

Devotions for the Busy Woman

Morning Moments with **GOD**



Grace Fox

A Lesson from the Mountains

*Lord, thanks for giving me a glimpse of
Your power through creation.*

Flying between London and Vancouver several times each year allows me to view Greenland's rugged mountains. I never tire of seeing their peaks. They remind me of Psalm 121:1-2—"I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!" (NLT).

Mountains appear daunting. They stand like mighty warriors, daring anyone to scale their heights. And yet their strength is nothing compared to the mighty power of God, who created them.

When I'm fearful or weary, I look to the mountains towering near my city and remember that the God who made them cares for me. He promises to keep me from stumbling. He stays awake to watch over me and to protect me from evil (Psalm 121:3-8). Courage fills me, and comfort restores me.

The next time you feel afraid, look to or imagine the mountains and their mighty presence. Then give thanks to the One who created them for being stronger and being on your side.

Take Action: Post a picture of mountains on your fridge to remind you that their Creator helps you.

Divine Design

*Lord, please grant me appreciation
for Your divine design.*

Many of us struggle to accept ourselves. Either we don't like the way we look or we're unhappy with our abilities. Comparing ourselves with others only makes matters worse. Before long, we feel substandard and begin doubting our worth.

Scripture says that knowing the truth sets us free (John 8:32). In this case, knowing the truth sets us free to be who God made us to be. So, what is that truth? God divinely designed each one of us. "You created my inmost being; you knit me together in my mother's womb" (Psalm 139:13).

We might feel tempted to say, "Why, then, did You knit me with frizzy hair and no musical abilities?" But let's not do this. It only leads to further discontent.

Instead, let's respond as the psalmist did. "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well" (verse 14). Let's trust that God made no mistakes when He designed us, and let's tell Him so.

God created Adam and said, "It is very good." He says the same about you.

Take Action: Look at your reflection and thank God for creating you.