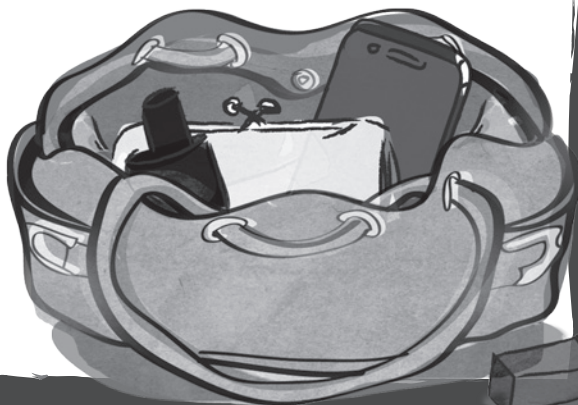


IF I CAN DO ALL THINGS THROUGH CHRIST...

*Why can't I find My  
Car Keys?*

52 Devotions for Busy Women  
Who Need a Moment With God



**Group**

Loveland, Colorado

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### **Applicable**

The aim of Christian education is to equip learners to be both hearers and doers of God's Word.

### **Learner-based**

Learners understand and retain more when the learning process takes into consideration how they learn best.

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## IF I CAN DO ALL THINGS THROUGH CHRIST . . . *Why Can't I Find My Car Keys?*

52 Devotions for Busy Women Who Need a Moment With God

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# You Can Do It, Girlfriend!



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**“I can do all things through Christ who strengthens me.”**

—Philippians 4:13 (King James 2000)

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If anyone needs strength to do ALL things, it's we women. Strength to face challenges. Deal with stress. Care for others. And, yes, find our car keys! We need daily (or maybe hourly) reminders that Jesus is our strength. He's the one who helps us find peace and joy in the midst of our busy lives.

One of the ways God strengthens us is through the support of our friends. They need us, and we need them! This book celebrates the encouragement and strength we receive through our relationships—especially with other women. It recognizes that life is sometimes difficult. Yet with God (and our girlfriends) on our side, we can do all things!

There are 52 devotions in this book, enough to last you a year if you only read one a week (but we won't discourage you from reading them more quickly)! Each includes a Bible passage and a reading, as well as a “Find the Joy” idea to put that concept into action right away.

And mixed in with these devotions, you'll find “When Girlfriends Gather” pages, which will help you discuss with other women what you're learning. Use them when you get together with a friend for coffee (or dessert), in your small group, or in a Bible study. Throughout the book, you'll also find tips and ideas to bring balance back to your home and life. Be sure to try these proven “stress-busters” and time savers!

As you spend time with God through these pages, remember that this is your time. Take a deep breath. Relax. And let his presence strengthen and encourage you.

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**“But the Lord is faithful; he will strengthen you.”**

—2 Thessalonians 3:3

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If I Can Do All Things Through Christ... Why Can't I Find My Car Keys?

## A Life That Spills Over

**“I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!”**

—John 15:11

I’ve never been on great terms with librarians. I guess I’m not that good at following rules—like returning books on time or being quiet! Regardless, I have always loved the library and the hunt for just the right book. My latest find was Julia Child’s *Mastering the Art of French Cooking*.

I eagerly opened my treasure, only to find one of those library notices stamped inside the front cover. Apparently this edition was already damaged. I figured that out by the large frowny face! Then I read the description of the damage: “Stains throughout.”

I smiled. As I flipped through the pages, I discovered a fudgy-looking smudge by the recipe for Crêpes Fourrées. Now I was laughing. What the librarian had seen as damage I saw as delicious! Whoever checked out Julia’s masterpiece before me did exactly what she should have done: *she cooked with it*. To me, that deserves a smiley face. It would have been much more tragic to have borrowed this book and not tried any of the recipes. I don’t think even Julia Child would mind a few stains left in the process.

What a poignant picture this is! Often we spend too much energy trying to keep the pages of our life from getting messy when we could be living a life that overflows, one that spills over onto others.



We may be afraid to try a new recipe or join a new group. We may hesitate to invite our neighbor over for coffee. Fear may hold us back from introducing ourselves to someone new at church or signing up for a foreign missions trip. We shy away from anything that might soil the pristine pages of our carefully planned lives.

Life is messy. It spills over onto people, pages, and places we would prefer to keep clean, things we would like to control. God is not that stern librarian just waiting to stamp a negative message on our lives if we do make a mistake and spill a little. Just the opposite! I imagine Jesus smiling at our willingness to risk, to embrace life, and to extend to others the same grace and freedom. Let's lighten up and give each other permission to make a mess or two. The reward will be sweet, satisfying, and totally worth it!



| Sue Brage |

## *Find the Joy*★

As a reminder of how pleased God is with you, find a French bakery near you, and enjoy a rich pastry. Or pick up a croissant at the grocery store, and think about God's grace and love even in the midst of our messes.





# **THIS IS A SAMPLE**

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