Women's 365 Days of Happiness

Inspiration and Courage
from the Holy Bible

Jas K (Editor)

Women's 365 Days of Happiness

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My Goals For This Month

January
1

Your Leaf Shall Not Wither

(Psalms 1:2-3) "But his delight is in the law of the LORD; and in his law doth he meditate day and night. {3} And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."

Did you know that the Word of God is like rich soil that nourishes every part of your being? As you read and meditate on God's truth, your mind is filled with good and precious promises. Any hardness of heart is softened by the gentle whisper of the Holy Spirit speaking through the Scriptures. Even your body releases tension as you take delight in the law of the Lord.

My sister, through every season, drought or storm, the Bible is your faithful guide. Open it. Read it. Meditate upon it. By doing this, you will bring forth fruit in season and your leaf shall not wither. Whatever you set out to do, for the glory of God and the blessing of others, it shall prosper. Do you believe this today?

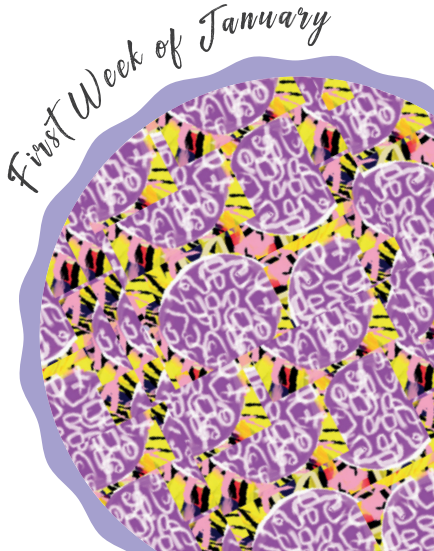
Take a few moments to read Psalms 1:2-3 slowly. Let every word sink in. Feel your soul delight in the promises of God, the only promises that never fail. He loves you, dear one. Receive the richness of His love today.

Let's Pray: Holy God, You are faithful and true. I rest in the nourishment of Your Word, soaking in every life-giving nutrient. How I need Your joy and strength! Let my life be like a tree planted by rivers of water, with roots that go deep and branches that extend far and wide. As Your Word flows through me, I trust You to produce an abundance of sweet fruit and green leaves that never wither. Thank You, Lord, for every promise You've ever made. I receive them now, delighting in Your presence. In Jesus' name, amen.

Question of the Day:

What does it mean to you to be nourished by God's Word?

My Reflections & Today's Blessings:



January
2

Encouragement Makes Us Strong

(Romans 1:11-12) "For I long to see you, that I may impart unto you some spiritual gift, to the end ye may be established; {12} That is, that I may be comforted together with you by the mutual faith both of you and me."

Have you ever been so encouraged, you felt like you could accomplish anything? When someone says, "You can do this," isn't it like a boost of confidence running through your veins, making you stronger for the race ahead?

When Paul spoke to the believers in Rome, he emphasized the importance of being mutually encouraged by each other's faith. In fact, he thanked God for his fellow believers, saying, "(Romans 1:8) "First, I thank my God through Jesus Christ for you all, that your faith is spoken of throughout the whole world." Sharing our faith in authentic ways not only spreads the Gospel but also encourages our brothers and sisters in their Christian walk.

My friend, you have so much to offer! Your gifts and talents are greatly needed in the Body of Christ. Others need to be built up and strengthened by you. If you're not sure what your Spiritual gifts are, ask God for guidance and clarity. He wants you to walk in your giftedness, sharing your faith with all who cross your path. Take courage today, knowing there are others who need what you have to offer!

Let's Pray: Gracious God, thank You for imparting to me Spiritual gifts to be shared with the world. I want to be faithful to encourage others within the Body. Please lead me to people who need a word of encouragement or a thumbs up to say, "You can do this!" Together, we can face any battle and overcome any hardship. Thank You for Christian sisters to come alongside me when I'm struggling. We all need encouragement to stay the course and continue on the path of righteousness. I'm grateful to be surrounded by like-minded believers who have one common purpose – to glorify You and edify others. In Jesus' holy name, amen.

Question of the Day:

In what way will you encourage someone to share their Spiritual gifts?

My Reflections:

Today's Blessings:

January
3

Wealth of Wisdom

(Proverbs 1:4-5) "To give subtilty to the simple, to the young man knowledge and discretion. {5} A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels:"

Did you know that wisdom is one of the most beautiful attributes you could ever possess? Beyond titles, degrees, positions, or promotions, Godly wisdom will take you further than you could ever imagine. As Solomon shared many times throughout the book of Proverbs, a wise person seeks knowledge and understanding; they chase after it as a valuable treasure.

(Proverbs 16:16) "How much better is it to get wisdom than gold! and to get understanding rather to be chosen than silver!" My sister, we cannot underestimate the value of wisdom. To know and understand the deep things of God is to possess the greatest wealth this side of heaven!

Keep in mind, this isn't about being smarter or more knowledgeable than someone else, but rather, understanding the heart of God and His purpose for mankind. May I repeat that? *True wisdom is understanding the heart of God and His purpose for mankind.* The more insight we gain from His Word, the more equipped we are to share His truth in all its fullness.

From now until Jesus returns, we continue to increase our learning, gain understanding, and grasp the immeasurable wisdom of God. What a wonderful way to grow in Him and possess riches far more valuable than silver or gold.

Let's Pray: Lord, I lay down my earthly treasures in exchange for the jewels of Your wisdom. I long to know You more and more, learning about Your eternal nature and sharing Your truth with a lost and dying world. Without a hint of pride, I seek wisdom, knowledge, and understanding in order to live a life worthy of Your calling. Thank You for giving me wisdom when I ask. You are the Source of all that is holy, good, and wise. In Jesus' name, amen.

Question of the Day:

How can you focus less on worldly riches and more on Godly wisdom?

My Reflections:

Today's Blessings:

January 4

Beautiful Identity

(Genesis 1:26-27) "¶ And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. {27} So God created man in his own image, in the image of God created he him; male and female created he them."

You are beautiful, do you know that? I am certain of this because of the beautiful God you reflect. He is perfect, and in His perfect image, you were created. There is no doubt you are a beautiful masterpiece, deeply loved and cherished.

The big question is, will you allow yourself to step into your beautiful identity as God intended? If not, what is getting in the way? My sister, it's time to recognize the lies you've believed that are blocking the mirror of your Christ-like reflection. Perhaps it's the lie that you'll never measure up. Break agreement with this lie and remember what God says about you. He is the One who measures your worth by the sacrifice of His Son. And in Him, you are deemed most worthy!

Through the cleansing power of the Holy Spirit, it's time to wipe away the tarnish of self-condemnation and polish the truth of your God-given identity. Celebrate who you are, not because of self-righteousness or pride, but because of who you were created to be! You are so, so lovely. I wish we could sit across from one another over a cup of tea and discuss all the ways you are precious, inside and out.

Whenever doubt comes, cast it away and declare, "I am beautiful in Christ Jesus!" Reflect Him always as you mirror His holy attributes in your life. Jesus is your identity, and in Him, you lack nothing.

Let's Pray: Heavenly Father, thank You for creating me in Your image, to bear Your likeness and reflect Your heart to others. I do not take this for granted, Lord. Humbly, I acknowledge I am beautiful inside and out, and I choose to shine Your light in this dark world. That's what it's all about, Lord...shining the light of Jesus by walking in my true identity. Thank You for making me healthy, whole, and complete. In Jesus' beautiful name, amen.

Question of the Day:

Have you placed your identity in anything other than Christ?

My Reflections:

Today's Blessings:

January
5

Deliverance Today

(Exodus 14:13-14) "¶ And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever. {14} The LORD shall fight for you, and ye shall hold your peace."

What are you needing most today? Hope? Provision? Deliverance? Whatever it is, the Lord knows and is fighting for you. He sees the anxiety in your heart and the worry in your mind. He senses the fear that threatens to consume you. But He also sees the beginning from the end and is not bound by the urgency of your emotions. As Jesus said in (Revelation 22:13) "I am Alpha and Omega, the beginning and the end, the first and the last." You can trust Him in the battle and remain still in the fight.

Just as Moses encouraged the people, saying, "Do not be afraid," let me encourage you with this: Stand firm in the truth, the inerrant Word of God, and see the Lord's deliverance today! He is with you and loves you with an everlasting love. Resist the urge to move forward in your own timing. Wait and watch; see what God will do. Deliverance is yours when you trust the Lord to fight for you. Though the battle rages on, the Holy Spirit keeps your mind calm and your heart at peace. There is nothing to fear.

Let's Pray: Holy God, it's my human nature to take the lead and fight my own battles. But you are telling me to stand still. This requires so much faith Lord, and I sometimes struggle to trust that You'll come through. Today, I choose to remain firm, steadfast in faith and surrounded by the shield of Your Spirit. I fix my mind on You, the Author and Finisher of my faith. Thank You for deliverance at just the right time and in just the right way. In the mighty name of Jesus, amen.

Question of the Day:

In what area of life do you need God's mighty deliverance today?

My Reflections:

Today's Blessings:

January
6

I Shall Not Want

(Psalms 23:1) "The LORD is my shepherd; I shall not want."

How often does discontentment settle over you causing you to feel restless and irritable? When you see images of other people's job promotions, vacations, or fancy houses, do you suddenly want what you don't have? If so, please know you're not alone. It's our human tendency to want more or better. But remember, comparison steals our joy, and discontentment robs us of the beauty right in front of us. It's when we stop to consider the incomparable blessings we have in Christ, that everything changes.

My sister, Jesus is your Good Shepherd. He leads you to green pastures beside still waters. He prepares a table before you in the presence of your enemies (Psalms 23:5-6) "Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. {6} Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever."

And you know what else? The voice of the Good Shepherd reminds you of every blessing you've ever received. He restores what is broken and rekindles what is lost. In Him, every need is met, and every desire is redirected toward His love for you.

How blessed you are, dear friend. How favored and beloved you are! Just as David once sang, "The LORD is my shepherd; I shall not want," let your heart sing of His pleasures forevermore. There's no need to compare your life to others or want what they have. You have absolutely everything your heart could desire in the sweetness of God's presence.

Let's Pray: Lord God, please forgive me for comparing my life to others when You've blessed me beyond compare. Lead me into the abundance of Your pasture, the place of perfect peace and provision. I choose to be content, Lord, basking in Your presence and rejoicing in Your goodness. Let the calm waters of restoration and beauty flow over my life, in Jesus' holy name, amen.

Question of the Day:

How will you lay down your wants and find peace in the pasture of God's presence?

My Reflections:

Today's Blessings:

January
7

Your Ever-Present Help

(Psalms 46:1) "God is our refuge and strength, a very present help in trouble."

When was the last time you felt like you were in real trouble? Perhaps, it was after receiving an unfavorable health diagnosis or suddenly losing your job. Maybe, your once thriving marriage fell apart, leaving you wondering how you would ever pull through.

My sister, whatever trouble has come your way, like an unwanted thunderstorm on a sunlit day, please do not lose heart. Know that God is your very present help in times of hardship and distress. No matter how dire your situation or how scary your circumstance, He is there. You can count on Him any time of any day, did you know that? With one word, "Jesus," Draw nigh to God, and he will draw nigh to you. Allow yourself to picture that for a moment.

With open arms, receive the Lord's help today. Admit your struggles, confess your hurts, and receive His gentle healing. Not only does He heal your tired, weary frame, but He also heals your tender, aching heart. Slip away to that secret, quiet place, the place of refuge and strength. Rest there awhile, waiting for His promised help. And as you surrender everything to Him, feel the strength of His power flow through you with hope and healing.

Let's Pray: Gracious God, thank You for being my refuge in times of trouble. I need Your help more than ever! It feels like my circumstances are too big, even for You. But I know that nothing is impossible for You. Please make Your provision known to me, that I might have hope once again. Help me see past my current situation toward the bright and beautiful future You have planned. In Jesus' precious name, amen.

Question of the Day:

In what specific way will you draw near to the Lord today?

My Reflections:

Today's Blessings:

Of Good Reputation

(Proverbs 3:3-4) "Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: {4} So shalt thou find favour and good understanding in the sight of God and man."

Are you the type of person who cares too much about what other people think? It's easy to fall into the trap of wanting man's approval, isn't it? Thankfully, the Bible tells us exactly how to gain a good reputation, and it has nothing to do with striving for acceptance or approval.

It begins with kindness and truth. What a beautiful pair of Godly characteristics! These two humble actions clothe us with dignity and virtue, showing others that we genuinely care. And it's the genuineness of our faith, displayed through acts of kindness and loving truth, that lead to a good reputation and favor in the sight of man and God.

Gone is the temptation to seek attention, gain approval, or strive for acceptance. Instead, we daily wear the necklace of kindness and truth. Like a delicate chain of gold that sparkles in the sunlight, we capture people's attention by simply shining God's light in a dark world.

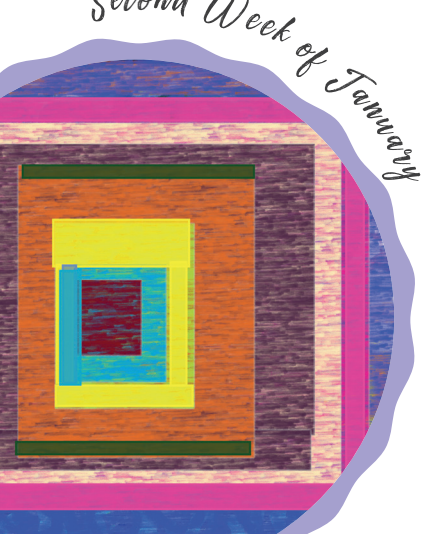
My sister, allow the Holy Spirit to fill your heart with genuine kindness, instilled by His mercy and established by His grace. Remember the kindness He's shown you and extend it to others generously. When this becomes a regular part of who you are, you won't even think about your reputation; you'll be favored because of the kindness of God's presence in you. Feel the pressure of performance fade away as you exhale the need for man's approval and inhale the lovingkindness of the Father.

Let's Pray: Holy God, help me stop worrying so much about what others think of me. Your favor is what I seek! Replace all striving for acceptance with a settled heart and mind. Drape Your lovingkindness around my shoulders like a shawl of grace and mercy. Please write Your truth on the tablet of my heart today, keeping my eyes on You. In Jesus' wonderful name, amen.

Question of the Day:

Isn't it time to unclasp the necklace of comparison and replace it with lovingkindness?

My Reflections & Today's Blessings:



Strength for the Weary

(Isaiah 40:29-31) "He giveth power to the faint; and to them that have no might he increaseth strength. {30} Even the youths shall faint and be weary, and the young men shall utterly fall: {31} But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Have you ever whispered under your breath, "I just feel so weary"? The things we shoulder as women are enough to make anyone crumble beneath the pressure. That's why relying on the powerful Word of God is crucial for our survival. The Scriptures strengthen us for the journey and help us put one foot in front of the other. These wonderful words of life help us reach the summit of every mountain we climb. No matter how long the trek, God's empowering Word increases our endurance so that we can run without weariness and walk without fainting. Amen?

Dear one, I know how difficult it is to keep on keeping on. But you were never meant to go through life alone. The Lord is with you every faithful step! Lean on Him, rest in Him, and be strengthened by Him. What a mighty God we serve, who levels the mountains before us and raises the valleys beneath us. He alone can do it!

Sometime this week, take a walk in nature and allow yourself to just breathe. Feel the power of God within you, helping you take the next step. Let this become a healthy practice for you, easing the tension and revitalizing your weary mind. Those who wait on the Lord shall renew their strength! (Psalms 27:14) "Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD."

Let's Pray: Lord, I bring my weariness to You, laying it down in exchange for Your supernatural strength. Thank You for helping me run and not faint. I commit every burden and task to You, trusting Your Spirit to carry me through. Your Word tells me that Your yoke is easy, and Your burden is light. I believe that! I'm depending on You to shoulder my heaviest burden and lift the yoke of difficulty today. In Jesus' mighty name, amen.

Question of the Day:

When will you take a break and get some rest, allowing God to renew you?

My Reflections:

Today's Blessings:

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His Plans for You

(Jeremiah 29:11) "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

Did you know that God has great plans for you? From the beginning of time, He established a specific purpose for your life. (Proverbs 4:26) "Ponder the path of thy feet, and let all thy ways be established."

Goodness, holiness, and peace are marked out for you as a testimony of God's beautiful work in your heart. You are a living testimony of who He is! My sister, dare to dream again. Plan and prepare for the wonderful ways your life can glorify the King of Kings. From a place of victory in Christ, you are never defeated. When something doesn't go as planned, go back to the drawing board of God's mercy and start again. After all, He is the God of second chances, and of thirds and fourths. Each new day is the opportunity to say, "Here I am, Lord. Send me."

This week, make a list of all you'd like to accomplish. Don't be timid! Write down your biggest dreams and goals. Share your list with a trusted friend for accountability and discuss ways you might be able to step outside your comfort zone. Most importantly, share your list with God, your Abba Father. He has good, good plans for you, my friend. Your future is in the palm of His hands. He's got this; He's got you.

Let's Pray: Heavenly Father, thank You for not giving up on me. So often, I feel like giving up on myself, but Your plan for my life keeps me going. I trust Your holy purposes for me! Please fill me with hope again, equipping me to fulfill everything You created me to do. I commit all of it to You, for Your glory and my good. In Jesus' name, amen.

Question of the Day:

Do you believe God has good, good plans for you?

My Reflections:

Today's Blessings:

Your Light Must Shine

(Matthew 5:16) "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

What causes you shy away from sharing your light with the world? In your heart of hearts, what are you most afraid of? As you know, we live in a world where everyone feels emboldened to share their opinions, and it can feel intimidating to shine confidently for Christ. We fear the backlash, arguments, and accusations that might come against us.

But try to think of it this way: What if you were in a dark arena with hundreds of people who were trying to find the exit? If you had a flashlight in your bag, you wouldn't keep it hidden; you'd turn it on and lead the way! So it is with our faith, our gifts, and our works for the Lord. They are bright, shining lights that lead others in the right direction.

As Jesus said, in (Matthew 5:16) "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." My friend, your light must shine. People are walking in utter darkness without a glimmer of hope. So, be the light of hope for them! Point to the door that leads to the narrow way, the true path of salvation. (John 10:9) "I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture."

This week, find one small way to shine boldly for Jesus. It can be as simple as inviting someone to church or taking them a meal. You never know how your good works might light the way for someone walking in total darkness.

Let's Pray: Heavenly Father, thank You for giving me the light of Your love to share others. When I feel intimidated, remind me of the desperate need for people to know You. Let every good work I do be for Your glory, pointing others in Your direction. Oh, how I want the world to see Your light! In Jesus' name, amen.

Question of the Day:

What motivates you to shine the light of Jesus in this dark world?

My Reflections:

Today's Blessings: