



GOD SAYS THAT



I have called you by name and you are mine Isaiah 43:1b



I am

by Cindy Martin



Jeremiah 31:3



loved



LOVED +

**Long ago the Lord said to Israel: I
have loved you with an
everlasting love. With unfailing
love, I have drawn you to myself.**

Jeremiah 31:3

I have loved you with an everlasting love. Let those words seep down into your very being. This is a never-ending promise that we can take to the bank. God is the same yesterday, today and forever. It is impossible for him to lie.

Therefore, we can know his great love for us. He loves us so much that he sent his one and only son to earth to take our place and die a cruel death on the cross. Every woman needs to feel LOVED and my friend that is Jesus. He loves me even though he knows my sinful nature, my bad attitude, my selfishness, and countless mistakes. Take a moment and thank God for his indescribable gift, JESUS. The One and Only, JESUS.



**you
are
loved**





HEARD

**In my desperation, I prayed and
the Lord listened; he saved me
from all my troubles.**

Psalms 34:6





I cried out in desperation that God would answer my prayer the way I wanted it to be answered. In God's infinite wisdom, He did not answer it my way but the best way for my life. I know God heard me but in hindsight, I can see that the answer I wanted was not the best. I can now say with confidence, I'm glad God didn't answer me the way I wanted. Remember God sees the big picture and we only see our part, a mini view if you will. God hears conversations we don't hear, He sees actions we don't see and most importantly He knows people's hearts and motives. I know He hears me when I pray and I'm glad he has my back. Thank you, LORD, for saving me from all my troubles.



CONFIDENT

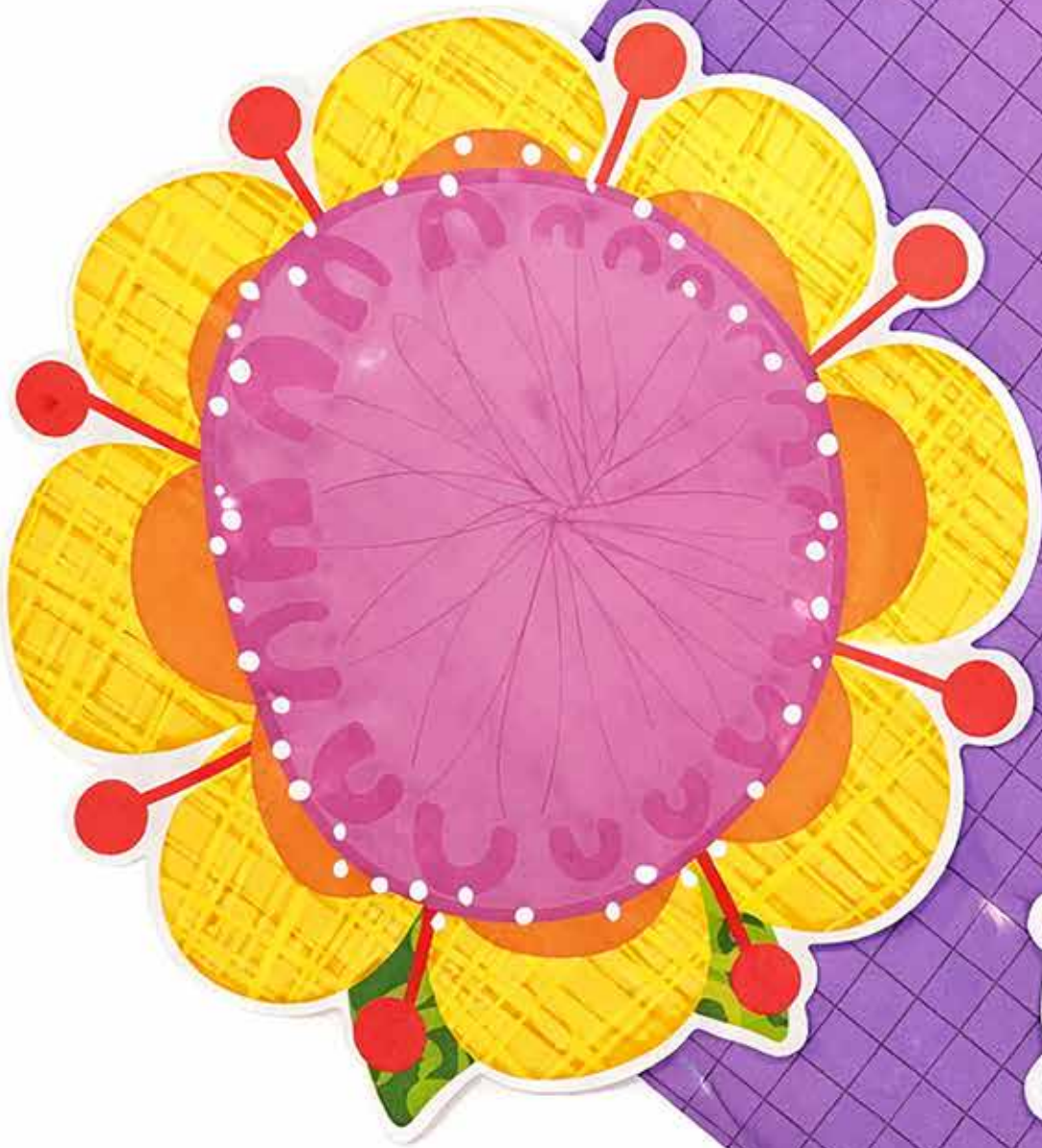


**For I am about to do something
new. See I have already begun!
Do you not see it? I will make a
pathway thru the wilderness. I
will create rivers in the dry
wasteland.**

Isaiah 43:19

I am a mother of 4 great adult children and 2 wonderful granddaughters. I have 3 girls and 1 boy. My son, my favorite son, has made some poor decisions in his young adult life. He needed to get way to another city. I was not and am not very excited about it but God keeps showing me this verse and I can hear him saying Baby Girl, I am doing a new thing, don't you see it? Don't you know I love your boy more than you and I have shown you time and time again that I am faithful. While I am not glad, he lives 2 hours away, I know God has his hand on my boy. I know from experience that God is walking with him and will guide him. I just needed to step aside and let GOD work. I'll say it again I needed to step aside and let GOD work. His words ring in my ears, I am doing a new thing, don't you see it? God is doing a new thing in my son's life, and I just stand amazed at how faithful my God is. Thank you, LORD, for your sovereignty. You have shown up in my life and my son's life in a mighty way.





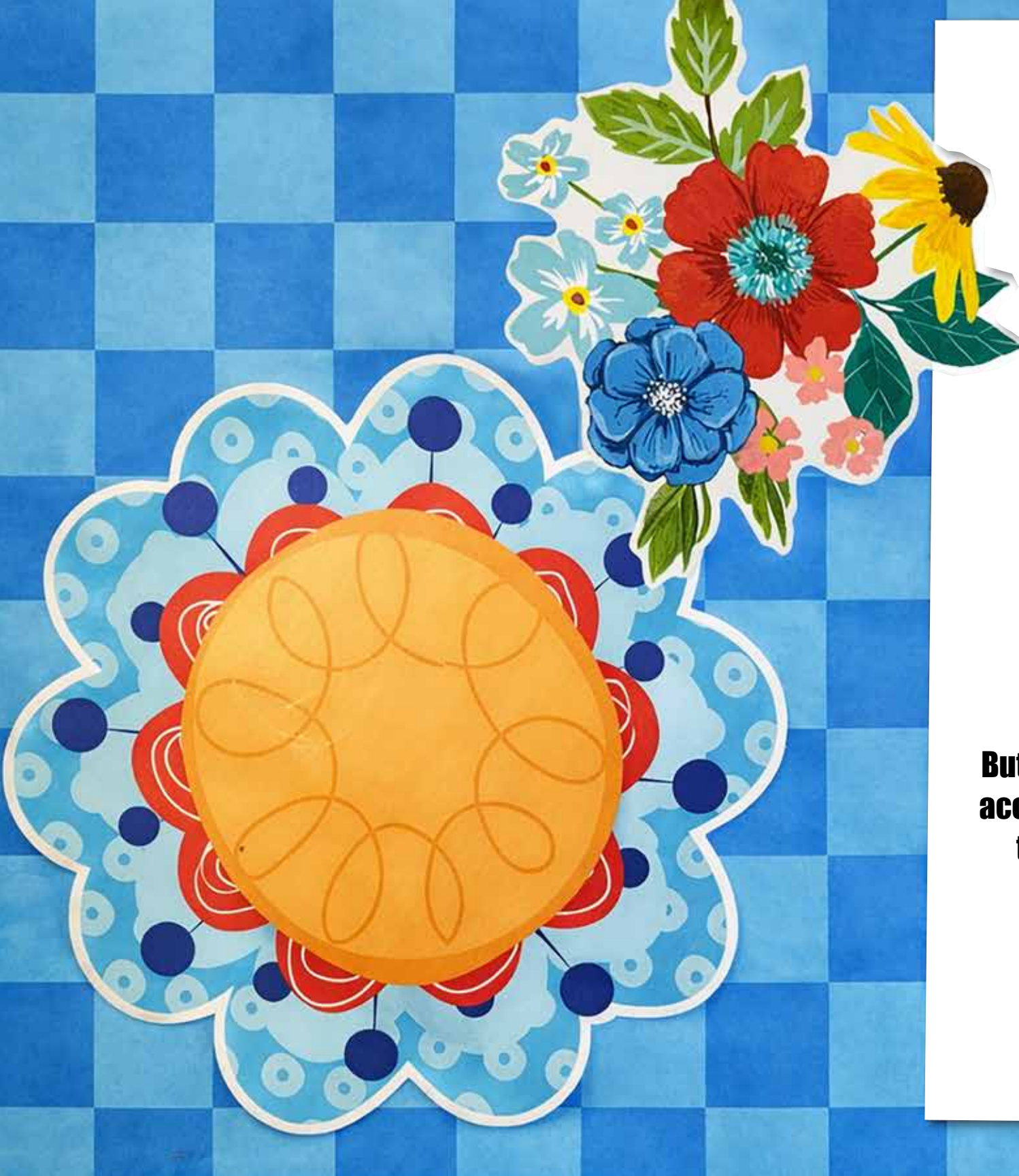
KNOWN

**For you formed my inward parts;
you knitted me together in my
mother's womb.**

Psalms 139:13

Have you been watching tv at Christmas time and notice all the jewelry commercials? More specifically the DIAMOND jewelry commercials. Me too. In a not so proud moment, I was saying to myself I would really like one of those Jane Seymour open-hearts necklaces, but I know I won't ever get one. Oh, poor me. I know it was a pitiful moment. I never said the words out loud just in my mind while watching Christmas movies. Christmas morning comes and we are opening gifts and my precious daughter got me an open-heart necklace. I never said a word to anyone. My Heavenly Father heard my heart cry and blessed his girl with a necklace. He knows your heart as well sweet friend. Cry out to him in your suffering and pain, He will hear you and He will answer you. He loves you so much. He wants us to be completely dependent on HIM.





Child of God

**But to all who believed him and
accepted him, he gave the right
to become children of God**

John 1:12

My favorite character of the prodigal son story is the dad. When he saw his son coming home, he didn't wait for the son to come to the father, the father lifted up his tunic and took off running to meet his son. I relate to that character as a mom and always want my children to know they can always come back home. No. Matter. What. This week the script flipped. I saw myself as the prodigal son. I am slogging through the mire of sin and guilt just like the son in the story. I need a reset. I need answers. I need God to help me. God is just waiting for me to admit that need and He doesn't hesitate. He lifts up that tunic and takes off to meet me. Can't you just see it! My King is coming to rescue me once again.





SEEN

Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, "You are the God who sees me"

Genesis 16:13

Thankful

Imagine being pregnant by your boss at his wife's insistence. Then she treats you so harshly you just decide to run away. This is where God meets Hagar, right where she is. Right in the middle of the mess. This is exactly where He will meet us as well. I am a pearl girl and I have this gorgeous baroque pearl ring. It is a big misshapen mess but to me it is so beautiful because I know how much "stuff" the oyster had to go thru to make such a beauty. I feel beautiful every time I wear it because it reminds me of how far God has brought me out of the mess. It reminds me that God is indeed faithful whether it is a mess I created or a mess that I was dragged into. I know that God sees me in my darkest moments as well as the happy moments. The God of the Universe sees me, He knows me and I know He truly loves me like no other.



PURPOSE

**For we are God's masterpiece, He
has created us anew in Christ
Jesus, so we can do good things
he planned for us long ago.**

Ephesians 2:10





God called me to make chicken and dumplings, green beans and peach cobbler for a sweet friend who was dying of cancer.

Of course, I was too afraid. Too afraid because I had watched my niece die from cancer and it was HARD. I knew what I would see. After arguing with God the entire day, I finally went home and cooked what He asked me to cook. I dropped it off at the house and it was as bad as I thought it would be. A couple of days later, I heard that my sweet friend had passed away. Being the good southern hostess I am, I decided to drop off some paper products for the grieving family. When I told the family member who answered the door who I was, she proceeded to tell me that my friend's favorite meal was chicken and dumplings and that it was her last meal on this earth. I was so humbled in that moment. God asked me to do something as small as cooking for someone and it had such far-reaching potential. Since then, I have continued to listen to the small quiet voice that leads me to make a difference in someone else's life. You never know when you might be the hands and feet of Jesus in a hurting world.

The background of the entire slide consists of horizontal stripes in shades of yellow and orange. On the left side, there are two decorative floral cutouts. The top one is a cluster of three orange roses with green leaves. The bottom one is a large, stylized flower with a light blue center, a red ring of small blue and yellow dots, and orange petals. On the right side, there are two overlapping rectangular blocks: a yellow one in the foreground and an orange one behind it.

PROVIDED FOR

**And we know that for those who
love God all things work together
for good, for those who are
called according to his purpose.**

Romans 8:28

The Compassionate Women's Circle of Martha Bowman Church had a baby basket ministry. Once a week, they would take a basket full of clothes, diapers, bottles, etc, to an indigent mom at the Medical Center. One day while working at the church, Macon Outreach called and wanted to know if we had a car seat we could donate. We did so I picked up the car seat and delivered it to Macon Outreach. Of course, I couldn't go with just a car seat if there was someone in need, so I had some of the mothers in our circle to donate some gently used baby items. I thought we could do more so I asked the United Methodist Women to donate some funding so I could pick up some baby clothes. I went to Sam's where I thought I could get the most bang for my buck. Sam's was out of baby clothes. I then drove over to Mansour's and in the parking lot I prayed that God would let me find the Carter's gowns and onesies I needed on sale. Not only were they having a sale but the biggest ONE DAY SALE of the year. I was relating the story to the sales associate and the patron behind me gave me \$25 cash so I could add to the bounty. It was during the Christmas season, and I couldn't get this sweet boy off my mind. God helped me secure a Christmas tree, brand new ornaments and casseroles. I got directions to the house, and we loaded up two cars full of items for this sweet family. The directions lead us to any empty lot. While we were sitting in front of the lot, God sent us a former NYC police officer to help us. He called the family who spoke Spanish and got additional information. He relayed that info to me and then left. We knocked on the door we thought was the correct house, but no one answered. It was odd because I knew they were expecting us. Just at that precise moment, the officer showed back up. He said something told him we needed help. God, my friend, God let him know we needed additional help. We got the mom back on the phone and with the officers help, we were able to finally deliver all our gifts. Baby Benjamin was just the cutest baby. His mom dressed him up in a tuxedo onesie. Although there were a lot of moving parts, God was able to get it all together and bless this precious family. I was also truly blessed to be able to share this with my own children. God calls us to love Him and love others. All we have to do is answer the call. He is more than capable of taking care of the rest.





BEAUTIFUL

**You should clothe yourselves
instead with the beauty that
comes from within, the unfading
beauty of a gentle and quiet
spirit, which is so precious to
God.**

1 Peter 3:4

For 17 years I went on Choir Tour as a chaperone with the youth of my church. This particular year we were in NOLA. The orphanage we sang at had to be relocated to an old mental hospital due to complications after Katrina. We were met at the gate by the police because the director had been threatened by domestic violence. The only people on duty that weekend were some college students. While we were getting set up for the show, our students had fellowship time with some of the residents. Our show consisted of songs and a video of a man whose father left him at a young age. The son was at the funeral of the father saying the only true Father he has is Jesus. It is a very moving video as the man is remembering how it felt for his birth father to leave him. My mind went to all the boys and girls at the orphanage and thinking about their stories made me very emotional. I had to get up and go have my breakdown in the bathroom. After my emotions settled down, I washed my face and proceeded back to the gym. I was not looking my best. Eyes red and puffy, my hair was a mess because it was SO HOT and muggy in New Orleans. Upon entering the gym, this boy around 10 or so comes up to me and I don't even remember what we were talking about I just know he said "you look beautiful". I knew physically I did not look beautiful but to this precious boy my beauty came from within. God was so gracious to let us be his hands and feet to these hurting students. Let your beauty within shine brightly for our Lord Jesus Christ to a lost and hurting world.





STRONG

In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support and strengthen you, and he will place you on a firm foundation.

1 Peter 5:10



I don't think of myself as strong. In fact, I am only as strong as Christ in me is strong.

Whenever I have to have the hard conversation or type the hard text or email, I have to rely on the strength of God to help me say and do the right thing. The thing that Jesus would himself do. I was having a conflict with someone and they sent me a nasty text message. I wanted so bad to reply back with a snarky not so nice text. Luckily for me, I had the presence of mind to stop and call a trusted friend. I deleted the text before sending it. Thank you Jesus that I did not cause irreparable damage to an ongoing relationship because of my anger. Sometimes we have to go thru the angst of a situation but we have God's promise that he will restore, support and strengthen us. Just slow down, take a deep breath and ask God what the right answer is. He will lead you to make the right decision. He only wants what is good for us. He sees what we can't see and knows things we do not know but we can TRUST him and his wisdom to help us on a daily basis. All we have to do is ask and he will answer.



♥ heart ♥



PROTECTED

**For he will order his angels to
protect you wherever you go.**

Psalms 91:11



I was struggling mightily with anger. I took on the weight of the world. No one asked me to, I did it of my own volition. I was acting just like Saul when he was King of Israel and was hunting David down because of jealousy of David. I was in charge, I could do this, I don't know why no one is noticing all that I am doing, I, I, I. It was all about me. One night I had a terrible nightmare that a family member had been beheaded. The dream was so real. I was afraid to try to go back to sleep because I didn't want to finish the nightmare. I got up and made my way to the sofa. I started praying for God to help me process this frightening situation. I felt God speaking to me thru my dream. You see I wasn't sad because my family member was dead, I was so angry that I wanted to hunt down the people who were responsible and kill them. Literally. I was letting the devil have control of my emotions and God said enough. It was time for me to choose God or the devil. It was a very humbling situation and I am so thankful I listened to what God said. He protected me from myself and my negative emotions. So now, whenever I feel myself getting angry. I stop and ask God to please help me get control of that anger. He hasn't failed me yet and he never will.

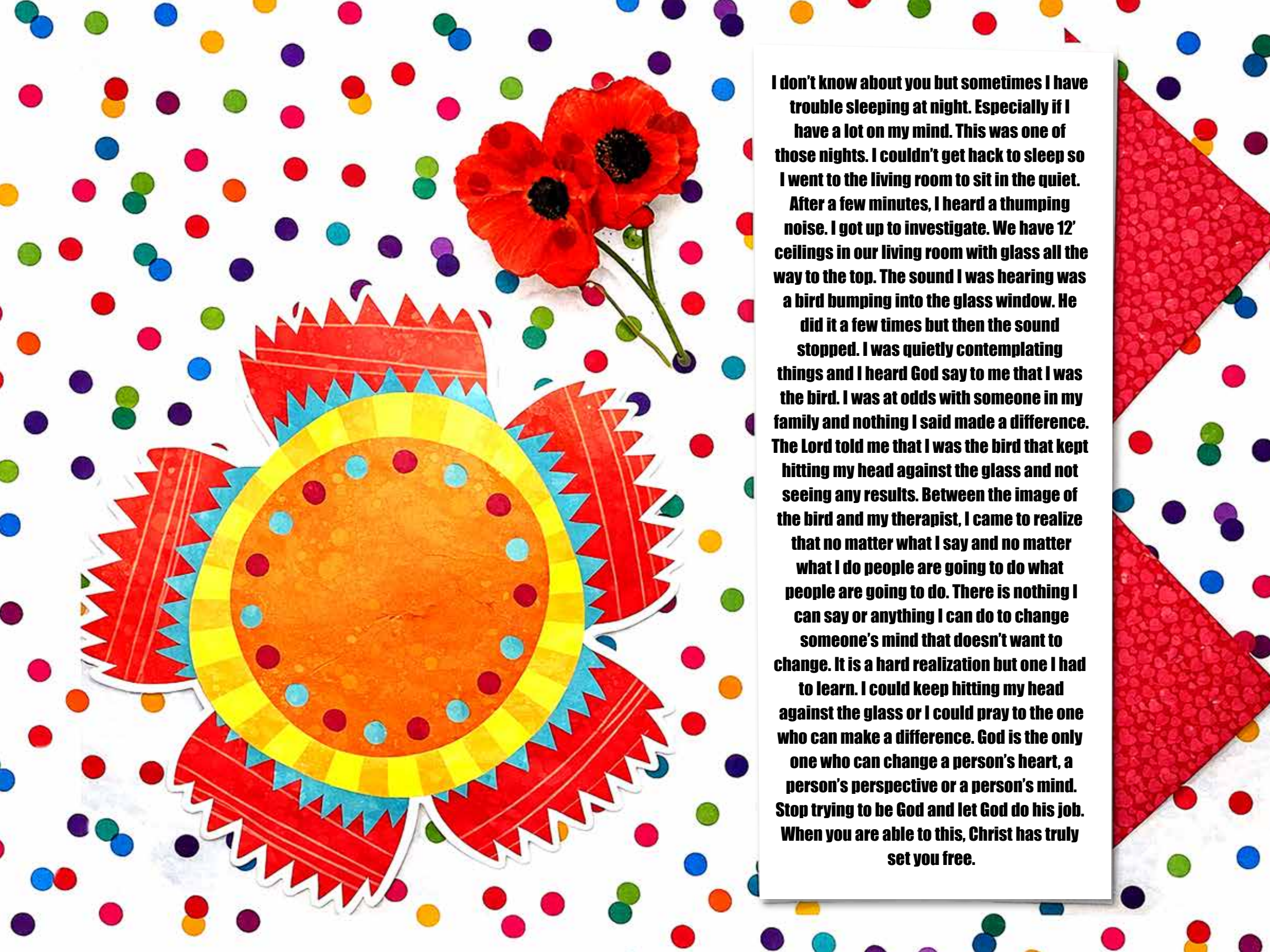


FREE IN CHRIST

**Christ has truly set us free. Now
make sure that you stay free, and
don't get tied up again in slavery
to the law.**

Galatians 5:1





I don't know about you but sometimes I have trouble sleeping at night. Especially if I have a lot on my mind. This was one of those nights. I couldn't get hack to sleep so I went to the living room to sit in the quiet. After a few minutes, I heard a thumping noise. I got up to investigate. We have 12' ceilings in our living room with glass all the way to the top. The sound I was hearing was a bird bumping into the glass window. He did it a few times but then the sound stopped. I was quietly contemplating things and I heard God say to me that I was the bird. I was at odds with someone in my family and nothing I said made a difference. The Lord told me that I was the bird that kept hitting my head against the glass and not seeing any results. Between the image of the bird and my therapist, I came to realize that no matter what I say and no matter what I do people are going to do what people are going to do. There is nothing I can say or anything I can do to change someone's mind that doesn't want to change. It is a hard realization but one I had to learn. I could keep hitting my head against the glass or I could pray to the one who can make a difference. God is the only one who can change a person's heart, a person's perspective or a person's mind. Stop trying to be God and let God do his job. When you are able to this, Christ has truly set you free.

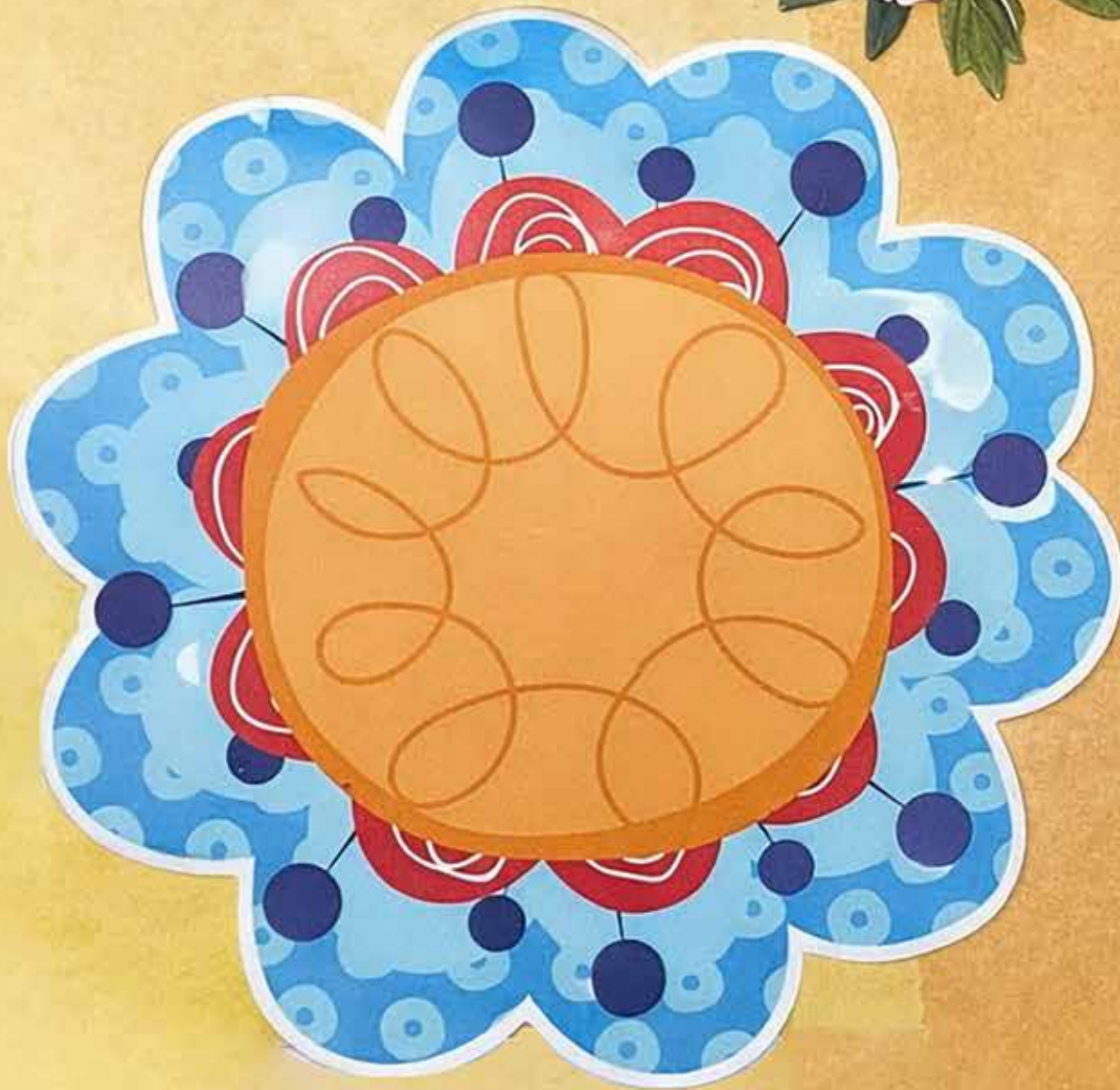


Fearfully and Wonderfully Made

**I praise you, for I am fearfully
and wonderfully made.
Wonderful are your works: my
soul knows it very well.**

Psalms 139:14

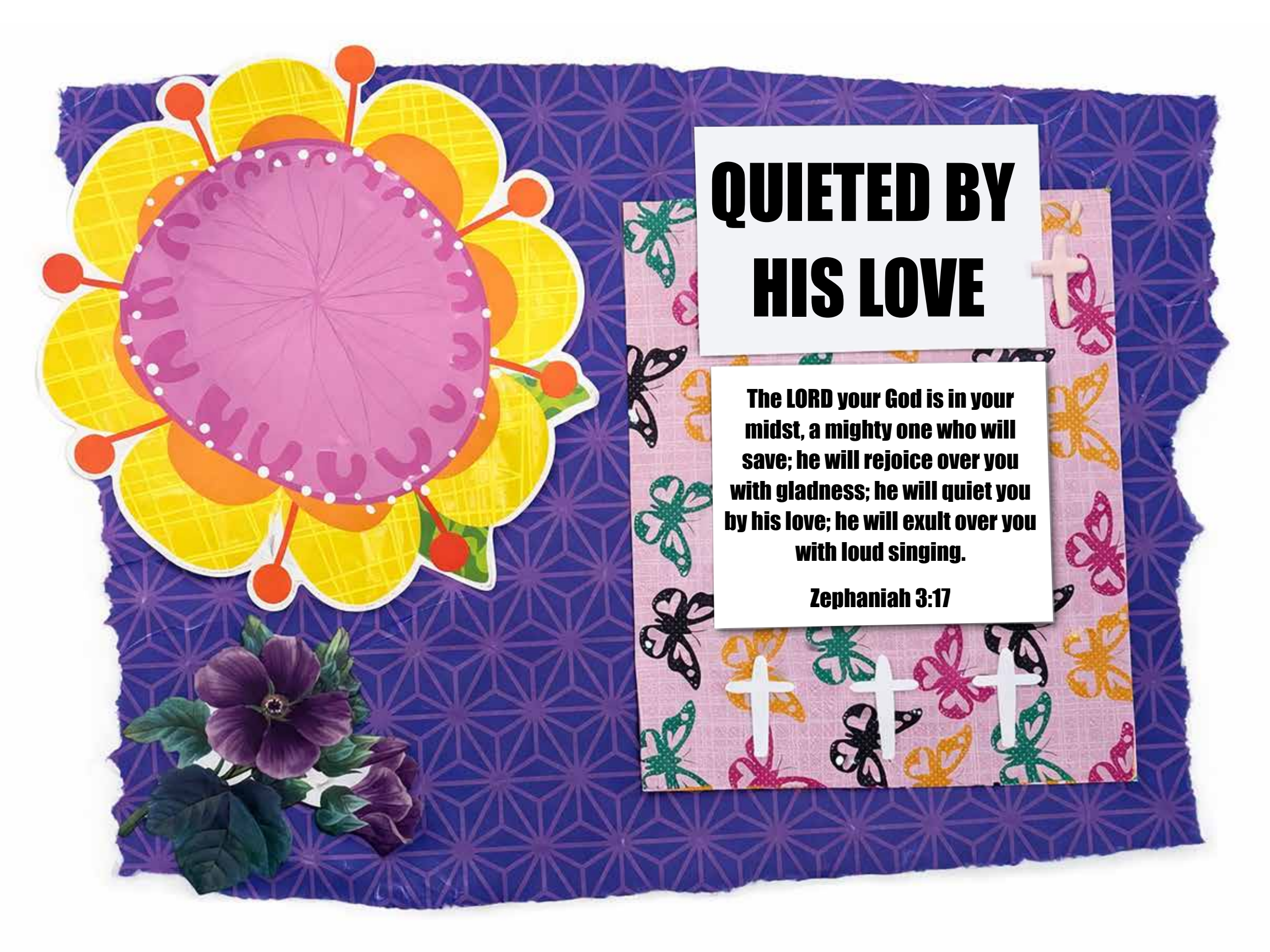




I wouldn't go back even if I could. I was an awkward teenager and not confident at all.

I wore my feeling on my sleeve and everything offended me. It was not a good time. Today, I am learning to embrace who God made me. I am NOT genteel and soft spoken. I am full of life, loud and boisterous and as one of my friends says you never know what will come out of her mouth. As I am getting older, I hope and pray that what comes out of my mouth is more Christlike. I want to be more like Christ today than I was yesterday. I want His Light to shine bright for everyone I come into contact with to see.

I want people to look at me and say I want what she's got. I got JESUS and you can have HIM to. Join me in embracing who God says we are. Isaiah 43:1b says I have called you by name, you are mine. Thank you, Lord for making me yours. Jesus made the ultimate sacrifice for me because I was worth it. You know me with all my sins and faults yet you chose to go to the cross and endure the pain and suffering for me. I am who you say I am. I am a child of God. Live in that confidence today o precious one. Jesus loves you more than you can fathom.



QUIETED BY HIS LOVE

**The LORD your God is in your
midst, a mighty one who will
save; he will rejoice over you
with gladness; he will quiet you
by his love; he will exult over you
with loud singing.**

Zephaniah 3:17

This has to be one of my favorite verses in all of the Bible. I don't know about you but I can go emotionally from 0 to 60 in about 10 seconds to the worst outcome of a situation that you can imagine. When I get overwhelmed, I can't make any decisions I just sit and cry. I can't do anything. Don't even get me started with fearful. I can have my child that doesn't answer my phone call in a ditch on the side of the road in the middle of nowhere in a split second. The devil knows exactly what buttons to push. I'm sure that is why it says FEAR NOT 365 time in Scripture. When I have these negative thoughts, it helps to recall this verse. It helps calm me down and gets me centered again. To know that the GOD of the Universe rejoices over me, sings over me and quiets me with his love is a game changer. It makes my heart glad to know how much I am loved by our Creator. If I were with you right now, I would take hold of your hands and just look you in the eyes and tell you how much your Savior loves you. He doesn't want you to feel overwhelmed, anxious and fearful but covered in his love. I have also learned the value of breath prayers. If you start to feel stirred up by any of these negative feelings, breathe in "be still" and breathe out "and know that I am God". He knows us so well sweet friend.



Christ tells us:

Do Not Be Afraid

2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love and self-discipline.





O Most High Heavenly Father,

You already know that the devil knows just what button to push. FEAR!! I can go from 0 to 60 in about 1.2 seconds to the worst possible scenario. Yet, the Bible tells us that God has not given us a spirit of fear but of power. Unfortunately, I do not always call on you Lord for that power but am learning that if I just speak that fear out loud and release it to you, I can make it thru the next few minutes. Psalms 118:6 says The Lord is for me, so I will have no fear. What can mere people do to me? Please help me to remember to call on your powerful victorious name whenever I am fearful. I know dear Lord that in your word, there are 365 times you said FEAR NOT, that is once a day for every day of the year. Evidently, this is something you have a lot of experience with from your children. I am so grateful that we have a Savior that can relate to all that we are going thru. Hebrews 4:15 says we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are-yet he did not sin. Psalm 56:3 says But when I am afraid, I will put my trust in you. Yes, Lord when I am afraid, I will put my trust in you. All my life you have been faithful and I know you will not fail me when I need you the most. You are the lover of my soul and I praise your name forever. Amen.



Christ tells us:

Do NOT be anxious

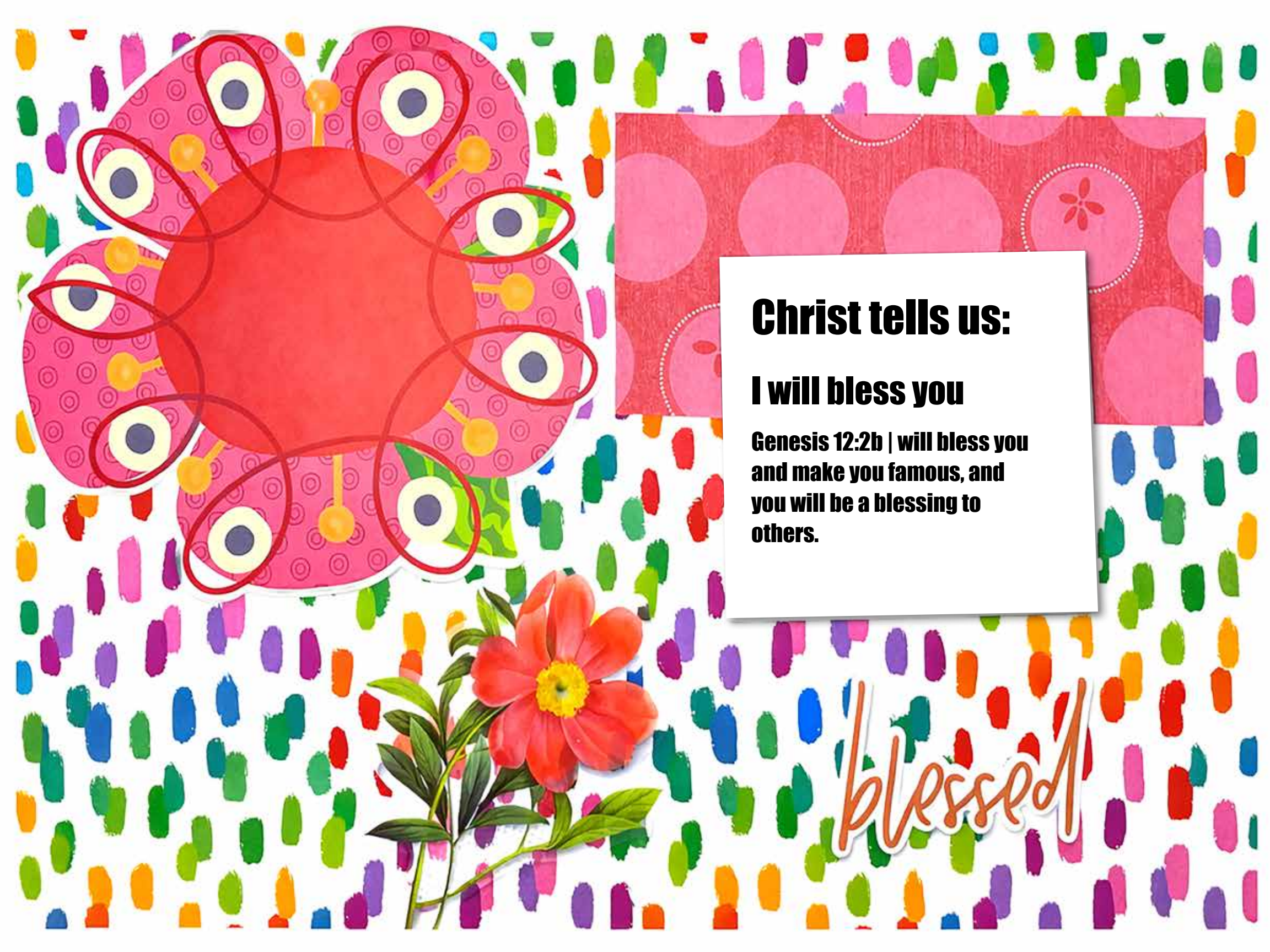
**Philipians 4:6 Don't worry
about anything; instead, pray
about everything. Tell God
What you need, and thank
him for all he has done.**

Amen

Heavenly Father,

The definition of anxious is experiencing worry, unease, or nervousness regarding an imminent event or circumstance. Yes, that about sums it up. Whenever I am in my feelings of worry and unease, I get totally obsessed with it. I need Jesus to quiet me with his love like it says in Zephaniah 3:17. I need to take all that emotion to the One who can handle it and Lord that is you. The one and only Jesus. Quite frankly, I don't always do this. I talk about it with my husband or my friends and only take it the Lord when I am at the end of my rope. Father, help me to come to you first. You are the only one who can soothe my tortured soul. You are the lifter of my head. Psalm 3:3 says But you, O Lord, are a shield around me, you are my glory, the one who lifts my head. Thank you, Jesus for being with me all the time. When things are going well and especially when things are not going well. I have discovered that you are the only constant in my life. People will let me down but not you. Matthew 28:20b says I am with you always, even to the end of the age. All praise to God, the Father of our Lord Jesus Christ. You alone are worthy of all our praise. Help me to remember, call to mind, meditate on your goodness and your mercy and above all how you have carried me through all the rough places. I give you all my thanks and praise. For it is in the mighty name of Jesus I pray. Amen.





Christ tells us:

I will bless you

**Genesis 12:2b | will bless you
and make you famous, and
you will be a blessing to
others.**

blessed

Dear Lord God,

You have blessed me beyond anything I could ask or imagine. You wake me up to a glorious sunrise and send me to bed with a magnificent sunset. The splashes of color you create with the flowers every spring and the way we are dazzled by fall leaves. Only you God, could create such a beautiful exhibit of your power, glory and majesty. We have so much to be thankful for. Ephesians 3:20 says now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or imagine. Father God, you have called us to be a blessing to others. Luke 1:45 says You are blessed because you believed that the Lord would do what he said. Your character has shown us that we can trust you to do what you say you will do. You cannot lie. We can depend on you. We are continually blessed because we believe in you. Ephesians 1:3 says all praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Help me to be a blessing to others by giving me eyes to see the world as you see it. Help me to remember that I do not come into contact with anyone that you do not love. Let me be a light in the darkness to those who are hurting and in need of a Savior. Please let that light shine so bright in me that people see you and not me. Thanks be to God for his glorious light. Amen.



Christ tells us:

Fix your thoughts

Philippians 4:8b Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.





Dear Lord Jesus,

I know that in you I am a new creation. 2 Corinthians 5:17 says this means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! Help me to live into those words dear Jesus. Please help me to staunch the flow of negative thoughts that are flooding my mind and replace them with thoughts that are true, honorable, right, pure, lovely, admirable, excellent and worthy of praise. Help me to capture those negative thoughts and teach them to obey Christ just like it says in 2 Corinthians 10:5. I keep doing the things I don't want to do and the things I want to do I don't do. The apostle Paul hit the nail on the head when he wrote in Romans 7:15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. Lord Jesus, I can't do this on my own. I need the help of the Holy Spirit to help me process these negative thoughts and emotions. I don't want to live my life as a prisoner to the thoughts running thru my head. James McDonald says emotions make a great caboose but a terrible engine. Don't let them run your train. Please take over and help me get rid of them. You are my hope and my salvation. I love you and praise you as the one and only Son, the Lord Jesus Christ in whose Holy Name I pray. Amen.



Christ tells us:

**I will guide you along the
best pathway for your life**

**Psalms 32:8 The LORD says I will
guide you along the best
pathway for your life. I will
advise you and watch over you.**

Our Father who art in heaven,

Please guide me along the best pathway for my life. Help me to know that you only want the best for me and that your way is the best way. Psalms 25:4 says to show me the right path, O LORD; point out the road for me to follow. Isaiah 48:17b I am the LORD your God, who teaches you what is good for you and leads you along the paths you should follow. Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. All these passages have one thing in common Lord. YOU, O LORD, will lead me along the best pathway for my life if I let you lead. You must lead and I must follow. Isaiah 30:21 your own ears will hear him. Right behind you a voice will say, this is the way you should go, whether to the right or to the left. Help me to listen for your voice directing my way. Strengthen me with resolve to follow the path you are directing. It may not be easy but I have confidence that you are going with me. I know I can trust you. You are my Father in heaven and what father doesn't want the best for his children. Thank you for loving me so well. In Jesus Holy name I pray. Amen.

THIS IS THE WAY





Christ tells us:

I am your hope

Jeremiah 17:7 But blessed are those who trust in the LORD and have made the LORD their hope and confidence.



Dear Father God,

Psalms 119:114 reads You are my refuge and my shield; your word is my source of hope. Hope is a confident sure expectation of future good based on God's promises and faithfulness. This is the very reason why we can put our hope in Christ Jesus. His love is unfailing and his promises are true. During difficult circumstances, Lord, help us to remember your unchanging character. You are the same yesterday today and forever. O Lord, there is no one like you. Job had everything and then lost everything but his own life yet he still says in Job 11:18 that having hope will give you courage. You will be protected and rest in safety. Romans 15:4b tells us that Scripture gives us hope and encouragement as we wait patiently for God's promises to be fulfilled. Help us to remember that you are always working for us even if we can't see it. Psalms 25:21 says to let integrity and honesty protect me, for we put our hope in the Lord. Please let us always strive to do the right thing even if it is not the popular thing. Please help us put our hope and confidence in you so that we will be blessed. Help us keep our hope alive as we recall all the ways you have come through for us in the past. Lord, please continue to be our hope. We know we can trust you with everything. All honor and glory to Christ the Lord. Amen



May the comfort of God's love fill you with
HOPE AND PEACE.



Christ tells us:

Walk humbly with your God

**Micah 6:8b This is what the LORD
requires of you: to do what is
right, to love mercy, and to walk
humbly with your God.**

Dear Gracious Heavenly Father,

It is simple but not easy. To walk humbly with God is to have a modest estimate of one's value. It's hard to think of ourselves as less but that is what we need. More of Jesus and less of us. Lord, help us to discern the distinction between humble and being a doormat. Please lead us to think of others before we say or do anything that may cause hurt feelings. Psalms 19:14 may the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer. 1 Thessalonians 5:11 so encourage each other and build each other up, just as you are already doing. Please give us the grace and the mercy to see others as you see them. They are so loved by you. Philippians 2:3 tells us to not be selfish, don't try to impress others. Be humble, thinking of others as better than ourself. These are the instructions you laid out for us as we navigate relationships. Help us to live up to your high calling to love others. Jesus, you have told us the first and greatest commandment is to love God and the second equally important commandment is to love others. Help us to follow hard after your teachings so we can make a difference in someone's life. We don't know what folks are going through. We don't know when a smile, a kind word or a prayer will make a difference in someone's life. We don't have to know the circumstances. We just have to be obedient to love others. Please lead us to be your light in a hurting world. In Jesus name I pray. Amen



I am

Christ tells us:

I am your joy

**Philippians 4:4 Always be full of
joy in the Lord. I say it again,
rejoice.**





Dear Lord Jesus,

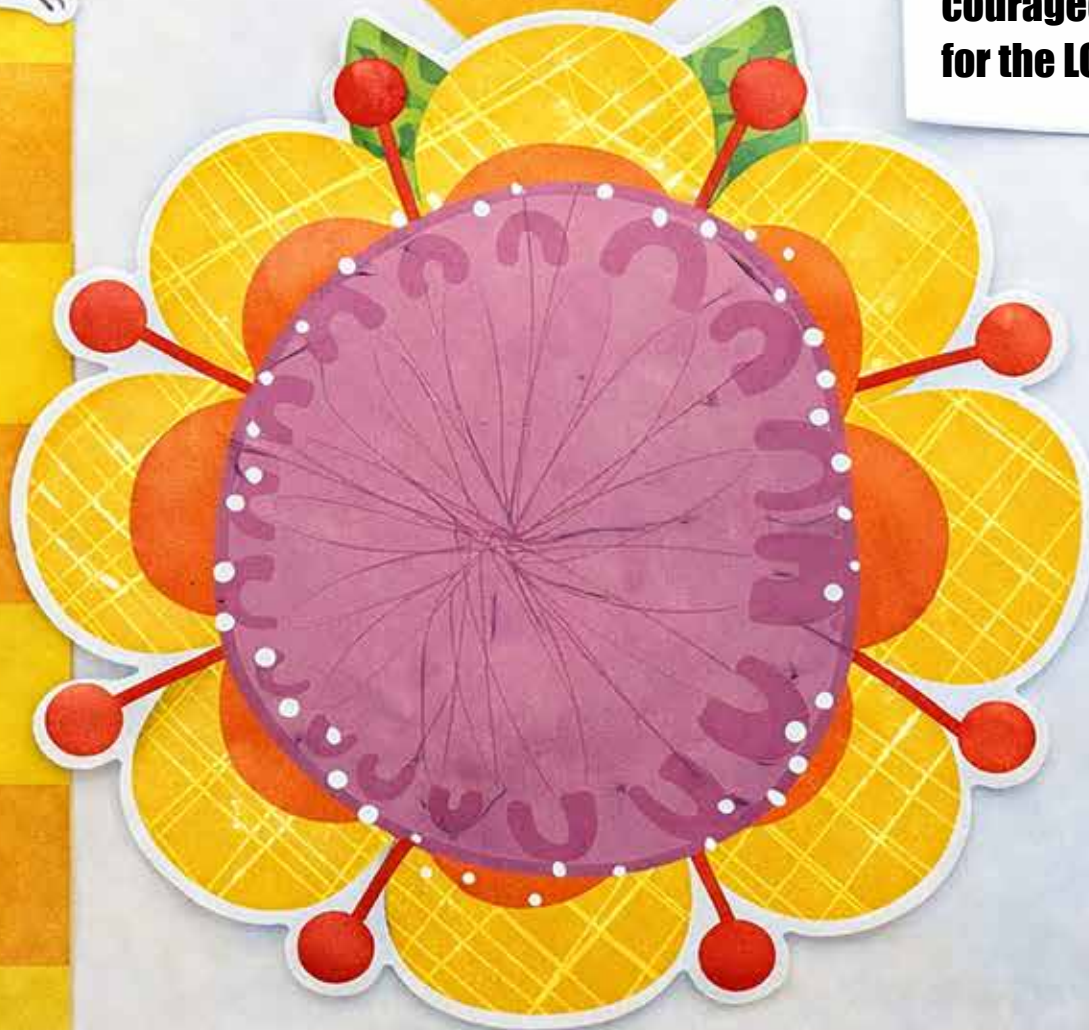
Weeping may last through the night, but JOY comes in the morning. Father God, you are the one true source of my joy. Joy is not an emotion. It is a contentment that comes from finding strength and hope from you even in suffering. Joy is a gift of the Holy Spirit as it says in Galatians 5:22 the Holy Spirit produces this kind of fruit in our lives: love, JOY, peace, patience, kindness, goodness and faithfulness. When things are not going as I think they should, dear Jesus, I pray for you to change my perspective on my circumstances. Help me to see things differently more importantly the way you see things. Psalms 9:2 says I will be filled with joy because of you. I will sing praises to your name. O Most High. Psalms 16:11 says you will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. Psalms 28:7 tells us that the Lord is our strength and shield. I will trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. Lord, please fill me with the joy of your presence and the pleasures of living with you so that I will burst out into song. You, O God, are worthy of all my praise. Shout with joy to the LORD, all the earth! Worship the LORD with gladness. Come before him, singing with joy. O LORD, you are my JOY. Amen and amen.



Christ tells us:

Wait patiently for the Lord

**Psalms 27:14 Wait patiently for
the LORD. Be brave and
courageous. Yes, wait patiently
for the LORD.**





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

Dear LORD,

Patience is a fruit of the Spirit. However, I am not living into that fruit. In our world of instant gratification, it is hard to wait and waiting well is especially hard. Teach me Father, how to wait for you. Please help me to stay in my lane and let you do the work. I can't do anything to speed up your process because your timing is always perfect. Psalms 33:20-21 we put our hope in the LORD. He is our help and our shield. In him our hearts rejoice, for we trust in his holy name. Let your unfailing love surround us, LORD, for our hope is in you. Waiting for the Lord ultimately comes down to trusting you, Lord Jesus. When my thoughts start running wild with what I can do to fix my situation, when my anxious heart is thudding in my chest, and when I have my emotions stuck in my throat, help me to remember who you are Lord. You are my strong tower, my rock, my steady hand. Jeremiah 29:11 says that you know the plans you have for me and they are plans for good and not disaster, to give me a future and hope. Lord, I cling to your promises during my intense time of waiting. Help me to wait well for the one who can deliver me. Hebrews 10:23 let us hold tightly without wavering to the hope we affirm, for GOD can be trusted to keep his promise. Romans 8:28 and we know that God causes everything to work together for the good of those who love God and are called according to his purpose. Please work everything out for my good for it is in your mighty name I pray. Amen

Christ tells us:

**I am leaving you a
gift - peace of mind
and heart**

**John 14:27 I am leaving you
with a gift - peace of mind
and heart. And the peace I
give is a gift the world cannot
give. So don't be troubled or
afraid.**

*You
ARE
MY
peace*





Lord Jesus,

My heart and my soul cry out for your peace O Father. Peace is a state of completeness, wholeness and right relationship with Christ. I need that in my life at this very moment. 2 Peter 1:2 says may God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord. My prayer is to know you better and become a woman of grace and peace. More of you and less of me dear Lord. 2 Thessalonians says Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all. Help me fix all my thoughts on you so I can live in the perfect peace you promise. Isaiah 26:3 says you will keep in perfect peace all who trust in you, all whose thoughts are fixed on you. Please let your peace guard my heart and mind like it says in Philippians 4.7h. Perfect peace is when I can face a situation, a person, a medical diagnosis, anything really without all the emotions but in the calm state that lets me know that it will be alright. Regardless of the outcome of the circumstance, I can depend on the mighty presence of God to hold me in his arms and protect me. To hide me under the shelter of his wings and keep me. Lord Jesus, you came as the Prince of Peace and I give thanks to God for his provision. This is a peace that only you can give dear Jesus. In your peaceful name I pray. Amen.



Christ tells us:
I have redeemed you

**Isaiah 43: 1b Fear not, for I
have redeemed you; I have
called you by name and you
are mine.**

TRUST ME.

Proverbs 3:5

Dear Jesus,

Redeemed, rescued, bought back by a costly payment. Yes, Lord that is what you did for me. There is no way for me to pay you back for your sacrifice. I am just so grateful to you for loving me so much that you would give your life as a ransom for me. John 3:16 says that God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. There is nothing I can do or nothing I can say that will ever make me worthy of this distinction. It is all you Jesus. You have called me by name and I am yours. These words melt my heart into a puddle of love for your redeeming love. You know me inside and out. You know me when I get up and when I lay down. There is no place that I can go that you will not find me. You pursue me to the ends of the earth. My life is yours. Psalm 139:1-5 O LORD, you have examined my heart and know everything about me. You know when I sit down and stand up. You know my thoughts even when I'm far away. You see me when I travel, and when I rest at home. You know everything I do. You know what I am going to say, even before I say it, LORD. You go before me and follow me. Even though you know ALL about me, you still chose me to be yours. You are a great and mighty Kinsman Redeemer. Thank you, God. You are my Kinsman Redeemer. Amen and amen.





Christ tells us:

I am your refuge

**Psalms 46:1 God is our refuge
and strength, always ready to
help in times of trouble**

God is our
refuge & strength,
an ever present help in trouble.



Dear Father Almighty,

The LORD is my rock, my fortress, and my savior: my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. 2 Samuel 22:3 puts it very succinctly. GOD IS MY ROCK, MY REFUGE. Thank you, Lord for being my shelter, a place I can come in my worst moments. Psalms 36:7 says how precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. Isaiah 40:11b says He will carry the lambs in his arms, holding them close to his heart. The picture painted by these precious words of the Bible are my strength when things don't seem to be going my way. I pray for you to wrap me up in your arms and hold me close to your heart so things don't seem so overwhelming. These words lift me up like nothing else in the world can. I am so grateful to you for your unfailing love, your mercy and your grace. Fill me with encouragement as I face today's challenges. Nothing is too big for you. I can do all things thru Christ who strengthens me. Thank you, Father, for the precious gift of your presence. In Christ's holy name I pray. Amen.



*Give thanks to the Lord
for his unfailing
Love.*





Christ tells us:

I will keep you safe

**Psalms 4:8 In peace I will lie
down and sleep, for you alone, O
LORD, will keep me safe.**



Dear Savior King,

I declare about the LORD: He alone is my refuge, my place of safety; he is my God, and I trust him. These are the words of David from Psalms 91:2. I declare the same thing about you Lord Jesus. You are my place of safety. I will lie down and sleep, for you alone will keep me safe. You walk before me, behind me and beside me to keep me safe. Psalms 91:14-16 the Lord says, I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer. I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation. There are so many evil things happening in the world today safety is a main priority. Please walk with us daily Father God and give us peace as we navigate thru each day. When we are in distress, hear our cry and please help us declare you as our safe space and you will take care of us. You are sovereign dear Lord, which means you have ultimate power over all circumstances. Help us lean into that attribute of yours each and every day. In your precious name I pray. Amen





Christ tells us:

Your Body is a Temple

1 Corinthians 3:16 Do you not know that you are God's temple and that God's Spirit dwells in you?





LOVE

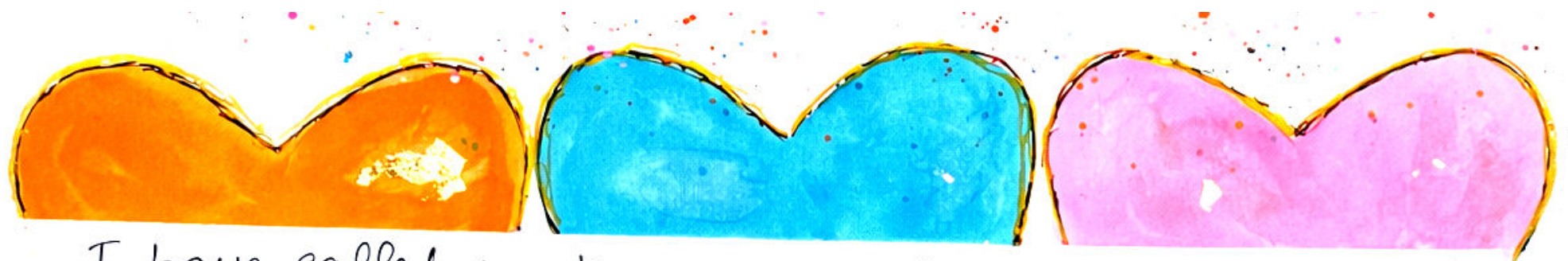


Father God,

1 Corinthians 3:16 asks a very tough question. I know I would like to answer with a resounding yes but do I live like my body is God's temple? Unfortunately, the answer is no. I pray Father, that I would be more mindful of what I put in my body for fuel. Help me to eat to live and not live to eat. Help me also to be mindful of the things I read, listen to and watch on TV. I know I can't do this all on my own because of my sinful nature but if the Holy Spirit helps me, I can be intentional in making changes. May all I do be pleasing to you, O Lord. You are the lover of my soul. You love me so much that you willingly gave up your seat in heaven to die a gruesome death on the cross just so I could have a restored relationship with my Heavenly Father. 2 Corinthians 9:15 says Thanks be to God for his indescribable gift. You alone, O God, are worthy of all our praise. May your name be lifted high over all the earth. Who is man that you are mindful of him? let alone to make us your temple. Your dwelling place. Our minds can't comprehend what an amazing gift we have in you, dear Lord. Help us to be ever mindful to do our best to be who you purposed us to be. Make us into amazing women that bring honor and glory to your name. Praise be to God for it is in your name I pray. Amen.



Jeremiah 31.3



I have called you by name and you are mine Isaiah 43:1b

