# Women: Embracing Time with God Amid Chaos



Discover how to intentionally carve out time for God's Word amid life's chaos and embrace His presence daily.





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#### Introduction

Welcome to this 7-day journey designed especially for women navigating the busy seasons of life. In the midst of endless responsibilities, distractions, and demands, it can often feel impossible to find space to connect deeply with God's Word. Yet, the Lord invites us to rest in Him and to be renewed in His presence.

This study is crafted with your unique challenges in mind — whether you're juggling work, family, friendships, or personal needs, we want to encourage you to make intentional space for Jesus every day. It's not about perfection or extended hours but about consistency and heart posture.

Setting aside time for God's Word amid chaos isn't just a task on a to-do list; it's an act of faith and self-care. When you prioritize quiet moments with Him, you invite peace, clarity, and strength that ripple into every area of your life. Through Scripture, reflection, prayer, and journaling prompts, this plan will help you establish sustainable routines to meet Jesus daily, reminding you that you are cherished and never alone.

As you journey through these seven days, may you experience the gentle power of God's love reshaping your schedule and heart. Remember, *even small, consistent moments with God make a profound difference*. Let this plan inspire you to embrace the gift of time with Jesus in your busy life.

















#### Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







#### Devotional: Accepting Jesus' Invitation to Rest

**Life can feel overwhelming, especially when multiple demands pull you in different directions.** Yet Jesus extends a beautiful invitation amidst the chaos: *come to me, and I will give you rest.* This rest isn't just physical but deeply spiritual — a pause for your soul to reconnect with its source of strength.

Starting your journey to set aside time for God begins with embracing His invitation. Recognize your weariness and surrender those burdens to Him. Nothing is too small or too chaotic for God's attention. As you accept His invitation, your focus shifts from your to-do list to being present with Him, fostering peace that surpasses understanding.

Today, reflect on the ways you are tired or burdened and bring these honestly before Jesus. Trust that amidst your schedule's twists and turns, God's rest is accessible and transformative.







# Reflect and Apply

1.	Where do you currently feel most weary or burdened in your life?
	How does Jesus' invitation change the way you view your daily responsibilities?
	What might it look like for you to pause and rest in God amid your busy schedule?
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# **Journaling Prompts**

1.	Write about moments when you've felt overwhelmed and longed for rest.
2.	List small steps you can take to invite Jesus into your daily chaos.
	Describe how you hope your relationship with God will change through this study.







#### Prayer for Today

**Father, I come to You weary and burdened.** Help me to see Your invitation to rest with fresh eyes. Teach me to pause in the midst of my busy days and to find renewal in Your presence. Give me strength to set aside distractions and make space for You, even in short moments. May Your peace guard my heart and mind, and may I find joy in this time with You. Thank You for Your unending love and patience as I learn to lean into Your rest. *Amen.*  $\nearrow$ 

















#### Your Verse

Luke 10:41–42 – "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one."

#### **Supporting Scriptures**

- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







#### Devotional: Choosing What's Truly Necessary

In our busy lives, it's easy to get caught up in the whirlwind of tasks and responsibilities. Like Martha, we can become anxious about many things, forgetting that Jesus calls us to focus on what truly matters. Prioritizing time with God is one way to center ourselves on eternal things above the temporary pressures around us.

Today, reflect honestly on your current schedule and commitments. Which activities truly nourish your soul, and which are distractions? Setting aside time for God often means saying no to good things to say yes to the best things — like spending time in His Word and prayer.

Remember: Prioritization is not about doing more but about aligning with God's purpose. Trust that as you make space for Jesus, He will help you discern what to let go and what to embrace for your wellbeing and His glory.







# Reflect and Apply

1.	What distractions or worries are pulling you away from time with God?
	How can you better prioritize your schedule to include regular moments with Jesus?
	What might be the biggest barriers preventing you from making God a daily priority?







# **Journaling Prompts**

1.	Write down your daily activities and mark which ones help you grow spiritually.
2.	List specific ways to reduce distractions during your time with God.
3.	Reflect on a time you felt spiritually nourished and what contributed to that moment.







#### Prayer for Today

Lord, help me to see clearly what is most important. Guide my heart to prioritize You above all else, even in the busyness of each day. Give me wisdom to identify distractions and courage to let go of things that pull me away. Teach me to seek Your kingdom first and trust that You will provide the rest I need. May my time with You be consistent and transformative. *Thank You for Your unwavering guidance*. Amen.









Day 3: Creating Sacred Spaces









#### Your Verse

Psalm 119:15 - "I meditate on your precepts and consider your ways."

#### **Supporting Scriptures**

- Exodus 33:7 "Moses used to take a tent and pitch it outside the camp some distance away."
- Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."







#### Devotional: Making Time and Place Special

Setting aside time with God is easier when we create sacred, intentional spaces for Him. These don't have to be grand or complicated—just places where your heart can focus, and distractions lessen.

Consider how Moses set up a tent away from the noise, and how Jesus sought solitude early in the morning. These examples show us the value of designated times and spaces to meet with God. Whether it's a quiet corner in your home, early morning moments before the day's demands, or even a brief pause during lunch, sacred space nurtures connection.

Today, prayerfully design a personal sacred space that invites God in amid chaos. This is your gift to yourself and to God. Experiment and see how this shift influences your heart and daily rhythm.







# Reflect and Apply

1.	Do you have a current space or time set aside to meet with God? What is it like?
	What changes could you make to create a more intentional place to connect with God?
3.	How might setting a physical space or time help you overcome busyness?







# **Journaling Prompts**

	Describe your ideal place for spending time with God, including sights and sounds.
	List barriers that have kept you from creating sacred space and ways to address them.
3.	Write how you feel after spending time in your sacred space, even briefly.







#### Prayer for Today

**Dear God, thank You for inviting me into a relationship with You.** Help me to create spaces in my life that honor You and cultivate peace. Encourage me to seek You intentionally, even in small moments and quiet places. As I establish sacred rhythms, draw me closer and transform my heart. May my time with You be a refuge amid chaos. *Amen.*  $\bigcirc$   $\bigcirc$ 

















#### Your Verse

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."







# Devotional: Growing in Faith Through Daily Commitment

Consistency in time with God builds deep roots of faith and peace. It's less about the length of time and more about heart commitment. Just as daily habits shape our physical health, daily engagement with Scripture and prayer shapes our spiritual well-being.

Life will always have interruptions, but small, steady efforts cultivate lasting growth. When you commit to spending time with God regularly — maybe five minutes or fifteen — you honor Him and nurture your soul.

**Trust God in this process and be gentle with yourself.** Don't get discouraged by imperfect days but rejoice in the grace that invites you back each day to reconnect. Your faithfulness honors God and is a testament to His work in your life.







# Reflect and Apply

1.	How consistent have you been in your time with God recently?
2.	What small changes could increase your daily spiritual practices?
3.	How do you respond to setbacks or missed days in your devotional life?







# **Journaling Prompts**

1.	Write about a time when consistency in something important shaped your life positively.
2.	Plan a simple daily time with God that fits your current schedule.
	Reflect on God's faithfulness when you feel discouraged in your spiritual journey.







#### Prayer for Today

Lord, thank You that Your grace meets me every day. Help me cultivate consistent time with You, even when life feels full. Teach me to trust that small moments daily grow mighty spiritual harvests. Give me patience with myself and joy in Your presence. May my perseverance glorify You and deepen my intimacy with Jesus, my Savior. *In His name, Amen.* 

















#### Your Verse

Hebrews 12:1-2 - "Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

#### **Supporting Scriptures**

- Psalm 119:37 "Turn my eyes away from worthless things; preserve my life according to your word."
- James 1:5 "If any of you lacks wisdom, you should ask God."







# Devotional: Gently Refocusing on God Amid Distractions

**Distractions can derail even the best intentions to meet with God.** Whether it's noise, notifications, worries, or tiredness, they pull our focus away from what truly nourishes us.

But God's Word encourages us to throw off these hindrances and run the race with perseverance. This means learning to recognize distractions and gently redirecting our attention back to God. It doesn't require perfection but a heart that desires intimacy with Jesus.

Ask God daily for wisdom to manage distractions and patience to return when your mind wanders. Every time you refocus on Him, you strengthen your spiritual muscle. With grace, you can overcome distractions and cherish your sacred times along the way.







# Reflect and Apply

What are the common distractions that pull you away from time with God?
How do you usually respond when distractions arise during your devotional time?
What practical steps might help you minimize distractions and stay focused?
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## **Journaling Prompts**

1.	Identify specific distractions and brainstorm ways to reduce them.
2.	Write about how God's presence feels when you overcome distractions.
3.	Reflect on a time when perseverance changed your spiritual habits.







#### Prayer for Today

Father, I confess the distractions that keep me from You. Please give me wisdom to recognize and gently set aside these hindrances. Help me to persevere, even when my attention wavers. Thank You for Your patience and grace that draw me back to You each time. Strengthen my desire to focus on Your Word and embrace Your presence. *In Jesus' name, Amen.* 

















#### Your Verse

Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

#### **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the Lord is your strength."
- Psalm 118:24 "This is the day that the Lord has made; let us rejoice and be glad in it."







# Devotional: Celebrating Joy in Every Moment with God

Sometimes our time with God is not measured in hours but in precious, joyful small moments. These fragments of connection can fill us with strength and hope even in the busiest seasons.

God calls us to rejoice in Him always, finding joy in His presence rather than in circumstances. When we intentionally invite Jesus into our fleeting moments — driving in the car, washing dishes, or waiting in line — we transform ordinary time into sacred opportunity.

**Today, celebrate the small, joyful times spent with God.** Notice how these moments uplift your spirit and fuel your heart for the day ahead. Joy is a wellspring that sustains your journey, no matter how chaotic life may be.







# Reflect and Apply

	How can you recognize and embrace small moments of connection with God?
2.	What joys has God provided today that you may have overlooked?
3.	In what ways does rejoicing in the Lord bring strength amid chaos?







## **Journaling Prompts**

1.	Recall a joyful moment with God that brightened your day recently.
2.	List small daily opportunities to rejoice and connect with Jesus.
3.	Write about how joy changes your perspective on challenges.







#### Prayer for Today

Lord, thank You for the joy You bring into my life. Help me to see and celebrate the small moments we share each day. May Your joy be my strength when life is overwhelming. Teach me to rejoice continually, knowing You are with me always. Let my heart overflow with gratitude and praise even in chaos. *Amen.* 



















#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: Living in God's Lasting Peace

As this journey concludes, remember that the time you set aside for God bears lasting fruit—peace that surpasses worldly understanding. Jesus promises to give us His peace, not the temporary calm the world offers, but a deep and enduring tranquility rooted in trust.

When chaos threatens to overwhelm again, recall the sacred spaces, consistency, and joy you cultivated this week. Let God's peace be your anchor, helping you to navigate each day with calm and confidence.

Carry this peace forward by continuing your daily rhythm with God, even in small ways. It is His presence that sustains you, empowers you, and fills your life with hope.







# Reflect and Apply

1.	How has your understanding of God's peace grown through this study?
2.	What practices can you continue to maintain peace amid ongoing chaos?
3.	How can you share God's peace with others in your life?







# **Journaling Prompts**

Describe how God's peace feels to you personally.
Write a plan for continuing your daily time with God moving forward.
Reflect on ways you might encourage others to experience God's peace.







#### Prayer for Today

Gracious God, thank You for the peace You give that the world cannot offer. As I move forward from this study, help me carry Your calm into every moment of my life. Guard my heart and mind, especially when chaos returns. Teach me to trust You more deeply and to be a channel of Your peace to others. May my daily time with You grow richer and my spirit ever rested in Your love. *In Jesus' name, Amen.* 🍪 😂







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