Cathleen Gray

Good Morning Beautiful

A 40 Day Devotional Journal
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By Cathleen Gray

Inspiration and Encouragement to Help Women Heal

Through the Power of God’s Word
I dedicate this book to my gentle and caring husband who wrote on an index card these words, “Good Morning Beautiful! I love you, Hannah loves you and God loves you!” It was this simple, yet profound note that propelled me to take a good look at myself from the perspective of my husband, my daughter and most importantly, my God. I still have that note card with its smudged black print from my tears on it as a wonderful reminder of where I was, and where I am headed. I thank God that He gave my husband the insight to write that note, knowing that it would be a struggle for me to get out of bed and make an attempt at functioning that day.

It is my prayer that God’s Holy and inspired Word will strengthen and encourage you, just as it has strengthened and encouraged me. I pray that what I have experienced through the study and application of the Bible will bless and comfort you.

So I say to you, “Good Morning Beautiful! I Love You, Your Family Loves You, and Most of All . . . God Loves You!”
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Grief

“Though I speak, my grief is not relieved; and if I remain silent, how am I eased” (Job 16:6).

In the early process of putting this book together, the Lord gave me every chapter title, all at one time. This happened a year before I actually started writing. It was one of those awesome God moments. I had no idea what I would write, or where He would lead in my writing. But let me tell you, it has been an incredible journey of faith and obedience. I am so honored and blessed to be able to share with you just a touch of who God is, and what His love has done for me. This book is not about some new and exciting revelation based on specific theological doctrine. It is about my personal growth and how my life went from total despair and desperation to total reliance and strength in the Father. I am in no way complete, but I do know that I am completed in Him.

God has been with me every step in this writing process, giving me peace and comfort. But when He gave me the word grief to write about, my first thought was, ‘Oh my, I really don’t want to go there.’ Honestly, I was fearful just at the sound of the word because of what I have been through. I didn’t want to revisit old hurts and stir up old emotions. But God in His extraordinary way showed me a new and safe way to look at what I was afraid of.

When we get saved we are not only saved from spending eternity without God, but we are saved from what the prince of this world, Satan, has in store for us. He came to cheat, steal, kill, and destroy. Jesus Christ came to heal, free, restore, and reconcile. Two of the most powerful tools Satan uses in our lives are fear and doubt. He wants us to be afraid to look back and heal from our past, and he wants us to doubt that we can be set free from the ties in which he has bound us.
Satan wants us to have all these strongholds in our life so we cannot be effective for God. Well, here is the truth and nothing but the truth. God’s Word is one of the most powerful tools we have to fight off the enemy. Satan is already defeated. He cannot overtake any believer, because of what Christ did on the cross. He will try, but he has absolutely no power over God. You may think the devil is winning the fight over you; but he is not, because you have the Spirit of God living in you. You belong completely to God.

So take whatever gives you fear and doubt and look at it fresh and new through the Word of God. I was afraid to think about the word grief. Just mentioning grieving made me anxious because I have been in total grief. I have felt extreme heaviness and enormous sorrow, but along with those feelings I had guilt, shame, anger, and pain. I was there in my grief, without focus on God’s Word. I felt as though I was alone without God—but I wasn’t. I was living in fear because of my unhealed past, and I doubted I could ever be set free.

It has been through prayer, support, and the illumination of the Word of God by the Holy Spirit that has gotten me through some of the darkest days of my life. I know I will experience aspects of grief in my life, but I have learned to see why I was fearful. Through the life-giving Word of God, I can turn from my old way of looking at things and apply the Truth. For you it may be something totally different, because of what you have been through. I pray you will dust off some of the old fears and look at them through God’s Word. Don’t be afraid to look back—it will help you move forward. Just take God’s hand and trust in Him.

“Who among you fears the Lord? Who obeys the voice of His servant? Who walks in darkness and has no light? Let him trust in the name of the Lord. And rely upon his God” (Ps. 50:10).
Grief

Something to think about…

What do you need to dust off and look at in a fresh way through the Word of God? Take some personal time to rethink some old mindsets. Where is Satan lying to you? Does he say you will never be healthy again? God’s Word says to prosper and be in good health. Does he tell you that you will never find true love? God is love and He loves you and wants the best for you. Does he threaten you will never finish what you started? God says that He will complete that which He started in you. Do you fear your past, present or future? God says you are forgiven and your past is wiped away. God says He knows the thoughts He has toward you, and they are to give you a future and a hope.

So, open the Word of God and begin telling yourself the truth based on who God is. Search the Scriptures for the facts and learn to bring everything to Him. Write about your travels through the Word of God and how you will apply His Truth to your biggest fears and worries.