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# THE Busy Mom's BIBLE

Daily Inspiration  
Even If You Only  
Have A Minute

## How to Use Your Busy Mom's Bible

**Got a minute? Only a minute? We get that. This Bible is designed just for you.**

Throughout this Bible you will find fifty-two **1 minute THOUGHT STARTERS** (on brightly colored pages) that let you dip into God's Word for a minute of refreshment. These devotional thoughts cover 13 general topics and many sub-topics of special interest to you, the busy mom.

There are two **1 minute THOUGHT STARTERS** per page. You might try to read at least one **1 minute THOUGHT STARTER** per week. Memorize the verse, if you wish. Note the *Word to take with you today* and think about its meaning as you go through your week. If you have time, you can go deeper with the **5 minutes REFLECT & PRAY** you'll find on that same page. If you have more time, you can do the **10 minutes STUDY**. It will send you to the **10 minutes STUDY INDEX** (page 1079) at the back of the Bible where you will find more verses to look up and study.

You can go to the back of the Bible to find more quick ways to get into the Word. See **5 minutes REFLECT & PRAY** on **Authentic Living** (page 1103), on **the Psalms** (page 1104), or on **Friendship and Love** (page 1106). It's up to you how much or how little you do!

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## Creator

**1**  
minute

**"In the beginning God created the heavens and the earth." Genesis 1:1**

Meet God, the creator of everything. God spoke and the world came into existence — his imagination created the heavens and the earth and all they contain: stars and planets, mountains and oceans, animals and plants. And as the highlight of the whole thing, God created people like you with the unique ability to wonder at the world around you and give him the praise he deserves.

As you rock your child or pool the kids it's easy to forget that it all comes from somewhere and belongs to someone. Remember today that everything you touch — even the air you breathe — is the fruit of God's amazing imagination.

If you have more time, read Genesis 1:1–31 on page 1, or consider one or both of these exercises.

**5**  
minutes

**REFLECT & PRAY:** Think of something you have been involved in creating: your home, your family, an achievement at work. How do you feel about it?

▪ So, what do you think God feels about you? ▪ What difference does this make in the way you might respond to him?

**10**  
minutes

**STUDY:** Turn to p. 1080 for additional verses on **God Is** ... Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Created.**

## Trustworthy Protector

**1**  
minute

**"The LORD will fight for you; you need only to be still." Exodus 14:14**

God foretold that Pharaoh would regret releasing the Israelites. Sure enough, the Egyptians followed the fleeing Hebrews with a vengeance. Though the Hebrews were quaking in their sandals, Moses understood that the best offense was a good defender. He promised: *The LORD will fight for you.*

Do you feel like the enemy is hot on your heels, roaring accusations, threatening destruction? God knows the enemy's tactics. He is not a passive deity; he's a ferocious fighter. You have the ultimate defender on your side. Be brave enough to be still. He is a fighter.

If you have more time, read Exodus 13:17–14:31 on page 59, or consider one or both of these exercises.

**5**  
minutes

**REFLECT & PRAY:** How much is your trust in God dependent on his actions? ▪ What gives you hope while you wait for God to act? ▪ How does practicing patience increase your trust in God?

**10**  
minutes

**STUDY:** Turn to p. 1080 for additional verses on **God is** ... Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Protected.**

## Heavenly Father

1

minute

“Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.’ And he took the children in his arms, placed his hands on them and blessed them.” Mark 10:15–16

Throughout Scripture, God continually encourages us to rely on him like a child relies on a parent. Some of us may have lost the ability to trust because our parents never provided adequately for our needs, while others of us may have lost our ability to trust through circumstances — a failed job, death of a loved one, a lost desire. But God has revealed time and again that he can help us relearn that childlike faith if we let him. It’s a matter of cultivating a relationship with him and letting him show himself faithful as he works good out of our circumstances. Close your eyes and picture yourself resting your head on Jesus’ chest. Can you hear his heart beating with love for you?

If you have more time, read Mark 10:13–31 on page 868, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What circumstances are you in right now in which you need to trust God as a child trusts her daddy? • What are some ways in which you know that God — your heavenly Father — protects you? • How can you become more like a child in the kingdom of God?

10

minutes

**STUDY:** Turn to p. 1080 for additional verses on **God Is ...** Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Father.**

## Powerful Sustainer

1

minute

“He is before all things, and in him all things hold together.” Colossians 1:17

The first words in the Bible are “In the beginning God.” While we might not understand all the intricate details and secrets of life, we can hold on to this: *God set the universe in motion and sustains it.*

Are you going through a difficult situation in your life right now? Are there circumstances you cannot understand? Instead of trying to fix it or control it, rather than trying to figure out the what, when, where and why of your struggle, focus instead on God your sustainer. Jesus, the friend who knows and cares for your every need, is also the Lord who directs the events of your life moment by moment — in love — to make you more like him.

If you have more time read Colossians 1:15–23 on page 1015, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What circumstances do you face that only God can change? • Do you trust him to do that? • Do you have trouble believing that nothing is too difficult for God? Read and reflect on Romans 8:28.

10

minutes

**STUDY:** Turn to p. 1080 for additional verses on **God Is ...** Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Sustainer.**

## Blending Families

1

minute

**"Sarah lived to be a hundred and twenty-seven years old. She died at Kiriath Arba ... Abraham had taken another wife, whose name was Keturah." Genesis 23:1-2; 25:1**

Today, remarriage is a common reality. But a second marriage brings added complications, especially when children are involved. Abraham remarried after Sarah died, and he and Keturah had six children together. In Abraham's time, family relationships and inheritances were more strictly defined by culture, which eliminated some of the uncertainty and insecurity. But it didn't alter the fact that it was difficult adjusting to major changes. And the same is true today. Kids in particular can be confused by remarriage and may want back their old lives. We are called to accept each person in a blended family — but it takes hard work, love and forgiveness.

If you have more time, read Genesis 23:1-20; 25:1-11 on pages 18 and 20, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** When have you seen family members compete for acceptance? • When is it easy for you to give some members of your family preferential treatment? • How can you communicate your approval to all family members?

10

minutes

**STUDY:** Turn to p. 1083 for additional verses on **Family Ties**. Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Acceptance.**

## Transformed Hearts

1

minute

**"Joseph said to his brothers, 'Come close to me.' When they had done so, he said, 'I am your brother Joseph, the one you sold into Egypt!' " Genesis 45:4**

No family is perfect. But what exactly makes a home dysfunctional? A *dysfunction* is simply something that ceases to function correctly. When families stop protecting, loving and sharing with each other, they've lost their original function. Family members turn against each other, and a mountain of bitterness forms. The good news is that this process is reversible. Joseph's family was a model of dysfunction, but after many years God transformed each member's heart.

If you have more time, read Genesis 44:1-45:28 on page 40, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What is your role in your family? • Do you work to benefit others or tear them down? • What changes to your attitude or behavior would help your family function in a healthier way?

10

minutes

**STUDY:** Turn to p. 1083 for additional verses on **Family Ties**. Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Transformation.**

## A Secure Place

1

minute

**“Yes, my soul, find rest in God; my hope comes from him.” Psalm 62:5**

Growing up, most of us found security in our parents. It didn't matter what happened as long as they hugged us and told us everything would be fine. As we got older, we realized our parents couldn't fix every problem, but we still felt more secure knowing they were there. It hurts to think about living without them, let alone actually doing it. It's one hard reality of these decades of life. Whenever you experience that loss, let it remind you to find security in God alone. He's the only refuge you can count on in an ever-changing world.

If you have more time, read Psalm 62:1-12 on page 494, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** When has your family made you feel especially secure or insecure? ▪ What are the limits to the security a family can truly provide? ▪ How does God's promise of security differ from the security we can create for ourselves?

10

minutes

**STUDY:** Turn to p. 1083 for additional verses on **Family Ties**. Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Security.**

## Letting Go

1

minute

**“Hatred stirs up conflict, but love covers over all wrongs.” Proverbs 10:12**

Sometimes, you just have to let things go. No matter how great your in-laws are, you'll likely have conflicts at some point. You may disagree about where you spend holidays, how you discipline your children or even what church to attend. You may sometimes feel like the daughter your in-laws wish they never had. How you respond will either bring you closer together as a family or drive you further apart. When conflicts arise, choose to cover over with love wrongs done to you. This takes humility, but let it go. Release it. Refuse to dwell on it. Choose to not even see it anymore because you know that God's love covers over your own wrongs.

If you have more time, read Proverbs 10:1-32 on page 549, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What circumstances do you face that only God can change? ▪ Do you trust him to do that? ▪ Do you have trouble believing that nothing is too difficult for God? Read and reflect on Romans 8:28.

10

minutes

**STUDY:** Turn to p. 1083 for additional verses on **Family Ties**. Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Release.**

## Built on Firm Foundations

1

minute

**“Unless the LORD builds the house, the builders labor in vain.” Psalm 127:1**

Imagine that for years you’ve been planning your dream home. When you’re about to begin construction, the most famous builder in the world approaches you and offers to build the house for you. Wouldn’t it be utterly foolish to reject his offer and instead try doing it on your own? In the same way, God is the Master Builder of the family. Let him show you how to build a marriage and family that will exceed your most cherished expectations and dreams. Follow his recommended guidelines. Trust him to show you how to build something that will last.

If you have more time, read Psalm 127:1–5 on page 533, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What is the foundation of your marriage and family? • Why do you think God cares about your marriage? • How can your faith affect your husband’s faith and vice versa?

10

minutes

**STUDY:** Turn to p. 1084 for additional verses on **Your Marriage**. Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Foundations.**

## Pillow Talk

1

minute

**“Let him kiss me with the kisses of his mouth—for your love is more delightful than wine.” Song of Songs 1:2**

God designed your sexuality to be like a plant that only flourishes in the right greenhouse. That greenhouse is marriage. God wants you to enjoy your husband’s caresses, to long for his arms around you and to find comfort, joy and strength in your sexual relationship. If you’re just enduring sex rather than enjoying it, then you need to talk to your husband. Is there an underlying problem in your marriage that’s interfering? Are unresolved issues from your past choking out your pleasure? Are there things your husband could do differently? When you talk openly about your sex life, it will flourish.

If you have more time, read Song of Songs 1:1–2:17 on page 580, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** Do some Christians feel that sex is a bad or dirty act? • What does this say about their view of God? • What hinders your sex life with your husband?

10

minutes

**STUDY:** Turn to p. 1084 for additional verses on **Your Marriage**. Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Communicate.**



## Commitment for Life

1  
minute

**"Anyone who divorces his wife and marries another woman commits adultery against her. And if she divorces her husband and marries another man, she commits adultery."** Mark 10:11-12

It used to be that when couples pledged themselves in marriage, "till death do us part," they meant it. Sadly, many Christian couples today enter into marriage thinking they can always get out and try again if this marriage doesn't work. Yet God designed marriage as a permanent union of two people into one for his glory — not a temporary alliance until something goes awry or one of the two parties finds a better option. When you enter into marriage, understand that you are making a covenant. You should take this as seriously as God does.

If you have more time, read Mark 10:1-12 on page 868, or consider one or both of these exercises.

5  
minutes

**REFLECT & PRAY:** What actions constitute cheating on your husband? • How does infidelity begin, and how can you guard against the beginnings of an affair? • Can a marriage survive adultery? How?

10  
minutes

**STUDY:** Turn to p. 1084 for additional verses on **Your Marriage**. Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Commitment.**

## Daily Choice

1  
minute

**"Love never fails."** 1 Corinthians 13:8

Perhaps your marriage isn't delivering the fairy-tale life you'd dreamed of. Your prince devotes all his time and energy to work, sports, the computer, the car, the yard — anything but you. He's more like a roommate than the soul mate you'd hoped for. And you're starting to wonder if it's worth staying or if you should just give up. But real life isn't a fairy tale, and real love isn't a fuzzy feeling — it's a choice God calls you to make each moment of each day. *Choose* to love your husband with the same unconditional love God continually shows you.

If you have more time, read 1 Corinthians 13:1-13 on page 988, or consider one or both of these exercises.

5  
minutes

**REFLECT & PRAY:** How has God shown his love for you in a very tangible, personal way? • Which aspect of 1 Corinthians 13:4-7 is the most difficult for you to express? • How can you show unconditional love to your family today?

10  
minutes

**STUDY:** Turn to p. 1084 for additional verses on **Your Marriage**. Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Choose.**



## Repeat Daily

1

minute

**"These commandments that I give you today are to be on your hearts. Impress them on your children." Deuteronomy 6:6-7**

"If it were that important, I would have remembered it" is a big fat lie we tell ourselves. Our abundant use of sticky notes, electronic organizers and calendars on the refrigerator attest to the fact that we function best with constant reminders. When God first gave instructions to the Israelites, he knew his people would need daily reminders. The most important information is not absorbed instantly — it is steeped into our hearts through repetition. Today, tell your children again about God's wisdom and love. They need to be reminded as much as you do. Make a week-long plan for sharing with your kids what you know about God and stick it on your fridge.

If you have more time, read Deuteronomy 6:1-25 on page 155, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** How natural is it for you to talk about God with your children? • Would your children say that God is the center of your life? • In what ways do you demonstrate to your children your love and reverence for God?

10

minutes

**STUDY:** Turn to p. 1085 for additional verses on **Raising Your Kids**. Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Repetition.**

## Vital Discipline

1

minute

**"At that time I will carry out against Eli everything I spoke against his family—from beginning to end. For I told him that I would judge his family forever because of the sin he knew about; his sons blasphemed God, and he failed to restrain them." 1 Samuel 3:12-13**

With all the ugly stories of child abuse we hear, disciplining children has become a touchy subject. Yet we've all met people who grew up without discipline — and that neglect is another form of abuse. When Eli refused to discipline his children, God actually stepped in. God approves of discipline and expects us to lovingly discipline our children. Discipline provides a sense of structure for children, allowing them to feel safe. And giving children consequences for their actions while they're young spares them from greater consequences as adults.

If you have more time, read 1 Samuel 2:12-3:11 on page 230, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What is the goal of discipline? • Do you know someone who grew up without any discipline? • What makes disciplining children so difficult?

10

minutes

**STUDY:** Turn to p. 1085 for additional verses on **Raising Your Kids**. Look up and pray through some of the verses to learn more on this topic.

Word to take with you today: **Discipline.**

## A Model Mom

1

minute

**“Follow my example, as I follow the example of Christ.” 1 Corinthians 11:1**

As a mother, you have a unique position, both as a parent and as a child of God. Moms know what’s best for their children. Our rules are for their good. We know that our children will be happier if they obey. In the same way, God, our heavenly Father, has rules meant for our good. Do we obey him the way we want our children to obey us? Do we trust that he knows best the way we want our children to trust us? Because if we don’t, guess who’s watching! Choose to openly obey God in front of your children. *Be* the model you want them to follow.

If you have more time, read 1 Corinthians 10:23–11:1 on page 986, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** What strengths have your children inherited from you? • What weaknesses of your own do you hope they avoid? • What recent choices might you have made differently if you were conscious that your children had been watching?

10

minutes

**STUDY:** Turn to p. 1085 for additional verses on **Raising Your Kids**. Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Role Model.**

## Discerning Differences

1

minute

**“Do not exasperate your children; instead, bring them up in the training and instruction of the Lord.” Ephesians 6:4**

As parents, we know we should love our children equally, yet we do ourselves a disservice if we set out to love our children *in the exact same way*. (Note the difference.) Children are individuals with different wants, needs and interests. The parenting methods that worked with child number one may completely fail with child number two.

It’s up to parents to discover how each child wants to be loved. Resist the urge to love your children in the way you prefer. Adjust your style to cater to each child. Make sure each one knows that he or she is deeply loved.

If you have more time, read Ephesians 6:1–19 on page 1009, or consider one or both of these exercises.

5

minutes

**REFLECT & PRAY:** How do your children express love? • What can you learn from them about how they want to be loved? • What can you do to better show your love for each of them?

10

minutes

**STUDY:** Turn to p. 1085 for additional verses on **Raising Your Kids**. Look up and pray through some of the verses and pray with them to learn more on this topic.

Word to take with you today: **Discern.**

## DAILY INSPIRATION EVEN IF YOU ONLY HAVE A MINUTE

*The Busy Mom's Bible* is a portable, go-anywhere Comfort Print® Bible that gives you inspirational reading during your day. Designed for on-the-go moms, it helps you stay connected with God—and gives you a moment to reflect on your relationship with him.

Throughout this Bible are 52 one-minute “Thought Starters” that let you dip into God’s Word for a minute of refreshment. To go deeper, each is followed by an option for a five-minute “Reflect and Pray” or a ten-minute “Study” to help you learn even more about what God’s Word has to say to you today. Devotional thoughts are written specifically for you, the busy mom, and cover topics from kids to friendship to your identity in Christ.

Expertly designed specifically to be used for the New International Version (NIV) text, Zondervan’s exclusive Comfort Print typeface offers an easier reading experience that complements the most widely read modern-English Bible translation.

### FEATURES


- Complete text of the accurate, readable, and clear New International Version (NIV) translation
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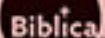
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#### ACTUAL SIZE

<sup>37</sup>Jesus replied: “**Love the Lord your God with all your heart and with all your soul and with all your mind.**”<sup>c</sup> <sup>38</sup>**This is the first and greatest commandment.** <sup>39</sup>**And the second is like it: ‘Love your neighbor as yourself.’<sup>d</sup>** <sup>40</sup>**All the Law and the Prophets hang on these two commandments.”**

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