



Moments  
OF Peace  
FOR  
Moms

365 Daily Devotions

*from*

Our Daily Bread



---

365 Daily Devotions from

---

Our Daily Bread



Discovery House.  
from Our Daily Bread Ministries

*Moments of Peace for Moms: 365 Daily Devotions  
from Our Daily Bread*

© 2019 by Discovery House

All rights reserved.

Discovery House is affiliated with Our Daily Bread Ministries,  
Grand Rapids, Michigan.

Requests for permission to quote from this book should be directed to: Permissions Department, Discovery House, P.O. Box 3566, Grand Rapids, MI 49501, or contact us by email at [permissionsdept@dhp.org](mailto:permissionsdept@dhp.org).

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. [www.zondervan.com](http://www.zondervan.com). The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture quotations marked KJV are from the King James Version.

Scripture quotations marked NASB are from the New American Standard Bible®, copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by the Lockman Foundation. Used by permission. ([Lockman.org](http://Lockman.org))

Scripture quotations marked NKJV are from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Interior design by Sherri L. Hoffman

ISBN: 978-1-64070-029-1

Printed in China

First printing in 2019

## A Break for Mom

Moms deserve their very own devotional book. Of course, if you are a mom, you may not feel that you have time to read it—what with the thousand-and-one things that occupy your time.

But maybe, just maybe, the people you work so hard to guide and help and serve and love and encourage through life can band together to give you a break each day so you can replenish and renew your relationship with God. After all, what is better for the whole family than a mom who has a strong relationship with Jesus after spending quality time reading His Word and talking to Him in prayer?

We've strived to put together a collection of articles that you as a mother can use in those moments of peace and solitude to draw closer to your strength and your comfort—the God who made you, the Savior who redeemed you, and the Holy Spirit who energizes you.

We've selected a range of subjects in the articles, because no two moms need the same thing to reinvigorate their spiritual walk each day. Many of the articles have fun Mom stories—stories about kids and their mothers interacting in the course of real life. We've also chosen a number of articles that focus on achieving peace and calm by trusting our great God, because the whirlwind that is life sometimes calls for a reminder that our Savior is the Prince of Peace.

Also, we've chosen articles that were written both by current *Our Daily Bread* writers and by some of our "classic" writers—voices of wisdom from the past that can bring valuable insights into our lives as the often hectic twenty-first century approaches its second quarter. You'll find strength in the wisdom of writers from an earlier era, such as Julie Ackerman Link and Joanie Yoder. We think you'll be challenged and encouraged by all of the writers—new and old—as they dig into Scripture to pass along to you hope and inspiration from God's holy Word.

So, take a break from the hubbub that is the life of a mom. Sit down with your favorite cup of coffee, open up the Bible, and discover moments of peace that can bring calm to your heart and courage to your life.



## Influence of Godly Mothers

*Listen, my son, to your father's instruction and do not forsake your mother's teaching. —PROVERBS 1:8*

Many godly men of the past were richly blessed by what they learned from their mothers. Consider biblical characters Moses, Samuel, and Timothy, who had strong maternal influence. Or men like Augustine, John Newton, and the zealous Wesley brothers. Their names would probably never have graced the pages of history if it hadn't been for the godly women who raised them in Christ-honoring homes.

Susannah Wesley, the mother of preachers John and Charles, spent an hour each day praying for her seventeen children. She also took each child aside for an hour every week to discuss spiritual matters. Here are a few of her training rules: (1) Subdue self-will in a child and thus work together with God to save his soul. (2) Teach him to pray as soon as he can speak. (3) Give him nothing he cries for and only what is good for him if he asks politely. (4) To prevent lying, punish no fault that is freely confessed, but never allow a rebellious, sinful act to go unnoticed. (5) Commend and reward good behavior. (6) Strictly observe all promises you have made to your child.

Godly mothers can change the world! —HB



## A Prayer Challenge

*Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. —MATTHEW 19:13*

A young mother once said, “I wish I could wrap my children in bubble wrap to protect them from the big, bad world outside.”

Author Stormie Omartian understands how that mother feels. In her book *The Power of a Praying Parent*, she writes, “One day I cried out to God, saying, ‘Lord, this is too much for me. I can’t keep a twenty-four-hours-a-day, moment-by-moment watch on my son. How can I ever have peace?’”

God responded by leading Stormie and her husband to become praying parents. They began to intercede for their son daily, mentioning the details of his life in prayer.

The desire to wrap our children in bubble wrap to protect them is rooted in fear. Wrapping children in prayer, as Jesus did (Matthew 19:13–15), is a powerful alternative. God cares more about our children than we do, so we can release them into His hands by praying for them. As we pray, He will give us the peace we long for (Philippians 4:6–7).

This challenge is for all parents—even those whose children have grown up: Don’t ever stop wrapping your children in prayer!

—JY



## Safe and Still

*Whoever dwells in the shelter of the  
Most High will rest in the shadow  
of the Almighty. —PSALM 91:1*

As a full-of-energy preschooler, my son Xavier avoided afternoon quiet time. Being still often resulted in an unwanted, though much-needed, nap. He did everything possible to evade the quiet. “Mom, I’m hungry . . . I’m thirsty . . . I have to go to the bathroom . . . I want a hug.”

Understanding the benefits of stillness, I’d help Xavier settle down by inviting him to snuggle. Leaning into my side, he’d give in to sleep.

Early in my spiritual life, I mirrored my son’s desire to remain active. Busyness made me feel accepted, important, and in control. Surrendering to rest only affirmed my frail humanity. So I avoided stillness and silence, doubting the Lord could handle things without my help.

But God is our refuge, no matter what lies ahead. The path may seem long, scary, or overwhelming, but His love envelops us. He hears us, answers us, and stays with us . . . now and forever, into eternity (Psalm 91:1–16).

We can embrace the quiet and lean into God’s un-failing love and constant presence. We can be still, because we’re safe under the shelter of His unchanging faithfulness (v. 4).  
—XD



## Comforted by God

*When anxiety was great within me, your consolation brought me joy. —PSALM 94:19*

A mother was trying to calm her fretful little daughter. Soon her loving embrace and tender caresses quieted the four-year-old's uneasiness. But the mother herself was grieving because of the recent death of her own mother.

Looking up, the little girl saw her moist eyes and asked sweetly, "Mama, do you want to be holded too?" The mother's tears began to flow freely, and the child hugged her and whispered, "Mama, God will hold you, won't He?" Those words consoled her.

How reassuring to know that our Lord is the "God of all comfort" (2 Corinthians 1:3). Although we may sorrow greatly, God is good, and heaven will one day reveal that His purpose was never to hurt us but to bless us. So we cast all our care upon the Lord, believing that He is holding us even when we do not feel it. There is solid comfort in that reality.

As we turn our problems over to the loving Savior, we will be able to say with the psalmist, "When anxiety was great within me, your consolation brought me joy" (Psalm 94:19). —HB



## He Carries Us

*“As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.” —ISAIAH 66:13*

My friend entrusted me with the privilege of holding her precious, four-day-old daughter. Not long after I took the baby into my arms, she started to fuss. Despite my best attempts and my decade and a half of parenting experience, I couldn't pacify her. She became increasingly upset until I placed her back into the crook of her mother's eager arm. Peace washed over her almost instantaneously. My friend knew precisely how to hold and pat her daughter to alleviate her distress.

God extends comfort to His children like a mother: tender, trustworthy, and diligent in her efforts to calm her child. When we are weary or upset, He carries us affectionately in His arms. As our Father and Creator, He knows us intimately. He “will keep in perfect peace all who trust in [him], all whose thoughts are fixed on [him]” (Isaiah 26:3 NLT).

When the troubles of this world weigh heavy on our hearts, we can find comfort in the knowledge that He protects and fights for us, His children, as a loving parent.

—KH



## Don't Forget Yourself!

*“Father, glorify me in your presence with the glory I had with you before the world began.” —JOHN 17:5*

Are you surprised that Christ's high-priestly prayer in John 17 began with a petition for himself? He was at the most crucial moment of His earthly life; soon He would take up the cross and bear the punishment for the sins of the world. His concern for others was obvious. He would specifically mention His disciples. Then He would intercede for His church, which would endure great persecution through the centuries. But first He prayed for himself.

Some Christians think it's wrong to pray for themselves. However, we shouldn't feel guilty about bringing our own needs and concerns to the Lord. A girl listened carefully to her mother's prayers and said, “Mom, you're always praying for somebody else. You never pray for yourself, but I think you should.” She was right, for we do need to ask the Lord for His guidance, forgiveness, patience, and grace.

When you spend time in God's presence, tell Him about your hopes, your worries, your desires, and your needs. He'll help you see things more clearly and give you the needed direction. As you go to the Lord in prayer, pray for others. But don't forget yourself. —DE



## Be Still, My Soul

*But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. —PSALM 131:2*

Picture a mother poised lovingly over her child, gently patting, softly speaking—“Hush now. Shhh.” The demeanor and simple words are meant to comfort and quiet anxious little ones in the midst of disappointment, discomfort, or pain. When I ponder Psalm 131:2, this is the picture that comes to mind.

The language and flow of this psalm suggest that the writer, David, had experienced something that provoked serious reflection. Have you experienced a disappointment, defeat, or failure that prompted thoughtful, reflective prayer? When you lose a friendship or lose your composure with your family? David poured out his heart to the Lord and in the process did a bit of honest soul-searching and inventory (Psalm 131:1). In making peace with his circumstances, he found contentment like that of a young child who was satisfied with simply being with his or her mother (v. 2).

Life’s circumstances change, and sometimes we are humbled. Yet we can be hopeful and content knowing that there is One who has promised to never leave or forsake us. We can trust Him fully. —AJ



## Sharing Is Hard

*Do not forget to do good and to share  
with others, for with such sacrifices  
God is pleased. —HEBREWS 13:16*

On the way home from church, my daughter sat in the backseat enjoying Goldfish crackers as my other children implored her to share. Trying to redirect the conversation, I asked the hoarder of snacks, “What did you do in class today?” She said they made a basket of bread and fish because a child gave Jesus five loaves and two fish that Jesus used to feed more than 5,000 people (John 6:1–13).

“That was very kind of the little boy to share. Do you think maybe God is asking you to share your fish?” I asked. “No, Momma,” she replied.

I tried to encourage her to share. She was unconvinced. “There’s not enough for everyone!”

Sharing is hard. And the assumption is that if I give, I will be left wanting.

Paul reminds us that all we have comes from God, who wants to enrich us so He can “produce a great harvest of generosity” in us (2 Corinthians 9:10–11 NLT). We can share joyfully because God promises to care for us even as we are generous to others. —LS



## Spiritual Jotting

*Pray continually.*

—1 THESSALONIANS 5:17

I have met many young mothers who are discouraged by their inadequate devotional life. The term “quiet time” only reminds them how little “quiet” or “time” they have for Bible reading, prayer, and meditation.

When my children were young, a speaker shared how she overcame this dilemma during her childrearing years. Throughout her house she placed pencils and notepads. During the day, wherever she was, she would jot down insights, prayer needs, or Bible verses as they came to mind. Each evening she would gather up her jottings—the ingredients of a spiritual feast she had been preparing all day. How eagerly she welcomed the opportunity to nourish her hungry spirit with her Bible and her jottings! I put her method to the test, and my daily devotions became what they needed to be—a workable vehicle for strengthening my devotion to Christ.

If you’re an overworked mother, I recommend “spiritual jotting,” both now and as a lifelong habit. Not only will it put more devotion into your devotions, but it will also bring you closer to fulfilling Paul’s admonition to “pray continually” (1 Thessalonians 5:17).

—JY



## God Arranged Their Seating

*In their hearts humans plan their course, but the LORD establishes their steps. —PROVERBS 16:9*

As Pastor John Aker boarded a plane in Newark, he discovered that he had been assigned a seat next to a man named Richard. Once airborne, the two began talking. Richard had come from the Memorial Sloan Kettering Cancer Center. His condition: skin cancer. Doctors gave him ten months at best. He was going home to Nebraska. “May I tell you about something that changed my life?” asked John. Richard nodded. John explained the way of salvation, and Richard was interested. Right there, 20,000 feet over Chicago, he gave his heart to Christ.

Months later, John again boarded a plane at Newark. This time he sat next to an elderly woman headed for Beatrice, Nebraska. Amazingly, this was Richard’s mother. She told him her son was growing in the Lord. “I’m so encouraged,” said Richard’s mother. John replied, “I’m inspired that Richard has followed through and that God arranged for us to sit together.” The woman replied, “Just before you came on the plane a woman asked me to change seats with her.”

God does direct our steps! If we are yielded to Him, He will use us. Let’s trust God to “arrange the seating” in our lives. —DD

## Writers

**JAMES BANKS** (JB) is pastor of Peace Church in Durham, North Carolina. Dr. Banks has written several books, including *Praying Together* and *Prayers for Prodigals*. He and his wife, Cari, have two adult children.

**HENRY BOSCH** (HB) (1914–1995) was the founder of the devotional booklet *Our Daily Bread* and its first editor. Throughout his life, he battled illness but turned his weaknesses into spiritual encouragement for others through his devotional writing.

**MONICA BRANDS** (MB) has a master of theological studies from Calvin Seminary in Grand Rapids, Michigan. She has worked with children with special needs. Monica grew up in Minnesota in a family with eight children. She began writing for *Our Daily Bread* in 2017.

**DAVE BRANON** (DB) is a senior editor with Discovery House. Dave has been involved with the devotional *Our Daily Bread* since the 1980s. He has written seventeen books, including three for Discovery House: *Beyond the Valley*, *Stand Firm*, and *Living the Psalms Life*.

**ANNE CETAS** (AC) became a follower of Jesus in her late teens. At nineteen, she was given a copy of *Our Daily Bread* by a friend. Several years later, she joined the editorial staff of *Our Daily Bread* as a proofreader. Anne began writing for the devotional

booklet in September 2004 and is senior content editor for the publication.

**POH FANG CHIA (PFC)** trusted Jesus Christ as Savior as a teenager. She is an editor and a part of the Chinese editorial review committee serving in the Our Daily Bread Ministries Singapore office.

**BILL CROWDER (BC)**, a former pastor, is vice president of ministry content for Our Daily Bread Ministries. Bill travels extensively as a Bible conference teacher, sharing God's truths with fellow believers in Malaysia and Singapore and other places where ODB Ministries has international offices. His many published books include *Seeing the Heart of Christ* and *For This He Came: Jesus' Journey to the Cross*.

**LAWRENCE DARMANI (LD)** is a noted novelist and publisher in Ghana, West Africa. Lawrence is editor of *Step* magazine and CEO of Step Publishers. He and his family live in Accra, Ghana. His book *Grief Child*, earned him the Commonwealth Writers' Prize as best first book by a writer in Africa.

**DENNIS DEHAAN (DD)** (1932–2014) became the second managing editor of *Our Daily Bread* upon the retirement of Henry Bosch in 1981. A former pastor, he loved preaching and teaching the Word of God.

**MART DEHAAN (MD)**, former president of Our Daily Bread Ministries, followed in the footsteps of his grandfather M. R. and his dad Richard in that capacity. Mart, who was associated with *Day of Discovery* as host from Israel for many years, is now

senior content advisor for Our Daily Bread Ministries. He can be heard weekdays on the radio program *Discover the Word*.

**M. R. DEHAAN (MRD)** (1891–1965) founded this ministry in 1938 when his radio program went out over the air in Detroit, Michigan, and eventually Radio Bible Class was begun. He was president of the ministry in 1956 when *Our Daily Bread* was first published.

**RICHARD DEHAAN (RD)** (1923–2002), son of the founder of Our Daily Bread Ministries, Dr. M. R. DeHaan, was responsible for the ministry's entrance into television. Under his leadership, *Day of Discovery* television made its debut in 1968. The program was on the air continuously until 2016.

**XOCHITL (soh-cheel) DIXON (XD)** equips and encourages readers to embrace God's grace and grow deeper in their personal relationships with Christ and others. Serving as an author, speaker, and blogger at [xedixon.com](http://xedixon.com), she enjoys singing, reading, motherhood, and being married to her best friend, Dr. W. Alan Dixon Sr.

**DAVID EGNER (DE)**, a retired Our Daily Bread Ministries editor and longtime *Our Daily Bread* writer, was also a college professor during his working career. In fact, he was a writing instructor for *Our Daily Bread* writers Anne Cetas and Julie Ackerman Link at Cornerstone University in Grand Rapids, Michigan.

**ESTERA PIROSCA ESCOBAR (EPE)** is a Romanian with a heart for the world. After coming to the US as a college student, she experienced the Christian community's love for internationals. She is now National Field Director for International Friendships, Inc. (IFI). Estera and her Chilean-born husband, Francisco, live in Grand Rapids, Michigan.

**DENNIS FISHER (DF)** was for many years a senior research editor at Our Daily Bread Ministries—using his theological training to guarantee biblical accuracy. He is also an expert in C. S. Lewis studies. He and his wife, Janet, a former university professor, have retired to Northern California.

**VERNON GROUNDS (VG)** (1914–2010) was a long-time college president (Denver Seminary) and board member for Our Daily Bread Ministries. Vernon's life story was told in the book *Transformed by Love*.

**TIM GUSTAFSON (TG)** writes for *Our Daily Bread* and serves as an editor for Discovery Series. As the son of missionaries to Ghana, Tim has an unusual perspective on life in the West. He and his wife, Leisa, are the parents of one daughter and seven sons.

**HIA CHEK PHANG (CPH)** and his wife, Lin Choo, reside in the island nation of Singapore in Southeast Asia. C. P. came to faith in Jesus Christ at the age of thirteen. He is special assistant to the president of Our Daily Bread Ministries, and he helps with translating resources for the ministry. He and his wife have a son, daughter-in-law, grandson, and granddaughter.

**KIRSTEN HOLMBERG (KH)** has been a part of the *Our Daily Bread* writing team since March 2017. She lives in the northwest part of the United States, and in addition to her writing, she has a ministry of speaking to various church, business, and community groups. She is the author of *Advent with the Word: Approaching Christmas through the Inspired Language of God*.

**ADAM HOLTZ (AH)** is senior associate editor of Focus on the Family's media review website *Plugged In*. He has written a Bible study, *Beating Busyness*, and his first *Our Daily Bread* articles appeared in January 2018. He and his wife, Jennifer, have three children.

**ARTHUR JACKSON (AJ)** grew up in Kansas City, and he later returned home after spending nearly three decades in pastoral ministry in Chicago. He began writing for *Our Daily Bread* in 2017. He serves as director of two ministries—one that cares for pastors and one that seeks to plant churches worldwide. He and his wife, Shirley, have five grandsons.

**CINDY HESS KASPER (CHK)** served for more than forty years at Our Daily Bread Ministries. An experienced writer, she penned youth devotional articles for more than a decade. She is a daughter of longtime senior editor Clair Hess, from whom she learned a love for singing and working with words.

**ALYSON KIEDA (AK)** has been an editor for Our Daily Bread Ministries for over a decade and has more than thirty-five years of editing experience. Alyson has loved writing since she was a child and is

thrilled to be writing for *Our Daily Bread*. She feels blessed to be following in her mother's footsteps—she wrote articles many years ago for another devotional.

**RANDY KILGORE (RK)** spent most of his twenty-plus years in business as a senior human resource manager before returning to seminary. Since finishing his Master of Divinity in 2000, he has served as a writer and workplace chaplain in Massachusetts. A collection of his devotionals appears in the book *Made to Matter: Devotions for Working Christians*.

**LESLIE KOH (LK)** was born and raised in Singapore, where he spent more than fifteen years as a journalist for a local newspaper, *The Straits Times*, before moving to Our Daily Bread Ministries. He has found moving from bad news to good news most rewarding, and he still believes that nothing reaches out to people better than a good, compelling story.

**ALBERT LEE (AL)** was director of international ministries for Our Daily Bread Ministries for many years, and he lives in Singapore. Albert's passion, vision, and energy expanded the work of the ministry around the world. Albert grew up in Singapore, and he took a variety of courses from Singapore Bible College, as well as served with Singapore Youth for Christ from 1971–1999.

**JULIE ACKERMAN LINK (JAL)** (1950–2015) A book editor by profession, Julie began writing for *Our Daily Bread* in 2000, and also published the books *Above All, Love*; *100 Prayers Inspired by the Psalms*;

and *Hope for All Seasons*. Julie lost her long battle with cancer in April 2015.

**DAVID MCCASLAND** (DM) lives in Colorado, where he enjoys the beauty of God's grandeur as displayed in the Rocky Mountains. An accomplished biographer, David has written several books, including the award-winning *Oswald Chambers: Abandoned to God* and *Eric Liddell: Pure Gold*.

**ELISA MORGAN** (EM) has authored over fifteen books on mothering, spiritual formation, and evangelism, including *The NIV Mom's Devotional Bible* and *Hello, Beauty Full: Seeing Yourself as God Sees You*. She currently authors a blog under the title, *Really* (elisamorgan.com). For twenty years, Elisa served as CEO of MOPS International. Elisa is married to Evan (longtime senior vice president of global ministry efforts for Our Daily Bread Ministries), and they live in Denver, Colorado.

**KEILA OCHOA** (KO) teaches in an international school and assists with Media Associates International, a group that trains writers around the world to write about faith. She and her husband have two young children.

**AMY PETERSON** (AP) works with the honors program at Taylor University. She has a BA in English Literature from Texas A&M and an MA in Intercultural Studies from Wheaton College. Amy taught ESL for two years in Southeast Asia before returning stateside to teach. She is the author of the book *Dangerous Territory: My Misguided Quest to Save the World*.

**AMY BOUCHER PYE (ABP)** is a writer, editor, and speaker. The author of *Finding Myself in Britain: Our Search for Faith, Home, and True Identity*, she runs the Woman Alive book club in the UK and enjoys life with her family in their English vicarage.

**HADDON ROBINSON (HR)** (1931–2017), a renowned expert on preaching, served many years as a seminary professor. He wrote numerous books and hundreds of magazine articles. For a number of years he was a panelist on Our Daily Bread Ministries' radio program *Discover the Word*. Dr. Robinson went home to his eternal reward on July 22, 2017.

**LAUREN RODEHEAVER (LR)** resides in Grand Rapids, Michigan, with her husband and five young children. She earned her BA in Psychology from Taylor University and a Master's in Counseling Psychology at Seattle School of Theology. Since then, she has taught writing to homeschool students and practiced counseling/spiritual direction.

**DAVID ROPER (DR)** lives in Idaho, where he takes advantage of the natural beauty of his state. He has been writing for *Our Daily Bread* since 2000, and he has published several successful books, including *Out of the Ordinary* and *Teach Us to Number Our Days*.

**LISA SAMRA (LS)** was born and raised in Texas. She graduated with a BA in journalism from the University of Texas and earned a Master of Biblical Studies degree from Dallas Theological Seminary. Lisa now lives in Grand Rapids, Michigan, with her husband, Jim, and their four children.

**JENNIFER BENSON SCHULDT (JBS)** writes from the perspective of a mom of a growing family. She has written for *Our Daily Bread* since 2010. For several years, she also penned articles for another Our Daily Bread Ministries publication: *Our Daily Journey*.

**JOE STOWELL (JS)** is president of Cornerstone University where he stays connected to today's young adults in a leadership role. A popular speaker and a former pastor, Joe has written a number of books over the years, including *Strength for the Journey* and *Jesus Nation*.

**HERB VANDER LUGT (HVL)** (1920–2006) was senior research editor at Our Daily Bread Ministries for many years, responsible for checking the biblical accuracy of the literature published by the ministry. A World War II veteran, Herb spent several years as a pastor before his ODB tenure began.

**PAUL VAN GORDER (PVG)** (1921–2009) A writer for *Our Daily Bread* in the 1980s and 1990s, Paul was a noted pastor and Bible teacher—both in the Atlanta area where he lived and through the *Day of Discovery* TV program.

**LINDA WASHINGTON (LW)** received a BA in English/Writing from Northwestern University in Evanston, Illinois, and an MFA from Vermont College of Fine Arts in Montpelier, Vermont. She has authored or coauthored fiction and nonfiction books for kids, teens, and adults, including *God and Me* and *The Soul of C.S. Lewis*.

**MARVIN WILLIAMS (MW)** is senior teaching pastor at a church in Lansing, Michigan. His foray into Our Daily Bread Ministries came as a writer for *Our Daily Journey*. In 2007, he penned his first *Our Daily Bread* article.

**KAREN WOLFE (KW)** was originally from Jamaica but now lives in Tennessee with her husband Joey. She became a Christian as an adult, and she later received theological training at New Orleans Baptist Theological Seminary. Her debut article in *Our Daily Bread* appeared in August 2017.

**JOANIE YODER (JY)** (1934–2004) was a beloved *Our Daily Bread* writer for ten years. In addition, she published the book *God Alone*.

## **Enjoy this book? Help us get the word out!**

Share a link to the book or  
mention it on social media

Write a review on your blog, on a retailer site,  
or on our website (dhp.org)

Pick up another copy to share with someone

Recommend this book for your  
church, book club, or small group

Follow Discovery House on  
social media and join the discussion

## **Contact us to share your thoughts:**

 @discoveryhouse

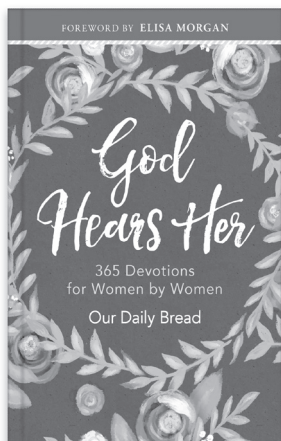
 @DiscoveryHouse

Discovery House  
P.O. Box 3566  
Grand Rapids, MI 49501 USA

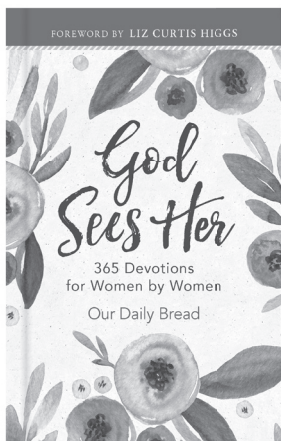
Phone: 1-800-653-8333  
Email: [books@dhp.org](mailto:books@dhp.org)  
Web: [dhp.org](http://dhp.org)

# MORE GREAT DEVOTIONALS FOR WOMEN

*from*  
Our Daily Bread



**NOW  
AVAILABLE**



**AVAILABLE  
SPRING 2020**

Visit [GodHearsHer.org](http://GodHearsHer.org)

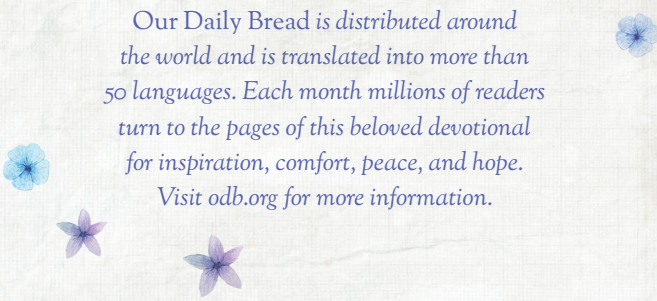
 **Discovery House.**  
from Our Daily Bread Ministries



# Find Rest in God

You take care of everyone else. Let God take care of you. Trade your feelings of anxiety and worry for joy and serenity through this 365-day devotional created to nourish your soul. You'll take a break from the hectic activity of life to focus your heart on God. You'll appreciate moments that celebrate motherhood and address real-life issues. And you can rest without guilt, knowing that it's your heavenly Father's desire to provide you with perfect peace.

*Our Daily Bread is distributed around the world and is translated into more than 50 languages. Each month millions of readers turn to the pages of this beloved devotional for inspiration, comfort, peace, and hope. Visit [odb.org](http://odb.org) for more information.*



**P0043**

RELIGION / Christian Living / Women's Interests



**Discovery House**<sup>®</sup>  
from Our Daily Bread Ministries

ISBN 978-1-64070-029-1



Cover designed by Thinkpen Design  
Illustration by Shutterstock