



31 DAYS  
OF  
motivation  
management

JEN WEAVER



All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New Living Translation.



A Message from Jen and Kimber

# hello dear friends,

Thank you for downloading our ebook!

Amidst the loads of laundry, grocery shopping, and checklists of life, we know you have many priorities calling out for your attention. Thank you for making the time to receive God's encouragement in this fashion.

We've poured our hearts, dreams, prayers, and creativity into the pages you're about to read. Our hope is that these next 31 days fulfill 2 Thessalonians 2:16–17 in your life.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word. **2 Thessalonians 2:16–17**

We're determined to bring bits of light, fun, peace, and joy into your lives with each daily message. To commend the passions of your heart, spark new artistry, and remind you of the love of our Father.

Feel free to read each day in sequence, skip around to the topics that most inspire you, or read them all in one sitting for super-charged inspiration—it's better than a double-shot vanilla latte!

With love,

*jen weaver & kimber campbell*

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THERE IS PURPOSE  
TO YOUR

*prayers*

# DAY 1

## Golden Prayer Buckets

Have you ever felt like your dreams and prayers seem out of place? Maybe they appear too far-fetched. Beyond what you could ever hope to experience. Unattainable.

Or perhaps the longings of your heart feel random. You may have experiences similar to mine, where you're suddenly praying for things you hadn't thought of-needs you didn't know, or people you haven't seen in years.

God likes to involve us in what He is doing. He desires to use your prayers to bring His will to earth. I love the description in Revelation 5 of incense presented before the Lamb of God. Not just *any* pleasant scent. "Golden bowls full of incense, which are the prayers of the saints" (Revelation 5:8). Our prayers are a fragrant offering before the Lord. In Revelation 8, we see a direct correlation between our prayers and God's supernatural involvement on earth.

Another angel, who had a golden censer, came and stood at the altar. He was given much incense to offer, with the prayers of all God's people, on the golden altar in front of the throne. The smoke of the incense, together with the prayers of God's people, went up before God from the angel's hand. Then the angel took the censer, filled it with fire from the altar, and hurled it on the earth; and there came peals of thunder, rumblings, flashes of lightning and an earthquake. **Revelation 8:3-5**

I won't pretend to know or understand all the messages hidden in the book of Revelation. But one thing I do know, God stores our prayers and responds to them. I imagine golden prayer buckets for every need, every dream, and every person.

Don't be discouraged or dissuaded if your requests seem outlandish. Perhaps God is using you to fill a unique bucket.

Take courage if the answers you seek seem a long way off. Christ actually tells us to be squeaky wheels as we make our requests before God-to "always pray and not lose heart" (Luke 18:1). Maybe you're contributing to an extra large bucket.

Whatever the case, there is purpose to your prayers. God puts people and missions on our hearts for specific reasons. Intercession for a celebrity or a supernatural movement. Prayers for a friend's salvation that is twenty-five years in the making. Or perhaps the Lord uses an unction to pray simply to teach you something about Himself.

Whatever it is, and however long it may take, don't be dismayed. Your petitions fulfill a divine purpose as they flow from your heart and into fragrant golden prayer buckets before the Lord.

## DAY 2

### Surprise!

Plenty of things catch me by surprise. Unexpected meetings. Bad hair days. Even the occasional forgotten appointment, flat tire, or discouraging news.

When wake-up calls hit my life much too early in the morning, I take comfort in knowing that nothing surprises God.

Nothing.

From the tiny details of my day to the monumental, life-altering decisions, God is aware of them all. I echo David's amazement:

Lord, you have examined me  
and know all about me.  
You know when I sit down and when I get up.  
You know my thoughts before I think the  
You know where I go and where I lie down.  
You know everything I do.  
Lord, even before I say a word,  
you already know it.  
You are all around me—in front and in back—  
and have put your hand on me.  
Your knowledge is amazing to me;  
it is more than I can understand. **Psalm 139:1-6 NCV**



ALL THE DAYS PLANNED FOR ME  
WERE WRITTEN IN YOUR BOOK  
BEFORE I WAS ONE DAY OLD.

*Psalm 139:16*

Even should we make terrible mistakes and fall into pitch-black, scary places, the darkness is not dark to God.

He knows. And He remains for you.

All the days planned for me  
were written in your book  
before I was one day old. **Psalm 139:16 NCV**

Remember this truth the next time an unfortunate turn of events catches you off guard. God knew it was coming, and He's not going to leave you hanging. His thoughts towards you are innumerable and your value is incalculable. Rest knowing that the Lord of Heaven has your back, and your front.

## DAY 3

### Perseverance

*Just a little bit more!*

That phrase is the first thing that springs to mind at the thought of perseverance. The activity changes constantly, but the drive is the same. From working out to meeting deadlines, and even painful character building—to withstand, hold firm, just a little bit longer.

I love the quote from Harriet Beecher Stowe:

When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn. (Old Town Folks, 1869)

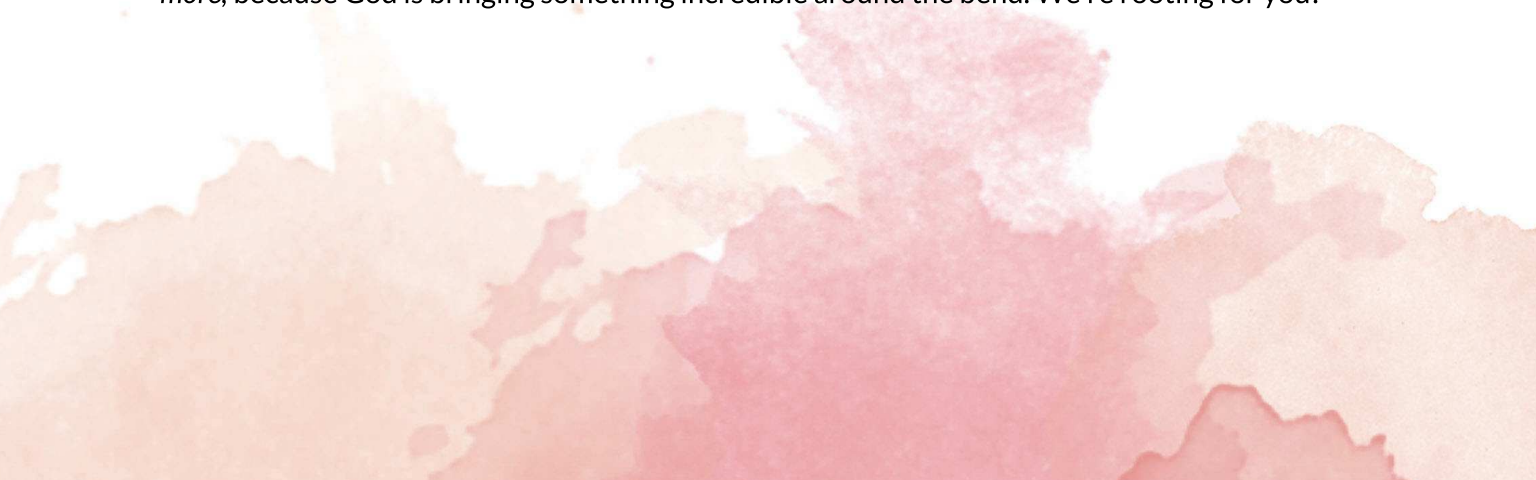
Amazing how, in that small window where I think I cannot hang on a minute longer, miracles happen. Moments that require perseverance are rarely pleasant. No one struggles to persevere as they eat their favorite dessert. My *a little bit more* quest for sleep is more like indulgence than endurance. No. It's in the times of consequence. Waiting. Seeking. Yearning. Forging. In these seasons we push ourselves to persist. And it's *hard!* James wasn't kidding when he called it work.

Let perseverance finish its work so that you may be mature and complete, not lacking anything. **James 1:4**

But he was also right when he exhorted us to consider it joy.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance ... Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. **James 1:2-3, 12**

Perseverance requires just *a bit more* but it also provides just *a bit more* joy. The triumph of a turning tide brings more than a relief from the trial at hand. Allow yourself to grow, give, and persist *a little bit more*, because God is bringing something incredible around the bend. We're rooting for you!



## DAY 4

### Thanksgiving

Turkey anyone? The Thanksgiving holiday is a wonderful time for gathering with family, eating scrumptious food, and reflecting on the blessings of the year. But whether you're reading this in fall, winter, spring or summer, a heart of thanksgiving is always in season.

I can honestly say that the practice of giving thanks has changed my life. It causes me to focus on the extraordinary goodness of God and realigns my perspective in difficult times. One of the quickest ways I know to draw near the Lord is through gratitude.

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. **Psalm 100:4**

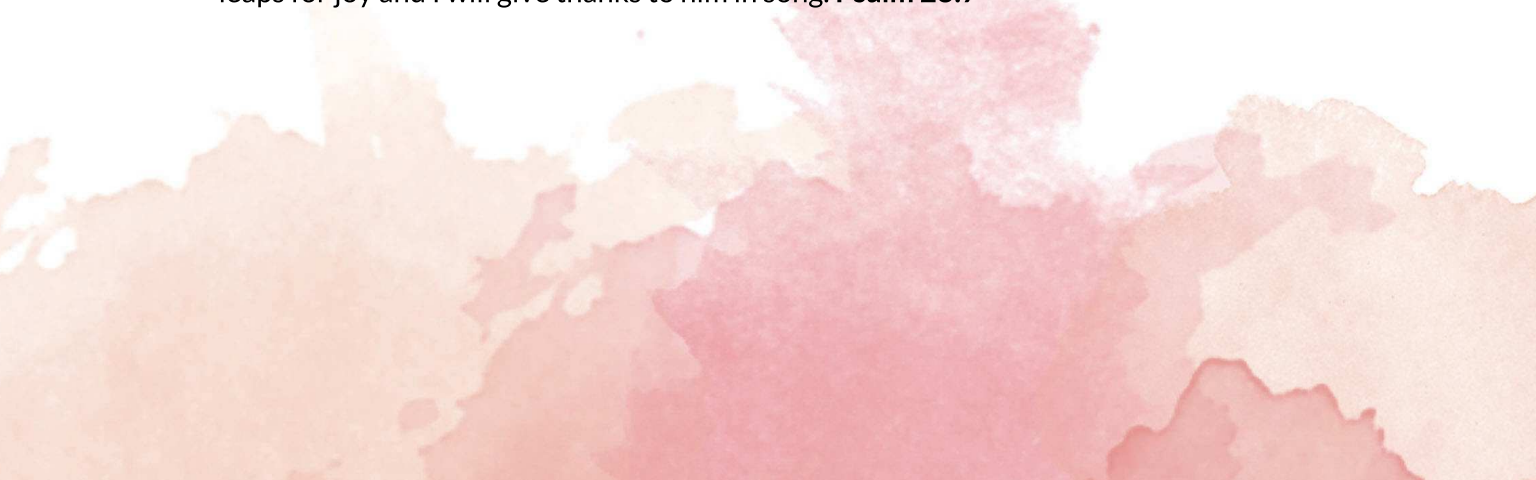
Feeling distant from God? Trying to draw near but unable to get past your present surroundings or current predicament? Give thanks, and you'll find yourself approaching the Lord's holy courts in no time.

Even as I (Jen) write this, I'm facing a bit of difficulty. With unpleasant circumstances and a few concerns looming overhead, I am tempted to approach God from a place of need, rather than generosity. Yes, there are times to come before the Lord and rely on His strength. But I encourage you just as I exhort myself, first seek to draw closer to Him with thanksgiving and praise. Especially in times of desperation, give thanks for who He is and what He has done in your life. Proclaim appreciation for what He has yet to do. For what He will do.

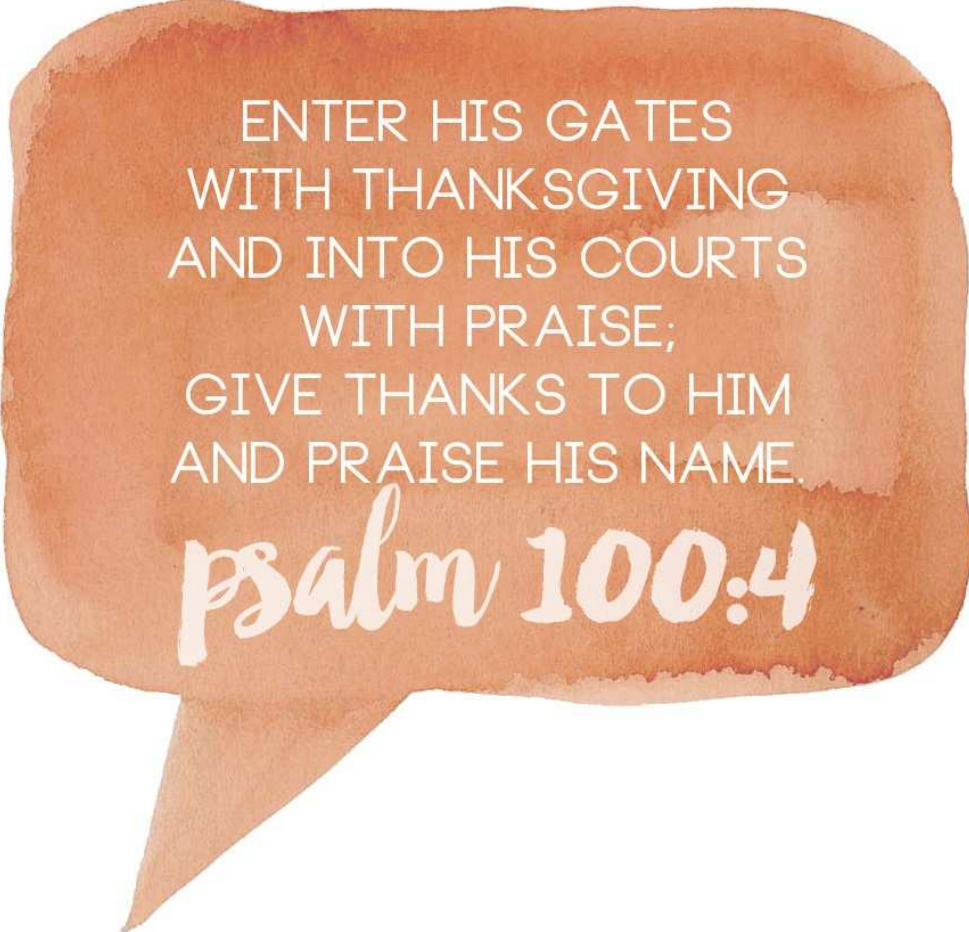
Scripture tells us to "give thanks in all circumstances, for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18). Why is it His will? In part, because He desires to dwell with us. To inhabit our praises and draw us closer into His presence. How many times do we wish to know God's will? Here! We do! Give thanks to Him, and you'll accomplish Christ's will on earth today.

I will give thanks to the LORD because of his righteousness and will sing praise to the name of the LORD Most High. **Psalm 7:17**

The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. **Psalm 28:7**







ENTER HIS GATES  
WITH THANKSGIVING  
AND INTO HIS COURTS  
WITH PRAISE;  
GIVE THANKS TO HIM  
AND PRAISE HIS NAME.

*psalm 100:4*



## DAY 5

### Expand Your Boundary Lines

“Life shrinks or expands in proportion to one’s courage.” – Anais Nin

As a child I remember being intrigued by maps. The intricacies of different cultures and natural boundaries established by mountain ranges or oceans. Country lines were especially curious, and I expected to actually see painted lines on the ground where the United States turned into Canada. I soon learned that these territories were established by man-made laws, and rulers lay claim to land bordering each established dividing line.

The beautiful thing about life is that our boundary lines are flexible. There is no cutoff point to hinder you from achieving your dreams or following God on your next great adventure.


Again, I think of David, the Psalmist who penned—maybe even sang—Psalm 16.

Lord, you alone are my portion and my cup;  
you make my lot secure.  
The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.  
I will praise the Lord, who counsels me;  
even at night my heart instructs me.  
I keep my eyes always on the Lord.  
With him at my right hand, I will not be shaken. **Psalm 16:5–8**

This from the guy who started off the youngest of his brothers, a shepherd, and was anointed king of Israel. God made his lot secure, not because it was safe and familiar, but because David kept his eyes *always on the Lord* as his boundary lines continued to expand.

God wants to reset your boundary lines. Take courage. Your life is expanding in innumerable ways. And you are not alone. His instruction will guide you, and God’s compass will lead you into rich places in His presence.

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.  
**Deuteronomy 31:6**



# DAY 6

## A Baker's Dozen of Praise

Today is the day the Lord has made. Not just any old day. An amazing day. Full of the glory of His goodness. His gentle instruction. His provision, protection, and promises.

Today is a Day of Praise. I encourage you, take a few moments to commend the works of God. Need some inspiration to get this praise-fest started? We've offered a list of thirteen scrumptious descriptors below, highlighting praise-worthy characteristics and actions of our loving King.

1. His is our strength and our defense. (Exodus 15:2)
2. He is our provision. (Deuteronomy 8:10)
3. Our savior. (2 Samuel 22:47)
4. He is faithful to all His promises. (1 Kings 8:56, Psalm 71:22)
5. For all His wonderful acts. (1 Chronicles 16:9, Psalm 72:18)
6. Our creator. (2 Chronicles 2:12, Psalm 139:14)
7. For His instruction. (Psalm 16:7, Psalm 119:171)
8. He hears our cries for mercy. (Psalm 28:6)
9. He shows the wonders of His enduring love. (Psalm 31:21, Psalm 106:1)
10. Our hope even when our souls are downcast. (Psalm 43:5)
11. The One we rely on. (Psalm 59:17, Psalm 71:6)
12. He daily bears our burdens. (Psalm 68:19)
13. For bestowing beauty instead of ashes. A garment of praise instead of a spirit of despair. (Isaiah 61:3)

I will praise you, Lord my God, with all my heart; I will glorify your name forever.

**Psalm 86:12**



## DAY 7

### Rest

When was the last time you rested? I mean truly took time for rest. Beyond the five minutes between snooze alarms in the morning and more than the end-of-the-evening crash.

On day 7 of our 31 days of encouragement, I echo our Father's call: Daughter of God, rest!

He created the Sabbath rest for a divine purpose—a lesson that's taken me much too long to learn. I'm a Type A personality, a worker bee. For years I took pleasure, and pride even, in how little I rested. That is, until I'd crash.

But head-on-collisions with fatigue are not part of God's perfect provision for our lives. He longs to refresh you, to replenish your spirit. He consecrated one out of every seven days for rest, and personally honored its holiness.

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God ... For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

**Exodus 20:8-10a, 11**

More than giving yourself *permission* to rest, *instruct* yourself to rest. Take time to honor the Sabbath, the Lord of all Creation established it for you. For years, I reasoned I just didn't have time to slow down. I saw it as a luxury, not a commandment. Opting out of rest meant rejecting an aspect of God's provision in my life. Don't repeat my mistake. God will make the time for your refreshment. Let your hope lay secure in God and release yourself to the rest only He can give.

Unless the Lord builds the house, those who build it labor in vain. Unless the Lord guards the city, the guard keeps watch in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved.

**Psalm 127:1-2**

Return to your rest, my soul, for the Lord has been good to you. **Psalm 116:7**





*instruct  
yourself to*  
REST

## DAY 8

### Creator God, Creative You

In the beginning God created ... **Genesis 1:1**

We all know of God's creative power. Evidence surrounds us. From raindrops to rose bushes, ocean waves and majestic mountains, God is creative.

I've found however, that many women struggle to recognize their own creativity. You are creative. The great creator God created you in His image—His glorious, inspired, artistic likeness. Our areas of expertise may vary, as do the type of canvases we use. Perhaps your creativity comes through words, or clothing, food, music, or creating games for your kids. No matter the medium, don't sell yourself short. *You are creative.*

Pablo Picasso once said, "Every child is an artist. The problem is how to remain an artist once we grow up." Granted, much of his artwork was beyond my level of taste or comprehension, but his insight struck a chord.

Children are easily inspired. They see the world as a new, exciting place full of wonder and adventure. A child's imagination knows no limits as they freely dance, sing, draw, paint, and invent fanciful worlds to enjoy.

Take time today to be inspired. Allow yourself to enjoy creative expression as you consider the innovative work of the Father's hands. Stir your heart with the noble themes of others' creative masterpieces, and perhaps you'll find you're even more creative than you realized.

The heavens are telling of the glory of God; and their expanse is declaring the work of His hands. **Psalm 19:1**





## DAY 9

### Re-JOY-ce

Growing up in Sunday School we often sang a song based on Philippians 4:4.

Rejoice in the Lord always, and again I say rejoice.  
Rejoice in the Lord always, and again I say rejoice.  
Re-JOY-ce, re-JOY-ce and again I say rejoice. Re-JOY-ce, re-JOY-ce and again I say rejoice.

A fun song, but I never paid it much mind. It didn't occur me to that rejoicing was an attribute of God's character.

Suppose one of you had a hundred sheep and lost one. Wouldn't you leave the ninety-nine in the wilderness and go after the lost one until you found it? When found, you can be sure you would put it across your shoulders, rejoicing, and when you got home call in your friends and neighbors, saying, 'Celebrate with me! I've found my lost sheep!' Count on it—there's more joy in heaven over one sinner's rescued life than over ninety-nine good people in no need of rescue.

### **Luke 15:4-7 MSG**

Yes, it is good for us to rejoice in the Lord. To celebrate who He is and what He has done on our behalf. But do not neglect the recurring joy He has in you. Not only on the day of your salvation, but continually.

The Lord your God is with you,  
the Mighty Warrior who saves.  
He will take great delight in you;  
in his love he will no longer rebuke you,  
but will rejoice over you with singing. **Zephaniah 3:17**

Rejoice. He rejoices over you.





A red watercolor speech bubble with a soft, textured appearance. The bubble is centered on a white background and has a small tail pointing downwards and to the right. Inside the bubble, the text "WAIT QUIETLY WITH FULL ASSURANCE OF" is written in a clean, white, sans-serif font. Below this, the word "hope" is written in a white, elegant cursive script.

WAIT QUIETLY WITH FULL  
ASSURANCE OF  
*hope*

## DAY 10

### Wait in His Faithfulness

Perhaps you've heard the phrase "You're trying my patience" sometime during your life. If you're a parent, perhaps you've even said it.

As humans, our patience can run thin. Our memory can lapse, and we can overlook promises or miss set goals.

Thankfully, God does not struggle with these limitations.

Because of the Lord's great love we are not consumed,  
for his compassions never fail.  
They are new every morning;  
great is your faithfulness.  
I say to myself, "The Lord is my portion;  
therefore I will wait for him."  
The Lord is good to those whose hope is in him,  
to the one who seeks him;  
it is good to wait quietly  
for the salvation of the Lord. **Lamentations 3:22-26**

We are never left to wait on the faithfulness of the Lord, hoping it will arrive at some point in the future. His compassions are new every morning, we cannot try his patience to the point of exhaustion—they are continually refreshed.

I encourage you, if you are seeking God's provision or an answer to prayer, wait quietly with full assurance of hope. Even when it may seem like His answers are far off, His love and faithfulness toward you never fails. Wait in the shelter of His faithfulness.



## DAY 11

### Amazing Love

John 3:16. That's it. That's love.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. **John 3:16**

As a new mom, my heart breaks at the thought of sacrificing my child for the good of others. Especially those who may not choose to acknowledge or accept such a precious gift. But that's how we know it's love. God's love for us led Him to action. And not just minor, when it's convenient, action. Heart stopping, faith building, life changing love.

Love we can't understand or fully comprehend, no matter how hard we try.

What is the best way to honor this amazing love? By loving others.

Dear children, let us not love with words or speech but with actions and in truth.  
**1 John 3:18**

Above all, love each other deeply, because love covers over a multitude of sins.  
**1 Peter 4:8**

I encourage you today, love another deeply. Channel the love of John 3:16 in your conversations and actions. You never know whose life you may change forever.



## DAY 12

### Live Bold

Lots of verses encourage us to be bold.

To stand firm.

Speak God's Word with boldness.

To act in confidence and faith.

But courage is hard to maintain. Especially when doubts sneak in and overwhelm our perspectives. Which is why 1 Timothy 4:12 is one of my favorite verses.

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. **1 Timothy 4:12**

Don't let *anyone* look down on you. Great advice because sometimes we're the ones looking down on ourselves. Although we're surrounded by the truth of God's Word and a great cloud of witnesses, we still may hear the enemy's lies. And sometimes we believe him.

*Can I really do this?*

*Who am I kidding?*

*What if I fail?*

*How can I live up to their expectations?*

Set an example because you can. You are equipped. You are a beautiful, strong, empowered woman who walks in the grace of God. You are called. You're entrusted with a message. A child. A passion. An idea. Whatever it is, God hasn't wasted His investment.

Live a life of boldness.



## DAY 13

### More Than A Moment

Now may the Lord of peace himself give you peace at all times and in every way.  
The Lord be with all of you. **2 Thessalonians 3:16**

*Can't I get just a moment's peace?* I'm sure this question has passed every mom's mind—and lips—at least once or twice.

Peace. Calm. Serenity. Freedom from disturbance. With an unending list of tasks, responsibilities, and loved ones calling our names, peace can be as evasive as a good night's sleep.

But it doesn't have to be.

Christ knows the deepest longings of our hearts, and He left peace in this world for us.

Peace I leave with you; my peace I give you. I do not give to you as the world gives.  
Do not let your hearts be troubled and do not be afraid. **John 14:27**

More than a moment. True peace. Lasting. Pure. Despite hard days or intolerable weeks, we can dwell in peace.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **Colossians 3:15**

I encourage you today, be mindful of what is ruling in your heart. Troubles and fears may rise up, but we don't have to give them place to rule. Peace doesn't need to be a moment-by-moment struggle.

Ask the Lord to give you His peace, the kind surpassing understanding. Release your cares to Jesus through prayer, and then through action as you go about your day. Forgive. Reject fear. Express gratitude. The peace of Christ can be your constant place of rest.







LET THE  
*peace*  
OF CHRIST  
RULE IN YOUR HEARTS

*colossians 3:15*



## DAY 14

### It Is For Freedom

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. **Galatians 5:1**

We are redeemed. Set free. Jesus paid the ultimate price, praise His holy name!

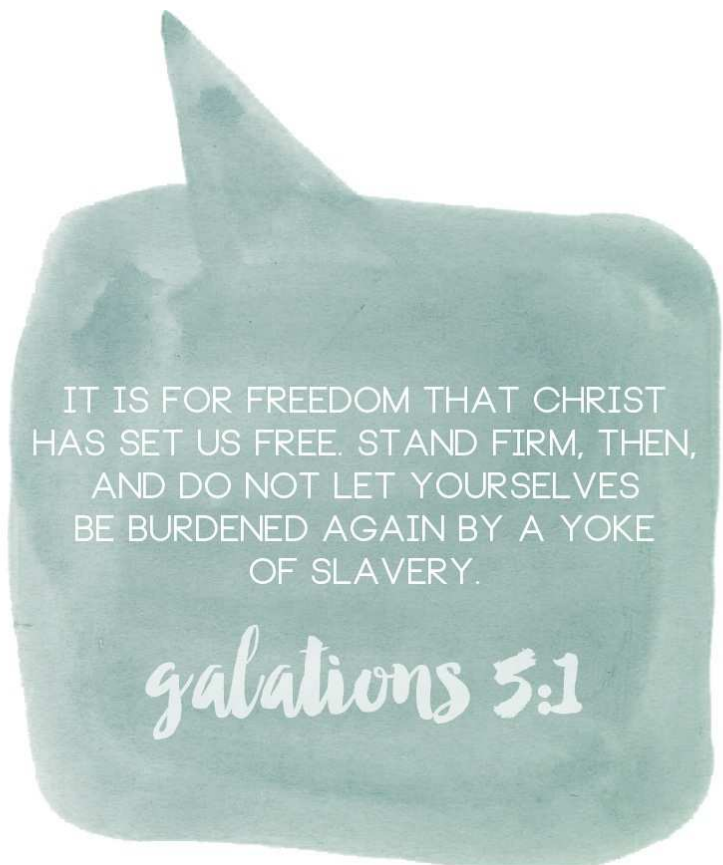
Yet even as I praise the Lord for my redemption, it's easy to forget what I've been redeemed *into*. Freedom. We are not just redeemed out of our past sins but we are called into freedom from future burdens.

What burdens you ask?

All of them.

Galatians 5 tells us not to let ourselves be burdened again by a yoke of slavery. So what burden is hanging around in your life? Guilt? Shame? Doubt? Or maybe it's a new yoke seeking to enslave you. Comparison. Competition. Fear.

Whatever it is, stand firm. Christ's sacrifice was not for temporary relief. We're redeemed to be victorious.



IT IS FOR FREEDOM THAT CHRIST  
HAS SET US FREE. STAND FIRM, THEN,  
AND DO NOT LET YOURSELVES  
BE BURDENED AGAIN BY A YOKE  
OF SLAVERY.

*galatians 5:1*

## Day 15

### Down In My Heart

I've got the joy, joy, joy, joy down in my heart. Where?  
Down in my heart. Where?  
Down in my heart.  
I've got the joy, joy, joy, joy down in my heart, down in my heart to stay.

Growing up through children's church, this song was a fan favorite, with subsequent verses including:

I've got the peace that passes understanding down in my heart ... and  
I've got the glorious hope of my blessed redeemer way down in the depths of my  
heart ...

A fun song to sing with a valuable lesson; store the joy, love, peace, and hope of Christ in your heart! But as I grew older, I realized this song missed a key part of the message. Joy isn't joy if it stays in our hearts. Genuine joyfulness doesn't hide under the surface. It's not a hidden characteristic private to our interactions with the Lord. Joy is meant to be shared—to overflow in our words and interactions. May your joy abound, not trapped down in your heart, but richly flavoring every interaction and life experience.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15:13**



## DAY 16

### Start Where You Are

“Start where you are. Use what you have. Do what you can.” – Arthur Ashe

I love this quote from the late Arthur Robert Ashe, Jr., famed professional tennis player and human rights activist. He’s also credited with these inspiring words:

“From what we get, we can make a living. What we give; however, makes a life.”

Let these words resonate in your heart. Today may be about achieving grand goals or overwhelming victory, but it doesn’t have to be. The sunrise this morning may have found you running near empty. Exhausted from a rough night with the baby or trying desperately to juggle an overflowing plate of responsibilities. Maybe today is not the day you clean the entire house or land the dream job. But today is about starting.

Start right where you are.

Not wishing you were *someone* else,  
*somewhere* else, or had *something* else.

Just you. Right at your desk,  
your comfy chair, or kitchen table.

Begin anew today.

What you give in these next hours  
contributes to the life you’re building  
for your family.



“START WHERE YOU ARE.  
USE WHAT YOU HAVE.  
DO WHAT YOU CAN.”

Arthur Ashe

Use what you have. Do what you can. That is enough. You’re not failing if it’s not perfect or grandiose, you’re starting.

Think of David’s start as a shepherd boy, Joseph’s early years in Egypt, and Esther before she became queen. They each worked diligently with what they had and God blessed their faithfulness, using them to fulfill great purposes.

So today, we start where we are. And ... go! :)



## DAY 17

### Strength

I'll just be honest. Sometimes I don't feel strong. Other times it's even worse, and I feel weak ... exhausted ... lost.

We're taught that only the strong survive. To put on a brave face and soldier on. But what happens when I can't soldier anymore? When my arms aren't strong enough for the task, and my heart can barely hold on to the last strands of hope?

My Jesus reminds me that He didn't choose me for my strength. It's not because of what I can do on my own that He called me. Rescued me. It's because in my weakness His strength shines.

On days when my stamina waivers and I'm more stumbly than sturdy, I rejoice in Psalm 118.

verse 1:                    Give thanks to the Lord, for He is good;  
   His love endures forever.

verse 8:                    It is better to take refuge in the Lord  
   than to trust in humans. (and that includes trust in myself!)

verses 13–17:            I was pushed back and about to fall, but the Lord helped me.  
   The Lord is my strength and my defense; He has become my  
   salvation.  
   Shouts of joy and victory resound in the tents of the righteous:  
   "The Lord's right hand has done mighty things!  
   The Lord's right hand is lifted high; the Lord's right hand has done  
   mighty things!"  
   I will not die but live,  
   and will proclaim what the Lord has done.

If today is one of your rocky days, prepare to be amazed. God is your strength and your defense. He longs to do mighty things on your behalf. His hand is at the ready, and He will make His light shine upon you.

verse 27:                    The Lord is God, and He has made His light shine on us.

Renew yourself in His strength.



## DAY 18

### Beauty in Everyday Life

“God writes the Gospel not in the Bible alone, but also on trees, and in the flowers and clouds and stars.” – Martin Luther

I love trees. The smell. How the leaves change color. Bark patterns, swaying branches, and shady spots to read.

Many years ago, God wooed me through the trees. I was driving to high school one morning and happened to notice the beautiful way the trees waved in the wind. I'd passed these same trees hundreds of times, but never noticed their beauty. Maybe it was the sunlight that morning, or it could have been a particularly windy day. Whatever the reason, God whispered to me in that moment, “I did that for you.”

He knew I would see it. Such a small random act overwhelmed me with His love. He did it for me. The trees testified to me that morning. They proclaimed God's creative power. His attentiveness and consideration. His beauty.

God is wooing you today. Through beauty in your everyday life. It may be through nature as it was for me, or through that delectable morning cup of coffee. Perhaps He's whispering through the affection of your kids, or sweet moments of silence. Take time to listen. He has a love note just for you.





## DAY 19

### Powerful

You, beautiful woman, are powerful.

Daughter of the King of Heaven. Masterfully created in His image.

You've received a message. A passion. A love. A dream. And God will continue to supply all you need to accomplish it.

God gives not only the mission, but the power to carry it to completion. Not to shrink back in fear. The opposite of timidity. You are not faint-hearted. You are powerful, endowed with love and blessed with self-discipline.

Embrace who you are.

It's not a vision of who you could be, or inspiration of what you'd like to be. It's how God created you and what His Spirit has already imparted in your life. We're not talking about a could be, should be, wish it would be scenario. It's real life. Right now.

So seize the charge. Make this moment matter.

You, beautiful woman, are powerful.

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. **2 Timothy 1:7**





## DAY 20

### Living Out Our Dreams

Isaiah 30:21 encourages us that, “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’”

I hear that voice. He calls my name, directs my steps, and makes my path sure. But unfortunately, I also hear other voices.

Doubt.

Worry.

Fear.

Sometimes these voices resound in my own thoughts, in other moments they cry out in the concerned words of onlookers, or unnerving warnings from the enemy. And these negative words impact me most when it comes to living out my dreams.

“Too many of us are not living our dreams because we are living our fears.” – Les Brown

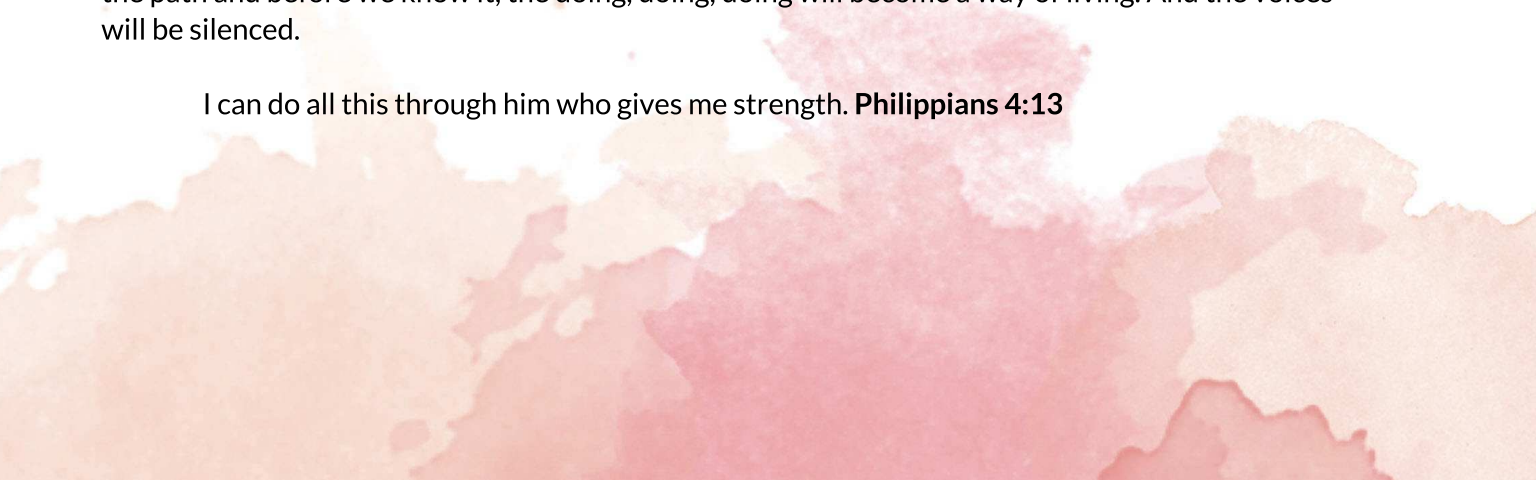
Living out my fears is easy. At the most, it requires that I *stop* doing. Stop listening to the voice directing my steps. Discontinue the work. Stay home. Stay safe. Stay complacent. But the moments we live out our fears are also the least fulfilling. The silencing of our hearts and refusal of our dreams does not come easy. So what do we do when the paths collide? When living out our dreams means facing our fears?


“If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.” – Vincent Van Gogh

I love this quote from Van Gogh. He doesn’t say “then become a famous world-renowned painter.” His advice isn’t to sell a painting for millions of dollars, and then the voice will be silenced.

Just paint. Do the thing you’re terrified you can’t do. And then you’ll know you can. Continue down the path and before we know it, the doing, doing, doing will become a way of living. And the voices will be silenced.

I can do all this through him who gives me strength. **Philippians 4:13**





"IF YOU HEAR  
A VOICE WITHIN  
YOU SAY  
'YOU CANNOT PAINT,'  
THEN BY  
ALL MEANS PAINT,  
AND THAT VOICE  
WILL BE SILENCED."

*Vincent Van Gogh*

# DAY 21

## God's Promises

Blessed is she who has believed that the Lord would fulfill his promises to her!

**Luke 1:45**

Some days, all we can do is hold on and believe God will fulfill His promises to us. I love these words Elizabeth proclaims to Mary, a pregnant betrothed virgin. Mary believed God while facing a unique season. A calling no one else had ever, or would ever face. If your station or season in life leaves rooms for some doubts and question marks, hold fast to the Lord's promises.

No word from God will ever fail. **Luke 1:37**

## Five Promises For Today

### Good things are coming.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. **Romans 8:28**

### God's power surpasses our wildest expectations.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

**Ephesians 3:20-21**

### The Lord's plans for you are marvelous.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." **Jeremiah 29:11**

### Your place of rest is ready and waiting.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **Matthew 11:28-29**

### God's got you covered, no matter what.

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. **Philippians 4:19**



## DAY 22

### Grace Trumps Glamour

Glamour is attractive. Enthralling even. Fancy outings, pretty clothes, and high-living.

In our social-media driven society, it's no wonder we're fascinated with beautiful photos depicting alluring elegance few of us ever experience beyond the point-click-filter of a smart phone.

What woman wouldn't like to live in a home that belongs in *Better Homes And Gardens*. She wears vintage couture as she prepares the perfect meal for her well-behaved children before heading out for a night on the town with her debonair husband.

But real life is messy. Sometimes beautifully so. Finger painting and cookie baking. Silly stories, touching memories, and helping each other through hard times. Sure, much of what we do isn't glamorous. The daily job, kitchen catastrophes, runny noses, and skinned knees.

It's easy to daydream about how the other half lives. But in these moments remember, grace trumps glamour. Everyday life lives for grace. Power made perfect in weakness. Unmerited, unwarranted, unexpected favor. Grace to give, and grace to receive.

Think of Paul's message to the Corinthians, "My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power" (1 Corinthians 2:4). Our lives and our love may not come with glitz and glitter. Our sacrifice and service may lack the elegance of a perfect manicure—in our hands, our home, or our children—but where glamour may be absent, a demonstration of the Spirit's power can abound. Overwhelming the senses. More glorifying to God than our chicest style choices.

Because after all, grace trumps glamour.

Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. **2 Peter 1:2**



## DAY 23

### Power In Your Words

Scripture speaks volumes about the power of our words.

Death and life are in the power of the tongue. **Proverbs 18:21a ESV**

From the fruit of their lips people are filled with good things, and the work of their hands brings them reward. **Proverbs 12:14**

There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing. **Proverbs 12:28 ESV**

Gracious words are like a honeycomb, sweetness to the soul and health to the body. **Proverbs 16:24**

Words spoken wisely bring sweetness, health, fruit, healing, and life—both to the speaker and to the recipient. Most of us do a fair job at speaking appropriate words to others, but what about to ourselves?

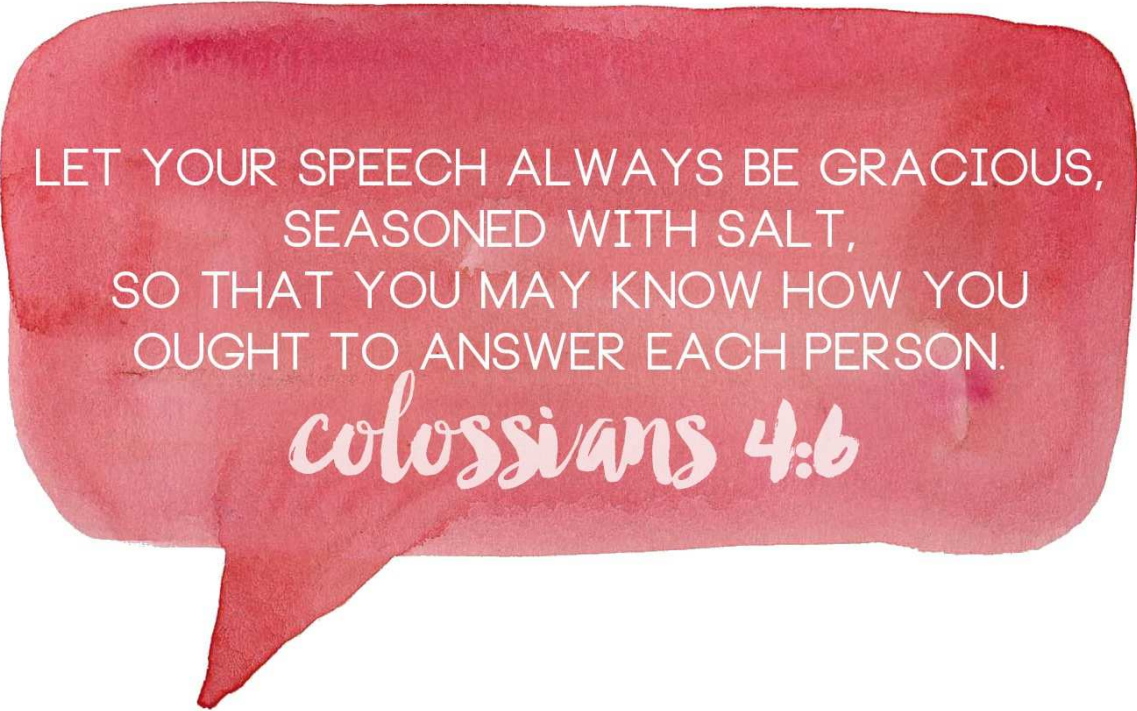
Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person. **Colossians 4:6**

How would you describe your self-talk? Are your internal words freshly seasoned or do they come across more like sharp thrusts cutting at your spirit?

Choose to uplift your spirit with encouragement rather than harsh comments. Ask God what words of life He has for you today—not only to give but to receive.







LET YOUR SPEECH ALWAYS BE GRACIOUS,  
SEASONED WITH SALT,  
SO THAT YOU MAY KNOW HOW YOU  
OUGHT TO ANSWER EACH PERSON.

*colossians 4:6*



YESTERDAY,  
TODAY &  
*forever*

## DAY 24

### Yesterday, Today, and Forever

Jesus Christ is the same yesterday and today and forever. **Hebrews 13:8**

Our world is always changing. New technologies, bigger responsibilities. We learn, grow, evolve and hopefully, improve. Facing our latest challenges and working hard to keep up, it's comforting to know one thing stays the same.

Christ is consistent. Who He is, what He does, and what He cares about are always the same. Not only that, but *He* started out as *amazing*. Conversely, you don't want me to stay as I am. You want *me* to change. To be transformed and renewed. But not God. No, He's incredible.

In the *yesterday* of the Bible, He created the world. Parted the Red Sea to save His people. Gave children to barren women, raised the dead from the grave, set the lonely in families and brought freedom to the captives. He showed Zacchaeus that He knew him and called the adulterous woman to leave her life of sin without the wrath of condemnation. Gave living water to the Samaritan woman, bread to the hungry, and healing to the sick. He sent His son to die for the sins of the world and then raised Him back to life.

That God. The awesome all-knowing, all-powerful, forgiving, attentive, gracious, merciful, compassionate God is the same *today*. Not just the same in title or name. The same in power. In character. In love.

And He is ours *forever*. The testimonies of *yesterday* encourage us for what we can experience *today* and *forever*. The God we can know first hand. Put your trust in Him. Draw near with full confidence in who He is. His character does not disappoint.

But blessed is the one who trusts in the LORD, whose confidence is in him.  
**Jeremiah 17:7**



## DAY 25

### Fall Apart ... In His Presence

You know it's coming. You can feel the quiver in your throat, the tears behind your eyes. Your heart feels like it's about to explode.

*Not now. I have to keep it together.*

We've all been there. Moments where circumstances fall apart. And usually it's not just one event either. It's the night where the baby doesn't sleep and you feel ill leading up to the day where you're late to work because the car broke down, you're in a fight with your friend, and your hubby doesn't understand.

When everything is falling apart, choose to fall into the waiting arms of your Savior. In His presence we find more than just an emotional release. We receive hope. Healing for the broken areas of our hearts. His words bring comfort and rest.

Christ's sacrifice on the cross tore the veil in the temple. God removed the boundary line that we may enter the Most Holy Place. Not just to worship from afar but to know each other face to face. Even on the days where our faces are stained with tears, and we can barely pick ourselves up off the floor. Dare I say, especially for those days.

And in His presence, we are made whole.

Look to the Lord and his strength; seek his face always. **1 Chronicles 16:11**

The Lord is near to the brokenhearted and saves the crushed in spirit. **Psalms 34:18 ESV**



## DAY 26

### The Goodness of the Word

Talking with some friends the other day, we started to recall the different tools now replaced by the modern-day cellphone. Calculators, answering machines, calendars, phones, flashlights, and the list goes on. I started thinking about this incredible invention we now carry around in our pockets. A powerful yet commonplace tool often taken for granted.

God reminded me of this revelation today when doing a study on the power of His Word. Admittedly, a much more effective tool I am also prone to overlook. Let's consider the goodness the Father provides through this wonderful gift.

#### Our sword and shield.

And take the helmet of salvation, and the sword of the Spirit, which is the word of God. **Ephesians 6:17**

Every word of God is flawless; he is a shield to those who take refuge in him.  
**Proverbs 30:5**

#### Illuminating guidance.

Your word is a lamp for my feet, a light on my path. **Psalm 119:105**

#### The path to faith.

So then faith comes by hearing, and hearing by the word of God.  
**Romans 10:17 AKJV**

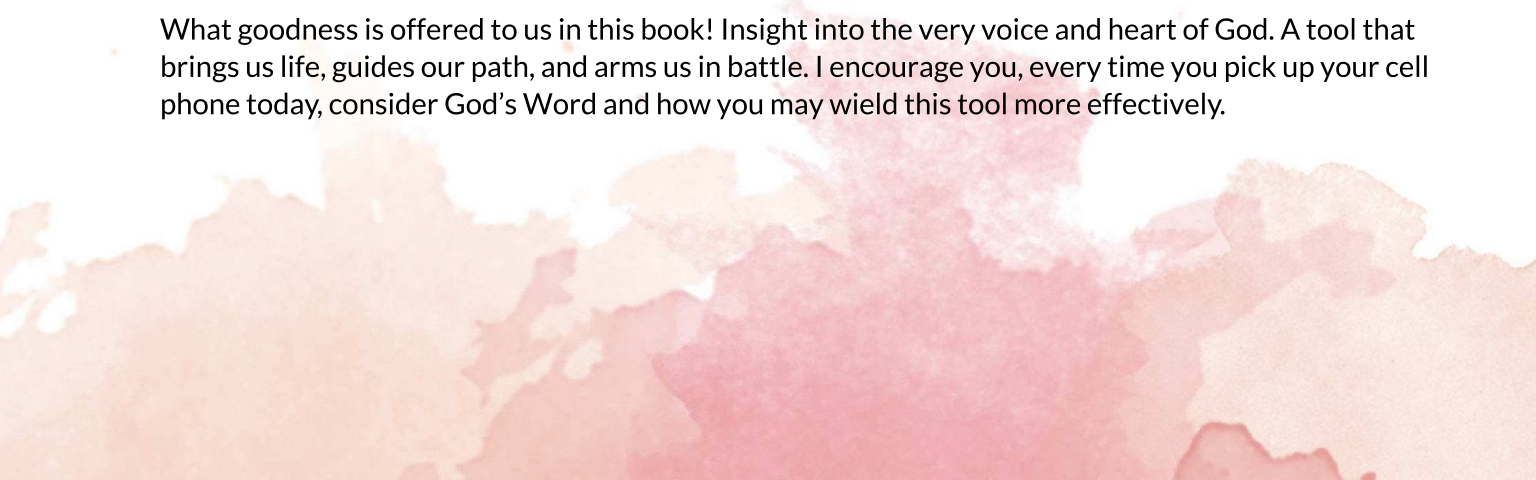
#### Our life and the promise of our inheritance.

This word is of great worth to you. It is your very life. By this word you will live long in the land you are crossing the Jordan to take. **Deuteronomy 32:47**

#### To teach and provide hope.

For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope. **Romans 15:4**

What goodness is offered to us in this book! Insight into the very voice and heart of God. A tool that brings us life, guides our path, and arms us in battle. I encourage you, every time you pick up your cell phone today, consider God's Word and how you may wield this tool more effectively.





## DAY 27

### A Sunny Disposition

“I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition.” – Martha Washington

I am inclined to be cheerful. Not because my circumstances always merit it or because I'm putting on a happy face. I simply choose to develop a character of joy.

You know one of the funny things about character? It's made sincere when tested. With life events that tempt misery or creeping feelings of unhappiness. But I am only a product of my environment if I choose to be.

Sure, I may default to the easier course. Pity parties are fun until I realize I'm the only guest. But then I dust myself off and choose not to have my outlook on life dictated to me. Especially not by things I never liked to begin with.

How empowering to realize we have authority over our dispositions! How I view the world and how I react, interact, and respond with what's around me can become inherently more pleasant just because I choose it.

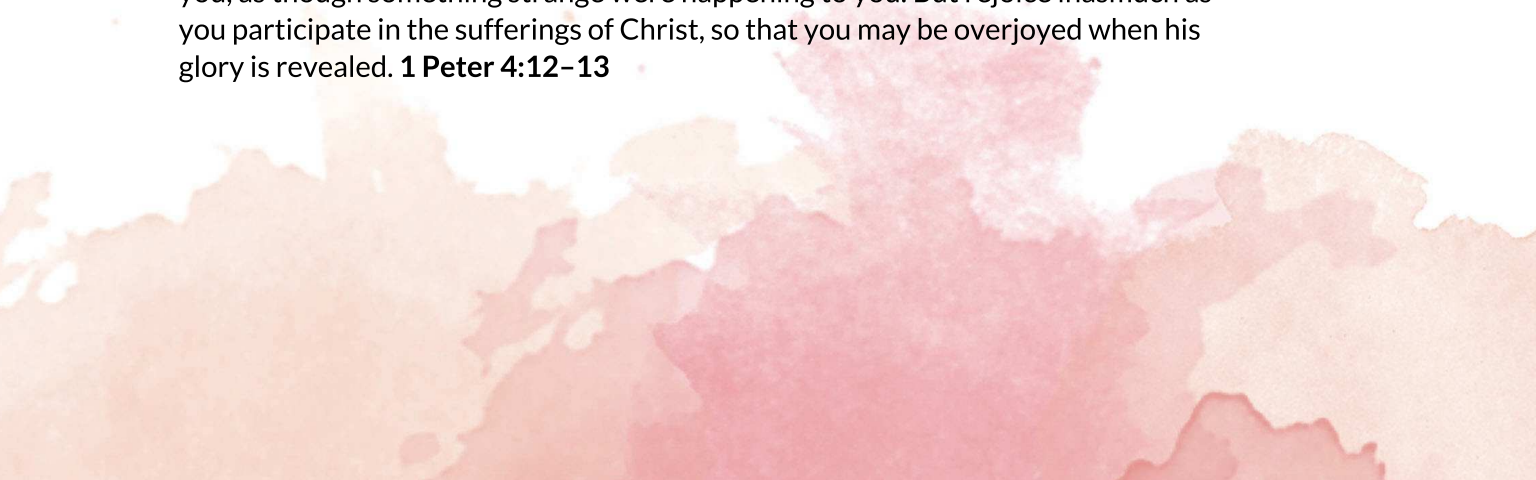
I am determined to control my emotions. To set an outlook for my day not based on what I see on the horizon but believing in promises I can't yet see.

God's faithfulness is sure.

His Word is true.


So why become miserable in the middle when I know something glorious is coming around the bend? I choose to set my eyes to the final prize. To believe and rejoice today in the good God has planned for my future.

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. **1 Peter 4:12-13**





*be  
cheerful*

A red watercolor speech bubble with a soft, textured appearance. The bubble is centered on a white background and has a pointed tail at the bottom right. Inside the bubble, the text is written in white. The top part of the text is in a clean, sans-serif font, and the bottom part is in a cursive script.

NEVERTHELESS,  
I AM CONTINUALLY WITH YOU;  
YOU HOLD MY RIGHT HAND.

*psalm 73:23*

## DAY 28

### You're Not Alone

It's easy to feel alone. We may be surrounded by kids, friends, and family and still feel overlooked. Outnumbered by piles of laundry and overcome by the needs of the day.

Even in the middle of a conversation, I've found myself wondering, "Do they really understand?" Can I feel found ... grounded ... home, for even a second without getting lost again?

God sees.

I know, such a Christian thing to say. But He does. And He's not a distant observer or a passer-by who glances your way.

He collects your tears (Psalm 56: 8). He memorized the features of your face. Held your hand in His. God made us for communion with Him. To walk with Him in the cool of the garden. He knows your coming and going (Psalm 139). How many times you like to snooze the alarm, how you take your morning coffee, and your routine for getting into bed at night.

The next time you feel alone, talk with God. Ask Him to show you where He is and how He feels about you. I assure you, He's there.

Nevertheless, I am continually with you; you hold my right hand. **Psalm 73:23**

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. **Deuteronomy 31:8**



## DAY 29

### Power In Your Thoughts

“Whether you think you can, or you think you can’t—you’re right.” – Henry Ford

Or as it says in Proverbs, “For as he thinks in his heart, so is he.” (Proverbs 23:7)

We hold tremendous power in our thoughts. Power to determine who we are and what we can accomplish. We all know it’s worthwhile to think uplifting thoughts. To focus on the positive and have faith.

So instead of telling you what you already know, I want to take this time today to plant good thoughts in your heart. And not just any good thoughts, some of the gloriously wonderful things God thinks of you.

You are a temple of the Holy Spirit. **1 Corinthians 6:19**

You are seated in heavenly places. **Ephesians 2:6**

In Christ, you are made new. The old is gone! **2 Corinthians 5:17**

You can be bold and confident in your relationship with Jesus. **Ephesians 3:12**

You are a daughter of the King and co-heir with Christ. **Galatians 4:7**

God has set you apart for noble purposes. **2 Timothy 2:21**

You are chosen by God and He sees you as blameless. **Ephesians 1:4**

God loves you. **John 3:16**

You are His treasured possession. **Deuteronomy 7:6**

You are fearfully and wonderfully made. **Psalms 138:14**

Philippians 4:8 tells us, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Today, dwell on the thoughts God thinks of you. These thoughts definitely qualify.



## DAY 30

### Planting Seeds

Wouldn't it be great if we could harvest the fruit of our crops immediately? Seeds go into the ground, you water it, wait five minutes and BAM, there are baskets of fresh strawberries ripe for the picking.

Unfortunately, gardening doesn't work that way. We prepare the ground, plant, tend to the seedlings, and eventually gather a harvest.

Planting seeds in life works pretty much the same way. Sure, it'd be great to have an immediate return. Someone to turn around and commend the wisdom of your words. A disobedient child who suddenly stops throwing a tantrum because they see the merits of your discipline. For a stranger, coworker, supervisor, or loved one to acknowledge your work.

Sometimes we plant seeds and never see the harvest. Rocky soil. Thieving birds. Or crops that take a lifetime to show any sign of maturity.

But our job remains the same—to plant.

With each day ... hour ... moment, we make deposits into the lives of others. Sharing encouragement or comfort. Commending noble actions. Correcting less honorable ones.

As we invest in others, God does a wondrous work. He multiplies the harvest in our own lives as well. Planting seeds of discipline in my child grows humility and patience within my own heart. So we must continue planting. Even when the days are long and hard. When it seems nothing comes from our faithful sacrifice. Plant seeds. You never know what harvest the Lord will bring!

Indeed, the LORD will give what is good, And our land will yield its produce. **Psalm 85:12**



# DAY 31

## Reminders of the Promise

“Be thou the rainbow in the storms of life. The evening beam that smiles the clouds away, and tints tomorrow with prophetic ray.” – Lord Byron

I always loved the story of Noah. God calling a man to step out in faith. Believing so much that he built a massive boat, preparing for a flood years before it came. And God spared their family and two of every animal, bringing the ark to rest on dry ground and setting a covenant in the sky that He would never again destroy the whole earth by a flood.

Rainbows are fascinating to look at. Colorful ribbons that always seem to end just past the horizon. They call for you to take note and marvel at the creative power of God. And, just as He intended, they remind us of His promise.

But these atmospheric wonders are not the only reminders. As His redeemed, we live each day as reminders of the covenant. Testimonies of the gift of eternal life. Free to live in the Spirit, not condemned but recipients of grace.

Shine as a reminder of the promise. A beacon of His love and wondrous proof of His power.

We walk in faith. Not because our skies are free from clouds, but because we know what comes next. We live knowing Who walks with us through the strong winds, and the promises waiting for us tomorrow. Live not only as a reminder to yourself, but as a prompting for those around you. That your very presence would bring light in the midst of their darkest storms and hope for the days ahead.

We get to live as rainbows of divine promise.





live as rainbows  
of divine promise

The image features a watercolor-style background with soft, blended washes of red, pink, and orange. The colors are most concentrated at the top, creating a gradient that fades into a light, almost white background towards the bottom. The texture is soft and painterly, with visible brushstrokes and color variations.

# NOTES