanded you.”

Matthew 28:18–20 NIV

Though God’s rules may never win a popularity contest, he has given them for pure and noble purposes to those who are willing to listen.

God, lover of peace and harmony, sets guidelines for you to follow in your relationships with your family, friends, co-workers, acquaintances, and fellow citizens of this world. He desires fairness and justice for all, and he shows you how to achieve those ends, even when doing so might prove inconvenient for you.

God, lover of the highest good, implores you to put his commandments into practice, because when you do, all his gifts, benefits, and blessings fill your life.

Happy are those who fear the Lord, who greatly delight in his commandments.

Psalms 112:1 NRSV

*Dear God: Put in me a willing and obedient spirit, and grant me the wisdom to listen to your teachings and apply your commandments to my thoughts, words, and actions.
Amen.*

January 3

RESPIRE FOR THE WEARY SOUL

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

Psalm 91:1 NIV

How does one rest in the shadow of the Almighty? The idea presented is this: You are in the presence of God no matter where you are or what time of the day it happens to be. God is always with you, and his presence brings you an undeniable sense of peace.

This means that you can abide in his shelter at all times—sensing his closeness and deep affection no matter the situation.

Whether you are shopping, in a business meeting, talking with a friend, or praying at home in your quiet time, he is with you.

When heartache threatens or trouble approaches, his protective cover drops down over your life, providing the spiritual comfort you need amid every storm.

He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.

Psalm 91:4 NLT

*God, thank you
for protecting me from
the troubles that assail
me. I am tired, Lord,
but I am thankful
that with you I can
find true rest. Amen.*

January 4

A MANTLE OF LOVE

Let all those who take refuge and put their trust in You rejoice; let them ever sing and shout for joy, because You make a covering over them and defend them.

Psalm 5:11 AMP

It has been speculated that intelligent women prefer to be perceived as physically attractive and that good-looking women wish to be seen as clever. Yet what most women truly desire is to be accepted. Adored. Cherished. Loved.

That's exactly what you are when you take refuge in God. As you spend time with him, he envelops you in his majesty and grace, and his splendor shines through you. You become not only pretty, but beautiful; not just smart, but wise. Not only accepted, adored, cherished, and loved—but merciful, gentle, joyful, and loving.

Therefore, instead of worrying about whether you are smart or pretty, rejoice that you're clothed in God's mantle of love. Because that, friend, is what makes you truly exceptional.

God, thank you for covering me with the mantle of your love. Your presence makes me beautiful and wise, and I praise you with all my heart. Amen.

You bless the godly, O Lord; you surround them with your shield of love.

Psalm 5:12 NLT

January 5

LEAN ON HIM

Trust in the Lord with all your heart. Do not depend on your own understanding.

Proverbs 3:5 NIV

While the “independent woman” stands as an icon to self-sufficiency and personal savvy, her liberty is limited unless she humbly confesses her reliance on God.

God has blessed you with certain skills, resources, and opportunities, and he is pleased when you use these things to their fullest potential. As you do, you will find he entrusts you with even more marvelous gifts, and these, too, he has given you for your good and the benefit of others.

With your efforts, you develop into a woman who knows her own mind and handles her responsibilities well, a truly independent woman. It happens when you place your reliance on God.

You, Lord, give true peace to those who depend on you, because they trust you.

Isaiah 26:3 NCV

*Dear God: I depend
on you for the genuine
independence of heart
and mind I need to
trust in you and learn
your wondrous ways.
Amen.*

January 6

HE HEARS

The Lord has heard the voice of my weeping. The Lord has heard my supplication; the Lord will receive my prayer.

Psalm 6:8–9 NKJV

At times you may confide in people, and although they appear to be paying attention, they may not really grasp what you're telling them. They do not comprehend the depth of your emotions or the helplessness of your situation. Even if they can empathize with you, they will be unable to offer you genuine, lasting relief.

Yet when you call out to God, he truly hears you—even the words you don't say. He understands the pain you feel and is committed to giving you the most effective help with whatever you're facing.

Have you taken your troubles to others, only to be let down? Then turn your concerns over to God. He's always glad to listen and has promised never to fail you. Trust him.

O Lord, rescue my soul; save me because of Your lovingkindness.

Psalm 6:4 NASB

God, thank you for hearing my prayers — even the wordless ones that come from my heart. Truly, you are my most wonderful confidant, and I praise you. Amen.

January 7

GOD'S GOOD TIME

Restore to me the joy of your salvation, and sustain in me a willing spirit.

Psalm 51:12 NRSV

*W*e're accustomed to getting things done in a hurry, and we purchase gadgets and appliances promising speed and convenience. As we learn more about God, however, we realize he keeps a different pace, moving in his own time and according to his highest purposes.

When you willingly wait on God for the desires of your heart, you expand and deepen your worship of him to include godly patience and trust. In your willing submission to his pace, you prove you truly have confidence in his wisdom and his timetable. Your peace of mind leaves you free to truly enjoy the moment, knowing and believing time belongs to God.

The Lord is good to those who wait for him, to the soul that seeks him.

Lamentations 3:25 NRSV

*Heavenly Father:
When I come before
you with the desires
of my heart, grant me
the will to wait on you
in quiet expectation
and with godly hope.*

Amen.