

GATher

DAILY PAUSE

INTHerMISSION journal





We see you.

We see you. We see you, the student who is stuck in the face of disappointment; the you that is trying to keep your family and kids together when chaos is ensuing around you; the you that is working from home wondering when will this end; the you that is still serving in ministry, bringing the church online and supporting your people from your living room; and the you that is wrestling with her mental health. We see you. God sees you.

We have crafted this *Inthemission* Journal for you to take a daily pause and receive truth to encourage you. You are seen, heard, and valued. We are reframing this disruption as an *Inthemission* so together we can refocus. Will you join us in navigating a new now with a strong foundation? With all the loss that you may be feeling, are there opportunities in this season to be refreshed, to experience a spiritual makeover, to build stronger more sustainable rhythms, stronger sisterhood and community, and to come out the other side of this disruption better than when you entered it?

Join us in this divine *Inthemission*. For the moms, the women in ministry, the marketplace girls and entrepreneurs, those struggling to hang on with mental health challenges, and the next and now generation of girls who are ready to launch and have big dreams- that have all seen your life on mission quite literally interrupted - we are committed to being here for you.

Let's forge a space of prayer, a space where the True Hope that is Jesus is at the center, and a space we can be real with ourselves and each other as sisters. We love you - we see you - the one, the few, the many, all across our nation.

The Gather Women Team





O Eternal One,
It would be easier for me to pray
If I were clear
And of a single mind and pure heart,
If I could be done hiding from myself
And from you, even in my prayers.

But I am who I am,
Mixture of motives and excuses,
Blur of memories
Quiver of hopes,
Knot of fear,
Tangle of confusion,
And restless with love
For love...

Come, find me, Lord.
Be with me exactly as I am.
Help me find me, Lord.
Help me accept what I am
So I can begin to be yours.

TED LODER, GUERRILAS OF GRACE

A bouquet of purple flowers, possibly lilacs, is arranged on a rustic wooden surface. The flowers are in various stages of bloom, with some fully open and others as buds. The stems are tied together with a piece of twine. The background is a plain, light-colored wall.

let go

But one thing I do: forgetting what is behind and straining toward what is ahead.

Philippians 3:3

Forget the former things; do. Not dwell on the past. See, I am doing a new thing!

Isaiah 43:18

move forward

I press on to take hold of that for which Christ Jesus took hold of me.

Philippians 3:14

I can do all things through Him who gives me strength.

Philippians 4:13

live bold

There is no fear in love (dread does not exist), but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror!

1 John 4:18 AMPC

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you where you go.

Joshua 1:9

She who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

psalm 91:1-2

True confession. When the asks on my time and emotions have exceeded my ability to respond and I feel hunted down by demands and needs of others, I have wanted to run and hide. And trust me, run and hide was what I did. Often. I would either lock myself in a closet or hop in the car and drive without a destination because staying in my life was just too overwhelming. Where do you run when things get too hard? Where can you run now when you are being told to stay home? There is only one destination that is safe and protects you from all that swirls around you, and that is in the shadow of God. A fortress is immovable and will stay strong and hold you with an unwielding grip when you feel like you are too close to the edge. Your only job is to stay there.

BELIEVE – Let Go

What is a belief or untruth I need to let go of in this season?

What is a belief based on the truth of this Scripture I can replace it with?

BEHAVE – Move Forward

What is a discipline I can incorporate to help me move forward in this season?

BLESSING – Live Bold

What is a way I can reframe a challenge into a blessing and pay it forward?

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard our hearts and minds through Christ Jesus.

philippians 4:6-7

If you're asking, "I wonder how long until this 'thing' ends?", join the crowd. We're all asking, wondering, dreading, praying, worrying, and praying some more. The challenge is we are just not wired to let go of ALL of our anxiety. We like to hang on to just a little, because we have become friends with feeling anxious. Fear for many of us is something that we wake to and go to sleep with because the future is so uncertain. Does 'be anxious for nothing' mean to let God know about it all, but keep back a little of the worrying for yourself? No. You're to keep none of it. Because if you hang on to the anxiety, you leave less room for the peace of God to enter in and forge a stunning fortress of grace all around the boundaries of your heart to protect you. Anxiety doesn't protect you, it leaves you vulnerable to imagining the worst. So when you wonder, wonder. But then pray. Immediately. And thank God in advance for the peace. He knows. He cares. Let Him carry it all. And keep nothing.

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May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

romans 15:13

I find myself measuring everything, every day, all day long. Sometimes what I put in is what I get out, and sometimes not. I may exercise for an hour but only burn 200 calories and it feels like a big investment for such little return. But not so with God. "As you and I trust Him...", in other words, with whatever little seed of trust you place in God's provision, the return from Him is more than you can measure: an overflowing, inordinate amount of joy, peace and hope because the power of the Holy Spirit is a multiplier. What seed of trust can you sow today.? You will receive so much more in return.

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For God has not given us the spirit of fear,
but of power, and of love, and of a sound mind.

2 timothy 1:17

I refuse to go to a movie that I don't know in advance doesn't have a happy ending. That rules out all scary movies. If I have to watch one, I do it with my ears plugged and eyes covered. We live life like that sometimes, don't we? We have so much fear that we close our ears and our eyes to all the beauty around us because we think that something will happen that will knock us out of the game. It has happened. And you are still standing. And God has given you a spirit of power, of love and a sound mind, meaning, you have everything you need to control your thoughts, to reach out in love and to take control of the things you can control. Do your part and let God do His part. You are okay. You will be okay. Leave what you cannot control to God because you know that fear is not the boss of you.

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Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.

psalm 25:5

I was headed out on a highway I had travelled multiple times, on my way to teach a cohort of leaders. I had done this route so many times I could {almost} drive it with my eyes closed. Imagine my surprise when, an hour into my journey, I saw signs pointing to the exits to the US. I had taken a wrong turn and found myself on a completely different highway. Who are you trusting as your GPS, your guide in life? It is only God's truth that can teach you the way you should go and give you hope that you will actually arrive at your final destination. GPS's can be faulty, but more-so, your sense of direction can steer you off course. Would you establish God as the Master Guide for your life, and place your hope in Him. You will arrive safely - exactly at the right time, exactly where you need to be.

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But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

psalm 5:11

What I see and what I hear when I go on social media: some whining, complaining, pleas for help, people wanting their old lives back, fear, despair. I also see and hear humour, the human spirit rising with rainbow art and applause for front line workers. What would raise the hope quotient for everyone in the middle of this uncertainty is the joy singing. Praising God for His protection, and His presence, and His provision, which is already a given, even though we may not see it just yet. Joy singing that doesn't decrease in volume just because circumstances have changed. Joy singing is contagious. It refocuses us up to the heavenly reality that we are being shaped for our eternal home and this earth is one we are just passing through on our way. And so our response matters. To a world watching your social media, what are they seeing and hearing? Can you post more joy singing to melt the fear and anxiety? I dare you.

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The Lord will watch over your coming and going both now and forevermore.

psalm 121:8

"You are my person. You will always be my person." When Christina declared this to Meredith on Grey's Anatomy, my heart leaped and said, "I want a person!" A bestie who would I could start my days over coffee with a 'what's up for you today?' text, know where I was going and when I was coming back. I wanted someone who would be the first one texting me off a plane saying, "I missed you, how was your trip?" God is our Person! He is watching, checking in, texting soul messages: 'How are you? How is your day going? So glad you're back, I was hoping you would like the Uber drive I chose for you! What are you plans? How can I help? I am here for you 24/7.' We forget. We forget He is real and engaged and has invested everything so we might have life abundant and see our potential and purpose come to fruition in His Kingdom. Maybe breathe a quick prayer to Him right now that will help manage some of the feelings of isolation. You are not alone. Say to God, "You are my person. You will always be my person." He is saying it to you.

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Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

proverbs 3:5-6

The thing is none of us get it right all of the time. We say the wrong thing, do the wrong thing, at the wrong time even if we had good intentions. When things go off -road we may have a tendency to even make things worse by trying to put things right. It's in those moments that we look up and say, "Jesus, take the wheel." We know what we know but we don't know everything. Begin your day with placing your trust appropriately in the Lord. Put Him in the driver's seat, which may mean releasing Him from the trunk, and promoting Him to the front seat. Let Him drive and straighten out the perilous curves in your life. Things may be out of control on the road you are on. He know you best. He knows your people best. He wants the best for you. So let Him reset the course and direction if needed and get you safely across the finish line. He'll never take you anywhere He hasn't already been. You can trust Him.

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Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time.

1 peter 1:3-5

Everyone who has money invested in mutual funds or in the market or even in the bank are seeing their returns diminishing daily during this uncertain time. In contrast to diminishing returns, God has a priceless inheritance waiting for each of us that is not subject to global catastrophes and market conditions. It's being well looked after for you without you needing to check in to see if it's still there - it will be. And you? Your job is to stay strong in the power of God, increasing your faith, looking toward that end goal when you will receive what is being kept for you. It will never decrease in value. This is living hope, not based on perishable things or circumstances or how much you have stashed away in your pantry, but based on Christ who has given you access to His fully stocked vault of blessing - forever. Stay strong, girl! You won't believe all that is waiting for you that will more than compensate for all you have lost.

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For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

jeremiah 29:11

We love and hate this verse in Jeremiah that says the Lord knows the plans He has for us. Because right now doesn't feel like hope and doesn't look like a secure future. What does prosperity look like? Certainly not this. You need to take the long view. The long view opens up the possibility that some day at some point, somehow, you will come out ahead. But in the process your definition of prosperity and what you place your hope in will be transformed. Everything that you have placed your hope and happiness in until now: job security, ministry success, and your definition of a well-ordered life may be dismantled, one idol at a time. God does not want you to come out of this season to immediately replace the old idols with new ones. He wants you to be different, live different, transformed from the inside out. He wants to be the one in which you place all of your hope. Because on the other side of everything, even this, is where your hope and your future lie.

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The eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance as the saints.

ephesians 1:18

My husband had cataract surgery a number of years ago. When the protective eye coverings came off, he exclaimed how vibrant the colours were, and of course, how beautiful I was (or I may have imagined it!). Are you living your life with shades on, and missing the wonder all around you? We live in such a horizontal viewpoint and get caught up in what is all around us, to the point of failing to look up to see that there is a heavenly world that ultimately is the real world we are being shaped to enter when all is said and done. I don't want to live in the shadows. But even in the dark, I know that is where God does His best work. I want to open the eyes of my heart to see hope, to breathe hope, to fully live hope. What about you? Do you need a little heart surgery to remove the filters of disappointment, rejection, woundedness and fear? We all need to see clearly that these are valid emotions but are not our defining reality. Nothing we experience in the shadows will be present in the light when we are together with Jesus forever.

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Now faith is confidence in what we hope for and assurance about what we do not see.

hebrews 11:1

The thing is, I don't like waiting. It is frustrating to be ordering online and waiting for the packages arrive, even with a Prime Amazon membership. It's just so hard to wait. When will this thing end? What is it taking so long? Maybe by asking you to wait for what you don't see now, God is making you brave. Brave enough to build your faith during this valley in your life where it's too dark to see and too hard to believe. Brave enough to build your dependence on Him when you're barren and empty to see if He's truly all you desire. Brave enough to see how well you will trust and serve Him when you're stuck, not really doing anything of significance and you've seen everything on Netflix twice. Brave enough to build your trust in Him when the storm keeps raging, the battle keeps going and victory doesn't seem near. Be brave enough, sister. Bravery means believing in the dark what will unfold in the light. Wait for it.

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Now this is the confidence that we have in Him,
that if we ask anything according to His will, He
hears us.

1 john 5:14

We have been given Biblical encouragement to ask anything in his name. The challenge is the mystery of God's will. How do we know what it is from day to day, from person to person? Erwin McManus, on his way from Los Angeles to Edmonton for a Breakforth Conference to speak, had his flight cancelled. He never made the connection that would have got him there in good time. Was that God's will? Wouldn't God want him to speak to thousands of believers? Instead he found himself on a plane beside a man that he led to the Lord. Was that God's will? In that circumstance, it would appear so. I find this prayer helpful when praying for something, after I have filtered it through the filter of Scripture, "God, you know me better than I know myself. You know my fears and my desires. You know how much I want this. You know how much I will be devastated if this doesn't happen. I know you love me. I know you have a plan for me. Please, Lord, don't let my desires blind me to your will. If this is not within your plan for me, throw up a Brick Wall. Give me an obstacle I cannot get past. Give me peace about whatever is to come. If this falls through, I will know it is your hand." God hears every request from his humble, trusting children, and he answers with whatever is best.

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You are my refuge and my shield; I have put my hope in your word.

psalm 119:114

We use that word “hope” rather liberally these days. In fact, we use it rather interchangeably with the word wish. “I hope I win the lottery”, “I hope I lose 5 pounds”, or we might even say, “I hope I’ll meet someone to share my life with”. But hope is really what comes when a promise is made and we rely on it. It inspires us and motivates us even when the times are tough. The Psalmist puts his hope in God’s word. He knows that it will shield him from the tough times in life. He can rest easy on the promises God has given in His word because he knows those promise will come true. The Hebrew word Batach is translated as trust. It means to have confidence in God’s ability to lead and fulfill his promises. God has never broken a promise. In all his covenants with man it has always been man who has broken them. God is trustworthy and worthy of your hope. Will you trust Him?

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Fear not, for I have redeemed you; I have called you by your name; you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.

isaiah 43:1-2

Endurance. Perseverance. We hear these words, but usually we secretly hope we never have to exercise these spiritual muscles. We are facing a huge problem right now, involving loss of some sort for most of us. How we handle that will determine whether our faith strengthens or fades. We can sound lofty and idyllic all we want, but if we fade with the coming of trials, all our words mean nothing. Don't go down with those who are giving up. This trial might break us, but that may not be a bad thing for some. When we are truly broken, we find we are not enough in ourselves to make it through. It is at that moment that we either let bitterness and depression get a foothold, or cry out to God for help, which He is always faithful to give.

God may not always change our circumstances, but has promised to see us through and never leave us. Trusting, even when our hearts are absolutely breaking, will bring us through to the other side with a confidence in our God that we had not before experienced.

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Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

deuteronomy 31:6

This is a modern day word for us as a sisterhood and I believe, for you as a daughter of Christ. Moses was telling Israel that it was their destiny to enter the promised land and they were not to be afraid of the border bullies. This was also a commissioning to Joshua to take his place and lead them into their future. Joshua had always been a personal assistant, 80 years or so in fact, and now was his moment to step into his calling and do something that would finally see his people enter a land flowing with milk and honey. This was his moment to rise. Is it possible that this moment in our world, with an invisible enemy that threatens to rob us of everything may be your moment to rise? Will you step forward as someone who will see victory, instead of joining the victim chorus. Our prayer is that you would see your mission and your influence in this time come to light as never before. That courage would replace your fear. Wherever God calls you to move in your future, He will always go with you. Face what's next head on. Go with God.

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When anxiety was great within me,
your consolation brought me joy.

psalm 94:19

I have learned that thoughts that innocently show up as singles, turn into an uninvited crowd. When I think one thought, especially if it is negative, it leads to another and another, each one increasingly rising as a threat to my well-being. My thoughts are often a repeated question loop: "What if?..." which leads to another "what if?" "What if what we are experiencing now never ends? What if I or someone I love is affected? What if my economic situation grows more desperate as the weeks progress? What if I lose my mind?" The only and best way to stop the loop is to immediately reach for truth in scripture that will match each question with a promise of God. "What if I am alone?" The promise: "I will never leave you nor forsake you." Don't let the crowd of anxious thoughts take you down roads that lead to hopelessness. You have a storehouse full of the promises of God waiting for you to dive into. Grab your bible, grab your phone and get those good words in your head and heart.

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**But as for me, I watch in hope for the Lord,
I wait for God my Saviour, my God will hear
me.**

micah 7:7

The word “but” implies that the verses before Micah 7:7 indicated bribery betrayal and blame, even among family members, depicted a world gone rogue. We are all naturally looking for someone to blame for what’s happening. “The problem is the government.” “The problem is medical science.” The challenge of being isolated in our homes with our families, causes us to say, “The problem is him, or them.” “But” in Micah 7:7 offers us a way to pivot and go an entirely new direction. It offers us the choice to elevate ourselves – to live above the fray of betrayal and blame and looking out for ourselves first. It offers us a new way to live and behave in this new world. It gives us a chance to actively participate in what’s to come. Get up. Open your eyes. Watch in hope. Wait for God. If you see signs of life, like the crocuses pushing up through the ground, the cardinal in your backyard you will begin to see that new things are coming on the other side of this season. Where can you insert a ‘but’ into the script of your life that will inspire you to make a beautiful pivot into the new life that’s coming, if you will just watch and wait for it?

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Through the Lord's mercies we are not consumed, because His compassions fail not.

lamentations 3:22

If you are reading this right now, you are the beneficiary of the Lord's new mercies, and His overwhelming faithfulness. Why? Because the Lord is a compassionate God. If you and I think about it, we have not done anything that is so good or right to warrant God's kind dealings with us. When we went to bed last night, and woke up this morning, we just experienced the Lord's loyal love and devotion to us, in spite of our complaints and cynicism and despite the chaos swirling around us. If you think about it, it is an astounding thing that a Holy God, who hates sin, would not bring us to an end immediately after our mess ups. Look at how long the Lord shows us compassion. His compassion will continue long after this disruption ends. We should rejoice that He is "merciful and gracious, slow to anger, and plenteous in mercy." We serve an amazingly awesome God, who patiently keeps showing His compassions, which do not cease. Great is His faithfulness, even in life interrupted. His compassions will never fail.

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Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

philippians 4:8

We are responsible for the kind of thoughts we have. Our thoughts, or habit of thought, is something that we develop and feed. The way we think is similar to the way we enjoy food. The first time I tasted coffee I thought it was awful. However, I developed a strong taste and appreciation for coffee while in college. I now drink coffee every day (several times a day!). I’ve gotten to where I like it so much that I drink it without cream, sugar or anything else. I have acquired a taste for coffee.

Paul urges us to acquire a taste for good thinking. He challenges us to think about whatever is true, honorable, just, pure, lovely, excellent, and worthy of praise. This becomes a filter to help us see how we currently think and move us toward godly thinking. How we think will ultimately determine how we act. How are you able to think not just positively but biblically in this unprecedented season? How can determining to start your day focusing on what is praiseworthy before any other thought enters your mind? And go ahead, and grab that first sip of coffee!

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