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Emily
Furda



Uninhibited

The Binder Co. Devotionals August 2019



Welcome to The Binder Co. Devotionals, a free, monthly, printable eBook for women of all ages who desire to grow deeper in God's Word on a daily basis.

About The Binder Co. Devotionals

Every aspect of The Binder Co. is run by volunteers. Once a month, we release a free printable eBook with daily devotionals, corresponding scriptures, and daily challenges to help you put your faith into action. These daily devotionals are free to read, download, and print. You can print each eBook and place it in a three ring binder or use an eReader. If you use a digital copy, be sure to have a journal or notebook handy. You can use them for yourself, your small group, friend group, or church group! You can access the free archives of eBooks at emilyfurda.com/thebinderco and in our Facebook Group.

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Write for us: Most months we accept submissions from guest writers. To learn how you can be a guest writer, visit our Facebook Group. You don't need to be a blogger or author to submit. It's open to any woman from teenagers and up.

A Note From the Director

When I was 11 years old, my worship dance teacher gave all of the dancers a small hot pink booklet of devotionals for Christmas. That was my first devotional, and I fell in love with studying God's word and learning how to apply it to my life. I've rarely been without a daily devotional since then.

The Binder Co. Devotionals (originally called Her Binder Project) was started in 2014 by Morgan Harper Nichols. It has grown more than anyone could imagine. You can learn more about Morgan at morganharpnichols.com. I started as a writer in 2016. This ministry and the women who read every day captured my heart. The more I became involved as a writer, editor, and project manager, the more it became a part of my heart.

In 2018, Morgan asked me if she could give me The Binder Co. Devotionals. I was speechless, which rarely happens. It was not an easy decision for either of us or one made lightly. My joy comes when I see women come alive as they study. I'm learning along with you. Today, thousands of women are joining this project each month, and I am so grateful for each one of you!

-Emily Furda Director, Editor In Chief emilyfurda.com instagram.com/emilyfurda

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Uninhibited: The Binder Co Devotionals August 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work.

1 Corinthians 12:4-6 NIV

4

Ephesians 4:20-25
Have you felt the need to hide part of yourself or a friend? Do you feel as if a friend is hiding you? Journal your thoughts and pray asking God how to handle your relationships.

5

1 Samuel 16:1-13
Listen to "Royalty" by Francesca Battistelli.
youtu.be/a_XLpnNkIWY

6

1 Timothy 4:12
Write today's scripture in your own words and journal about how it impacts how you view your gifts now when they relate to your relationship status.

7

Ephesians 2:10
Listen to "He Knows My Name" by Francesca Battistelli.
youtu.be/1NHQJWdXfFE

1

1 Corinthians 12:4-6
What gifts do you think you have, or do wonder if you have any gifts? Journal your thoughts and write out this month's scripture and place it where you'll see it often.

2

Ecclesiastes 3:1-14
Listen to "For Your Splendor" by Christy Nockels.
youtu.be/DIZack19MyA

3

Joshua 1:7-9
See today's devotional for the daily challenge.

11

Ephesians 2:19-22
Watch the video of "City on the Hill" by Casting Crowns or listen to the song youtu.be/R7MC2wu49Cw. Journal about what it makes you think and feel.

12

Matthew 25:14-30
Do you have a talent or gift you're hesitant to use? Journal about your fear and what good could happen if you use it. Also, encourage a friend who is afraid to use her's.

13

James 1:27
What are some needs you know you could meet for a friend or stranger now or in the future? Pray over them and look for ways to do at least one this month.

14

Romans 8:31
Make a list of the negative things you believe or others have said to you about your dreams and goals. Next to each one,, write a truth to combat each lie.

15

Acts 9:36-43
Listen to "Legacy" by Nichole Nordeman.
youtu.be/Ah1COE39ARs

16

Colossians 3:23-24
Make a list of 5 small things you can or already are doing that can be done for Jesus. Journal about how realizing you're doing these things for Jesus impacts you.

17

Habakkuk 2:3
Memorize today's Scripture or write it out in your own words.

18

2 Samuel 6:14-22
Find time within the next week to worship in a way that is unique to you. Embrace who you are as you worship God.

19

1 Peter 4:10-11
What parts of your personality or your giftings do you see as insignificant or a detriment? How can those be used for good? Journal your thoughts.

20

Isaiah 30:21
Listen to "On My Side" by Citizen Way.
youtu.be/tyTGLFqjLP8

21

John 6:1-14
How does the story of this boy impact how you see your unique gifts? Journal your thoughts.

22

2 Thess 2:16-17
Is there something God is calling you to fo but you're afraid? Write prayer or letter to God telling Him your fears and asking Him to show you how the gifts He has given you will help you..

23

Psalms 33:11-15
Listen to "This Little Light of Mine" by Addison Road.
youtu.be/lkKZEyxrDjs

24

Exodus 17:8-13
Pray for your friends today. Are any of them fighting a battle? Look for a way to encourage or help her in a way that is meaningful to her and do it as soon as possible.

25

Luke 2:41-52
Do you have any imperfections you feel disqualifies you from serving God? Is there a past mistake you can't let go of? Pray and journal, asking God what He wants to show you about them.

26

Matthew 5:14-15
Listen to "Shine" by Mandisa.
youtu.be/RXiev50UvJs

27

Romans 12:6-8
Is there something in your life you struggle with feeling as if you're truly forgiven from, or have you felt that way in the past? Journal how today's scripture impacts how you see yourself, especially when you've sinned.

28

1 Kings 17:7-16
Listen to "Right Place" by Petra.
youtu.be/TKzN6qw62X0

29

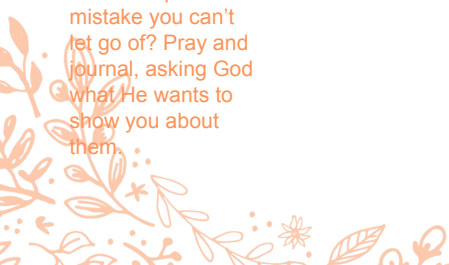
Galatians 6:4-6
Make a list of at least 10 hidden ways you've changed or things you've overcome in your life. Journal how this impacts how you feel about yourself.

30

Isaiah 43:19
Listen to "Lead the Way" by Ryan Stevenson.
youtu.be/M4x-5CKdhD4

31

2 Peter 1:3
Memorize today's scripture and journal what you have learned this month about living a life uninhibited.



There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work.

1 Corinthians 12:4-6 NIV

Thursday, August 1 2019

Devotional written by Emily Furda
Read 1 Corinthians 12:4-6

Do you ever feel as if your unique personality and abilities aren't enough to make an impact? Maybe you're not even sure if you have any gifts or as if you have nothing to offer this world.

We all have unique talents, gifts, and personalities, but sometimes we feel too inhibited and unable to be who God created us to be. We can feel as if we have to box ourselves in and make ourselves smaller. Other times, we feel as if we need to pretend to be more than we are just to fit in. Neither of those things are true.

Our scripture for this month tells us we all have been given different gifts from God, and they all matter.

You matter.

Can you think of any gifts you have or any way you can make a difference? Maybe you can sing in front of thousands of people, or maybe you sing a soothing lullaby when only tiny ears can hear. You may be an eloquent writer or someone who shares an encouraging quote or scripture. Maybe you like to clean or organize. Are you someone who has a way with words and the ability to quickly make witty comments to make people laugh? You might even be someone who prays for her friends with all her heart. All of these and more are part of what make people unique and are gifts from God to be shared with this world. This month we'll be learning about how to embrace who we truly are, with all of our gifts and even flaws. We'll learn how to discover our unique gifts from God and why they're important. We'll learn what it means to be free to be ourselves and change this world in the process.

You've been held back by shame, lies, and self consciousness for too long. It's time to embrace who God made you to be. It's time to live Uninhibited.

Daily Challenge

What gifts do you think you have, or do wonder if you have any gifts? Journal your thoughts and write out this month's scripture and place it where you'll see it often.

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Friday, August 2 2019

Devotional written by Emily Furda
Read Ecclesiastes 3:1-14

Have you ever looked at butterfly and thought about what it had to go through to become the stunning creature before you?

Butterflies lay their eggs in a hidden place, often on the leaves of the plants the soon to hatch caterpillars will to eat. They're only protection is the very plants they're laid on. Caterpillars may seem unassuming and plain, but it's their camouflage for protection. Just when they seem to peak as they continue to grow, caterpillars spin themselves into a chrysalis. Inside that dark place, the very cells of caterpillar are rearranged when it becomes a liquid state, completely unrecognizable as it forms into a butterfly. Just before the butterfly emerges, the chrysalis changes from opaque to clear. It's obvious the butterfly is cramped inside, but it can't rush the process of emerging. It has to go through its first awkward moments visible for all to see. Butterflies may be beautiful and seem delicate, but they are an important part of the survival this world because they pollinate plants. Then, they lay eggs so a new generation can start the process all over again.

We all go through phases like a butterfly. Sometimes we feel unprotected. We're often tempted to dismiss one part of our growth because it doesn't look as impressive as another. We wonder why we're just blending in when we want to stand out, or we wonder why we have to stand out when we feel so awkward. Just like a butterfly, each stage of our life is important and should be celebrated, no matter how it looks or feels.

Don't be afraid to celebrate who you and where you are in life. You're on a path of revealing God's uninhibited splendor. At times, you may feel vulnerable, unprotected, or even seen as nothing more than a delicate creature, but you brilliantly display God's wonder and splendor as you embrace who you are.

Daily Challenge

Listen to "For Your Splendor" by Christy Nockels. youtu.be/DIZacK19MyA

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Saturday, August 3 2019

Devotional written by Emily Furda
Read Joshua 1:7-9

What have you learned about living uninhibited this week? Journal, draw, write a poem, or write a prayer about it below.

Even when we embrace who we are, we all have times in our lives when we feel as if we're not enough, as if we're failing at life. Sometimes we're living our dreams, using the gifts we have to their fullest. Other times, we're watching a different life than what we imagined play out before us, and it seems as if there is no way we can use our gifts. Even in the good moments, we often feel as if we're coming up miserably short, as if our gifts aren't enough, as if we're not enough. It's in those moments we have to remember God's definition of success is much different than what we often think of as success.

Maybe you finally have your dream job because you were the perfect candidate, or maybe you're the one who was fired because you weren't good enough. Maybe you're the wife and mother whose heart is overflowing with joy because it's what you wanted to be. Maybe you're the woman home alone realizing she may never be married or have children and your heart is breaking. Maybe you're ecstatic because you finally ran the marathon you were training for. Maybe you're the woman struggling to simply get to the next room because an illness plagues your body. Whether you're living out your dream using the gifts you have or wondering if you're of any use at all, none of these define your worth or success.

When the Israelites were about to enter the promised land, God told them their success and prosperity would come from never letting go of His word and walking in His ways. That is still true for you today, and it's something you are capable of doing no matter where you find yourself in life.

God wants you to seek after His heart and dive headfirst into His word, no matter what your current situation is. Even if you feel boxed in by circumstances beyond your control, you still matter. Succeeding at life may be completely than what you thought it would be. Your true success comes from how you live each moment. Do you work with all of your heart no matter what the task is? Do you love those around you? Do you look for a purpose no matter what limitations you have?

Don't try to do it alone. Ask God to help you live out His word wherever you find yourself right now. Truly being yourself isn't just about what you do, it's about how you live your life, it's the character inside you. Your success story is not a play on a stage for all the world to see. Your success story is written in your heart.

Daily Challenge

Are you in a place where you feel as if you're living out your dreams, or do you feel like nothing is as you hoped it would be? Journal your thoughts about how today's reading impacts how you feel about yourself. Also, listen to "Still That Girl" by Britt Nicole.

youtu.be/dBmoaSYjE-g

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Sunday, August 4 2019

Devotional written by Emily Furda
Read Ephesians 4:20-25

Part of living uninhibited means being honest in our friendships, but that's not always an easy thing to do.

You may have one friend who just never seems to fit with your other friends, but she's a good second choice if you're lonely. You won't admit it, but you secretly like her quirky personality. She brings out a side of you that is often hidden. All she wants is to belong, so you promise to invite her the next time you go out with your other friends, all the time hoping she won't remember. The next week, you're out laughing with your friends over caramel macchiatos until you lock eyes with her as she gets her mocha latte to go. Your other friends don't even notice, but you do. Suddenly the coffee tastes very bitter.

It's good to have friends from different backgrounds with different likes and personalities. It's also okay if not all of your friends are close with each other, but there should be mutual respect, and it has to start with you. Part of living uninhibited means living authentically with your friends.

One part of you may shine with one friend and another side may come out more with another, and that's okay, but if you feel the need to exclude friends or keep relationships a secret, what are you really hiding? Are you using a friend to combat loneliness when others aren't around, or are you afraid to be your true self?

Living uninhibited can't happen unless you're truthful with both others and yourself. If you're the friend who is being hurt, speak up. If you're the one living a double life, it's time to take an honest look about why you feel the need to hide. When you live an authentic, honest life, you'll experience the amazing freedom that comes from embracing every facet of who God created you to be.

Daily Challenge

Have you ever felt the need to hide part of yourself or hide a friend from other friends? Do you feel as if a friend is hiding you? Journal your thoughts and pray asking God how He wants you to handle your relationships.

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Monday, August 5 2019

Devotional written by Emily Furda
Read 1 Samuel 16:1-13

We remember David as a mighty warrior, someone who killed Goliath, a psalmist, and King of Israel. That's not how his family saw him. When Samuel came to David's father, Jesse, to choose the new king of Israel, Jesse didn't even think David was worth bringing out for him to see. Jesse thought his own son didn't have what it took to be king, so he left him out in the field with the sheep.

That had to hurt. Have you ever felt that way? You look at yourself and wonder what is wrong with you? You have things to offer, but those around you don't seem to notice or they underestimate you. All they see is the surface

That's the exact opposite of what God says. It didn't matter that Jesse tried to hide David from Samuel. God knew he was there, and Samuel wouldn't leave until he was anointed king. Even when no one else saw him, God saw David. The years David spend caring for sheep, guarding defenseless animals, helped prepare him to fight in battles and care for people as King of Israel. Sometimes, we go through times when we need to grow in private before we can fully use our gifts.

So often people look at only the outward appearance or things that can be measured. God isn't like that. He sees what's in your heart and knows your purpose. External appearances or lack of achievements don't change His mind. What He wants is your heart. Open your heart to Him and let Him make you into who He has called you to be. You're His daughter and are made complete because of Him. Don't wait another day to let God show you how He sees you. God knew a shepherd was really a king. He knows exactly who you are as well. You are never overlooked. You are royalty.

Daily Challenge:

Listen to "Royalty" by Francesca Battistelli
[youtu.be/a_XLpnNkiWY](https://www.youtube.com/watch?v=XLpnNkiWY)

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Tuesday, August 6 2019

Devotional written by Emily Furda
Read 1 Timothy 4:12

As women, we're told to embrace our singleness. Then we're told to desire a relationship. We're shown the amazing life we can build for ourselves. Then, we're asked if we're ever going to get married. It's maddening.

There is no one right way to live your life when it comes to your relationship status: single hoping to be married someday, single and wanting to stay single, being unsure of what you want, or married. No matter what your relationship status is, it does not diminish who you are or if your giftings can be used.

It's easy to not do things because of your relationship status. You may dream of mission trips with a future husband, but why not go now? Your adventures can be life changing for you and those you minister to. Maybe you think as a single person you don't need a house, but you love remodeling. Just because you don't plan on sharing living place with a husband doesn't mean you can't have a place where you enjoy living. Women are allowed to use power tools. If you're married, do you have something you want to learn or do but haven't because you think it will take too much time or money? You might be surprised at how supportive your husband is, and you might help him to embrace who God made him to be.

It is important to be aware of timing, and sometimes things need to wait, but you have something to offer. In today's Scripture, Paul is telling Timothy to not let his age stop him from fulfilling his purpose. This applies to you as well. Your current situation doesn't mean you can't use your gifts. When God created you, He gave you gifts to share with the world. So, embrace yourself and your gifts. You can be who you were created to be.

Daily Challenge

Write today's scripture in your own words and journal about how it impacts how you view your gifts now when they relate to your relationship status.

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Wednesday, August 7 2019

Devotional written by Diane Marie
Read Ephesians 2:10

Most of us want to do life in a big way. As Christians, we are always being told we are destined to do great things for God. Have you ever stopped and wondered what that means? What if we are just living what seems like a mundane routine life? Have we failed God?

Perhaps we are looking at it wrong. God, after all, doesn't need us to do great things for Him. He is perfectly capable of doing anything and everything alone; however, He does want to do great things through us. That's actually a huge difference. He's the one with the plan. It says in Ephesians 2:10:

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. NIV

Does that take the pressure off? You don't have to spend your whole life trying to come up with some great thing to do for God. He already has it all figured out! What you need to do is seek the Lord in prayer and ask Him what He wants you to do. (Don't forget to listen!) Of course, you should consider your gifts, talents, family situation, finances, etc... but ultimately, it's the Holy Spirit who should guide you through your life. God has so much He wants to do through you, and you can be sure when you serve Him, you will be doing great things. Why? Because a life spent serving the Lord, is the greatest life of all!

Daily Challenge

Listen to "He Knows My Name" by Francesca Battistelli.

youtu.be/1NHQJWdXfFE

Written by Diane Marie

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Thursday, August 8 2019

Devotional written by Emily Furda
Read Matthew 11:29-30

Do you ever feel as if your personality limits what you can do? Do you feel as if you have to be or do something uncomfortable just to fit into God's plan for you? You could be an extrovert who never stops talking and hugs a stranger while shopping for shoes (always ask first!). Maybe you're an introvert who thrives in calmness and feels drained when there's too many people. You could be an ambivert, a mix of both. You might not hug a stranger while shopping for a pair of boots, but for the most part, you're okay with both stillness and the overly talkative extrovert.

When God created you and your personality, He also created you with specific gifts. Sometimes it stretches you beyond what you're comfortable with. Other times it flows naturally.

Sometimes, it's surprising what someone can do. An extrovert who never stops talking might also be extremely observant and enjoy listening. You have no idea how she can know so much about others when she never seems to be quiet. An introverted person may come alive when she sings in front of a crowd, but when she leaves the stage, she needs some alone time, or at least quiet conversation. An ambivert may be willing to take the spotlight, but it's not necessary for her to be the center of attention in order for her to feel alive. She's happy in the silence but can hold her own with an extrovert who seems to never run out of words and talks faster than seems humanly possible.

Don't let your personality stop you from using your gifts or make you think you're confined to one way of behaving. You can embrace your natural tendencies. God created you to uniquely fit in a place designed solely for you. Jesus promises in today's verse that when you let Him guide you, it won't be a burden. He will be by your side, helping you every step of the way.

Daily Challenge

How do you feel about your personality and the gifts you have? Journal your thoughts, and write out today's scripture in your own words.

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Friday, August 9 2019

Devotional written by Danielle Nicole
Read Romans 15:13

When we feel hopeless, we can run to a lot of different things, but only one will satisfy our souls. When we put our hope in God, we are surrendering our control and having complete faith and confidence in God. We are putting aside our plans for our lives and choosing to find real peace. Hope allows us to trust Him with all of who we are, leaning on Him to take care of our futures, fears, worries, and dreams.

Having hope may sound easier said than done, but in Romans 15:13 it says: "so that you may overflow with hope by the power of the Holy Spirit." NIV

Hope was created by God, so to find it, we have to look to Him. When we place our hope in God, not opinions of others or our own accomplishments, it allows us to be ourselves and use the unique gifts God gives us without the fear of what others may think. God gives us joy and peace when we are trusting Him because He wants us to be filled with hope. He is showing us that when we put our trust into Him, we have true joy within us and a peace that surpasses all understanding.

This shows us we can put our hope in Him, because He is surely capable of taking care of us, even in the trusting process. Storms of life come, and darkness falls over us, but through Jesus we have hope. Uncertainty can seem to overtake us, but there is real peace when we seek Him. Our hope is based on the power of the Holy Spirit, so no matter what we may be facing, the Holy Spirit will carry us through.

Daily Challenge

How does hoping in God free you to be yourself and embrace the gifts God has given you? Journal your thoughts and about how you can apply it to your life today.

Written by Danielle Nicole

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Saturday, August 10 2019

Devotional written by Emily Furda
Read Romans 12:2

What have you learned about living uninhibited this week?
Journal, draw, write a poem, or write a prayer about it below.

Sometimes, words said to us or things done to us hang around us like chains. Things we heard years ago as little girls, or even yesterday, can pierce our hearts with a wound that never seems to heal. Sometimes, people say and do things to intentionally hurt us. Abusive relationships, bullies, or someone just having a bad day and a big mouth can leave marks so deep we wonder if they'll ever heal. Other times, people say and do things without even realizing the effect it has. It can damage beautiful parts of us God created to be embraced and shared. We lock them away, and in the process, lock away part of who we are.

Someone may have made cruel comments about your weight. No matter your size, it can tear you to your core. You may have been told that you're a failure or will never be good enough. Maybe you had an interest in learning art but were overlooked because someone didn't want to take the time to unlock your talent. You may have tried out a new style of clothes only to hear people whisper when they thought you couldn't hear them. Sometimes, a comment can even be taken in an unintended way. Maybe a music teacher compared you to another student who seemed to have unmatched natural talent. She meant you can learn if you're willing to work harder than some of the other students, but you thought she meant you weren't good enough. A hurtful misunderstanding can be enough to make you stop playing all together, killing a part of you and taking away something you love.

So how we handle it when words or actions wound our hearts so deep we can't stop thinking about them in our minds even decades later? The verse today tells us to "be transformed by the renewing of your mind." NIV

We need to allow God to change those deep-seated beliefs we have about ourselves. It takes time and a willingness to truly embrace what God says about you. It may even be wise to seek a licensed counselor. Allowing God to renew your mind is hard work, but it's worth it. The freedom you will find is life changing. The gifts you thought were dead will come to life again. You will be able to live uninhibited embracing every part you.

Daily Challenge

Listen to "Shame Off" by Mandisa, youtu.be/Qj7Jg3dfUaY and journal your thoughts about what you believe about yourself.

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Sunday, August 11 2019

Devotional written by Emily Furda
Read Ephesians 2:19-22

Have you ever looked at someone and thought “What could she possibly have to offer me?”

Often, we're quick to write off people who aren't like we are. They may dress differently, speak differently, or act differently. Without realizing it, we judge people. We look down on them or we think they're looking down on us, so we retreat and isolate ourselves. The end result is we're lonely and in desperate need of love.

How many times do we walk away from someone because unspoken rules and preconceived ideas say we shouldn't have anything to do with one another? What if the woman you assume is stuck up because she has more money than you is actually warm and caring, just waiting to make a new friend? What if the woman who struggles to speak clearly is actually fluent in another language? She has a rich culture she can share with you. Maybe the woman who seems uninterested in what is going on is actually observing and wanting to see where she fits. When we shut our others because they're too different from ourselves, we're not allowing them to be who they were created to be. When we try to dim the light one person is shining, it doesn't make us shine brighter. It makes our life and this world darker.

When we take the time to look beyond what we see on the surface, we begin to see the value others have and how desperately we need each other. We see gifts in others instead of flaws. Strangers become friends and we shine so brightly together that we can light up the world with the love of Jesus.

Daily Challenge

Watch the video of “City on the Hill” by Casting Crowns or listen to the song. youtu.be/R7MC2wu49Cw Journal about what it makes you think and feel.

Written by Emily Furda
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Monday, August 12 2019

Devotional written by Christine Perry
Read Matthew 25:14-30

Have you ever thought, “I wish I could do that, but I'm just too afraid of what people will think?” We all have unique gifts and talents God has given to each one of us. Sometimes it's the gift of organizing, or administration, for others it might be singing, graphic design, baking, the ability to thrive in physical activities.

Today's Scripture reading is on talents, a form of currency in ancient day Israel. This passage discusses how each servant used his money. However, the same can be true for our talents and gifts. Are you investing or burying your talents? Look at today's reading and see what happened to the servant who was given one talent.

If we don't use what God has given us, the blessing will go to the person who is using their talents.

What you have is beautiful, unique and needed! Too often Christians fall into the negative “what if” thinking, but if you don't use your talents and giftings you also will never know the eternal impact using your gifts and talents will have.

Don't let fear and your feeling of inadequacy hold you back. Fear and inadequacy will always be present, but instead of letting them hinder you—let them fuel you. The time is now. So, brush off your talents, get off the bench, and get into the game. You won't regret it!

Daily Challenge

Do you have a talent or gift you're hesitant to use? Journal about your fear and what good things could happen if you use it. Also, encourage a friend who is afraid to use her talents.

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Tuesday, August 13 2019

Devotional written by Emily Furda
Read James 1:27

Many of us want to bring change to this world, and we often wonder how we can have a bigger impact. We're saved by faith, and because of the love of Jesus in our hearts, we naturally want to show Him to the world. How do we do that?

James 1:27 says: Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world. NIV

In biblical times to be a widow meant you were completely dependent on someone else. It was rare to find a woman who could financially support herself. After her husband died, it was the job of her son to care for her. If she had no adult children or parents to turn to, she could be left at the mercy of others. Orphans were in the same situation: silenced, helpless, voiceless, and unloved.

No one person can help everyone in every way, but you can make a difference. Start where you are. Is there someone who needs something you could provide? It could be as simple as sending an extra sandwich with your child's lunch to share with a classmate who forgot their lunch. It could be paying for a stranger's groceries. It might not even be a physical need you can help with, but someone may need encouragement. A well timed present of something a friend wants but can't buy can be priceless to her. Consider the person who is receiving the gift and give it in a meaningful way for her. Maybe instead of bringing her a cake for her family as treat, her kids would enjoy making it her. Giving her the supplies or a gift card when money is tight, would meet the need and create memories for her. It may be as simple as listening without judgment to someone else's thoughts, hurts, and ideas. Opportunities to bring change are all around us. It's not as hard as we think. Helping just one person is priceless in the eyes of God.

Daily Challenge

What are some needs you know you could meet for a friend or stranger now or in the future? Pray over them and look for ways to do at least one sometime this month.

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Wednesday, August 14 2019

Devotional written by Danielle Nicole
Read Romans 8:31

When we are trying to pursue our dreams, we must know, even when others are against us, our God is for us. It can be hard to reach our goals when other people are telling us things that bring us down or when thoughts of doubt are flooding our minds. It's here we need to remember our God is on our side and promises to be for us.

When our minds fill with negative thoughts, it makes it more difficult to shoot for our goals or to move onto our next season. People might tell us we're not good enough, brave enough, or old enough, and it can feel like the whole world is against us. We need to remember what God has promised us in these battles, for it's then that we will be able to reach the other side.

Even when doubt tries to convince us we can't pursue our dreams, we need to remember doubt isn't who we serve. It's God who we serve, and He is for us, no matter what we are going through. So, it doesn't matter what the world is saying. Even when we feel like we're going up against the odds, we can know who is on our side.

So, when you feel doubt trying to creep in, hold to the one who is fighting with you. For when your God is for you, what does it matter what doubt is saying? Through Him, you can reach your goal, and be free to live uninhibited. You can reach the other side of your battles, and you can defeat the doubt creeping in your mind.

Daily Challenge

Make a list of the negative things you believe or others have said to you about your dreams and goals. Next to each one, keeping in mind today's scripture, write a truth to combat each lie.

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Thursday, August 15 2019

Devotional written by Emily Furda
Read Acts 9:36-43

In today's passage, we read about Tabitha. One reason her story is remarkable because of the miracle that happened to her, but there is another, often overlooked, reason her story stands out. We often think of the word "disciples" referring to the 12 men who first followed Jesus when He walked the earth. While they were disciples, they are not the only disciples. Tabitha was called a disciple. It's unusual to find a woman mentioned as a disciple in the Bible because of the culture of the day. So, to see her mentioned is something special and is there for a specific reason. What was it that made Tabitha so special? Very little information is given about her.

In Joppa there was a disciple named Tabitha (in Greek her name is Dorcas); she was always doing good and helping the poor. Acts 9:36 NIV

She was known for doing good and helping others. We don't know what good things she did or how she helped other people, but maybe we don't need to know. She left a legacy of being known as a disciple of Christ because of how she lived. What will we be known for? We can have that same legacy when we use our unique gifts and abilities to share the love of Jesus with those around us.

You may think you don't have a big impact on the world around you, but you do. Every time you allow yourself to embrace your gifts and help, you're making a difference. Whenever you encourage someone, take a meal to someone, quietly serve at your church, volunteer to help, listen to a stranger, or pray with a friend, you're doing good. You're impacting this world for good and leaving a legacy just like Tabitha.

Daily Challenge

Listen to "Legacy" by Nichole Nordeman.
youtu.be/Ah1COE39ARs

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Friday, August 16 2019

Devotional written by Diane Marie
Read Colossians 3:23-24

You might be anxious to make your mark on this world. We all love to look ahead to the future, perhaps a little starry-eyed, and dream of doing amazing things for the Lord. What is your dream? Is it to be a doctor, a teacher, a recording artist, or an author? What big thing are you dreaming of?

Thinking of all this brings to mind Colossians 3:23-24. "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." It is the Lord Christ you are serving. Wow! You might want to read that again.

What this verse is saying is everything we do, if we do it as unto the Lord, will be rewarded. Not only that, when we do it, we are serving Christ Himself! Perhaps, it's not just the big things that are amazing things. Maybe, even the little things we do for Jesus are amazing too! Why wait until we feel like we are living out our dreams to put everything we've got into what we are doing? Everything we do can be done for Jesus. Maybe you're babysitting a friend's child for the evening. How can you use those few hours to advance the kingdom of God? Maybe you're a cashier at a fast food place. How can you project Jesus? Maybe you just got hired for an entry-level position and feel like you are just buying time until you get the job you really want. Don't waste a single day at work. Seek God and have Him show you how you can serve Him at work now. Life can and should be a fantastic adventure. Anyone who travels a lot can tell you that sometimes you find the most fun in the journey is when you're not so focused on "getting there". When you're focused only on the big goal, you miss all the good stuff along the way. Wake up every morning and ask God how you can best serve Him each day. If you listen closely, you'll find the life you're living now can be pretty amazing!

Daily Challenge

Make a list of 5 small things you can or already are doing that can be done for Jesus. Journal about how realizing you're doing these things for Jesus impacts you.

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Saturday, August 17 2019

Devotional written by Emily Furda
Read Habakkuk 2:3

What have you learned about living uninhibited this week?
Journal, draw, write a poem, or write a prayer about it below.

Have you ever put together a jigsaw puzzle? Full of excitement and optimism you pour the pieces out of the box. Then reality hits. This isn't a small puzzle like you played with as a little girl. This is 2,000 pieces and most of them look the same. You can't even find two pieces to fit together. Gradually you sort the pieces out. Days, weeks, and maybe even months of trial and error eventually yield the beginning of a picture. Sometimes frustration hits. You complete an entire section thinking it's the ocean only to realize it's the sky. Your work wasn't wasted, it was simply rearranged.

Sometimes, your life can feel like a puzzle. You see different gifts you have, but you don't see how they fit together to make you one complete person. You enjoy taking the lead and aren't afraid of the spotlight, but you also like helping behind the scenes. You're athletic and you're a talented pianist. Sometimes others see one gift you have and never let you be anything more than that. They see your gift for teaching but never acknowledge your ability to write. They see you as a dancer and overlook your ability to sing.

Sometimes, just like the pieces of jigsaw puzzle, things don't fit where you thought they would, but your hard work is never wasted. The pieces just need to be rearranged because God has a better picture in mind. Sometimes it means having to wait to use all of your gifts. Other times, it means some may be more dominant than others for a season. It could also mean it's time for a change of scenery where all parts of you are embraced.

As a jigsaw puzzle comes together you likely still have a pile of pieces you don't know where they go. That's ok. When you put together a puzzle it takes patience. When you finally have that coral reef together, you celebrate it. It's not any less beautiful because the dolphin on the other side is still missing an eye and its tail.

Each beautiful part of your life is meant to be celebrated even when some parts don't seem to be coming together. Let God put the puzzle together and watch the beautiful picture of your life be revealed one piece at a time.

Daily Challenge

Memorize today's Scripture or write it out in your own words.

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Sunday, August 18 2019

Devotional written by Emily Furda
Read 2 Samuel 6:14-22

Sometimes, it can feel awkward to worship in front of others. Maybe you feel compelled to lift your hands during a quiet hymn but no one around you is. During an upbeat song all you want to do is cry as you crumble into your seat. Maybe you want to join in with the group who spontaneously started dancing but you feel too old or think you're too uncoordinated. Deep down you're longing to let yourself let go and worship God uninhibited, but it feels awkward.

In today's Scripture, David danced unashamedly in worship to God. He wore a linen garment as he danced instead of his usual royal garments. It was a show of humility. He wasn't better than any other person who was worshipping, and he kept the focus on God, not himself. Dancing was a one way he worshipped, but so was setting aside his royal garments. That didn't go so well with some people. His own wife was angry because he set aside his status symbol and worshipped like anyone else, but it didn't stop David. He was willing to do it all again. He worshipped in his own way.

God created each of us to experience Him in our own unique way. What He asks is that we use our unique gifts to worship Him uninhibited, even if it looks strange to others. He also asks us to allow others to use their gifts without us looking down on them.

Maybe, out of respect for others, it's not always possible for you to worship as freely as you like in your church setting. Don't let that stop you. Turn on some worship music at home and just let yourself get lost in God's presence. Be who you are. Lift your hands, twirl and dance, fall to your knees, do something creative, or even quietly listen as the music surrounding you lifts your spirit in silent worship.

Your heart will soar as you give yourself in uninhibited worship to God.

Daily Challenge

Find time within the next week to worship in a way that is unique to you. Embrace who you are as you worship God.

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Monday, August 19 2019

Devotional written by Christine Perry
Read 1 Peter 4:10-11

Have you ever felt like there was something wrong with you? Maybe you don't have many friends, or you're not very outgoing, or you tend to be private when it comes to your personal affairs, or maybe you have a hard time being alone.

Just because you may not fall into the extrovert crowd, it doesn't mean you're any less important. and vice versa. Just because you have a harder time in solitude or need people around, it doesn't mean you are less important.

Every single human being was made in the image of God; therefore, you're unique, and you matter. You have something to offer to others. Don't be surprised if it doesn't look like what you think it should. Maybe you have the ability to listen to others. Maybe you have the gift of networking or coming alongside and supporting someone. Maybe you're a visionary. Everyone has a part to play in God's story.

We were bought at a price and God deserves our all. So, whether that be serving him as a mom, a CEO, or an artist, you're unique. Your giftings are unique, and they can be used to bring God glory. He loves to see his daughters using what He gives!

Daily Challenge

What parts of your personality or your giftings do you see as insignificant or a detriment? How can those be used for good? Journal your thoughts.

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Tuesday, August 20 2019

Devotional written by Heather Golden Horton
Read Isaiah 30:21

Life can leave us with some pretty huge question marks on our journey. Questions about the future and how to use our unique gifts to honor Him may loom in our heads, leaving us wondering which path to take next. There is solace in knowing we have a God who loves us and can be known by us. He is our faithful guide through the known territories of the mundane and is just as present to guide us through our off-road adventures in question mark seasons.

It can be tempting to listen to every voice in our world as we try to determine our next step. However, when we are diligently seeking the best path, we must realize God is truly a trustworthy and faithful guide. If we are committed to following His path, if we follow closely, He will lead us. We can know the paths God is guiding us on by creating space in our lives to communicate with God in prayer, quietly soaking in what He is teaching us from the Bible and having open eyes to His opportunities around us. Equally important, our hearts must be surrendered enough to pause our own plans when He leads us to a place of waiting and restoration.

Having faith in God as our guide means taking the role of a willing follower. God will faithfully lead us down many bending paths but has promised us His presence will not leave. As our guide He has never promised easy travel or avoiding dark valleys, but He is a faithful guide who is aware of the terrain up ahead. If we choose to trust, His path will eventually lead to places beyond anything we could dream. The most beautiful moments of the journey will be spent with Him close by.

Daily Challenge

Listen to "On My Side" by Citizen Way.
youtu.be/tyTGLFqiLP8

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Wednesday, August 21 2019

Devotional written by Emily Furda
Read John 6:1-14

Do you find yourself waiting to use your gifts because you feel incomplete and as if God can't use you yet? You keep waiting until something else happens or you grow more in an area of your life. If one little boy in John 6 dismissed his gift as insignificant, a great miracle may not have happened. There was a crowd of over 5,000 hungry people (5,000 only counted the men. It was likely at least double with women and children there). Jesus already knew what He was going to do, but He wanted to see if His disciples saw Him as their provision or simply the huge need. As usual, they only saw what seemed like a need that was impossible to fill.

One disciple brought a little boy who had five small loaves of bread and three small fish. That boy could've kept his small meal for himself. The disciples thought it was too little and tried to dismiss it, but his small gift was big enough for Jesus. He used it to fill the needs of the people to overflowing. This boy gave all he had, and Jesus did the rest.

God wants to do the same with you. What gift do you have that you don't feel like is good enough? Do you compare yourself and hold back from serving because you think it won't matter or someone else can do it better? God never asks you to be the best or perfect. What He asks is for you to give Him what you have. Treasure your gifts no matter how small they seem. Not only do your gifts matter, you matter to God. You were created with a unique purpose. His power is what completes you and brings you to perfect fullness.

Don't be afraid to take the first step. When you do, watch and be amazed at how God will multiply your efforts beyond your wildest dreams!

Daily Challenge

How does the story of this boy impact how you see your unique gifts? Journal your thoughts.

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Thursday, August 22 2019

Devotional written by Heather Golden Horton
Read 2 Thessalonians 2:16-17

There will be seasons when being obedient to God's call for us leaves our hearts overwhelmed. The call God is revealing to our hearts may seem huge, even a bit beyond our ability. He may have impressed us to serve our neighbor, to make peace with a family member, to share our story with our Bible Study group, or God may have led our hearts to some other avenue of serving Him. There is a temptation to shrink in fear, hiding away from this call, feeling hopeless and inadequate but we could, instead, boldly choose to hope in God, the strength of our heart.

There is comfort in knowing the God who called us to this task is the One who loves us, pouring out steadiness to complete it. We can find hope in knowing, though we may feel weak and unqualified, our Father God has unlimited ability. The gifts He has given us are what He will use to help us answer His call. The God we serve already knows every outcome before He sets us on a path. He is able to provide each word we should speak and everything we might lack on this journey of surrender. He will always be present, equipping us for every good work that He lays in our path.

By sharing our fears and feelings with God in prayer, and choosing His hope rather than discouragement, we can begin to see the adventure in the opportunities He has laid before us. We can find confidence in the quiet times we spend with Him, pouring out our hearts and letting Him lead us in times of times of quiet study in His Word. We can press into His heart with hope and knowing we are heard and in His safe keeping as we step out into all He has planned for us.

Daily Challenge

Is there something God is calling you to do but you're afraid? Write out a prayer or letter to God telling Him your fears. Then, ask Him to show you how the gifts He has given you are a part of His calling on your life.

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Friday, August 23 2019

Devotional written by Danielle Nicole
Read Psalm 33:11-15

Have you ever doubted if your life has purpose?

When we look at our lives, sometimes it might look like nothing is happening. We feel as if we have no purpose or maybe God doesn't have a plan for us.

In today's scripture, we are promised God's plans stand firm forever. He promises there is a plan for our lives and purpose for us. We can easily miss seeing our purpose when we set our eyes on what others have and what they do. Focusing on how other people serve a purpose can cause us to miss the purpose we have been promised. When we are comparing who we are with others, we miss seeing who God intended us to be. We might start to think the only way we can successfully serve is if we are being just like someone else.

You weren't created to be like someone else. God's plan for your life isn't going to look like someone else's, and it might not look like what you pictured. We have no need to worry about God's plan for us because it is in His control. He is holding you in this season of unknowns and is with you through every moment. Though His plan may not be revealed to you right now, you will know it in time, and until then, He will guide through every minute of every day. He will open your eyes to His plan for your life in His timing. The key is to just keep praying and holding to His promise for you.

So, you don't need to be afraid of what is to come, for He promises to go before you. When you are seeking to find our purpose and use the gifts God has given you, pray about it. You must hold to the promise that God has a plan for you and trust He will lead you to where you are meant to be.

Daily Challenge

Listen to "This Little Light of Mine" by Addison Road. youtu.be/lkKZEyxrDjs

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Saturday, August 24 2019

Devotional written by Emily Furda
Read Exodus 17:8-13

What have you learned about living uninhibited this week?
Journal, draw, write a poem, or write a prayer about it below.

It's easy to look at someone who continues to fight no matter what is thrown her way, see her living, using her gifts, and assume she has all the strength and self-confidence she needs. It's easy to forget even the strongest among us, even the most revered leaders, need help at times. Even the most battle tested soldier sometimes needs help to be who she is meant to be and do what God has for her to do.

In today's passage, we see Moses needed help. As long as his hands were held up, the Israelites were winning the war they were fighting. If his hands fell, so did the troops. God told Moses to keep his hands up, but He never said Moses had to do it alone.

We see his brother and a friend come alongside Moses. They gave him a place to sit and held his arms for him. Perhaps this story is here to show us we need each other in order to live out our purpose. Moses needed help and those who helped him were just as vital for the victory of the battle as Moses was. We all need others to hold our hands sometimes. Just because someone is used to fighting a difficult battle and seems confident in who she is, doesn't mean she's capable of doing it alone. Your friends need you. Even if it's nothing more than a comfy place to sit, you can offer her something. You can hold her hand and lift her up in prayer. You can encourage her and strengthen her. You can help her fight off her enemies.

Sometimes, when someone is in the middle of a raging battle, she is focused only on what is right in front of her. She may be exhausted but not see any way out. She may be so focused on what she has to do that she can't even think of the help she may need. Sometimes, it's helpful to ask a friend if you can do anything for her. Other times, it helps to offer something specific. Think about her unique needs and desires. Don't try to force her to accept something you like but she may not. Ask if she needs someone to play with her kids so she can take a nap or get her hair done. Send her a gift card for her favorite coffee shop or something you know she wants but wouldn't spend money on for herself. Sometimes, encouraging her spirit is more important than trying to change her circumstances. When you encourage you friend's heart, you help strengthen her. You can use your unique gifts to help her use her unique gifts. You might not be able to fight your friend's battle, but you can help her to continue to fight. That is a priceless gift.

Daily Challenge

Pray for your friends today. Are any of them fighting a battle? Look for a way to encourage or help her in a way that is meaningful to her and do it as soon as possible.

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Sunday, August 25 2019

Devotional written by Emily Furda
Read Luke 2:41-52

Why did Jesus have to come as a child? The perfect Son of God was parented by imperfect parents. Just like any other child, He was dependent on Mary and Joseph to provide for Him and care for Him. In today's passage, while He didn't sin, He sure scared His parents just like every other child does at least once.

Every year, He and His entire family made the long journey to Jerusalem for Passover. Traveling with extended family likely meant lots of children were running around, and it was easy to assume an aunt or grandparent was looking after Jesus along with His siblings and cousins. When they were on the long journey home, and likely exhausted, Jesus was nowhere to be found. Can you imagine the fear Mary and Joseph had when they realized the Messiah was missing? They were given the task of caring for the Son of God, and He was lost. When they found Him three days later, He was in the temple. He knew the temple was His Father's house.

Perhaps, one of the reasons Jesus came as a baby and was raised in an imperfect earthly family, was to show us all God knows we're human and will make mistakes, but that doesn't make us unworthy to be a vital part of His plans. Even when we're embracing who we are, we will still make mistakes, but God still chooses us to be a part of His plan. Mary's imperfections did not disqualify her from the purpose God had for her and neither do yours.

Daily Challenge

Do you have any imperfections you feel disqualifies you from serving God? Is there a past mistake you can't let go of? Pray and journal, asking God what He wants to show you about them.

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Monday, August 26 2019

Devotional written by Heather Golden Horton
Read Matthew 5:14-15

Often in life, there are moments when you feel less than stellar. There may seem to be no glimmer as you are wondering if anyone will notice you at all. It can be difficult when you may not see the results of the hard work of sharing God's love with others. You may wonder what kind of impact your life or ministry can have on this enormous planet.

Jesus's words in Matthew 5:14 can encourage you to see yourself as through God's lens. You were meant to be luminous, a light for the entire world to see. You were intended to be a blazing light, not hidden among shadows. You were always meant to be the "bright city" sort of light, the type you see in the most breathtaking nighttime skyline that leaves your eyes mesmerized.

You are luminous because Jesus is in you! When the shadows of your circumstances threaten your glow, remind yourself that you were specially created to be the light for those in your sphere of influence. The impact you have and the span of His light in you may not be wholly known by you until you reach eternity.

You were not always designed to see all the fruit of your work, but you were designed to shine His light in a way only you can using the gifts only you have. Many will encourage you to hide away, allowing your faith and your calling to be buried in the darkness. It is when you begin to point them toward God's grace that you will begin to shine brighter with His light. This light was only meant to spotlight the gospel message of the hope of Jesus. Oh, the beauty in knowing your luminosity can direct others to see the most radiant light of all: your Savior, Jesus!

Daily Challenge

Listen to "Shine" by Mandisa.
youtu.be/RXiev50UvJs

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Tuesday, August 27 2019

Devotional written by Emily Furda
Read Romans 12:6-8

Have you made a mistake, and you just couldn't forgive yourself, even after you asked God for forgiveness? Sometimes, it's seems too hard to grasp how a holy God could still love you. Maybe you have felt as if others could be forgiven but not you. It's hard to feel at peace about who you are when you don't think you can be forgiven. Sometimes we can be so hard on ourselves that we feel as if we're no better than the dust and dirt we walk on. We often think of dust and dirt as something bad that needs washed away, but what if dust and dirt have a different meaning? What if it's a good thing?

Psalm 103:14 tells us: "for he knows how we are formed, he remembers that we are dust." NIV

This verse isn't an insult about our worth; it's a reminder of our humanness and how loving God is. While we are called to live a life of righteousness, God also knows we're going to make mistakes. He remembers He created us from the dust and dirt of the earth. He took something we often think of as worthless and gave priceless life to it. He chose to love us enough to send Jesus to die for our sins and bring new life to our hearts.

The next time you're tempted to hang on to the shame you feel, kick off the dust from your shoes, and remember God knows you're fragile. He knows you're prone to fail, but He also loves you enough to remove your sins so far away from you that they can no longer be seen the moment you ask for forgiveness. You can feel peace about who you are, even when you've made a mistake, because in His eyes, you're not dirty or worthless. You're His creation. That makes you priceless and worthy of love.

Daily Challenge

Is there something in your life you struggle with feeling as if you're truly forgiven, or have you felt that way in the past? Journal your thoughts about how today's scripture impacts how you see yourself, especially when you've sinned.

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Sunday, August 28 2019

Devotional written by Emily Furda
Read 1 Kings 17:7-16

Do you ever feel as if God is asking you to give more than you have? Even when you're embracing who you are there are times when it will feel too much. You don't feel like you have anything left to give.

In today's Scripture, we see a woman who thought she was at her end. Then, God asked more from her. There had been a drought in the land, and her plan was to make one final meal for herself and her son. Then, they would die. That's about as close to quitting as you can get.

Knowing what little she had, God sent Elijah to her. Elijah asked her for bread. She told him her plan, and he said to make him bread anyhow. He said to not be afraid, and she wouldn't run out of oil and flour.

Can you imagine what went through her mind? Did she believe him? Maybe she was too tired to think. Was she muttering to herself the entire way home about how crazy this was, or was she joyfully trusting God, knowing He was going to do a miracle?

What would you be thinking if you were in her place?

What if she had said no? She would've missed out on a life saving miracle. Can you imagine the wonder and amazement she felt as she made the bread, and there was still flour and oil? Was she smelling the fresh bread baking trying not to burn it as she stared in amazement at her jars?

When God asks you to give something and you feel like you have nothing to give, He will never leave you empty handed. He knows your needs, physically, emotionally, and spiritually. He loves you and will never fail you. He has an answer before a problem even comes up. Next time you feel like God is asking you to do something that seems crazy, remember He may be getting ready to give you a crazy amazing miracle.

Daily Challenge

Listen to "Right Place" by Petra.
youtu.be/TKzN6qw62X0

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Monday, August 29 2019

Devotional written by Emily Furda
Read Galatians 6:4-6

When you look at what your friends and family members are accomplishing, do you feel weighed down? They look like they're succeeding and know exactly who they are, but you feel you feel insignificant when you see where you are in life. You want to succeed, but instead you feel like you're on a merry-go-round going in circles and your mood goes up and down based on what you accomplish in a day.

You were created with a purpose only you can fulfill. While it's good to have others who can inspire you, don't let their lives become your measuring stick for your success. Trying to be like someone else and have success in the same way or timing as others means you'll have to carry the weight of their unique purpose. If you try to carry it, you'll be weighed down and your heart will feel heavy. The same is true for others. No one can fulfill your purpose.

Learning how to be yourself and using your unique gifts isn't something that can be measured by outward accomplishments alone. Sometimes growth takes place in your heart long before others can see it. Think for a minute about who you are and who you used to be. Are you more loving or more giving? Are you more open to new ideas, or are you surer of what you believe when it comes to your faith? Are you dealing with something in your personal life that requires you to overcome unique challenges? Be proud of your progress. You're likely succeeding and becoming more who you were created to be and don't even realize it.

If you're in a phase that feels like a merry-go-round in your heart, go easy on yourself before you get dizzy. Celebrate who you are. Savor the sweet victory of the changes no one but you and God can see.

Daily Challenge

Make a list of at least 10 hidden ways you've changed or things you've overcome in your life. Journal how this impacts how you feel about yourself.

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Tuesday, August 30 2019

Devotional written by Emily Furda
Read Isaiah 43:19

It's easy to see something new when a major change happens. We notice when someone plays guitar in church for the first time. When someone graduates or has a new job, it's celebrated. We're even quick to like a new profile picture on social media. We notice the result, but do we notice the beginning?

C. S. Lewis sums it up so well in his book *Prince Caspian* "Isn't it funny how day by day nothing changes, but when you look back, everything is different?"

Change starts long before we can see it with our eyes; it starts in our hearts. It starts one tiny step at a time. Sometimes, even thinking about something new is scary because we don't even know what our first step should be, let alone the rest of them along the way. We wonder what will happen if we let go of old ways, even if our way of doing things isn't anything close to ideal.

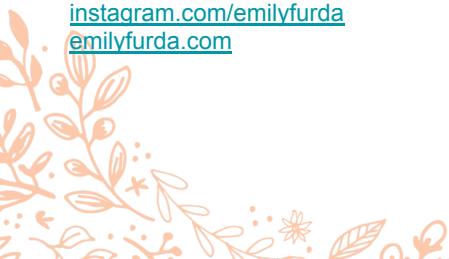
God promises us He will make a way for us. He can make life sustaining water appear in the middle of a desert. At first it may seem scary, but He knows our desires. He also knows our fears and our needs. He knows what we're capable of and the purpose He created us for.

As we begin to embrace who God made us to be and use our gifts, we will gradually see change and new things in our life. The path will unfold before us one step at a time. One day we will be able to look back and see the decision to live as who God created us to be just might be the best change of all.

Daily Challenge

Listen to "Lead the Way" by Ryan Stevenson. youtu.be/M4x-5CKdhD4

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Saturday, August 31 2019

Devotional written by Emily Furda

Read 2 Peter 1:3

What have you learned about living uninhibited this month?
Journal, draw, write a poem, or write a prayer about it below.

This month we've learned some of the ways we can and be ourselves. Even the most confident people still have days when they feel as if they're lacking, when they think they can't be who they are because something is missing or they're not good enough.

Think for a minute about what you think you need to fully live as yourself. Is there something stopping you from being yourself or embracing every aspect of yourself? Do you want to be older, have a college degree, lose weight, have best friend, be married, or have children? Have ever you written yourself off because you don't see your value? When you look at your life do you see what you have or what you lack?

When you're a daughter of God, He gives you everything you need to live a full life every single day. No degree, job, or person can fill what God alone can do. There is nothing wrong with wanting something more in your life. Growth and change are part of life, but accomplishments or social standing aren't what you need to live the amazing life God has for you. In fact, not only do you not need it, it's impossible for you to live out the full calling God has for your life on your own.

Instead of looking at what you lack, ask God what He sees in you. Listen to the truth He says about you. If you're feeling empty or as if you are always coming up short, remember today's scripture. It is through God's divine power you have what you need. God's power isn't something you tap into whenever you need a little extra boost like a third cup of coffee after a late night. It's the source of everything you need to live out the calling God has for you. On your own you will always come up short, but with God, you already have everything you need to live uninhibited.

Daily Challenge

Memorize today's scripture and journal what you have learned this month about living a life uninhibited.

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