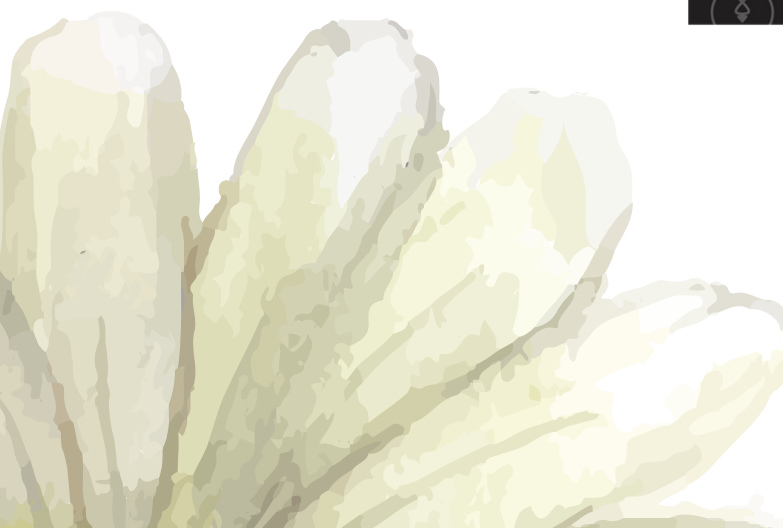




*3 daily devotions
on creating change*



FOR WOMEN





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 30:15).

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.



How To Get Through A Day



'I know, O Lord, that the way of man is not in himself, that it is not in man who walks to direct his steps' (Jeremiah 10:23).

Watch where the light shines now. Watch Me. Follow Me. Lift your head and stay focused on what I have. It is difficult to stay focused, so easy to get distracted, so easy to forget you are the one I love. I can help.


My daughter, it is a fight to stay close to Me. It is a choice you make each moment. Pay attention to the rhythm of your days, the way you wake—what you do when you first get up, what your first thoughts are, how you approach what is for you to do. Right when you wake, try turning over the plan for your day to Me, first. Before you attempt to accomplish one thing, ask Me what I think of your plan. Can you imagine wiping your list clean, the details scrawled out, and then rewriting it, in My hand, My fingerprints upon the page? Are you willing?


I lead, first one step, and then another. I whisper what is for you to do, one choice, and then another.

Often, there is waiting . . . and listening . . . and trusting.

Often, there is stepping out . . . believing . . . risking.

Often, there is looking for My presence in the things you do.






Wait on Me, and listen, and take a step. Look for Me in the moments. These decisions are not too heavy for you to handle; these decisions are not meant to weigh you down. These decisions are not to fill you with worry about messing up and not getting it all right.

Remember how we talked about rhythm, the rhythm of walking with Me, listening for Me, looking for Me? It is the dance. Remember how I ask you to dance? You take a step, following My lead, feeling My arms around you, My gentle pressure to come forward, then step back, then turn, all the while your hand is in Mine and I know the way the dance unfolds, and I know how beautiful you look when you dance with Me. This is the best rhythm for you, the one where you can look into My eyes and trust My feet and the subtle movements of My steps prompting you to go here, then here. This is beauty: your stepping where I step, your trusting I know your way. You don't need to know all the details for the dance to be beautiful and be perfectly right.

Your hands fit perfectly here, the way your fingers curve around Mine. Your arms fit perfectly here, the way they reach up and out, bent and strong. Your feet know the steps I teach you. Keep stepping out, ready for pauses, alert and ready for subtle changes in pace, in movement. I love how you do this, daughter. This is a dance all our own.



Striving For Change


Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect (Romans 12:2).

My daughter, there is one thing I need to tell you. You need not strive. Working hard is good. Serving Me, with your life, with your heart, thinking of others more than yourself, is good. But doing these things, truly, authentically, comes from a heart transformed, a heart surrendered, not a heart that is striving.

You cannot change yourself, although I give you the mind and the will and the motivations to take actions necessary for a person to be changed. Your will and your mind and your determination are just a piece of what it means to be changed, for good.

It is a choice, a continual choice, of surrender, of deep-hearted commitment. Love causes turning in a heart—from the doing of one thing to the change needed for another. While your mind tries to get everything figured out, with a plan and a checklist and a way to measure yourself and your improvement, I look to your heart.


The day may not go the way you want it to, not according to your plan. The plan to do this or do that may not be accomplished. The desire to be measured by standards of this world may not be fulfilled. But daughter, I don't care about those things. I look to your heart. I care about the rich beauty held there, the depth of feeling and caring beyond yourself and your own desires, which only I can measure.



I have written you. I have created this heart of yours. I have created your mind and I know your personality, your will, the way you think about yourself, how you measure yourself, how you assess whether you rise or fall. And I have not made you to measure yourself. I have not made you to judge your worth. I have not made you to think so much about whether or not you are good or you are bad, you are successful or you have failed.

You are My girl. You are My daughter. You are the created one. You are created to point to Me, give honor to Me, worship Me. And because this is how you are made, this is what will bring you joy. This is the only thing that will end the striving, end the attempt to be a different person than whom I've created, so perfectly, so intently.

Trying to live your life in step with the rhythm of this world rather than the way I have made you will bring exhaustion, ultimately, to your heart. Let it sing and have room to breathe and be fulfilled! My love will fill you; it will fill your heart, if you want it to. So, put your hand upon your heart. Feel the beating rhythm I have created. It is rhythm of Home, of freedom, of rescue, of a life you were designed, by My breath, to live.



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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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