

He said, I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.

Elijah was a prophet used to confront a very powerful and wicked King by the name of Ahab. Despite a resounding victory on Mount Carmel where Elijah's sacrifice was answered by the one true God with fire, Elijah's life quickly becomes threatened as King Ahab's wife, Queen Jezebel makes him a target. Elijah immediately responds in fear and flees to Beersheeba into the wilderness where he begins to feel isolated, lonely and defeated. Recounting his faithfulness believing he is the only prophet left, Elijah encounters God through a clear whisper where He reassures Elijah there will be 7,000 left who have yet to bow to Baal. God even begins to assign Elijah tasks, affirming the initial call He placed on His life.

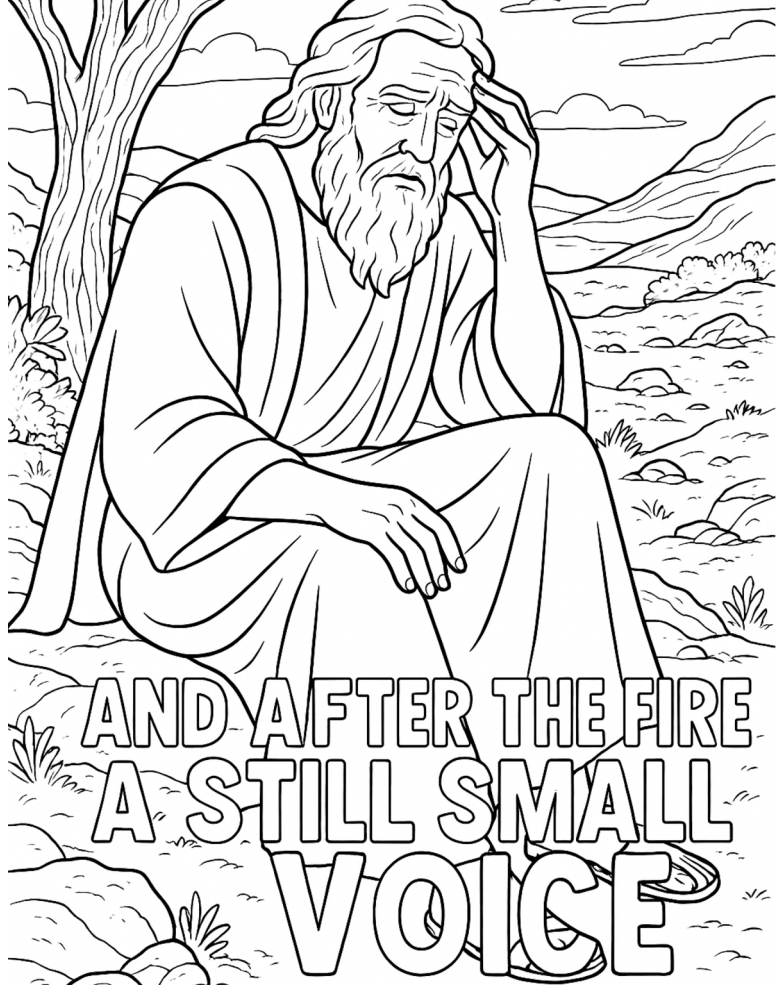
We are reminded that in the same way God met Elijah in his loneliness, God meets us in ours. He sought out Elijah despite his choices pursued out of fear and gave him the opportunity to listen for His voice. God continually gives us reassurance for our purpose and provides peace through our brokenness just like He did with Elijah.

Daily Reflection:

Have you been faithful to serve God yet find yourself sitting lonely and afraid? Take some time to sit quietly with God.

Wait for the whisper and fill this page with reminders of God's faithfulness in your life.

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AND AFTER THE FIRE
A STILL SMALL
VOICE

Ecclesiastes 3:1

For every thing there is a season, and a time for every matter under heaven.

Change can be profoundly challenging. Our routines often serve as comforting anchors, offering stability and a sense of familiarity amid the swirling tides of life. So how can we, as believers, approach change with hope and anticipation, rather than resistance? Ecclesiastes 3:1 gently reminds us that “For everything there is a season, and a time for every matter under heaven.” This verse reassures us that every shift in our lives has a divine purpose, and change is an integral thread in the fabric of our journey. Just as the seasons turn, bringing new rhythms and transformations, so too does God orchestrate the seasons of our lives with intention and grace. Similarly, John 15:2 deepens our understanding of spiritual growth, stating, “Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit.” Here, we’re invited to see that growth is not merely about accumulation but involves a process of pruning and refinement. True growth often requires stepping beyond our comfort zones and embracing the discomfort of being shaped more into the likeness of Christ. Perhaps you’re navigating the bittersweet experience of empty nesting, where the familiar rhythm of daily family life shifts as children move out. Or maybe you’re preparing for a child’s first day of kindergarten, a poignant reminder of how quickly they grow and change. If you find yourself grappling with these transitions, let Christ guide you through the process. Invite Him to lead, allowing His wisdom and purpose to shape your path. In doing so, you’ll discover that change, though challenging, can draw you closer to Him and reveal the fullness of life He has in store for you.

Daily Reflection:

Where might God be inviting you to step out of your comfort zone? How can you ask Christ to guide and help you through these changes?

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1 Cor 1:27-29

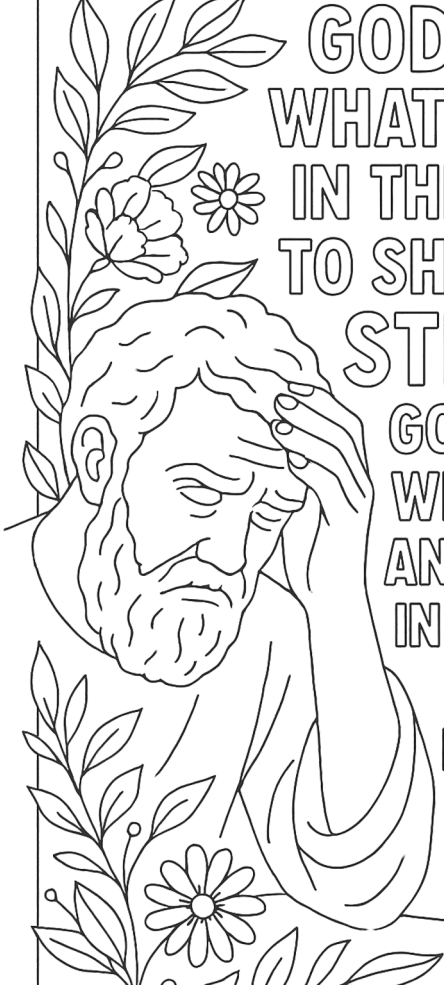
But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God.

This passage is all about embracing our weaknesses as a way to witness God's provisional strength in our lives. The struggles you're currently facing or have faced in the past are not hindrances but opportunities for His strength and grace to be revealed. Welcoming our vulnerabilities creates space for God's power to be demonstrated. It also serves as a reminder that we cannot rely on our own strength alone. God is in control of everything, and it is through Him and for Him that we are able to press forward. So, if you find yourself in a season where you feel overlooked and undervalued, hold tightly to the truth in this passage. Remember that God sees you, values you, and uses those who may feel insignificant to accomplish His will, which is full of great and wonderful things. Our weakness and lack are the very things that allow God's sovereignty and goodness to be fully realized.

Daily Reflection:

In what ways can you embrace your vulnerabilities to allow God's strength to shine through in your life?

[illegible]



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Psalm 54 : 4

Behold, God is my helper; the Lord is the upholder of my life



A short and simple verse: “God is my helper; the Lord is the upholder of my life.” We can fully rely on and trust in God and His sustaining power. No matter the season you're going through—whether parenting, singleness, widowhood, retirement, or being a young teen—God is able to guide you, help you, and uphold your life, enabling you to move forward.

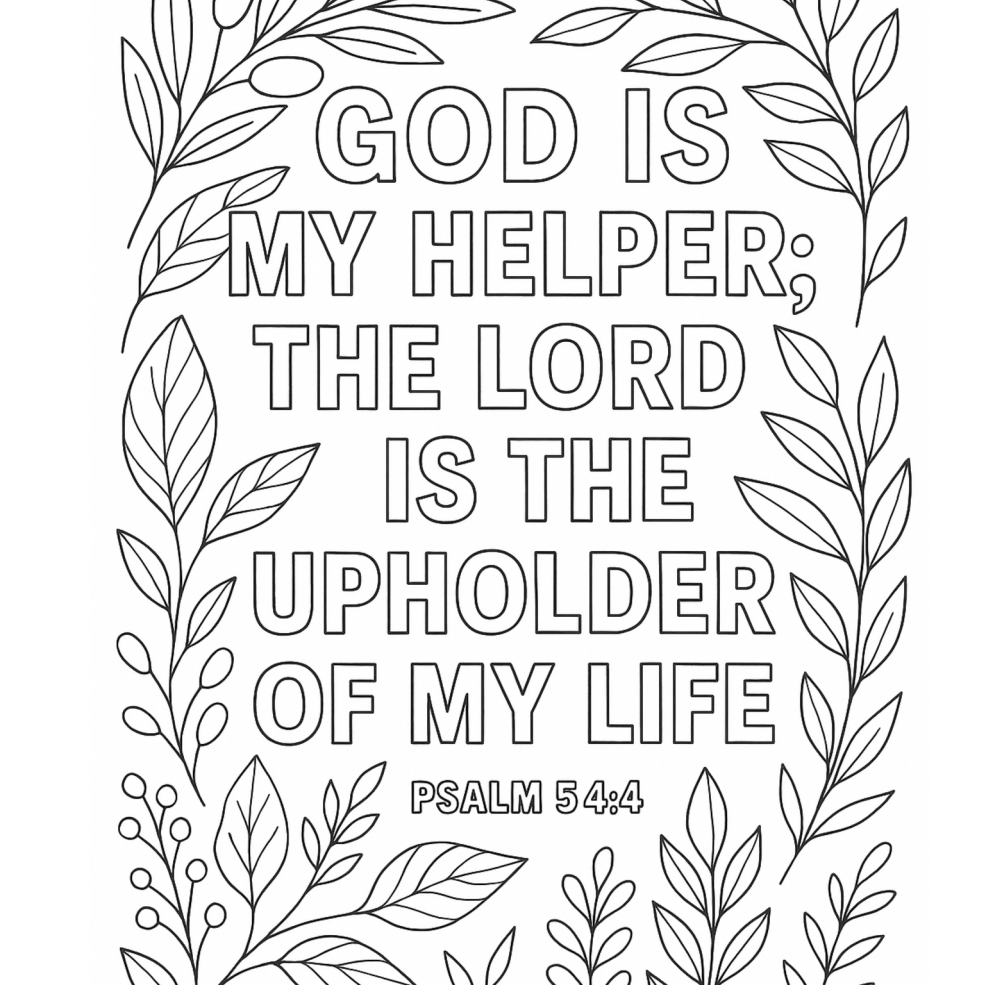
So why is it so difficult to rest in this promise? Why do we compartmentalize where God can fit into our lives? Why do we allow Him full control in one area while keeping another for ourselves? This scripture is essential because, if we were perfect and lacked no support, it would be unnecessary. The essence of this verse is to remind us, first, that we need help. We cannot navigate any aspect of life on our own, so we need a helper—and we must remember that He is our ultimate helper.

Secondly, if we rely on tangible things like our finances, a healthy marriage, or well-behaved, straight-A students as children to propel us forward, we will eventually run out of fuel. It is the Lord who upholds our life, sustaining us with His loving and sovereign power and helping us in times of need.

Daily Reflection:

Take some time to reflect on a certain situation where you felt God's help in a tangible way. As you recall that time of personal dependence, what are some areas in your life where you struggle to fully trust God?

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GOD IS
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PSALM 54:4

1 Samuel 16:7

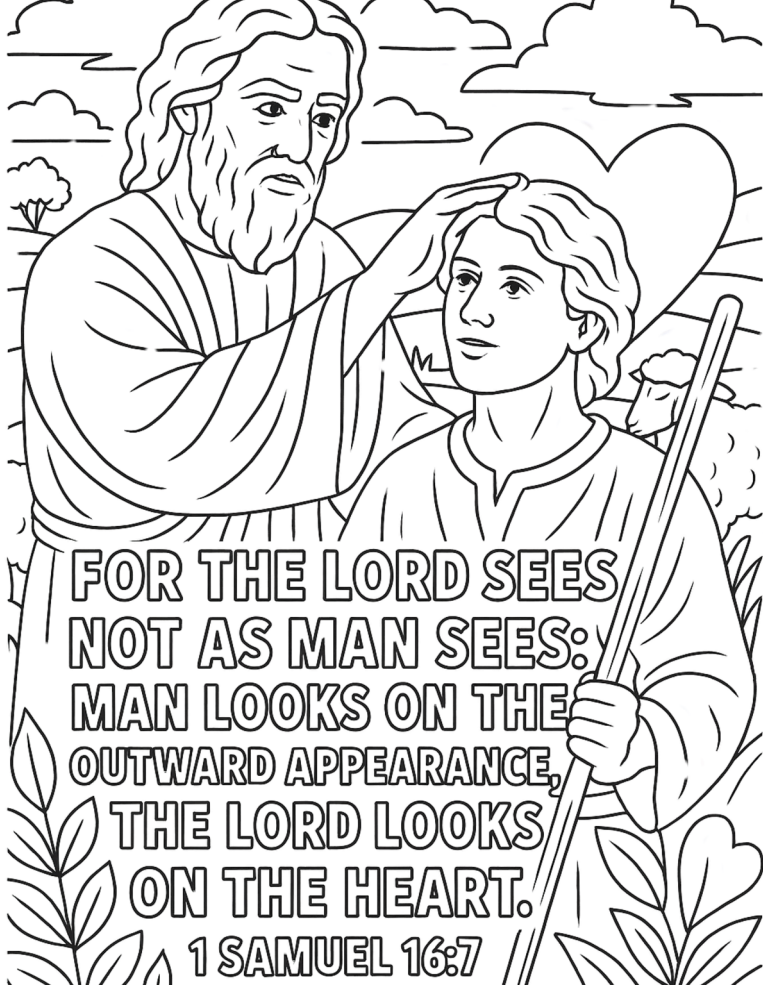
Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees; man looks on the outward appearance, but the Lord looks on the heart.

The prophet Samuel was chosen to anoint a new king for Israel. He arrives at the home of a man named Jesse and immediately looks at his oldest sons. Jesse's oldest sons, with their appearance and stature, check all the physical boxes needed to be king. However, God tells Samuel not to look at their height or stature, because He has rejected them. Samuel then asks Jesse if he has any more sons, and this is when David is introduced. At the time of Samuel's arrival, David was still tending sheep. When Samuel sees David, God confirms that David, the youngest of all, is the chosen one. At this moment, we see that God does not care for the outward appearance of man, but rather for the heart. How often do we let job experience, designations, bank accounts, age, or upbringing hold us back from pressing forward into the call or season God is specifically placing us in? Often, when we don't see the qualification boxes checked in our lives, we allow temporary circumstances to hinder our trust in what God has in store for us. Pressing into a world that glorifies visible success can cause us to overlook the unique gifts and potential God has placed in each one of us for His glory. Knowing that God cares deeply for our hearts can encourage us to redirect our identity in Him as we seek His affirmation rather than the approval or denial of others.

Daily Reflection:

What unique qualities or gifts has God given me that I might be overlooking due to comparison? Write out a prayer asking God to help you use them for His kingdom and glory.

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FOR THE LORD SEES
NOT AS MAN SEES:
MAN LOOKS ON THE
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THE LORD LOOKS
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1 SAMUEL 16:7

Acts 7:59-60

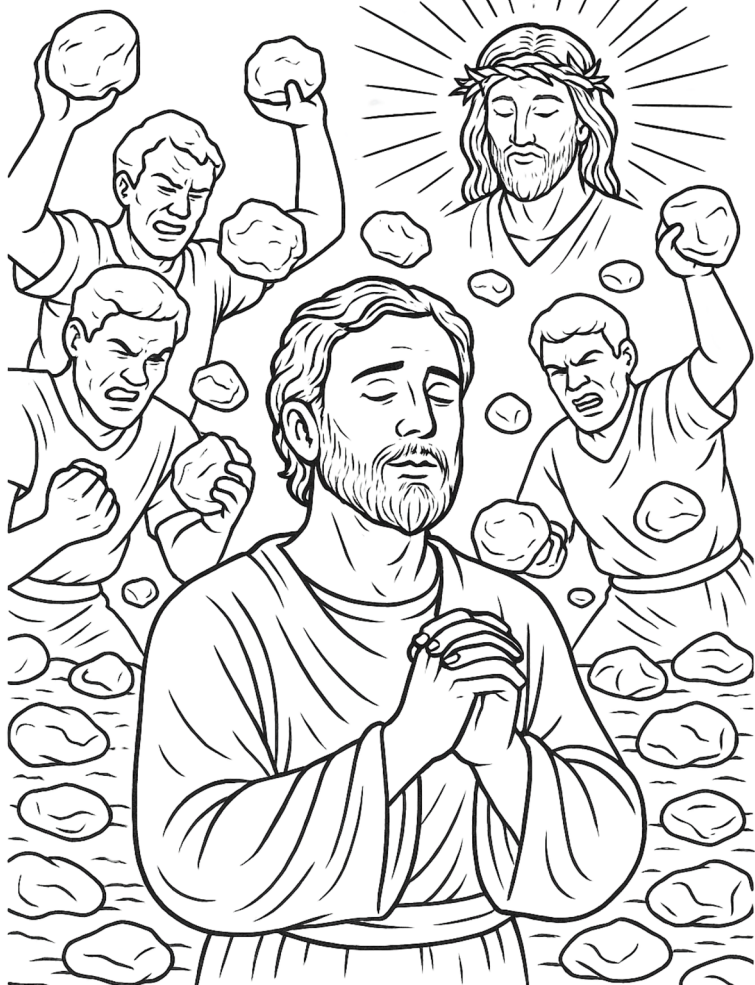
And as they were stoning Stephen, he called out, "Lord Jesus, receive my spirit." And falling to his knees he cried out with a loud voice, "Lord, do not hold this sin against them." And when he had said this, he fell asleep.

The story of Stephen is incredibly profound. He was a deacon in the early church, selected to care for the widows and manage the distribution of food. Stephen was well known for the power of the Holy Spirit within him and his great faith. He was falsely accused of blasphemy against Moses and God, and his teachings on Jesus enraged the religious leaders. In Acts 7, we see Stephen deliver a powerful speech to the Sanhedrin, highlighting the recurring disobedience to God in Israel's history. There is a strong emphasis on God's faithfulness and their rejection of His messengers. The Sanhedrin were so angry that they began to stone him, an incredibly brutal form of persecution. While imminent death loomed for Stephen, in the midst of his stoning, his eyes never faltered; they remained fixed on Jesus. Stephen pleads for forgiveness for his persecutors, a direct reflection of Christ's own words during His crucifixion. Through Stephen, we see a divine capacity for forgiveness. This act of forgiveness is a sign of Christ's radical love and embodies the teaching of loving your enemies and forgiving those who have wronged you, as we also see in Matthew 5:44. Stephen's story serves as a powerful reminder that forgiveness is possible even amidst the most dire circumstances. From infidelity and betrayal to unmet expectations, there is a long list of things we can hold onto instead of pressing into the same forgiveness we, too, have received undeservedly. Will we hold onto the wrongs and listen to the lie that forgiveness is unattainable, or will we reflect on the story of Stephen and keep our eyes fixed on our perfect, loving Savior, Jesus Christ?

Daily Reflection:

What does Stephen's plea for forgiveness teach you about the nature of forgiveness? How can this perspective challenge your understanding of forgiving others?

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John 4:14

But whoever drinks the water I give them will never thirst.
Indeed, the water I give them will become in them a spring
of water welling up to eternal life.

The story of the woman at the well. Many of us know this story well. It takes place during the time Jesus was traveling through Samaria when He stops at Jacob's well. There, Jesus meets a Samaritan woman who has come to draw water. During that time, Jewish people and Samaritans typically did not speak to one another, but Jesus breaks these cultural norms and engages her in conversation.

The first question Jesus asks her is if she would like a drink. He then offers her a representation of eternal life and salvation—living water. As they begin to speak, Jesus reveals intimate details about her personal life, even exposing His knowledge of her having had five husbands and that the man she is currently living with is also not her husband.

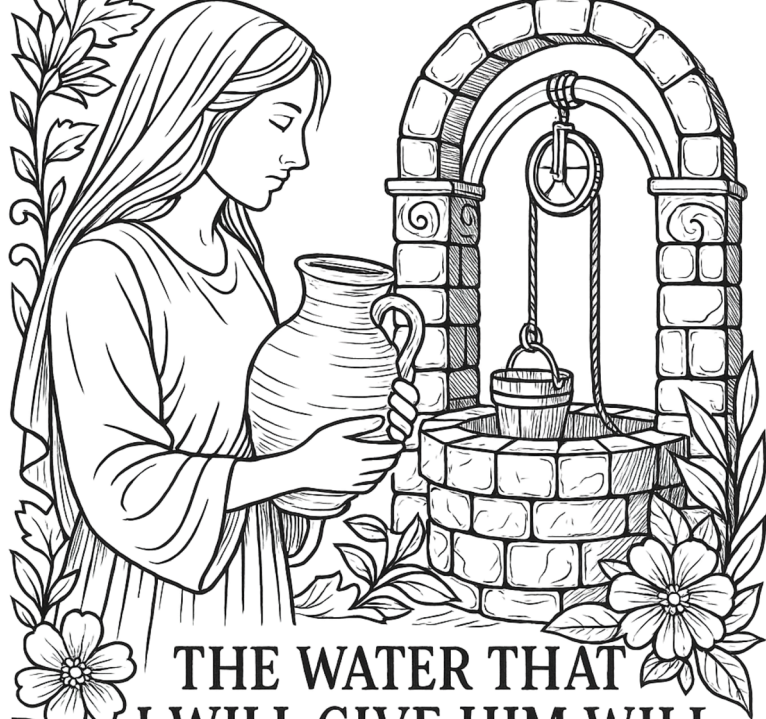
As we reach the latter part of this passage, we see Jesus affirm His identity as the coming Messiah to the woman at the well. This revelation transforms her from her former identity as a woman with multiple husbands to a woman who is chosen, loved, and purposefully made.

Often, just like the woman at the well, we find comfort in holding onto our past mistakes as the very root of our identity. We allow those rejected identities to become the very things we cling to. When we realize we are valued and seen by Jesus, and when we fully embrace our identity in Him, recognizing that we have access to the living water, we can become tremendous examples of the transformative power of faith and give God glory in the process.

Daily Reflection:

In what ways do past mistakes or experiences shape your identity? How can you shift your perspective to see yourself as chosen and loved by God?

[illegible]



THE WATER THAT
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JOHN 4:14

Mark 9:22-24

And it has often cast him into fire and into water, to destroy him. But if you can do anything, have compassion on us and help us.” And Jesus said to him, “If you can! All things are possible for one who believes.” Immediately the father of the child cried out and said, “I believe; help my unbelief!”

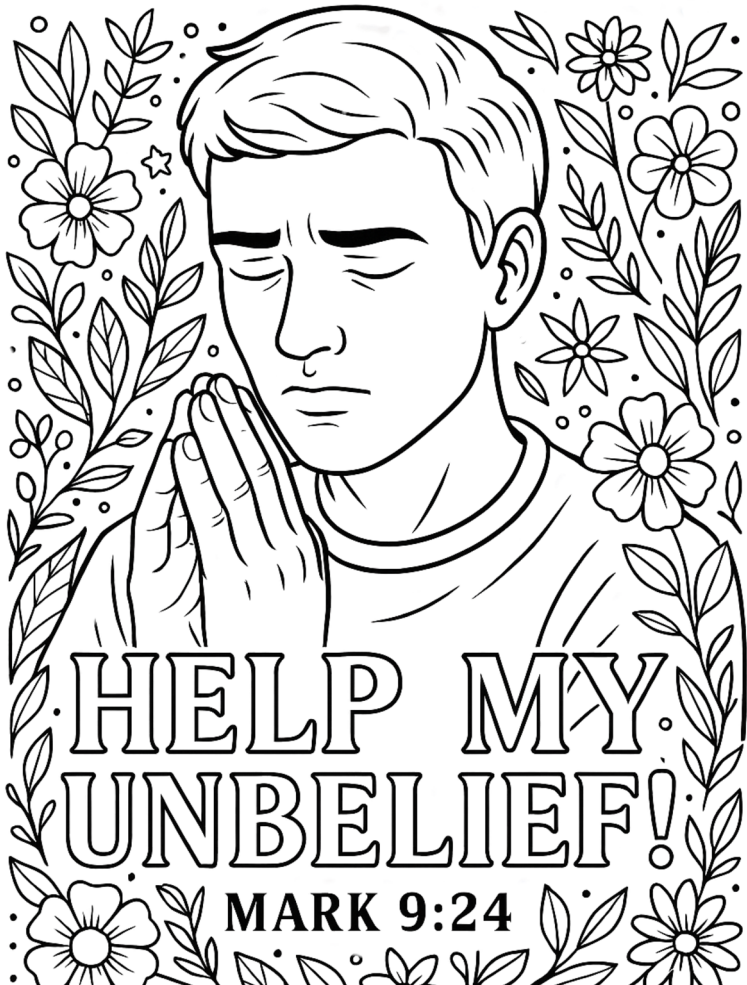
In this passage, we see a desperate father approach Jesus, explaining that his son is possessed by a spirit causing convulsions and an inability to speak. The father then asks the disciples to cast out the spirit, but they are unable to do so. We see Jesus become frustrated due to their lack of faith. Then something interesting happens: the father expresses both doubt and faith simultaneously by saying, “If you can do anything, have compassion on us and help us.” What an incredibly human response. Doubt exists, but he also has a faith that drives that doubt toward the One who is able. Jesus affirms him by saying, “All things are possible for one who believes.” In unison with Jesus’ words, acknowledging his struggle, the father cries out, “I believe; help my unbelief!”

The end result of this passage is Jesus rebuking the unclean spirit, leading to the healing of the young boy. Believing yet grappling with doubt is an incredible human experience. The father in this passage serves as an example that our doubt does not negate our faith; in fact, they can coexist. We never see Jesus reject the father; rather, we see the opposite—Jesus inviting him into a deeper understanding of faith. We should use this passage as a powerful reminder to bring all our struggles before God and be encouraged to trust in His power to change our lives for our good and His glory.

Daily Reflection:

How do you interpret Jesus' response to the father? What does it teach you about how Jesus meets us in our doubts?

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HELP MY
UNBELIEF!

MARK 9:24

Jeremiah 29:11-13

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.

In this passage, Jerusalem was conquered by the Babylonians, who took the Israelites into exile. From prominent leaders like the king and nobles to skilled workers, all were driven and forced to live in a foreign land. During this time, the people began to feel abandoned by God, experiencing significant sorrow, grief, and uncertainty regarding their future. Their ability to press into faith in such dire circumstances was growing dim.

To encourage the exiles, the prophet Jeremiah writes them a letter, prompting them to build homes, plant gardens, and settle into the foreign land. He emphasizes that God has not forgotten them when we read the famous passage of Jeremiah 29:11, which states, “For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

Oftentimes, the ability to see past our sufferings or current storm-filled circumstances can be incredibly trying. Understanding that God is at work in ways we cannot begin to see, despite our circumstances, should help us press into the hope-filled promise we see in the passage above. As we seek God wholeheartedly, we’re reminded that hope can be found through prayer as we dig deep into the faith-affirming promises God provides.

Daily Reflection:

In what ways can you "build homes" and "plant gardens" in your current circumstances? How can you actively create a sense of stability and hope while waiting for God's promises to unfold?

[illegible]



JEREMIAH 29:11

2 Samuel 12:13-14

David said to Nathan, 'I have sinned against the Lord.' And Nathan said to David, 'The Lord also has put away your sin; you shall not die.

Nevertheless, because by this deed you have utterly scorned the Lord, the child who is born to you shall die.

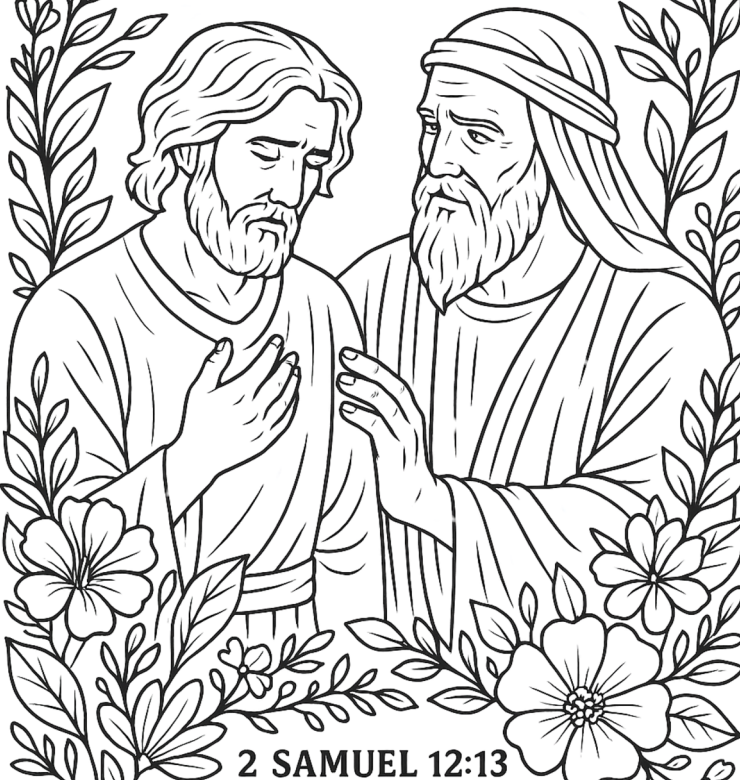
King David found himself in a moment of weakness when he stayed back during a time when kings typically went to war. While he was on his rooftop, he saw a beautiful woman named Bathsheba and couldn't help but desire her. Despite knowing she was married to Uriah, one of his loyal soldiers, David sent for her and slept with her, resulting in her pregnancy. To cover up his actions, David placed Uriah at the front lines of battle, which ultimately led to Uriah's death. Shortly after, David married Bathsheba, thinking he could move on without consequence. But God had other plans. He sent the prophet Nathan to confront David. Through a powerful parable, Nathan revealed God's disappointment in David's actions. Yet, even in that moment of exposure, Nathan quickly communicated God's forgiveness. This dual message—holding David accountable while offering grace—reflects our own experiences as women. We often juggle feelings of guilt and shame, especially when we stumble in our roles as friends, mothers, or leaders. It's easy to feel like we've failed, yet God reminds us that even when we make mistakes, His grace is always there to catch us. As Nathan spoke to David, we see that while grace doesn't exempt us from consequences, it does offer hope and restoration. God held David accountable, yet through his sincere repentance, David experienced God's grace shining brightly. He continued to reign as king and was blessed with another son, Solomon, who would succeed him. David's journey teaches us that receiving grace doesn't mean we escape the results of our actions. Instead, it opens the door to a deeper relationship with God, where we can learn and grow from our mistakes. As women, learning to accept God's grace can propel us forward, helping us to shed the weight of guilt that often tries to hold us back. Embracing this grace is key to our growth in Christ as we navigate our own lives and relationships.

Daily Reflection:

How do you think David's initial decision to stay back from battle affected his later choices? What can this teach us about the importance of our daily decisions?

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GRACE



2 SAMUEL 12:13