

What Your Heart Needs for the Hard Days

52 Encouraging Truths to Hold On To

Holley Gerth



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To My Encouragers

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Introduction

We all have hard days. The kind that make us want to pull the covers back over our heads, move to Hawaii, or eat a dozen cupcakes. Deep inside we know those aren't the best options for our lives or our thighs. So what's a girl to do?

Thankfully, Jesus said we don't "live on bread alone"—that includes cupcakes—"but on every word that comes from the mouth of God" (Matt. 4:4). That means while we may crave all kinds of things, what we really need is truth. We need to know who God is and what he's promised us. We need to remember who we are and have confidence that we're going to be okay. We need to find a way to quiet the hunger pains in our hearts.

The book of Psalms is like a table covered with God's goodness. It's a place I'm often drawn to when I'm feeling down. And it's where we're going to sit



together in these pages. So pull up a chair if you're feeling tired, if you're discouraged, or if you just feel a little empty inside.

Because this book has fifty-two entries, you can read it as a daily or weekly devotional. My prayer is that by the end of our time together, you'll walk away with a heart that's full. You'll have more strength, peace, and joy. You'll feel refreshed and nourished in a way that will sustain you through whatever the future may hold.

You're not alone, my friend. We're in this together. Let's "taste and see that the LORD is good" (Ps. 34:8).

XOXO

Holley



1

God Wants to Lift You Up When Life Lets You Down


*But you, LORD, are a shield around me,
my glory, the One who lifts my head
high.*

Psalm 3:3

She stands at the edge of the room and stares at the floor. All around her conversations flow and laughter pours out, yet she feels alone. Another time she might have had the strength to reach out. She might have been able to overcome her insecurity. She might have made the best of this situation. But not today.

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Then a voice calls her name. At first she doesn't even respond. But soon she feels a gentle hand on her chin, tilting her face toward the sound of words being spoken to her. She does what she hasn't all day: she looks up. And standing right before her is someone who loves her. Someone who sought her out. Someone who wants to hear about her hard day and her heart. And suddenly she feels a bit different.

We often go through life like the woman standing at the edge of the room. Our hearts are downcast. We don't even have the energy to try anymore. We feel alone. And then Jesus does something that's beyond our comprehension. He comes to us in infinite love and tenderness. *He lifts our heads.*

When we look down, it's usually because we're feeling shame, sadness, or insecurity. Jesus wants to change all of that by reaching out to touch our lives and hearts. When someone lifts up your head, it's an invitation for eye contact. It's a way of clearly showing, "I see you. I'm here with you. I want to connect with you."

Jesus did this over and over again with people during his time on earth. He didn't just casually connect with those around him. He looked into their eyes. He saw their hearts. He met their needs from a place of



deep compassion and understanding. Even when a young ruler came asking hard questions, “Jesus looked at him and loved him” (Mark 10:21). He’s doing the same with you today. *Jesus is looking at you and loving you.* He’s reaching out his hand to cup your chin and lift your face so you can look into his eyes.

What else happens when we lift our heads? Our perspective changes. We may have been staring at the place where we feel stuck and at the difficulties right in front of us. But when we look up, we can see Jesus is in that place with us. We can even dare to look over his shoulder and catch a glimpse of the future he has for us. We know we’re going to be okay.

You are not standing at the edge of the room alone today. Right in front of you is a Savior who wants to lift your head and heal your heart. Can you feel his touch and hear his voice? Both are full of love for you. Wherever you are today, he’s with you. It’s time to look up, my friend.

..... *What My Heart Is Saying to You*

Lord, I’m so glad you’re here with me today. I choose to believe that’s true. Please lift my head and speak

to my heart. I trust that you see me, you understand,
and you know what I need. I want to share with
you ...

Amen.

What My Heart Is Hearing from You
.....

Psalms 1-3

