



# 25 Days of Praise

Week Three

# PRAISE GOD FOR HIS *rest*

"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED,  
AND I WILL GIVE YOU REST."  
MATTHEW 11:28 NIV

25 Days of Praise | Day 14  
Praise God for His Rest  
Stephanie K. Adams

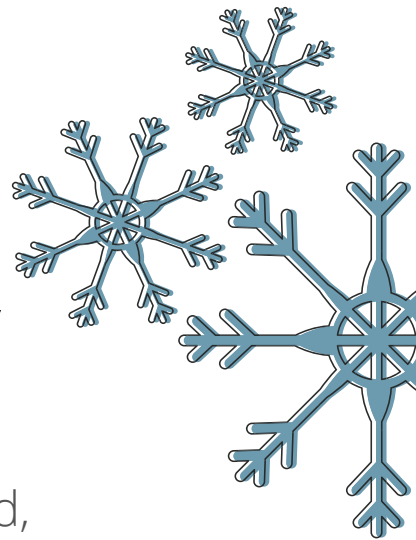
As women we don't give ourselves permission to rest. The demands of our family and other important tasks keep us on the go from sun-up to sun-down.

Yet, if we don't stop to take care of ourselves we aren't able to take care of the people we love. I like to remind myself rest was so important to God that He set the very first example of taking time to pause.



"And on the seventh day God finished his work that he had done and he rested on the seventh day from all his work that he had done." Genesis 2:2 ESV

By taking frequent time away from the crowds, and even His own friends, Jesus showed us rest isn't just about a physical pause (or even a nap), but rather it's allowing our spirit to be refreshed by reconnecting with Him through prayer and praise.



"but Jesus often slipped away to be alone so he could pray." Luke 5:16 NCV

He invites us to this place of refreshing our souls with Him.

"Come to me, all you who are weary and burdened,

*and I will give you rest."*

Matthew 11:28 NIV

Today we praise God for allowing us to lay our heavy burdens on Him and giving us true rest and refreshing of our souls. And then let's give ourselves permission to sit in silence for a few moments...or even take a nap.



*PSALM 116:7 NLT*

**Let my soul be at rest  
again,**

*for the Lord has been good  
to me.*



# PRAISE GOD FOR HIS *peace*

"...HIS PEACE WILL GUARD YOUR HEARTS AND  
MINDS AS YOU LIVE IN CHRIST JESUS."  
PHILIPPIANS 4:7 NLT

25 Days of Praise | Day 15

Praise God for His Peace

Mitzi Neely

The pressures of life often lead us to feel anxious, stressed, and sometimes fractured. Whether living a fast-paced life or one filled with overwhelm and sadness, it is easy to let the secular world distract us from living a life filled with God's peace and hope.

True peace doesn't come from positive thinking or warm and fuzzy feelings, but rather from drawing close to God, where we are promised peace that passes all understanding.

*"And the peace of God, which surpasses all understanding,*  
will guard your hearts and your minds in Christ Jesus." Philippians 4:7

## **Here are three steps to slow down and seek a life of peace:**

- **BE STILL AND LISTEN.** Take time out when you need a break. Immerse yourself in God's Word and make sure to listen for the voice of truth. Surround yourself with women of faith, daily devotionals, or some of your favorite Christian music. Pray about everything and pray often.
- **AVOID THE BUSYNESS.** Start each day with Christ as the center point. Pray over your schedule and partner with a good friend to keep you accountable so a flurry of activities don't take over your life. Be selective about what you commit to, both for you and your family members. Down time is essential to a healthy, happy life.





• STAY TRUE TO WHO YOU ARE. Don't feel pressured to chase commitment. Realize that it takes courage to say no to the wrong things and yes to the right things. Live with passion and intentional purpose. Believe in what you are doing. Refrain from joining in just because others are.

As you weigh the stresses of life, think about the decisions and the impact or consequence they will have on your life. Do you have the courage to stay true to who you are? Can you answer with a bold yes to the right things and no, not now, to the things that could weigh you down? Regardless of where you are in this journey it will take time, prayer, and wisdom to move forward. Remember to let His peace guard your heart, mind and soul, and the results will be eternal.

Mitzi Neely encourages women of all ages through her experiences and shortcomings. has been blessed with a passion and love for people that stretches across the generations. Her heart is to lighten your load, while conveying her message that nobody's perfect. So often God places certain people in your life at just the right moment; whether the reason is to help teach you, help you grow in your walk with Him, or to simply love and lift up others. Whatever your struggle or need, you will find encouragement through her words.

Mitzi is an inspiring motivational speaker, a gifted soloist, an accomplished seamstress and a dedicated career educator. It is her faith that has motivated her to pursue excellence in all her endeavors. Her primary goal has always been to use her gifts and talents as God leads, always waiting patiently before turning to the right or to the left, listening for His voice saying "This is the way; walk in it." Isaiah 30:31. Her desire whenever she speaks, sings, creates or instructs is honesty and transparency, such that God receives glory and honor. John 7:18.

Mitzi has been married to her husband Jerry for 34 years, and they have 3 children. She is a woman of faith and prays with incredible passion and conviction, humbly seeking His guidance and will for her life.

Follow Mitzi at [peacefullyimperfect.net](http://peacefullyimperfect.net)



# PRAISE GOD FOR HIS *strength*

"I LOVE YOU, LORD;  
YOU ARE MY STRENGTH."  
PSALM 18:1 NLT

25 Days of Praise | Day 16  
Praise God for His Strength  
Nancy Silvers

Way back in 2007 we experienced an epic ice storm that took out an incredible number of electric poles which left us with no power for 9 days. At the time, I was living in my own strength. I knew of God, had been to church and knew the stories and parables but I didn't know God. At first it was fun, like camping but with a mattress, a fire place and walls to block the wind. We had a fireplace but no wood so we had to find some-quick! We had to get creative with eating. I was ok, for 2 or 3 days but quite honestly my strength was lacking and dwindling.

*Because I was leaning on my own understanding, which was not all that great, my strength left quickly.*

I was irritable, restless, and discontent. Mind you, there was power at McDonald, so we ate breakfast there, there was power at Walmart so we would drive there and walk around inside to be away from the house and warm. There was power at my husbands job so we would go every other night to shower, microwave a meal and watch some TV. There was power in many places except in me, I was weak, weary and whiny. During this time I had no praise for anything, no gratitude, no strength at all and it was only nine days!!

2020 has been a challenging year in so many ways. Starting with jaw surgery in January and this continued 'rona' time there are days I feel weak and powerless over all that has and is still happening yet I feel strong too. I wake up each day

with praise on my lips because, today, ***I know my strength comes from the Lord.***

The Lord gives me strength to take my eyes off the circumstances of today and place them on the the one who holds tomorrow, Jesus!

I praise the Lord, He is my strength.

The scripture says the Lord's strength is made perfect in weakness (2 Corinthians 12:9). Let us rejoice and lift our voices in praise. God is strong and mighty.

And He said to me, "My grace is sufficient for you, for My *strength* is made perfect in weakness."

2 Corinthians 12:9 NKJV



Nancy Silvers loves Jesus and serving the Lord in the background out of the limelight. She is an encourager who loves to pray with and for others. In her downtime you will find her tending her garden, rescue pups, chicken and helping her best friend and husband, Bill, with projects around their property.





# PRAISE GOD FOR *creating family*

"GOD PLACES THE LONELY IN FAMILIES;  
HE SETS THE PRISONERS FREE  
AND GIVES THEM JOY."

PSALM 68:6A NLT

25 Days of Praise | Day 17

Praise God for Creating Family

Jodie Barrett

When my parents announced their marriage was over, I was eight years old. I kept a brave face at the dinner table that night, even holding back my tears until I reached my upstairs bedroom. There, on the bedroom floor, I cried, and poured out my heart to my Father. Our family fell apart that day, but my Father in heaven held me close. I now know that I am His daughter, the apple of His eye.

It took me many years to even begin to comprehend what it means to have a Father in heaven that does not change. I spent most of my childhood feeling as though everything was temporary. People came and went. While other children knew what bed they would sleep in, I had to keep up with the days of the week to know which home I would lay down in for the night.

I am almost fifty now. When I meet someone's parents, I often refer to them as Momma and Daddy. I'm not trying to fill a gap. My parents are loving, kind, and present in my life. I affectionately refer to others with names often reserved for family because they are that---they are family to me. As fellow believers, we share the same Father.

Praise God for creating family...the beautiful family of God.

The apostle Paul often wrote to his "brothers and sisters," and Jesus often referred to his brothers when speaking to others about the disciples. Hebrews 12:11 tells us, "Both the one who makes people holy and those





who are made holy are of the same family. So, Jesus is not ashamed to call them brothers and sisters.”

As the family of God, one of the most beautiful things we can do together is praise the name of God. As we praise, others that have not personally found the family of God, will see, and hear of His goodness. As we lift our voices together, we can also pray that the family of God will grow, leaving none to perish without Him.



*"It is good to praise the Lord and make  
music to your name, O Most High,  
proclaiming your love in the morning and  
your faithfulness at night"*

Psalm 92:1-2 NIV



# PRAISE GOD FOR *intercessory prayer*

"IN THE SAME WAY, THE SPIRIT HELPS US IN OUR  
WEAKNESS. WE DO NOT KNOW WHAT WE OUGHT TO PRAY  
FOR, BUT THE SPIRIT HIMSELF INTERCEDES FOR US  
THROUGH WORDLESS GROANS.  
ROMANS 8:26 NIV

25 Days of Praise | Day 18

Praise God for Intercessory Prayer

Donna Fender

It was just another day. Everyone was going about their business without concern for God's will or plan. Sin was running rampant. It seemed that everyone had lost their minds and things were worsening by the minute. But being faithful to follow, He prayed for mercy. Mercy that they didn't deserve, interceding on their behalf.

"Then Abraham approached him and said: "Will you sweep away the righteous with the wicked? What if there are fifty righteous people in the city? Will you really sweep it away and not spare the place for the sake of the fifty righteous people in it? Far be it from you to do such a thing - to kill the righteous with the wicked, treating the righteous and the wicked alike. Far be it from you! Will not the Judge of all the earth do right?" The Lord said, "If I find fifty righteous people in the city of Sodom, I will spare the whole place for their sake....So when God destroyed the cities of the plain, he remembered Abraham, and he brought Lot out of the catastrophe that overthrew the cities where Lot had lived." Genesis 18-19



Intercession, on the behalf of others. Asking for help or might I even say fighting another's battles. We pray "in Jesus' name" because it is through His sacrifice that we can come before the throne of God. We ask for His blessing and for His help because He is the true Shepherd and He wants to be invited into our struggles. And because He promised us that when we ask, He will answer.

“Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” Mark 11:24

I can't think of a better Christmas gift than praying for one another and praising God for allowing us to do so.

Lord,

I lift my friends and family to you. Lord, thank you for giving us the chance to talk to You directly on behalf of others. Lord, help me to fight battles on my knees. Lord, thank you for stepping in on our behalf. Amen.



Who can you pray for today? As you pray, praise God for knowing every need and caring for each one personally.



# PRAISE GOD FOR HIS *patience*

"THE LORD ISN'T REALLY BEING SLOW ABOUT HIS  
PROMISE AS SOME PEOPLE THINK. NO, HE IS  
BEING PATIENT FOR YOUR SAKE..."

2 PETER 3:9 NLT

25 Days of Praise | Day 19  
Praise God for His Patience  
Jodie Barrett


On my good days, I deserve a C+ for patience, and please, let's not talk about my bad days. Microwave popcorn pops too slow for me on those days! I often think of patience when I am in a line. It can be a grocery store line, a bank teller line, and I vaguely remember spending hours in line for an amusement park ride. I also think of the amount of patience there is needed for parenting. Little legs are slower than ours and little minds don't always want to learn right from wrong as quickly as we would like. Some of the things I have mentioned are trivial, I know. But honestly, that is where my mind goes when I consider patience.

Until I consider God and what God considers.

God's patience trumps ours any day, and thankfully so. While we may consider God to be slow, God is being patient for our sake. The word tells us that His patience is needed that none may be destroyed (2 Peter 3:9). He is waiting for His children to repent and enter into His saving grace. Praise God for His patience!

Recently, I sat in silence as I stared at a blank page in my devotional. It was waiting to be filled with prayer concerns. There were many on this given day and I didn't know where to begin writing. As I lingered longer, I just began to write the names of those I knew did not know the Lord intimately. Oh, they have heard of Him, but they have yet to repent, turn from their sinful ways, and believe that Jesus came to die for their sins. God is patient. Hallelujah!





If I get a C+ for patience, it is likely because I get an A+ for stubbornness and selfishness. I forget that while I focus on trivial matters, God is focused on the heart of the matter. His word says that love is patient, thus God is patient. His word says, "God did not send his Son into the world to condemn the world, but to save the world through him." John 3:17 NIV The same loving God that made a way for forgiveness, patiently waits for His children to ask to be forgiven.

Praise God. Praise God!

As you praise God today, also pray for any that may not have a personal relationship with Christ.



But do not forget this one thing, dear friends:  
With the Lord a day is like a  
thousand years, and a  
thousand years are like a day.

2 Peter 3:8 NIV

# PRAISE GOD FOR HIS *forgiveness*

"YOU FORGAVE THE INIQUITY OF YOUR PEOPLE  
AND COVERED ALL THEIR SINS."  
PSALM 85:2 NIV

25 Days of Praise | Day 20  
Praise God for His Forgiveness  
Jana Kennedy-Spicer

When I read verse 1 of the 103rd Psalm, in my head I hear the hymns melody.

"Bless the Lord, O' my soul. And all that is within me, bless His holy name." Psalm 103:1

Growing up in church, the old hymns were a staple. At 10 years old, I did not really understand what we were singing. Oh, I could read the words alright and had many hymns memorized, but I did not understand the full depth of emotion and life which the words represented.

I sang. I praised. I said thank you. Done.

Fast forward to a 30-something mom of two 10-year olds. If you had been in our home you would have heard (often) me trying to explain to my littles that they didn't appreciate many things because they didn't truly understand the cost, the sacrifice that went into the provision.

Then, God spoke those same words to my heart. He revealed to me that I had spent many years doing the same thing to Him. Reading Psalm 1-3, written by David, you can sense the depth of his words. They come from a heart that has been rebellious, broken, stubborn and yet still loved, forgiven, and redeemed by God. David's praise is genuine. It is not some obligatory "thank you" just to be polite. It is the type of praise that only comes from knowing you were on the brink of death and you were rescued. It is 100 thank yous spoken through tears while clinging to the one who just saved your life.

In Texas, we love to go “tubin” or float the river. One summer, I was on one of these tubing trips with several friends and co-workers. Some filled a couple of large inflatable rafts while some of us were on our individual tubes. When a friend held out a hand to help me into the river, I said a polite “thank you”. Mid-day the lazy river changed into a section of rapids. One of the rafts lead the way down the shoot and a few of us on the tubes lagged behind to follow them through.

The currents were strong, and the raft got turned sideways and stuck between two large rocks. With no way to back paddle on the tube, the current propelled me forward and drug me underneath the raft. With nothing to grab ahold of, I went under and became trapped between the raft and the rocks. Then I felt someone grab my outstretched arms and pull me up. My friend was leaning over the edge of the inflatable raft holding on to me as the rapid current kept trying to pull me under. In what seemed like forever, those in the raft were finally able to dislodge the raft with the assistance of several others who had climbed up on the rocks to help. When we got to the riverbank, I realized I was not the only one who had become trapped under the raft. Had it not been for the very quick reaction of our friends and their stamina to not let go, well, I do not think I would be here. Needless to say, the “thank you” I offered to my friend then was much more enthusiastic than when he helped me get into my tube that morning.

What changed? Perspective and experience.

And that is what David is bringing to his writing in Psalm 103. He has lived. He has failed. He has been forgiven. He knows what it cost. He knows what it truly means. The forgiveness God offers us has come at a high price – the life of His only son Jesus.

Let us praise Him for the truly unmatched, life-giving, soul-changing gift that His forgiveness is.

Lord, thank You does not seem to be enough to say for the forgiveness You offer to us. Forgive us for taking Your grace for granted. Help us to live in a way which demonstrates our depth of gratitude and praise You in a way which would draw others to You. In Jesus’ name, Amen





Jana Kennedy Spicer, founder of Sweet to the Soul Ministries, is a wife, mom and Nana. She is a born and raised Texas girl who loves boots, sunflowers and sweet tea. She has a heart for studying God's word and is passionate for encouraging women to the same.

After a 30 year corporate career, God called her to share her art and love of Bible Study with others. Her favorite part of ministry is where her faith and art collide! This is the sweet spot where souls become inspired.

She is author of *Let Your Light Shine: Being a Light in a Dark World* and *Gracious Words: Speaking with Kindness and Mercy*; and the illustrator of the scripture based *Garden of Life Coloring Book* and *Coloring the Scriptures*.

You can follow Jana on Facebook at @Sweet.To.The.Soul.Ministries and Instagram @jana\_sweettothesoul

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We love Jana's creativity and tools for studying God's word. Check out her newest planner and all of her creative resources at Etsy: SweetToTheSoulShope

