



365

Stress-Free  
Moments  
for Women

**January 1**

Take care of the minutes and the hours,  
and the years will take care of themselves.

**January 2**

Praise God for all that is past.  
Trust Him for all that is to come.

## January 3

Life itself cannot give you joy  
unless you really will it.  
Life just gives you time and space—  
it's up to you to fill it.

**January 4**

May gentle and beautiful  
moments be yours today.

**January 5**

None are more blessed than  
those who think they are.

## January 6

My life flows on in endless song;  
Above earth's lamentation  
I hear the sweet though far-off hymn  
That hails a new creation. . . .  
Since God is Lord of heaven and earth,  
How can I keep from singing?

**January 7**

Blessed is she who is too busy to worry in the  
daytime and too sleepy to worry at night.

**January 8**

An instant of pure love is more precious to God. . .than all other good works together, even though it may seem as if nothing were done.

**ST. JOHN OF THE CROSS**

January 9

God is the one who enables us to find joy in this moment—just as it is, just as we are.



“The joy of the LORD is your strength.”

NEHEMIAH 8:10 NIV

**January 10**

Any time you think you have influence, try ordering around someone else's dog.