



Pressing Pause: 100 Quiet Moments for Moms to Meet with Jesus

Karen Ehman, Ruth Schwenk

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Kids bickering? Schedule jam-packed? Dishes and laundry both piled up high? Perhaps it's time you pressed pause.

Whether you're juggling a career, kids' schedules, and church commitments or you're covered in spit-up and anxious about what the next eighteen years might hold, you can carve out a few quiet moments to rejuvenate your spirit.

Pressing Pause offers you a calm way to start your day, to refresh yourself in Jesus and drink deeply of His presence so that you are ready to pour out love, time, and energy into the people who matter most to you.

These 100 encouraging devotions for moms will help you begin each day with Scripture, drawing on God's power, ingesting His Word, and learning practical ways to love and serve more like His Son.

Just a few minutes each day can help you center your heart and mind on what God has for you as His beloved daughter. So resist the rush. Halt the hustle. Press pause and find some calm in the chaos.

Karen Ehman is a Proverbs 31 Ministries speaker, a *New York Times* bestselling author, and a writer for Encouragement for Today, an online devotional that reaches more than 1 million women daily. She has written nine books. Connect with her at KarenEhman.com.

Ruth Schwenk is a pastor's wife, mom of four energetic kids, lover of coffee, and dreamer of big dreams. She is the creator of TheBetterMom.com, and along with her husband, Patrick, ForTheFamily.org.

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