



A Moment to Breathe

Denise J. Hughes (Editor) , (in)Courage , Shelly Wildman

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When the rush of regular life leaves you breathless by day's end, this collection of everyday stories becomes the place where you can come as you are, and find yourself among friends. Friends who have been there. Friends who'll lean in close and say, "Me too!" Through our stories the bonds of friendship deepen as we listen to each other, laugh with each other, and learn from each other. Because we're better when we're living this one beautiful life together.

With stories from 80 writers, these pages become the very place your soul can exhale, where you can:

- Connect with the hearts of women through stories that echo your own.
- Find beauty in the ordinary and sometimes messy moments of your everyday life.
- See your own stories as an offering of hope to those around you.
- Treasure the unseen ways God moves through even your most regular days.

With 365 readings, each day begins with a passage of Scripture, tells a story of everyday faith, and encourages you to take a moment to breathe with a simple but fun way to complete your day. So kick off your shoes and join us for a relaxing but special time, where friends come together and share the real stuff of everyday faith.

A Moment to Breathe Details

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From Reader Review A Moment to Breathe for online ebook

Julie D. says

This is such a wonderful devotional. It's visually beautiful with a lovely cloth cover and blue lettering inside. I love beautiful things and this definitely is beautiful.

Better than the pretty look of the book are the amazing devotions for each day that will really bless your heart and draw you closer to the Lord. These are written by several different women so there is a devotion that will touch you right where you are.

There are 365 devotions in this book and they start with a Scripture and then a wonderful heart-felt devotion. They are short but they will so impact your life. My favorite part is at the end of the devotion. There is a question for you to ponder or an idea for you to implement into your life that day.

I really like this devotional and I think you will, too. I give it 5 out of 5 stars.

*This book was provided to me for my honest review by B&H/Lifeway Blogger Program

Michelle says

`A Moment To Breathe` is a Devotional written by the women of the (in)courage community to women of all ages. Some of the featured women are Holley Gerth, Lisa-Jo Baker and Annie F. Downs.

There are 365 devotions in this book. Each day's devotion includes scripture, a note of faith for that day, and an easy activity. At the back of the book is a Scripture index so you can find a devotion by verse. I like the subdued cover and the book's ribbon marker that matches it. The scripture verses come from the Holman Christian Standard Bible.

This book would make a great gift for yourself or someone else. Devotions are a great way to begin your day and meditate on the Lord. I enjoy the simple activities such as smile at the cashier, say `Hi` and learn their name, let them know they matter.

Disclaimer: "I was provided a free copy of this book. All opinions are my own."

Brandi (Rambles of a SAHM) says

I've said before that I'm not really a short daily devotional fan. I tend to prefer a more in-depth morning Bible study. But I'm always encouraged by the (in)courage community so I just couldn't resist taking a look at this new book.

The set up is simple. There's a short Scripture reading followed by an applicable story from one of the many (in)courage writers. Then it ends with a section called A Moment to Breathe.

I've read through most of the readings and have enjoyed them. The women that contributed to this project shared from their hearts and their normal everyday lives. The stories could have been written by any one of us and that's part of the beauty of it. We all have more in common than not and it was nice to read about fellow sojourners and how they were able to face what was in front of them with grace while following Christ.

My favorite part was the ending section. Each day gave simple ways to put into action the core concept of the reading. When I say simple I mean simple. You don't need to run to the store for ingredients or supplies you just need to implement in small ways what you've just read.

This was an encouraging book for me personally but I also think it would be a nice gift for a young mother or a sweet woman that's going through a hard patch. The book itself is beautiful. It's a hardback but has a cloth-like cover and a ribbon to mark your place. I think I'm going to have to pick up a couple more to give as gifts.

I received a copy of this book to facilitate my review.

Jordan says

A Moment to Breathe is a great devotional! Its small size makes it easy to carry with me to read when I travel for a quick moment to-- well, breathe! I like that it's undated so I don't feel guilty if I miss a day, and can read at my own pace. So far I've really enjoyed a lot of the devotionals in the book-- all well-written and sweet. There were a few that didn't feel relatable to me, but that's always going to happen. I liked the little "moment to breathe" section at the bottom of each devotion-- I wished they had all been more action-y and some way to apply a lesson or thought from the story.

My only 'complaint' (not really a complaint, just a thought) is that I wish the devotions centered around the theme of the book-- I was hoping for the stories to be more streamlined and less random. Or perhaps have them organized by section would have been a little bit better? I was hoping this would be a devotional more focused on rest/Sabbath/peace, not just a conglomerate of devotionals like other devotionals.

This is a great devotional-- well-written, beautifully designed, easy to pick up and read for a few minutes of time with Jesus. Would 100% share this as a gift.

I received a copy of this devotional in exchange for an honest review.

Jen says

Just Breathe

"A Moment to Breathe: 365 Devotions that meet you in your everyday mess" is a true blessing. I am a very busy mom of 4 who goes non-stop from sun up to sun down and rarely ever have time to slow down to rest and just breathe. These devotionals have been a breath of fresh air and filled with encouragement for my weary soul. They are short so that you can really just take a moment out of your busy day to "breathe" and reset

your day and mind. The devotions are written by 80 (in)courage authors and each shares their own stories, struggles and give suggestions on ways to try to create space in your day to focus on different areas we tend to get too busy to take time to reflect on. The devotions are written in such a way that you feel like you are listening to a dear friend share her story and struggles with you intimately and in a quiet space. It is such a relief to know that there are other people out there that experience the same struggles as you--other women to say "me too" so you don't feel as if you are alone.

This book would make a beautiful gift for any woman.

I was blessed to receive an advanced reader's copy in exchange for my honest review.

Amanda Williams says

The title alone is enough to sell the book.

What person, specifically woman, doesn't crave a moment to breathe—an overwhelming desire for someone, anyone, to meet them in their everyday mess?

I'll raise my hand. Me, me, me! Yes, please, and thank you.

Delightfully, in this particular case, the content delivers what the title promises.

Yay!

From the (in)courage community, eighty authors come together and offer a glimpse into their stories. Stories that are very similar to yours and mine. The players and circumstances might vary, but the heart behind the sentences—spot on.

Each day begins with a Scripture, followed by a story of transparent faith in the midst of the real, and ends with A Moment to Breathe—a call to action or thought.

382 pages, with a section for author bios and scripture references, make this book the complete package. Perfect for gift-giving during the 2017 holiday season.

You will know doubt find the content relatable. Tears of joy and sorrow are sure to accompany the reading. I would encourage (pun intended) to journal along with the devotionals.

Leslie M. says

3.5 stars

I love devotionals, so I was excited to have the chance to review this one. The topic immediately caught my eye: 365 devotions that meet you in your everyday mess.

This book would be a wonderful addition to daily Bible study for women of all ages who looking for a moment to breathe. (In fact, the devotions provide you with that moment to just take a breath and listen to what God has to say.) The devotions are written by numerous women. The format is: title, Bible verse, message, and prayer/reflection question. Many of the women are familiar names in the Christian industry, such as Renee Swope, Emily P. Freeman, Kristen Strong, Ann Swindell, and Lisa-Jo Baker. The personal stories will likely be relatable for many women.

You can read the full review on my blog: <https://lmckeediting.blogspot.com/20...>

Disclaimer: I received a complimentary copy as part of the B&H/Lifeway blogger program. I was not required to leave a positive review.

Julie McComas says

This book was a treasure trove for me. While I fangirled over many of the contributors like my friend, Robin Dance, Suzanne Eller, Lisa-Jo Baker, Jennifer Dukes Lee, Renee Swope, Holley Gerth, Annie F. Downs, and Emily P. Freeman just to name a few, I also found a bunch of the other contributors to be just as swoon worthy. They speak my language! They take everyday life and speak (or write) Jesus into those spaces that many of us seem to overlook.

One of the coolest things in this book is "A Moment to Breathe" at the bottom of each day's devotional. There are many days that I don't know what to do, or I just need a little spiritual shove. These are perfect for those days when I am at a standstill. There are little ideas for you to either act on (pray for someone that seems to have it all, or just be present with someone). The actions and ideas are simple, don't take much time, and will surely bless you and someone else, too.

Fair warning:

This is a 365-day devotional, but if you are anything like me, you will catch yourself reading more than one day's devo at a time. It's a nice feeling that someone out there has the same situation or feelings that you do. It is nice to know that we are not the only ones that need A Moment to Breathe.

Thank you to B&H Publishing for providing me a copy of this title in exchange for my honest review.

c says

GET THIS BOOK!!

Can I say that from the moment that I picked up this devotional book it truly spoke to me. We all are so busy and sometimes have to squeeze in time for ourselves. This is the perfect devotional book for those times. It will touch your heart and get you thinking! It always seems to relate to something I am going through or have been through. I highly suggest this book to give your friends or family members. The holidays are coming up and we all look for something special to give our loved ones. This...it it!

I feel so honored and special to have been given this book by the publisher to review. It's made me think about everyday life and how to share God's love and perspective with others who may be going through

tough times. It's one of those books that you actually can't put down when you start reading...and it's a devotional book! I couldn't stop reading with just one day!!
Get this one!! FIVE STARS!!!

Kristin says

This devotional from (in)courage is perfect for women of all stages of life, all ages, all races, for women who want to meet with God and need a moment to breathe. But specifically, I think it's perfect for the women who feel like they don't even have a moment to breathe, who are busy and tired and overwhelmed, who work from home, who work outside the home, who stay at home nursing babies and losing sleep, who love Jesus and are looking to do life with Him and see that they NEED a moment to breathe.

The style of this devotional is my favorite. It's not written from one perspective or in one voice. It's a community of women committed to following and living for Jesus sharing personal stories that are short but powerful. The contributors include women like Holley Gerth, Emily P. Freeman, Lisa Jo Baker, Kristen Strong, Alia Joy, Kristen Welch, Jennifer Dukes Lee, Renee Swope, and so many more familiar names in Christian women's ministry and books these days.

I am sure that each devotional, each story, will resonate with you, challenge you, captivate you, and stir your heart as they did mine... and most of all, leave you with a moment to breathe deep and rest in God's love... and encourage you to live out His love in your life.

Each devotion offers a scripture before each personal anecdote and ends with my favorite thing, "a moment to breathe." These moments are creative and unexpected and unique. Some are prayers, some are reflection questions, some are practical challenges and ideas. They are by far my favorite part.

Ultimately, as you read, you will be drawn to God's truth, find connections to His truth through the sharing of honest stories from real women that might be unexpected or surprising or tug at your heart and you will be able to connect with them and say "me too" to. You will feel lighter and encouraged and focused more on Jesus.

Some favorite excerpts/ quotes:

"We may come from different places, but when we come together, we find one thing very true: Our heartaches may be different, but our hearts are the same."

"I once thought of courage as a single color - always fire engine red - blazing and bold. But I am finding it is more like a kaleidoscope. It changes with the seasons of our lives, with who we are becoming, with what God is asking our hearts to do. Just when we think we know it, the form alters and we find ourselves seeing anew. And through all the shifting this remains...in every color, every life...courage is breathtaking." -Holley Gerth

"A Moment to Breathe... What does rest look like to you? What's restful for one person might look differently for another. Write down seven different ways you can rest. Yep. Seven. Then try one today."

"A Moment to Breathe... Look outside. Or look up. Notice a bird nearby, sitting on a branch or wire, and find a seat yourself. Take a deep breath and exhale, thanking God for the gift of rest."

To the (in)courage community and women who poured their stories into these pages, thank you for help us see Jesus in our lives as we see evidence of Him in yours. Whoever thought to compile this style devotional - genius! :)

Jolene says

A Moment to Breathe: 365 Devotions That Meet You in Your Everyday Mess by the (in)courage community aims to nurture, strengthen, and encourage women. I almost cried when I started reading the introduction because it just felt so welcoming. There are no assumptions or pretense that my life is at a certain level of cohesiveness. This book doesn't expect me to have it all together. It isn't trying to tell me how to do it just right so I can be the perfect wife, perfect mom, perfect girl, perfect Christian. This devotional about acceptance, starting where you are, and focusing on what matters most in your own life.

I have really, really liked A Moment to Breathe so far. Since the publisher probably doesn't want me waiting a full year to write my review, I'm going to admit that I haven't finished reading the book. Therefore, here is what I have found so far. The devotions are written by eighty different writers and cover many topics. The devotions invite you to come as you are, to think about what the writer is saying, and give a small call to action that is sometimes as simple as smiling at stranger and saying hello. The devotions cover a range of topics. I liked that the writers are all about meeting you where you are and not wearing a mask of perfection, but they also don't encourage wallowing in mediocrity and feeling constantly sorry for yourself. The devotions take only a few minutes to read, though reflecting on the topic or call to action adds a little time. I recommend A Moment to Breathe: 365 Devotions That Meet You in Your Everyday Mess by the (in)courage community to any woman looking for a daily devotional book.

Disclosure of Material Connection: I received this book free from the publisher. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255: "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Sarah says

So many talented women share their real-life stories with humility and grace in this wonderful book.

If you regularly read the (in)courage blog, you'll recognize the style. Thoughtful, sensitive, and quietly contemplative. I'm so excited that I will be featured there on Dec. 23, and I hope you'll put it on your calendar to read my post!

This book would make a great gift for a blogger and aspiring author, a mom in the trenches, an empty nester, or a woman who simply needs a break from the fast-paced life. An imperfect woman seeking God's grace and rest would treasure this gift. It comes with an index of all the writers, links to their blogs, and a handy scriptural reference too.

Netgalley generously provided me a free online copy, and I also purchased a print copy for myself! One of my favorite reads from 2017.

Taylor says

I recently ordered a devotional, from the BH publishing group. This book was a great read. It is hard to describe this book, but below I put a summary of what was on the back of the book.

When the rush of regular life leaves you breathless by day's end, this collection of everyday stories becomes the place where you can come as you are, and find yourself among friends. Friends who have been there. Friends who'll lean in close and say, "Me too!" Through our stories, the bonds of friendship deepen as we listen to each other, laugh with each other, and learn from each other. Because we're better when we're living this one beautiful life together.

With stories from 80 writers, these pages become the very place your soul can exhale, where you can: · Connect with the hearts of women through stories that echo your own. · Find beauty in the ordinary and sometimes messy moments of your everyday life. · See your own stories as an offering of hope to those around you. · Treasure the unseen ways God moves through even your most regular days. With 365 readings, each day begins with a passage of Scripture, tells a story of everyday faith, and encourages you to take a moment to breathe with a simple but fun way to complete your day. So kick off your shoes and join us for a relaxing but special time, where friends come together and share the real stuff of everyday faith.

I enjoyed being able to read these stories of different people, some were very relatable.

Jennie says

What's not to like about this book ~ A Moment To Breathe ~ 365 Devotions That Meet You In Your Everyday Mess, the color, the feel, the title, because there are many times a day, where I say, oh I just need a moment! This little book is packed full of encouragement, beautiful truths, real messes, stories from relatable women, whom many I know through their books or blogging!

I have been reading one a day during my Bible study time. It only takes a few minutes to read one of the devotionals, but the readings are deep and will carry on through the day. I like that each day provides a verse to meditate on and "A Moment To Breathe" application for the day to live out sharing hope and encouragement. Here are a couple snippets from the book that have spoken to me:

Day 11~ verse Isaiah 26:3

Becky Keife "Her rest may be seldom. Hidden. But she is not unseen. And I claim the truth again: It is worth putting aside my desire to be productive in order to take up the pen of paying attention."

Day 24 ~ verse Psalm 91:1

Kris Camealy "We are called to tell of HIS goodness and grace to all who will listen. But also we are called to the quiet, tucked-away place alone with HIM, where the uncomfortable-but-necessary healing and growing can happen, away from the chatter and peering eyes of the waiting room."

A Moment To Breathe ~ Step into that secret place with God, to a season of hushed fellowship with God. Later, you can tell others of the goodness HE has done for you there.

Lavonne Beale says

This is not only a very pretty book, it also has beautiful, heartfelt devotionals. This is wonderful. It is a devotional for women, by women. It is women sharing real life in our good times and bad times, in our lovely times and in our messes, and everything in between.

I love how each page starts with a scripture, followed by a story from the author's perspective, and ends with "A Moment to Breathe". They are honest, truthful, sometimes raw. But always go straight to the heart of women.

The book is put out by the (in)courage community, a division of Dayspring. I first found (in)courage when I was recovering from cancer surgery and treatment six years ago. The website came into my life at just the right time. I was alone a lot and the words that I would read were such an encouragement to me. The book is a wonderful collection of many of the words written on the (in)courage site.

I received a copy of this book in exchange for an honest review.
