

DAY 31



Inspired

Do less and be present. Dare to be inspired.

God treasures who you are today.
Not who you will become tomorrow.

You are His Beloved.
You belong to Him. As you are.

*"Your mercies are new every morning. Great is your
faithfulness."* LAMENTATIONS 3:23

"For the love of Christ compels us." 2 CORINTHIANS 5:14



“What day is it?” asked Winnie the Pooh.

“It’s today,” squeaked Piglet.

“My favorite day,” said Pooh.

A. A. MILNE

I had never baked chicken before.

If you wanted your chicken stir-fried or stewed in soup, no sweat. I’ve paid my dues cooking as sous-chef under my Chinese mom growing up. I can tackle a whole chicken with cleaver, giblets, and all. But I’d never baked one in the oven before. Until I married a guy who loved barbecue chicken.

I wanted to surprise my one-week-new groom and greet Eric at the door after work—with a hug and the scent of his favorite meal baking. I read the recipe.

Brush olive oil on the chicken . . . Stick it in the oven. Easy enough. What threw me off wasn’t the prep.

Bake forty minutes. My husband was due home in twenty minutes.

There was no way I could shorten the time. *Wait a minute . . . Maybe I could!* The directions called for an oven temperature of 325 degrees. I solved the problem by cutting my baking time in half—by turning up the temperature to 500 degrees.

With a sigh of relief, I set my egg timer and hurried to jump in the shower—when I was interrupted by the ear-piercing shrill of the smoke alarm. I jolted to the kitchen in my towel, leaving behind a wet trail and flung the oven door open.

Black smoke fumed out. *Oh. My. Gosh.* I forgot even paper bursts into flames at Fahrenheit 451. The chicken was definitely done.

Cooking isn’t the only area in my life I’ve tried to hurry up time. *Waiting for an answered prayer—for God’s plans to come to fruition—I try to help God out by making things happen faster.* So I



turn up the heat and double up on commitment, passion, and planning.

But I end up getting burned out. To a crisp. Joy and peace go up in flames. Relationships get scorched.

What happens is I'm no longer present. I'm so preoccupied by what I want to happen or what I'm afraid will happen tomorrow. *I miss out on what God has for me today.* We need to be *reinspired*.

Do you ever feel burned out? Like there's just too much to do and not enough time? And yet, having checked your boxes, you lie awake at night, feeling disconnected from your heart?

Be Inspired: Do Less. Be Here Now.

It's tempting to strive and make things happen *now*. It's sometimes hard to stay present. We're so afraid of not doing enough, we adopt the strategy of doing too much. But what really satisfies our souls?

"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved even in his sleep." PSALM 127:2

We become so preoccupied by the questions of tomorrow, *we miss out on the beauty, relationships, and experiences God longs to rejuvenate us with today.*

God understands. God reinspires us with a new vision to live as the Beloved.

Do less and be present. Be here now. *Dare to be inspired.*

READ GOD'S STORY

Manna. "What is it?" was the name the Israelites gave to the daily bread that fell down from heaven. "What is it?" we



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whisper, looking at our limited time, resources, and opportunities. Draw near as God invites us to a new way of living.

*“This is what the Lord has commanded,
‘Gather of it every man as much as he should eat...’*

Some gathered much and some little.

*When they measured it with an omer,
he who had gathered much had no excess,
and he who had gathered little had no lack.”*

EXODUS 16:16–18

This way of gathering is a beautiful way of life for us to experience today.



*Gather—just what you need now.
Gather—only what you need today.
Leave the rest.
God will send fresh manna tomorrow again. For you.*



Grace and Love Today

Dare to enjoy whatever beauty, rest, or peace—whether emotional, financial, or physical provision—that God’s prepared for you *today*. Don’t wait until you’ve done more to start living and loving. God longs to strengthen your soul with His love *today*. He will have more grace ready for you again tomorrow.

*“Your mercies are new every morning. Great is your
faithfulness.”*

LAMENTATIONS 3:23



Let go of whatever lies beyond your heart's reach for now. Trust that when tomorrow comes, God will inspire you with new words, opportunities, wisdom, or courage—to navigate any conversation, decision, dream, or unexpected trial and pain.

Don't compare. What you gather will look different from what your neighbors gather. *Whether we gather a little or a lot—God will still bless us equally, as we need in the end.* You are beautifully treasured and uniquely celebrated.

God's provision is not given according to your efforts, but already lovingly set aside in His heart for you. Grace can't be lost, destroyed, or earned. But you must take time to receive it, friends. We are His Beloved.

☞ God's Whispers to You

*Beloved,
Gather just what you need for today.
Let go of what needs to be let go.
Only do what my love compels you to do.*

*Let me be your today and your tomorrow.
I will give you what you need for this journey. I promise.
My mercies are new every day. I will be faithful.
Make my love be yours today.
Do less and be present. Dare to be inspired.*

☞ A Prayer for Today: Give Me Courage to Live Inspired

"Your mercies are new every morning. Great is your faithfulness."

LAMENTATIONS 3:23



“For the love of Christ compels us.” 2 CORINTHIANS 5:14

*Dear Jesus,
Change my heart and my schedule.*

*Make my heart be more like yours.
Level it to the ground, if that’s what it takes.*

*I want to do less and gather only what I need right now.
To live inspired rather than burned out.
Help me rebuild a new life that is compelled by your love today
and stop being a slave to what could happen tomorrow.*

*I am here now. Gather me close to your heart once again.
Amen.*

Dare to change your schedule. Take your rightful place as God’s Beloved.

Let God’s love compel how you fill it. Or not.

As for my 500-degree chicken? I scraped off the char and smothered it thick with BBQ sauce. My sweet husband vigorously chewed on dried-out, cardboard-like chicken.

“Just curious, honey,” Eric said midway. “What did you put in the chicken?”

“It’s uh...my secret sauce.” I quickly changed the subject. Later that night, I confessed. I promised never to use my secret sauce again.

Give Yourself Permission: Make time to be inspired. Do less. Quit one or more things completely. Especially if you’re doing something out of guilt or fear. Use that time you’ve garnered to enjoy living and loving, compelled by God’s love.



REFLECT ON YOUR STORY

1. *What can you do less of and be more present? What is one thing you can quit?*
2. *What or who is standing between you and a “daily-manna”-inspired life?*
3. *What One Word speaks to you today?*

PRAY & REST

A SIMPLE PRACTICE: YOUR TODAY PRAYER

Pray for God’s love to compel what you choose to do today. Author and missionary Elisabeth Elliot shares her wisdom: “Today is mine. God still owns tomorrow. If we really have too much to do. Let us submit the list to him and ask him which items we must delete. When you don’t know what to do next, just do the thing in front of you.”

Today’s One Word Prayer is *INSPIRED*. *Jesus, as I quiet my heart and lift my list to you today, I feel inspired to do this next thing and delete these:*

TODAY'S BELOVED CHALLENGE

Create a Space for Me Time

*Decorate or declutter a space for your soul to breathe—
a favorite chair or quiet corner.*

The present moment matters. Let God's love touch you again. Be inspired.

SOUL CARE
TRAIL
NOTES

Declutter a Small Space for Yourself and Get Inspired

Juggling too many to-do's causes burnout, but so does physical clutter. Similar to multitasking, clutter overloads your senses, causing you to feel stressed, impairing memory and creativity.

A UCLA study concluded clutter impacts your mood and self-esteem—leaving people feeling guilty for projects undone and money spent on purchases unused. Stress hormones spiked with the presence of clutter. Women who described their homes as “cluttered” with “unfinished projects” were more depressed, fatigued, showing *higher levels of the stress hormone cortisol* than those whose homes felt “restful” and “restorative.”

By decluttering even a small space for your Me Time—to read, be creative, or rest—you'll spark inspiration again. The amount of stress was shown to be directly proportional to the amount of things people owned. Get inspired. Launch a decluttering marathon and purge what doesn't spark joy.