

YOU'RE  
GOING *to*  
MAKE *it*

50 MORNING AND EVENING DEVOTIONS  
TO UNRUSH YOUR MIND, UNCOMPLICATE YOUR HEART,  
AND EXPERIENCE HEALING TODAY

*lysa terkwist*



THOMAS NELSON  
Since 1798

DAY

Living Loved  
Even When  
You're Lonely

Oil and perfume make the heart glad, and the sweetness  
of a friend comes from his earnest counsel.

PROVERBS 27:9 ESV

## MORNING

Have you ever felt utterly alone even in a room full of people? I understand.

Feeling left out and lonely isn't something that's only reserved for playground games and middle school dances. I've still felt that same sense of loneliness even as an adult.

No matter how you feel this morning, I want you to let this truth, God's truth, wash over you in a symphony of compassion and comfort: You are not alone.

You may feel lonely . . . but you don't have to live lonely.

So what can you do? You can refuse to isolate. Oh friend, this is such an important component of healing. I know it can be so tempting to look at others on social media laughing, connecting, and cheering each other on and make assumptions. It's easy to wrongly assume they don't struggle with loneliness. It's easy to wrongly assume you don't fit in or belong—or that the world seems to be moving on without you. Those assumptions will exhaust you and tempt you to isolate even more. Isolation is never a cure for your lonely longing for real connection. I believe the most powerful cure for loneliness can be found in one of my favorite words . . . *togetherness*. Togetherness reminds us we are all so very human and united in our laughter, tears, love for Jesus, and tender care for one another.

I have a challenge for you today.

Do you have a friend in your life who speaks Truth? Listen to her. Stay connected to her. Let her lead you back to God time and time again. Because just like the breaking of bread sustains our physical body, breaking secrecy with trusted friends nourishes the deep places in our soul.

And if you don't have that kind of friend, ask God for this gift. In the meantime, I hope, in some small way, I'm that kind of friend for you here in the pages of this devotional book.

*Together* really is such a beautiful thing. I pray today God gives you an opportunity to pursue togetherness with other safe people . . . because chances are you'll be a blessing to them in their lonely feelings as well.

A statement to remember as I walk into today

*You may feel lonely...but you don't have to live lonely.*

## EVENING

Sometimes it can be hard to make friends. It takes time to form deep connections and build the kind of trust where a friendship feels safe and stable. If you're struggling because of a move or a recent friendship breakup, or maybe your life circumstances have changed creating a disconnect with those you used to have more in common with, those struggles are real.

I understand how that feels.

But here's what I want you to remember before you go to sleep tonight: *You are loved*. You may feel the stinging pain of loneliness, but you are not alone. The God of the Universe knows you, accepts you, and loves you right where you are. Remembering this may not fix the ways we feel left out, but it does remind us of who we are.

You are extremely loved, friend. Rest tonight in the promise of that.

And then pray that God shows you someone else who needs a friend, and tomorrow make it a point to reach out to her.

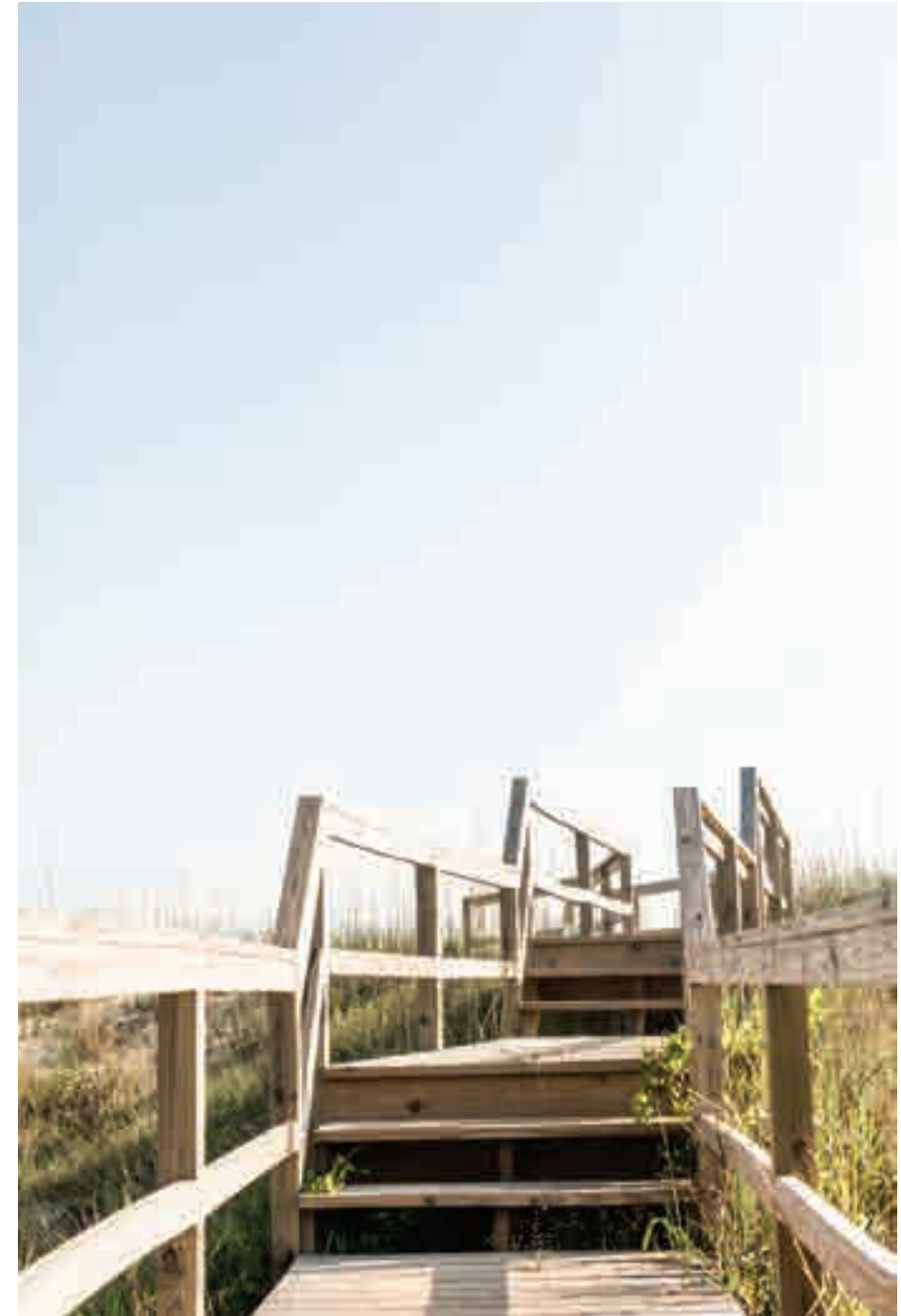
### SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

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### A PRAYER TO RECEIVE BEFORE TOMORROW:

*God, I know You often work in ways I don't understand. Even when I feel lonely, I trust You are making something beautiful even out of these parts of my life that sting with hurt, pain and grief. I pray for opportunities to pursue togetherness with other believers who are also committed to following You. Thank You for the ways You're helping me heal and make progress. In Jesus' name, amen.*



DAY

Maybe We're  
All More Alike  
Than We Thought

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

MATTHEW 7:12

## MORNING

*i* I wonder if one of the reasons we can sometimes feel overwhelmingly lonely is because we live in a world so full of division. And while we won't always understand everyone else's thoughts, opinions, and ways of processing life, we *can* focus on areas where we are all more alike than different:

We all have tear stains on our pillows.

When our hearts get broken, it hurts.

Grief stings.

Hard stuff piled on top of hard stuff is disorienting for all of us.

Unforeseeable life-altering circumstances . . .

Unresolved relationship tensions . . .

Unanswered prayer requests . . .

It seems we are all carrying a bit of sorrow or frustration or heaviness these days. And when we take time to remember this, compassion grows in our heart toward others because the reality is, they're hurting too. They're trying to heal too. Maybe the truth that we're all carrying some form of pain in our hearts means we're a lot more alike than we're different. Today is a great day to reach out with compassion to another hurting human soul.

Make that phone call.

Send that card you wish you would receive today.

Leave that encouraging comment on their social media.

Stop by just to say hello with their favorite coffee.

Pray more words over them and refuse to talk about them.

Pick a flower and place it where they can see something beautiful today.

We are so very united in our struggles. We are so very united in our tears.

Oh, Jesus, help us remember this today. And even more importantly, help us live this today.

A statement to remember as I walk into today

*Today is a great day to reach out with compassion  
to another hurting human soul.*

## EVENING

One of the most compassionate things we can do for someone else is create a space where they know they're welcome just as they are.

Around a table. On a walk. Maybe even a road trip. Initiating those moments where togetherness says "You belong. You have a place. You have a voice. You have people. You are loved."

When you're hurting, it can feel so very isolating when you aren't sure how to talk about the hard things and who is safe to bring your honest thoughts to. But compassion allows us to love a person who's hurting, empathize with their pain, and acknowledge their side of things, even if I can't change the outcome or fix things for them.

Only God can do that.

But what can we do? Show up. Invite. Initiate. Comfort. Pray. Believe for healing. Release our desire to control things or change people and just simply create space for the Holy Spirit to move.

We can show up with Jesus in our hearts and compassion in our words and just be there.

So, who is someone in your life who may need to be reminded of this tonight? Maybe shoot them a quick text just saying, "Hey friend . . . Jesus loves you and I love you and I'm here for you."

And if you're that friend who needs to be reminded she's a little less alone in what she's walking through right now, I'll be that person for you.

Hey, you . . . Jesus loves you, and today isn't the whole story. Keep going. You're going to make it. Sweet dreams.

### SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

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### A PRAYER TO RECEIVE BEFORE TOMORROW:

*Father God, sometimes I forget we all have tear stains on our pillows. Keep reminding me that every person I come across needs compassion. And I might be the only one in their life right now who has the chance to help and the courage to care. In Jesus' Name, Amen.*



DAY



Embracing  
Today's Grace  
Even When  
I Don't  
Feel  
Grateful

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

MATTHEW 6:34

## MORNING

Sometimes being grateful means choosing to see what is instead of being blinded by what isn't. It's a tough choice in some moments. Brutal actually. But it's worth fighting through.

I've had days where what was missing in my life felt like a huge, gaping hole. Everywhere I looked, it felt like the hole was the center of my vision staring me in the face.

But then I stop, and I shift my focus. I roll up my sleeves, and I roll out some cookie dough with my granddaughters. I direct my gaze off of that hole. I land it squarely on their precious faces and this priceless moment right in front of me. And I'm once again reminded that there is so much more to this one incredible life than the sum total of our heartbreak.

We can thank God for the gift of this day. Enjoy the mess out of today. Receive the blessing of this day. Dance it out at least one time today. Fill in the gaps with prayer throughout the day.

And make it a goal to go to bed with a smile on your face because of today. Because here's what I know: God gives us “today” grace.

We should only carry what we must on this day. Then tomorrow, we will have tomorrow's grace. And six months from now, the grace for that day will greet us and help us carry the weight of that day.

Where I sometimes get in trouble is trying to carry today's stress with tomorrow's worry and the fear of six months from now all with today's grace. That's when it all feels like too much to bear.

It's not that we don't want to plan for the future and be discerning about how to responsibly handle what's next. That's wise and good. It's just that we don't want to become so stressed, fearful and full of anxiety about tomorrow that we miss the grace and goodness of this beautiful day.

So today, receive both the grace and the gifts of this day. Don't miss one minute of its unexpected treasure and celebrate every bit of its joy.

A statement to remember as I walk into today:



*God gives us “today” grace.*

## EVENING

Choosing gratitude right in the middle of what's hard isn't denial. But it is choosing to only do what can be done today. I can't figure out everything for six months from now, but for this day, I can go sit in the sand and play with my amazing grandkids on a warm afternoon. I can be present for all of their smiles, North Carolina blue skies, and a crazy amount of washed up sea shells.

Maybe gratitude isn't something we have to already contain within ourselves. Maybe it's something we experience and express right in the middle of it all.

And that's what makes it sweet. (And salty from all the sand I'm currently covered in from being the Gigi who offered to pioneer sandcastle making today).

Before you go to sleep tonight, consider releasing what's hard or challenging in your life right now. I know it can feel like it will last forever, but it's not the entirety of your life. Ask God to help you see a different perspective. Things don't have to be perfect in order to be good . . . this is one healing perspective that has helped me.

Sweet dreams, friend.

### SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

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### A PRAYER TO RECEIVE BEFORE TOMORROW:

*Dear Lord, You made me. You know me. I need Your help where I am weak. Help me see that even the smallest moments really do contain opportunities for gratitude. Give me the courage and the grace to do what pleases You. I want to do Your will and experience more of You in this season, so give me eyes to see beyond what I'm currently facing right now. In Jesus' name, amen.*



DAY



When  
It May  
Be Time  
to Draw  
a Healthy  
Boundary

Like a city whose walls are broken through is a person who lacks self-control.

PROVERBS 25:28

## MORNING

I'll never forget asking my counselor to help me process how I finally got to the place where I said, "No more. No more devastation. No more betrayal. No more being lied to. No more."

I wondered if that was the moment I became broken. But he replied, "No, Lysa, that was the moment you declared you were healing."

Sometimes "no more" means implementing good boundaries that will help hold each person accountable to healthier relational patterns.

Sometimes "no more" means acknowledging a heartbreaking reality that wise counsel has helped you see is no longer sustainable.

Both dynamics require that we pursue healing. We need solid truth from God's Word to help guide and direct us. Sometimes we may need a godly professional counselor who is specifically trained to educate, comfort, and challenge us.

I know what it feels like to be paralyzed by another person's choices and not know what to do about it. In the past, I've been hesitant to draw boundaries both because it felt uncaring, and because I didn't have the confidence to know how to implement and communicate healthy parameters.

Now, I've discovered a better way to view boundaries. I don't draw boundaries hoping to force another person to change in ways they may be unwilling or incapable of changing. Instead, I place boundaries on myself to help me exercise self-control over what I will and will not tolerate. Self-control is crucial so that I regulate my reactions and direct my efforts toward keeping myself in a healthy place. Good boundaries are the only fighting chance I have for navigating relational challenges in a productive and healthy way.

If you're in a "no more" kind of place today, consider these questions about boundaries and how you might be able to apply this in your own life beginning today.

- What kind of person do I want to be, not just in this relationship, but consistently in all of my relationships?
- What do I need to do in this relationship to stay consistent in my character, conduct, and communication?
- What are some areas of my life where I have the most limited capacity? (Example: at my job, in parenting, during the holidays, and so forth.)

- Based on my realistic assessment of capacity, how does this relationship threaten to hyperextend what I can realistically and even generously give?
- Do I feel the freedom in this relationship to communicate what I can and cannot give without the fear of being punished or pushed away?
- What are some realistic restrictions I can place on myself to reduce the access this person has to my most limited emotional or physical resources?
- In what ways is this person's unpredictable behavior negatively impacting my trust in my other relationships?
- How am I suffering the consequences of their choices more than they are?
- What are their most realistic and most unrealistic expectations of me? What are my most realistic and most unrealistic expectations of them?
- What boundaries do I need to put in place?

As you consider these questions, you may find it helpful to process them with a trusted godly mentor or Christian counselor. These questions to consider aren't to further complicate your relational dynamics. Instead, these are meant to help identify where we are dancing with dysfunction. Toxic realities in relationships will not tame themselves. We cannot ignore them into health. Nor can we badger them into a better place. We have to get honest about the hardships that are complicating and probably preventing the kind of health that we not only want but *need* for some of our relationships to survive.

I've learned we can't just "get over" our hurts. And boundaries are a great way to start experiencing health in your own life today.

### A statement to remember as I walk into today:

*Good boundaries are the only fighting chance we have for navigating relational challenges in a productive and healthy way.*

### EVENING

As I've processed how I may draw some necessary boundaries in my own life, something my counselor has reminded me over and over again is: "We train people how to treat us." Now, please don't hear that harshly. If you're in an abusive situation, this isn't meant to make you think that

you've brought this upon yourself. And if you've suffered emotional trauma in a relationship, this doesn't mean you could have done something better to prevent it. But it is important for us all to know, moving forward, that we get to verbalize what is and is not acceptable in the context of relationships.

I'm challenging myself with all this. Friend, let's remember that what we allow is what we will live. I don't want us living anything that's not biblical or possible to endure. Maybe it's time to retrain some people in our lives with clearly stated, gracefully implemented, consistently kept boundaries.

It's for the sake of your sanity that you draw necessary boundaries. It's for the sake of stability that you stay consistent with those boundaries.

Setting healthy boundaries is absolutely necessary for freedom, growth, and for healing to really take place. Boundaries aren't meant to shove the other person away; it's to help keep yourself together. And it's what enables you to continue to love that person and treat them with respect without losing the best of who you are.

I've seen progress in some of my most challenging relationships because of boundaries. And I want this for you, too, friend.

### SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

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### A PRAYER TO RECEIVE BEFORE TOMORROW:

*God, in order to consider areas in my life where I may need to implement some healthy boundaries, I will need Your help. Help to process these decisions thoroughly, through the lens of wisdom and with godly counsel. I long to see health in all of my relationships, so help me get honest to see where God-honoring boundaries could make this more possible. In Jesus' name, amen.*

