



*3 daily devotions
on combating stress*



FOR WOMEN



Can You Stay?

*'And he said, 'My presence will go with you, and I will give you rest'
(Exodus 33:14).*

I will sit here with you, you know. You don't have to feel guilty about doing anything. You don't have to get up now. You don't have to figure out how to make this day special, how to make it worth something.

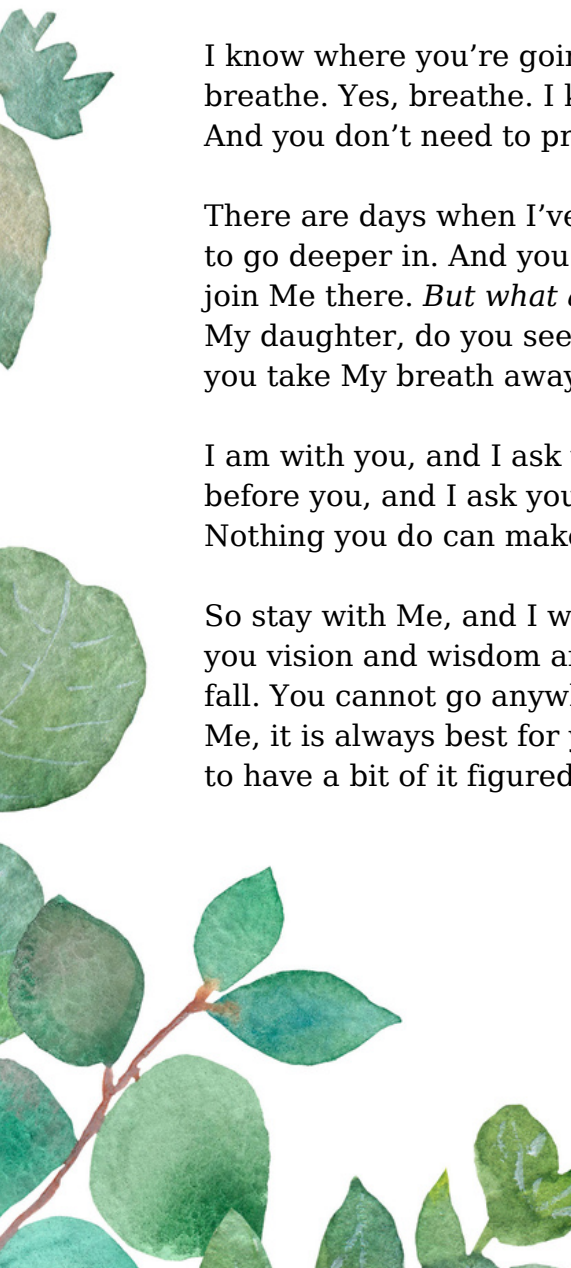
You don't have to have a plan or an answer. You don't have to feel confident or put together or beautiful. I know who you are. I know what you're worth.

I know where you're going and where you've been and what it takes for you to breathe. Yes, breathe. I know your inner working, the intricacies of your makeup. And you don't need to prove anything to Me. I've got you. And that is enough.

There are days when I've given you something to do, an invitation to go forward, to go deeper in. And you will know when I ask you whether or not you'd like to join Me there. *But what about here? What about right now, here, with Me, child?* My daughter, do you see this moment? Do you see how I hold it? Do you see how you take My breath away?

I am with you, and I ask you to stay. I am for you, and I ask you to listen. I am before you, and I ask you to see. I care for you. It is okay to rest. I made you. Nothing you do can make Me regret it.

So stay with Me, and I will equip you for more. Stay with Me, and I will pour into you vision and wisdom and the steps, one by one, as you watch where My feet fall. You cannot go anywhere until you know where I am with you and how, with Me, it is always best for you to stay. For then we can go . . . and you won't have to have a bit of it figured out, My daughter.





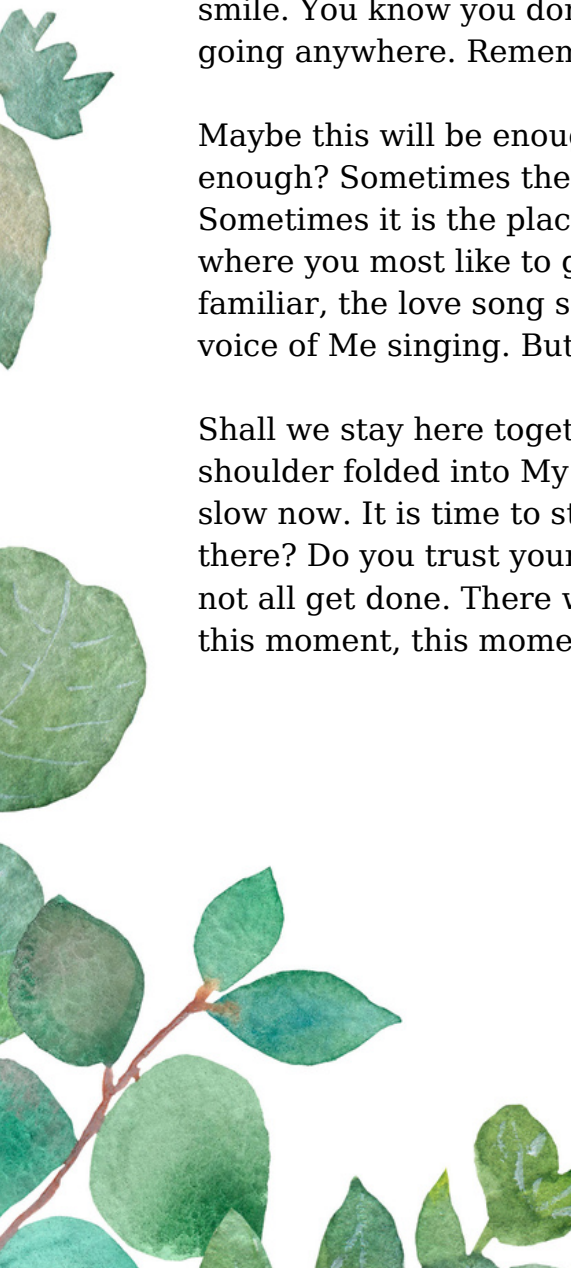
I've Written You a Love Song


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).

I love to sit here with you. We can sit, side by side—you by My side. It is lovely here. Close your eyes. Let me show you what I see . . . I usher you into My company. I invite you to spend this day with Me . . . Right now, this moment. Stay here, where I am . . . Deep breath now, dear one. Oh, how you make Me smile. You know you don't have to try so hard to be loved by Me . . . I'm not going anywhere. Remember, I love to stay here, with you.


Maybe this will be enough for today? Maybe sitting here, with Me, will be enough? Sometimes the quiet place where we go can't be explained in words. Sometimes it is the place you know, deep within you, the picture I give you of where you most like to go, what you most like to do. It is the whisper most familiar, the love song so deep inside you you can easily not recognize it as the voice of Me singing. But I do. I love to sing over you, My dear.

Shall we stay here together, a little longer? Shall we wait together, your shoulder folded into My chest? Shall we rest? May I give you rest? It is time to slow now. It is time to stay close to Me. There is so much to do, I know. But is there? Do you trust your list of what needs to get done more than Me? It will not all get done. There will never be that perfect day to spend with Me. But this moment, this moment right here.






Come close, My daughter. I miss the slowing. I miss the gentle rhythm of moving, My step, then yours, My leaning, then yours. Let this be the season of slowing, of sitting with Me. Come, with anticipation. Come, with expectation. Come, with excitement. Come, with time to spend with Me. Come, with desire. Come, with surrender. Come, with longing. Come, with a seeking heart.



Come to Me, and I will sit down, too. And we will sit together, side by side, and we will enjoy this day together. You will be so close you will hear the sound of my breathing. You will watch the movement of My lips when I speak. You will know the color of My eyes . And you will know the feel of My skin as I hold your hand in My own.

Can we sit together now, My dear?





Heed the Rhythm Within You

"For thus said the Lord God, the Holy One of Israel, 'In returning and rest you shall be saved; in quietness and in trust shall be your strength' (Isaiah 30:16).

My darling, I know the road feels long, that the pace seems fast, that the future feels so uncertain.

My darling, let's just start here: I see you. I know you. Can we just pause . . . for just a moment?

There is a rhythm to our days together—a rhythm within you that I ask you to not ignore. I am looking at you. Right here.

You are the one I have chosen. You are the one I dreamt of.

From the beginning, when I made you, there has been a rhythm. There is a pace I set for you, a pace where you feel most at home.

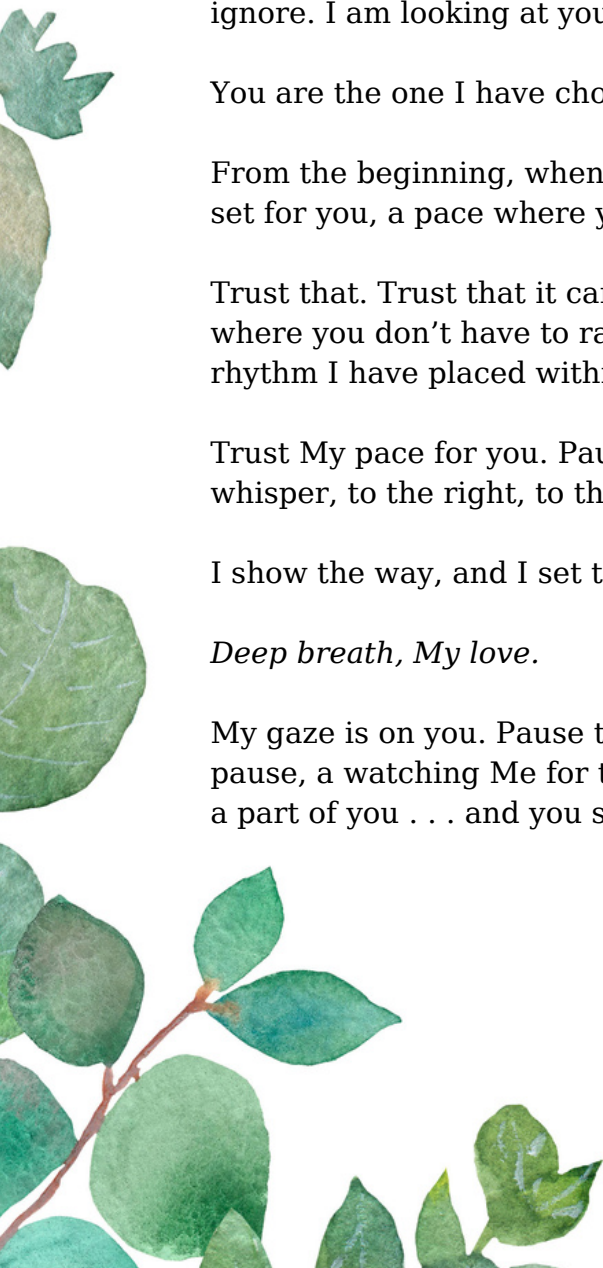
Trust that. Trust that it can be discovered—trust that we do things together where you don't have to race to keep up. If you are racing, it is outside of the rhythm I have placed within your heart.

Trust My pace for you. Pause to find it so you can find it and walk into it: My whisper, to the right, to the left.

I show the way, and I set the pace.

Deep breath, My love.

My gaze is on you. Pause to see Me seeing you. That's the pace, a deep breath, a pause, a watching Me for the pace . . . And when you find Me, the pace becomes a part of you . . . and you see Me . . . and you see how I never turn away.



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Our community is full of more than 100,000 women who are asking big questions, offering their tender hearts to God, and making space to listen to what matters. We've saved a seat for you!

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