

The book cover features a light blue background with several white daisies with yellow centers. Some daisies are in sharp focus, while others are blurred in the background. White, swirling decorative lines are scattered across the cover, particularly on the left side. The title is written in a dark red, elegant script font.

*Peaceful
Moments
to
Begin Your Day*

*Devotions for
Busy Women*

GRACE FOX

Unshakable Joy

*Let the heavens rejoice, let the earth be glad;
let them say among the nations, "The LORD reigns!"*

1 CHRONICLES 16:31

UPWARD GAZE

Father, You're worthy of praise because splendor and majesty are before You. Strength and joy are in Your dwelling place (1 Chronicles 16:27). Let the sea and its contents resound. Let the fields and their contents be jubilant. Let the trees of the forest sing for joy, for You come to judge the earth. I thank You, Lord, for You are good. Your love endures forever (1 Chronicles 16:32-34). Amen.

I swung our car into the school's parking lot and glanced at my watch. "Hurry!" I urged my daughters, drumming my fingers on the steering wheel. "I'm late for my appointment!"

"Have a good day, Mom," called Stephanie as she jumped out. "Don't forget to smile." I faked a goofy grin. She rolled her eyes and dashed off.

Don't forget to smile. I needed that reminder. The day had dawned full of cheer, but things weren't feeling chipper anymore. Let me explain...

Living on an island meant our lives revolved around ferry schedules. When the ferry ran late, plans fell like dominoes. This particular morning, the 8:00 A.M. ferry departed for town 15 minutes late. As a result, the girls missed their connecting ride on the other side. Luckily I was there and could drive them to school, but doing so meant I'd be late for my 8:30 mammogram appointment. And that would make me late for two meetings scheduled after the X-ray.

"Have a good day. Don't forget to smile." Yeah, right.

I watched the girls disappear through the school's front door and felt guilty for contaminating their day with my sourpuss outlook. *God, forgive me. Please overhaul my attitude,* I prayed.

When I arrived at the hospital's X-ray department, the technician greeted me pleasantly. "Sorry I'm late," I said. "No problem," she replied. She performed her task efficiently, and within minutes I was en route to the next appointment. By noon I'd completed my activities—on time—and was parked in the ferry terminal's line for my return trip home.

The wait provided opportunity for quiet contemplation: Why had minor unforeseen circumstances frustrated me so? Why had I allowed a simple schedule glitch to influence my attitude and affect those I loved the most?

When I arrived home, I opened my Bible for a spiritual refresher. Today's key verse leaped off the page—"Let the heavens rejoice, let the earth be glad; let them say among the nations, 'The LORD reigns!'"

True joy has nothing to do with changing circumstances! I thought. *It's based on the fact that the Lord reigns!*

That's so true, isn't it? In a blink, circumstances can change from bright to bleak. When that happens, joy isn't the normal by-product. For instance, what emotion do we feel when rain ruins our family's much anticipated camping trip, or someone dents our car, or an airline loses our luggage?

As I said, joy isn't the norm. But God has given us everything we need to respond supernaturally to life's little bumps. By memorizing and meditating on His Word, we can face frustrations with a positive

outlook. Rather than nursing a bad attitude, we can say, "The Lord reigns!" and ask Him to resolve the situation in a way that honors Him.

So, dear reader, go ahead. Have a good day. Remember that God loves you. Remember that He's in control of all things and that His faithfulness never ends. And don't forget to smile!

INWARD GLIMPSE

Dear Father, thank You for being my source of joy. Keep my focus on You when circumstances shift. Amen.

- Describe an instance when God filled your heart with joy in the midst of a difficult time. What particular thought or Bible verse helped you through it?
- Memorize Psalm 16:11 from today's "One More Peek."

OUTWARD GLANCE

Father, I pray that _____ will find Your strength to be her joy (Nehemiah 8:10). Hear her when she cries to You. Be merciful to her, be her helper. And when You turn her wailing into dancing and clothe her with joy, may her heart sing to You. May she give thanks to You forever (Psalm 30:10-12). Amen.

ONE MORE PEEK

*You have made known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand
(Psalm 16:11).*