



**MOMENTS WITH GOD**  
*for Women*

**100 DEVOTIONS  
FOR REFLECTION & RENEWAL**



**Our Daily Bread**

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FOR REFLECTION AND RENEWAL**



**Our Daily Bread  
Publishing™**

*Moments with God for Women: 100 Devotions for Reflection and Renewal*

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# INTRODUCTION

He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.

Mark 4:39

*Quiet, be still*, Jesus said to the wind and the waves. And in the gospel of Matthew, we read that Jesus calls those listening to find peace in Him: *Come to me, all you who are weary and burdened, and I will give you rest* (11:28). Your Savior extends that invitation to you as well.

For the next hundred days, let Jesus’s words, and His Word, anchor you to Him and the quiet rest He provides. No matter the storms in your external environment or within your own spirit—the fears, discouragements, and regrets that hijack your joy—you can find refuge meditating on God’s love for you.

In *Moments with God for Women*, you’ll have the opportunity to pause. Quiet yourself. Connect with God. Whether you choose to read the devotional at the beginning, middle, or close of each day, anticipate

nourishing your soul. Invite the Holy Spirit to guide you, to engage your heart, mind, and spirit.

Throughout your devotional time, *listen*. Each day begins with a passage to read in your own Bible, and then a devotional reading that connects story and Scripture, with topics like prayer; God's presence; the attributes of Father, Son, and Holy Spirit; and your purpose and your power when abiding in Him. After that, you have opportunity to *reflect* and *renew* with additional Bible passages and prayer points. You'll be drawn into conversation: The Word of God is active and alive, and through it, Christ can speak powerfully. Pray with the Scriptures. Ask God, What is your invitation to me through the text? And listen for His loving response.

As you close your devotional time each day, allow the truths you meditated on to sink deeply into your heart—to steady and to reassure you. Cling to Him and the truths imparted as you go about your day. Remember: God's presence goes with you. And His promise of rest remains, wherever you go, whatever your circumstance, and no matter how great your need. Most of all, take heart: the One who commands the wind and the waves also lives within you!

My soul clings to You; Your right hand takes hold of me.

Psalm 63:8 NASB

Anna Haggard  
General Editor  
*Moments with God for Women*

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# God Hears Everything

*Read 1 Kings 18:25-27, 30-38*

One of the longest-recorded postal delays in history lasted eighty-nine years. In 2008, a homeowner in the United Kingdom received an invitation to a party originally mailed in 1919 to a former resident of her address. The note was placed in her mailbox via the Royal Mail, but the reason behind its long delay remains a mystery.

Even the best human efforts at communication sometimes let us down, but Scripture makes clear that God never fails to hear His faithful people. In 1 Kings 18, Elijah demonstrated the striking contrast between the pagan god Baal and Jehovah God. In a showdown to demonstrate who the true God was, after Baal's prophets had prayed for hours, Elijah taunted them: "Shout louder! . . . Surely he is a god! Perhaps he is deep in thought, or busy, or traveling. Maybe he is sleeping and must be awakened" (v. 27). Then Elijah prayed for Jehovah to answer so that His people might return to faith, and God's power was clearly displayed.

While our prayers may not always be answered as immediately as Elijah's was, we can be assured that God hears them (Psalm 34:17). The Bible reminds us that He treasures our prayers so much that He keeps them before Him in "golden bowls," like precious incense (Revelation 5:8). God will answer every prayer in His own perfect wisdom and way. There are no lost letters in heaven.

## MOMENTS FOR REFLECTION

The fire of the LORD fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench. *1 Kings 18:38*

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. *Psalm 34:17*

The LORD directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, the LORD holds them by the hand.  
*Psalm 37:23–24 NLT*

## MOMENTS FOR RENEWAL

Bring to God a desire, dream, or prayer that has gone unfulfilled. Listen to His heart for you.

# Jesus's Promise to You

*Read John 14:15-21, 25-27*

Jason wailed as his parents handed him over to Amy. It was the two-year-old's first time in the nursery while Mom and Dad attended the service—and he was not happy. Amy assured them he'd be fine. She tried to soothe him with toys and books, by rocking in a chair, walking around, standing still, and talking about what fun he could have. But everything was met with bigger tears and louder cries. Then she whispered five simple words in his ear: "I will stay with you." Peace and comfort quickly came.

Jesus offered His friends similar words of comfort during the week of His crucifixion: "The Father . . . will give you another advocate to help you and be with you forever—the Spirit of truth" (John 14:16–17). After His resurrection He gave them this promise: "Surely I am with you always, to the very end of the age" (Matthew 28:20). Jesus was soon to ascend to heaven, but He would send the Spirit to "stay" and live within His people.

We experience the Spirit's comfort and peace when our tears flow. We receive His guidance when we're wondering what to do (John 14:26). He opens our eyes to understand more of God (Ephesians 1:17–20), and He helps us in our weakness and prays for us (Romans 8:26–27). He stays with us forever.

## MOMENTS FOR REFLECTION

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. *Romans 8:26–27*

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. *John 14:26 NKJV*

Surely I am with you always, to the very end of the age. *Matthew 28:20*

## MOMENTS FOR RENEWAL

*How thankful I am that you remain always by my side, Jesus! I need you.*

# Depths of Love

*Read 1 John 3:1-6*

Three-year-old Dylan McCoy had just learned to swim when he fell through a rotted plywood covering into a forty-foot deep, stone-walled well in his grandfather's backyard. Dylan managed to stay afloat in ten feet of water until his father went down to rescue him. Firefighters brought ropes to raise the boy, but the father was so worried about his son that he'd already climbed down the slippery rocks to make sure he was safe.

Oh, the love of a parent! Oh, the lengths (and depths) we will go for our children!

When the apostle John writes to believers in the early church who were struggling to find footing for their faith as false teaching swirled about them, he extends these words like a life-preserver: "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" (1 John 3:1). Naming believers in Jesus as "children" of God was an intimate and legal labeling that brought validity to all who trust in Him.

Oh, the lengths and depths God will go for His children!

There are actions a parent will take only for their child—like Dylan's dad descending into a well to save his son. And like the ultimate act of our heavenly Father, who sent His only Son to gather us close to His heart and restore us to life with Him (vv. 5–6).

## MOMENTS FOR REFLECTION

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! **1 John 3:1**

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God. **John 1:12–13**

Yet the LORD longs to be gracious to you; therefore he will rise up to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him! **Isaiah 30:18**

## MOMENTS FOR RENEWAL

*Father, thank you for reaching into the well of my need to rescue me and bring me to you!*

# The Secret of Contentment

*Read Philippians 4:10-19*

When Joni Eareckson Tada returned home after suffering a swimming accident that left her a quadriplegic, her life was vastly different. Now doorways were too narrow for her wheelchair and sinks were too high. Someone had to feed her, until she decided to relearn how to feed herself. Lifting the special spoon to her mouth from her arm splint the first time, she felt humiliated as she smeared applesauce on her clothes. But she pressed on. As she says, “My secret was learning to lean on Jesus and say, ‘Oh God, help me with this!’” Today she manages a spoon very well.

Joni says her confinement made her look at another captive—the apostle Paul, who was imprisoned in a Roman jail—and his letter to the Philippians. Joni strives for what Paul achieved: “I have learned to be content whatever the circumstances” (Philippians 4:11). Note that Paul had to learn to be at peace; he wasn’t naturally peaceful. How did he find contentment? Through trusting in Christ: “I can do all this through him who gives me strength” (v. 13).

We all face different challenges throughout our days; and we all can look to Jesus moment by moment for help, strength, and peace. He will

help us to hold back from snapping at our loved ones; He will give us the courage to do the next hard thing. Look to Him and find contentment.

## **MOMENTS FOR REFLECTION**

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. *Philippians 4:12–13*

And my God will meet all your needs according to the riches of his glory in Christ Jesus. *Philippians 4:19*

## **MOMENTS FOR RENEWAL**

*Jesus, thank you for giving me courage and hope. When I feel weak, help me to find strength in you.*

## Hold Steady

*Read Isaiah 41:10-13*

Harriet Tubman was one of the great American heroes of the nineteenth century. Showing remarkable courage, she guided more than three hundred fellow slaves to freedom after she first escaped slavery by crossing into free territory in the United States North. Not content to simply enjoy her own freedom, she ventured back into slave states nineteen times to lead friends, family, and strangers to freedom, sometimes guiding people on foot all the way to Canada.

What drove Tubman to such brave action? A woman of deep faith, she at one time said this: “I always told God, ‘I’m going to hold steady on you, and you’ve got to see me through.’” Her dependence on God’s guidance as she led people out of slavery was a hallmark of her success.

What does it mean to *hold steady* to God? A verse in the prophecy of Isaiah might help us see that in reality it’s He who holds us as we grab His hand. Isaiah quotes God, who said, “I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you” (41:13).

Harriet held tightly to God, and He saw her through. What challenges are you facing? Hold steady to God as He “takes hold” of your hand and your life. “Do not fear.” He will help you.

## MOMENTS FOR REFLECTION

I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Isaiah 41:13

Fear not, for I have redeemed you; I have called you by your name; you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned. Isaiah 43:1–2 NKJV

The LORD is my light and my salvation—so why should I be afraid? The LORD is my fortress, protecting me from danger. Psalm 27:1 NLT

## MOMENTS FOR RENEWAL

Tell God about a challenge, fear, or disappointment in your life, listening for His heart toward you as you share your circumstances with Him.

# Praying like Jesus

*Read Luke 22:39–44*

Every coin has two sides. The front is called “heads” and, from early Roman times, usually depicts a country’s head of state. The back is called “tails,” a term possibly originating from the British ten pence depicting the raised tail of a heraldic lion.

Like a coin, Christ’s prayer in the garden of Gethsemane possesses two sides. In the deepest hours of His life, on the night before He died on a cross, Jesus prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done” (Luke 22:42). When Christ says, “take this cup,” that’s the raw honesty of prayer. He reveals His personal desire, “This is what I want.”

Then Jesus turns the coin, praying “not my will.” That’s the side of abandon. Abandoning ourselves to God begins when we simply say, “But what do you want, God?”

This two-sided prayer is also included in Matthew 26 and Mark 14 and is mentioned in John 18. Jesus prayed both sides of prayer: take this cup (what I want, God), yet not my will (what do you want, God?), pivoting between them.

Two sides of Jesus. Two sides of prayer.

## MOMENTS FOR REFLECTION

They went to a place called Gethsemane. . . . Going a little farther, [Jesus] fell to the ground and prayed that if possible the hour might pass from him. “Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

Mark 14:32, 35–36

You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore. Psalm 16:11 NKJV

## MOMENTS FOR RENEWAL

*Father, help me follow the example of your Son, who spent everything so that I might possess real life that includes experiencing intimate prayer with you.*

# CONTRIBUTORS

James Banks  
John Blase  
Dave Branon  
Con Campbell  
Anne Cetas  
Peter W. Chin  
Winn Collier  
Bill Crowder  
Mart DeHaan  
Xochitl Dixon  
Dennis Fisher  
Tim Gustafson  
Kirsten Holmberg  
Arthur Jackson  
Cindy Hess Kasper  
Alyson Kieda  
Leslie Koh  
Monica La Rose

Julie Ackerman Link  
David McCasland  
Elisa Morgan  
Remi Oyedele  
Amy Peterson  
Amy Boucher Pye  
Patricia Raybon  
David H. Roper  
Lisa M. Samra  
Jennifer Benson Schuldt  
Julie Schwab  
Sheridan Voysey  
Linda Washington  
Marvin Williams

To learn more about the writers of *Our Daily Bread*, visit [odb.org/all-authors](http://odb.org/all-authors).

## **GENERAL EDITOR**

Anna Haggard is associate content editor for Our Daily Bread Publishing. A follower of Jesus, she loves to write and edit books sharing about God's generous, deep love for all people. Anna coauthored the Called and Courageous Girls series, and she lives in Grand Rapids, Michigan.

**“For the next hundred days, let Jesus’s words, and His Word,  
anchor you to Him and the quiet rest He provides.”**

—From the introduction

Your to-do list is long. Your time is short. But taking a few moments with God each day will help you find pockets of peace in the midst of your schedule.

Designed with busy women like you in mind, *Moments with God for Women* connects true stories with the truth of Scripture in a way that makes God’s Word relevant to your life and faith.

Each of the 100 entries includes moments for reflection and moments for renewal—including verses, prayers, and questions to consider—to focus your thoughts and prepare your heart for the situations you face every day.

Discover the difference a few moments with God will make for every member of your family. Other titles in the series include *Moments with God for Men* and *Moments with God for Kids*.

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