

MOMENTS
of **PEACE** in the
PRESENCE
of **GOD**

**MORNING AND EVENING MEDITATIONS
FOR EVERY DAY OF THE YEAR**



BETHANYHOUSE

a division of Baker Publishing Group
Minneapolis, Minnesota

© 2010 by GRQ, Inc.
Published by Bethany House Publishers
11400 Hampshire Avenue South
Bloomington, Minnesota 55438
www.bethanyhouse.com

Bethany House Publishers is a division of Baker Publishing Group, Grand Rapids, Michigan.

Printed in China. All rights reserved under International Copyright Law. Contents and/or cover may not be reproduced in whole or in part in any form without the express written consent of the publisher.

This edition published 2016
ISBN: 978-0-7642-1849-1

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, mechanical, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Scripture quotations noted *AMP* are from *The Amplified Bible, Old Testament*. Copyright ©1965, 1987 by The Zondervan Corporation. *The Amplified New Testament*. Copyright ©1954, 1958, 1987 by The Lockman Foundation. Used by permission.

Scripture quotations noted *CEV* are from *THE CONTEMPORARY ENGLISH VERSION*. Copyright © 1991 by the American Bible Society. Used by permission.

Scripture quotations noted *ESV* are from *The Holy Bible, English Standard Version*, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations noted *GNT* are from the *Good News Translation*, Second Edition, copyright © 1992 by American Bible Society. Used by permission. All rights reserved.

Scripture quotations noted *GOD'S WORD* are from *God's Word*. Copyright © 1995 by God's Word to the Nations. Used by permission of Baker Publishing Group. All rights reserved.

Scripture quotations noted *HCSB* are from the *Holman Christian Standard Bible®*, copyright ©1999, 2000, 2002, 2003 by Holman Bible Publishers. Used by permission. Holman Christian Standard Bible®, Holman, CSB®, and HCSB® are federally registered trademarks of Holman Bible Publishers.

Scripture quotations noted *KJV* are from the *KING JAMES VERSION*.

Scripture quotations noted *MSG* are from *THE MESSAGE: The New Testament, Psalms and Proverbs*. Copyright ©1993, 1994, 1995 by Eugene H. Peterson. All rights reserved.

Scripture quotations noted *NASB* are from the *NEW AMERICAN STANDARD BIBLE®*. Copyright ©1960, 1962, 1963–1968, 1971, 1973–1975, 1977, 1995 by the Lockman Foundation. Used by permission.

Scripture quotations noted *NCV* are from *The Holy Bible, New Century Version*, copyright ©1987, 1988, 1991 by Word Publishing, a division of Thomas Nelson, Inc. All rights reserved. Used by permission.

Scripture quotations noted *NIV* are from the *Holy Bible: New International Version* (North American Edition)® Copyright ©1973–1978, 1984, by the International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture quotations noted *NRIV* are from *THE NEW KING JAMES VERSION*. Copyright ©1979, 1980, 1982, Thomas Nelson, Inc., Publishers.

Scripture quotations noted *NLT* are from the *Holy Bible, New Living Translation*, copyright ©1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Scripture quotations noted *NRSV* are from the *NEW REVISED STANDARD VERSION* of the Bible. Copyright © 1989 by the Division of Christian Education of the National Council of The Churches of Christ in the U.S.A. All rights reserved.

Scripture quotations noted *TLB* are from *The Living Bible*, copyright © 1971. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Editor: Lila Empson Wavering
Associate Editor: Natasha Sperling
Writers: The writers for GRQ, Inc.
Interior Design: Whisner Design Group

CONTENTS



Introduction.....	6
January.....	10
February.....	74
March.....	132
April.....	196
May.....	258
June.....	322
July.....	384
August.....	448
September.....	512
October.....	574
November.....	638
December.....	700





INTRODUCTION

You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore.

Psalm 16:11 NRSV

When Jesus went to his disciples on the evening of his resurrection, the first thing he said to them was, “Peace be with you.”

That has not changed. When you are in the presence of God, you are in a place of peace. Peace comes from the presence of someone who made you in love and keeps you in grace, someone you can count on to be with you in all things. When you are in God’s presence, you are with one who knows you and wants you to have the best life has to offer. In such a presence you have an inner calm that exceeds human understanding and measurement.

This book invites you into the presence of God, where the gift of peace awaits. In its pages you can discover that God is nearer to you than you are to yourself. To know God’s presence in this way is to be at peace.

There are morning and evening meditations for every day of the year. You can begin where and when you choose.

Morning meditations—“Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul” (Psalm 143:8 NIV).



The morning meditations are a good way to begin your day with God. Just as when you nourish your body with a hearty, healthy breakfast, feeding your soul with God's grace will renew and refresh you for the hours ahead. Nothing will affect your life in such a powerful and satisfying way as seeking God first thing in the morning.

These brief meditations have been fashioned to encourage you and give you hope. Some days, your faith will be reassured. Other days, you will be emboldened to live it out. Yet every morning you will experience the wonderful goodness of God.

Though it is impossible to describe the profound depth of God's love for you, you will grow to understand and appreciate it more as you spend time with your beloved Creator. He will empower you in difficult times, inspire you to meet challenges, and support you when you simply need to trust him. Undoubtedly, the Bible will guide you, his grace will comfort you, and his love will provide you with the strength to make it through the day.

Evening meditations—"GOD, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from" (Psalm 23:1-2 MSG).

The evening meditations are from the book of Psalms. Throughout the ages, the Psalms have been an inspiration to countless people. Not only do they hold some of the most



beautiful verses ever written about the joys and sorrows of the human heart, but they also bring you to the very throne of heaven as it describes your loving God.

Originally a worship book for the people of Israel, the book of Psalms was compiled during a time period of more than a thousand years—from the time of the exodus from Egypt until after the Babylonian captivity. Seventy-three of the psalms were composed by King David; however, Moses, Solomon, Asaph, and possibly King Hezekiah also contributed to this exquisite book of hymns, prayers, and poetry. Their insights are recorded to encourage you and bring you closer to God.

These meditations on the Psalms were put together with you in mind. They connect the daily struggles you face with the profound wisdom of the Bible. Throughout the Psalms, you will discover the intimate relationship God wants to have with you—how he can be your Defender, Provider, Healer, and King no matter what you face.

God is waiting to fill you with joy and to comfort you with his presence morning and evening and throughout the day. Read the inspirational verses, pray, worship God, and enjoy your journey.

This book invites you to turn up the quiet in your life, to be still and know God immediately and intimately.



Quiet your body as you sit still; hush the nudge to be somewhere else.

Quiet your mind as you shake off the pressures of agenda and schedule.

Quiet your heart as you make God's presence your priority and relegate anything else to lesser importance.

God is waiting to fill you with joy and assure you that he is with you on every step of your journey. So read the inspirational verses, pray, and enjoy your moments of grace each morning and evening. May your daily meetings with God completely bless your soul.

*You have made known to me the ways of life;
you will make me full of gladness with your presence.*

Acts 2:28 NRSV

*The LORD gives his people strength.
The LORD blesses them with peace.*

Psalm 29:11 NLT



Moments of Peace in the Presence of God
Bethany House, a division of Baker Publishing Group, © 2010. Used by permission.



January



*GOD said,
"My presence will go
with you. I'll see the
journey to the end."*

Exodus 33:14 MSG



TO SHARE HIS LOVE

*In the beginning God created the
heavens and the earth.*

GENESIS 1:1 NLT

*Let them all praise
the name of the
LORD! He com-
manded, and they
were created.*

PSALM 148:5 GNT



In the beginning, God—who is limitless in power, wisdom, and love—wanted one thing. He wanted someone with whom to share his love. So he set about creating the universe.

Words flowed from his mouth, forming planets and stars, continents and oceans. Yet as detailed and amazing as they were, they were only the stage for his dearest and best creation: you.

God created everything needed for you to live and for him to express his love to you. And he created you in his image—with a heart that could accept his love and reciprocate it.

God wants to share himself with you. Today, open your heart to him.

*Dear God, thank you for creating such an amazing
universe and for loving me. Help me to know your love
and show you love in return. Amen.*

TO BE BLESSED

*Happy are those who . . . love the LORD's teachings,
and they think about those teachings day and night.*

PSALM 1:1–2 NCV

When you have a wounded heart, you may find it difficult to know where to turn. You look outwardly to loved ones and those who purport to know the answers to your hurt, but there is no real comfort. You look into yourself and find pain and confusion there. Where can you go to soothe your soul?

*He will be like a tree
firmly planted by
streams of water,
which yields its fruit
in its season and its
leaf does not wither;
and in whatever he
does, he prospers.*

PSALM 1:3 NASB



Friend, it is no coincidence that your search has brought you here. It is not in looking out or in, but *up* to God that you will find what you are seeking. God promises you blessing when you read and embrace the Bible. God promises that you will be filled with love, joy, purpose, and peace. Isn't that what your heart has been aching for, after all?

*God, I need you. Thank you for revealing yourself
to me through the Psalms and for healing my heart.
Only you can truly bless me. Amen.*

JANUARY 2  MORNING

GOD UNDERSTANDS

We do not have a High Priest who cannot sympathize with our weaknesses.

HEBREWS 4:15 NKJV

*We are people of
flesh and blood.
That is why Jesus
became one of us.*

HEBREWS 2:14 CEV



Some days you may feel that no one appreciates the unique pressures you face. And perhaps you are in such an exceptional situation that very few really could. God, however, knows you intimately and cares about what concerns you.

God knows the hidden thoughts of your heart and can see your circumstances from an all-encompassing viewpoint. He also knows how you feel when you are emotionally spent.

Always remember that God understands you very well—even better than you know yourself—and can help you overcome any challenge you face. Take heart today by trusting in him.

*Dear God, thank you for understanding and loving me.
Help me to always remember that—no matter what
happens—you will help me through. Amen.*