



# sanctuary

a devotional Bible for women



New Living  
Translation®

SECOND EDITION

TYNDALE HOUSE PUBLISHERS, INC.  
CAROL STREAM, ILLINOIS



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## FINDING YOUR SANCTUARY..... USER'S GUIDE

*Do you want to meet with God but find that life keeps getting in the way? The demands of work, relationships, daily routines—even church activities—can prevent you from spending time with the One who knows you best, loves you most, and wants to do extraordinary things in your life. What you need is a sanctuary, a place where you can set aside the distractions of your daily life and focus on God and his deepest desires for you. The User's Guide below can help you find that place of sanctuary.*

### SAFETY. REFRESHMENT. PEACE.

What comes to mind when you think of sanctuary? Many people envision a place of retreat—a light-filled room, a comfortable worn chair, perhaps a fireplace or a garden oasis. Maybe you have created a beautiful space with plants, flowers, and candles. Your personal sanctuary may mean you always have a cup of fresh coffee, music playing, or a thought-provoking book at your side.

Maybe your sanctuary is a place where you and trusted friends spend time laughing and crying together, where you share one another's joys and sorrows. Or maybe your sanctuary is a place where you can be alone with your thoughts for a while.

What do you do there? Do you find yourself reading Scripture? praying? worshipping? . . . just listening?

What compels you to seek sanctuary in your life? Is it a need for a sense of safety? a desire for a temporary escape from endless demands? a longing for solitude?

What do you find there? Do you gain perspective about how to face the daily grind? wisdom for handling a difficult relationship? peace amidst turmoil? a special sense of God's presence?

No matter how or where you arrive at this moment, God has given you a longing for sanctuary. Even more important, he is always there to meet you. The psalmist David expressed that truth when he wrote,

*He will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock. Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the LORD with music.*

*Hear me as I pray, O LORD. Be merciful and answer me! My heart has heard you say, "Come and talk with me." And my heart responds, "LORD, I am coming." PSALM 27:5-8*

Does that describe your experience? Coming into God's sanctuary means meeting him, talking with him, and allowing him to lavish his love on you.

The Bible you are holding is a long story—God's love story—written for you. In its pages you will meet people who seem remarkably like you or like others you know. Their failures may be your failures. Their lessons may be your lessons. God's Word uncannily—and unfailingly—tells it like it is and then tells us how it can be eternally better. Make a commitment to yourself to experience true sanctuary on a regular basis. Come with open hands and an open heart, and find refreshment, wisdom, and strength for the journey.



## HOW TO USE THIS BIBLE

The simplest way to use this Bible is to follow the devotional sequence from start to finish. The first Monday begins at the beginning of Genesis. Follow the directory line at the bottom of each devotional to the next reading in the sequence. This will lead you from Genesis to Revelation in a year, giving you meaningful points of contact as you find daily sanctuary with God through his Word.

You can also customize your reading to focus on topics or content especially appropriate or interesting to you. Using the indexes at the back, you can choose devotional readings that most appeal to you. For example, the topical index can quickly locate various devotional readings on topics like relationships, commitment, and parenting. You might want to locate all the hymn-related or profile devotionals. Special indexes list these for you. Using the tools available at the back, explore the devotional material in any way you like. The important thing is that you seek sanctuary with God regularly.

## SANCTUARY FEATURES

Throughout this Bible you will find enough devotional features to give you one for each weekday of the year, and another reading for each weekend (313 in all). These features offer a great deal of variety with regard to both character and content.

### REFLECTIONS FROM CONTEMPORARY PEOPLE OF FAITH

Within the weekday readings are excerpts from contemporary writers that speak to your daily concerns. You will find biblical reflections on general topics like commitment, community, fear, and anger, along with practical advice on relationships, marriage, and parenting. Discover the wisdom that God's Word can bring to everyday experience.

### REFLECTIONS FROM THE LIVES OF WOMEN FROM THE BIBLE AND BEYOND

Also sprinkled through the weekday readings are profiles of famous women from the Bible and a few from Christian history. Most provide a positive example to follow; a few demonstrate what not to do. But all give us lessons to live by. (These profiles are also listed in a special index at the back.)

### REFLECTIONS CENTERED ON PRAYER

Each Monday reading is centered on a great prayer of faith. Allow these written prayers to help you start your week out right—with dependence on God. They provide a rich context for lifting your own needs and concerns to God. (A full list of these prayers can be found under Prayer in the Topical Index.)

### REFLECTIONS ON GREAT HYMNS OF FAITH

Each weekend you are treated to the rich lyrics of a great hymn of faith, accompanied by the story behind it. Allow our rich heritage of hymns to help you reflect on the character of God and his powerful presence in your life. (These hymns are listed in a special index at the back.)

### HELPFUL INDEXES

- A topical index points you to devotionals on topics important to you.
- An author index lists all hymns, prayers, and book excerpts alphabetically by author.
- A profile index alphabetically lists the women profiled.
- A hymn index alphabetically lists the hymns featured.

## READ THE BIBLE FOR ALL IT'S WORTH

Though this Bible has many inspiring devotional features, don't forget to read the Bible text itself! To get the most out of the Bible, you will need to study it on a regular and orderly basis. You may, however, wonder where to begin or what you might need to know before you start. The following paragraphs will give you some important hints to help you study the Bible effectively.

## PRAY FOR WISDOM AND UNDERSTANDING

The most often overlooked and undervalued aspect of Bible study is prayer. Yet prayer is essential for gaining wisdom and understanding when you read God's Word. Through prayer, you can approach God and acknowledge your incomplete knowledge of his Word, as well as your need for him to open your heart to his instruction. Determine to begin each time of study with prayer. Only God's Spirit can give you the wisdom you need to understand his Word.

## READ IN AN ORDERLY MANNER

If you receive a letter from a friend and read only a few sentences here and there, the letter will not make much sense. But sadly, this is how many approach their study of the Bible. They read a portion of Matthew, a story from Daniel, a verse or two from Exodus, and then a chapter or so from Revelation and wonder why they don't have a clear understanding of God's Word. They often misinterpret the meaning of a passage because they fail to grasp the larger context from which the passage or verse comes.

To avoid such pitfalls, discipline yourself to read the Bible in an orderly manner. One way to do this is to use an established reading plan. A reading plan lists Scripture passages to be read in a certain order. Many of the existing plans were created with a goal in mind. Some plans break the whole Bible down into 365 daily readings. Others help you read through the Bible in the order that the events actually happened. We have included one reading plan to help get you started. This reading plan lists 365 key passages from Genesis to Revelation that all Christians should be familiar with (see page 151). Following this plan will give you the broad sweep of the Bible's content.

## MEDITATE ON GOD'S WORD

Thinking or meditating about what you have read helps you to discover the importance of a given passage. It also helps you to examine your life in light of what God reveals in his Word. One of the best ways to begin meditating on God's Word is to ask questions. Here are a few questions to help you get started:

*What is the main subject of the passage?*

*To whom is this passage addressed?*

*Who is speaking?*

*About what or whom is the person speaking?*

*What is the key verse?*

*What does this passage teach me about God?*

To see how the text might apply to you personally, ask yourself these questions:

*Is there any sin mentioned in the passage that I need to confess or stop doing?*

*Is there a command given that I should obey?*

*Is there a promise made that I can apply to my current circumstances?*

*Is there a prayer given that I could pray?*



## .....A NOTE TO READERS.....

The *Holy Bible*, New Living Translation, was first published in 1996. It quickly became one of the most popular Bible translations in the English-speaking world. While the NLT's influence was rapidly growing, the Bible Translation Committee determined that an additional investment in scholarly review and text refinement could make it even better. So shortly after its initial publication, the committee began an eight-year process with the purpose of increasing the level of the NLT's precision without sacrificing its easy-to-understand quality. This second-generation text was completed in 2004 and is reflected in this edition of the New Living Translation.

The goal of any Bible translation is to convey the meaning and content of the ancient Hebrew, Aramaic, and Greek texts as accurately as possible to contemporary readers. The challenge for our translators was to create a text that would communicate as clearly and powerfully to today's readers as the original texts did to readers and listeners in the ancient biblical world. The resulting translation is easy to read and understand, while also accurately communicating the meaning and content of the original biblical texts. The NLT is a general-purpose text especially good for study, devotional reading, and reading aloud in public worship.

We believe that the New Living Translation—which combines the latest biblical scholarship with a clear, dynamic writing style—will communicate God's word powerfully to all who read it. We publish it with the prayer that God will use it to speak his timeless truth to the church and the world in a fresh, new way.

*The Publishers*

JULY 2004





.....*the old testament*.....



## GENESIS.....

**AUTHOR** \* \* \* Moses, according to Jewish tradition

**DATE WRITTEN** \* \* \* Uncertain, perhaps between 1450 and 1410 BC

**SUMMARY** \* \* \* Genesis was written to explain how everything began. In fact, the word *Genesis* means “origin” or “beginning.” It explains how God created our world, how people were created and placed in a perfect environment, how sin began, and how God began the process of salvation for the lost human race. This book also records the beginning of arts and crafts, languages, and nations. The book’s focus then shifts to the origins of the Hebrew people, starting with Abraham, followed by Isaac, then Jacob and his sons, and ending with the story of Joseph.

**THEMES** \* \* \* God made everything good. Then the sin of our ancestors spoiled it. God, however, has not given up on us but has been and is now working hard to save us. God’s sovereignty is seen throughout this book, with special attention given to how he directs history for the good of his people (50:20).

**KEY WOMEN** \* \* \* Eve (2:18–4:26), Sarah (11:27–25:11), Hagar (16:1–15; 21:8–21), Rebekah (24:1–27:46), Rachel (29:1–35:20), Leah (29:1–35:20), Dinah (34:1–31; 46:15), Tamar (38:1–29).

## Genesis.....

### 1 THE ACCOUNT OF CREATION

**1** In the beginning God created the heavens and the earth.\* <sup>2</sup>The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

<sup>3</sup>Then God said, “Let there be light,” and there was light. <sup>4</sup>And God saw that the light was good. Then he separated the

light from the darkness. <sup>5</sup>God called the light “day” and the darkness “night.”

And evening passed and morning came, marking the first day.

<sup>6</sup>Then God said, “Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth.” <sup>7</sup>And that is what happened. God made this space to separate the

1:1 Or *In the beginning when God created the heavens and the earth, . . . Or When God began to create the heavens and the earth, . . .*



waters of the earth from the waters of the heavens. <sup>8</sup>God called the space “sky.”

And evening passed and morning came, marking the second day.

<sup>9</sup>Then God said, “Let the waters beneath the sky flow together into one place, so dry ground may appear.” And that is what happened. <sup>10</sup>God called the dry ground “land” and the waters “seas.” And God saw that it was good. <sup>11</sup>Then God said, “Let the land sprout with vegetation—every sort of seed-bearing plant, and trees that grow seed-bearing fruit. These seeds will then produce the kinds of plants and trees from which they came.” And that is what happened. <sup>12</sup>The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. Their seeds produced plants and trees of the same kind. And God saw that it was good.

<sup>13</sup>And evening passed and morning came, marking the third day.

<sup>14</sup>Then God said, “Let lights appear in the sky to separate the day from the night. Let them mark off the seasons, days, and years. <sup>15</sup>Let these lights in the sky shine down on the earth.” And that is what happened. <sup>16</sup>God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the stars. <sup>17</sup>God set these lights in the sky to light the earth, <sup>18</sup>to govern the day and night, and to separate the light from the darkness. And God saw that it was good.

<sup>19</sup>And evening passed and morning came, marking the fourth day.

<sup>20</sup>Then God said, “Let the waters swarm with fish and other life. Let the skies be filled with birds of every kind.” <sup>21</sup>So God created great sea creatures and every living thing that scurries and swarms in the water, and every sort of bird—each producing offspring of the same kind. And God saw that it was good. <sup>22</sup>Then God blessed them, saying, “Be fruitful and multiply. Let the fish fill the seas, and let the birds multiply on the earth.”

<sup>23</sup>And evening passed and morning came, marking the fifth day.

<sup>24</sup>Then God said, “Let the earth produce every sort of animal, each producing

offspring of the same kind—livestock, small animals that scurry along the ground, and wild animals.” And that is what happened. <sup>25</sup>God made all sorts of wild animals, livestock, and small animals, each able to produce offspring of the same kind. And God saw that it was good.

<sup>26</sup>Then God said, “Let us make human beings\* in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

<sup>27</sup> So God created human beings\* in his own image.

In the image of God he created them;

male and female he created them.

<sup>28</sup>Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

<sup>29</sup>Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. <sup>30</sup>And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life.” And that is what happened.

<sup>31</sup>Then God looked over all he had made, and he saw that it was very good!

And evening passed and morning came, marking the sixth day.

**2** So the creation of the heavens and the earth and everything in them was completed. <sup>2</sup>On the seventh day God had finished his work of creation, so he rested\* from all his work. <sup>3</sup>And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

<sup>4</sup>This is the account of the creation of the heavens and the earth.

#### THE MAN AND WOMAN IN EDEN

When the LORD God made the earth and the heavens, <sup>5</sup>neither wild plants nor grains were growing on the earth. For the LORD God had not yet sent rain to water the earth, and there were no people to cultivate the soil.

# My DAILY Sanctuary

*Oh, the joys of those who do not follow the advice  
of the wicked, or stand around with sinners,  
or join in with mockers.—PSALM 1:1, PAGE 589*

MONDAY

*Eternal God, you make all things new, and abide for ever the same: grant me to begin this year in your faith, and to continue it in your favor, that, being guided in all my doings, and guarded all my days, I may spend my life in your service, and finally, by your grace, attain the glory of everlasting life, through Jesus Christ my Lord.*

**W. E. Orchard (adapted)**

When you pray, rather let your heart be without words than your words without heart.

**John Bunyan**

From *The One Year Book of Personal Prayer* (Carol Stream, Ill.: Tyndale, 1991), January 1.

✱ GO TO PAGE 7 FOR THE NEXT DEVOTIONAL READING.

<sup>6</sup>Instead, springs\* came up from the ground and watered all the land. <sup>7</sup>Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

<sup>8</sup>Then the LORD God planted a garden in Eden in the east, and there he placed the man he had made. <sup>9</sup>The LORD God made all sorts of trees grow up from the ground—trees that were beautiful and that produced delicious fruit. In the middle of the garden he placed the tree of life and the tree of the knowledge of good and evil.

<sup>10</sup>A river flowed from the land of Eden, watering the garden and then dividing into four branches. <sup>11</sup>The first branch, called the Pishon, flowed around the entire land of Havilah, where gold is found. <sup>12</sup>The gold of that land is exceptionally pure; aromatic resin and onyx stone are also found there. <sup>13</sup>The second branch, called the Gihon, flowed around the entire land of Cush. <sup>14</sup>The third branch, called the Tigris, flowed east of the land of Asshur. The fourth branch is called the Euphrates.

<sup>15</sup>The LORD God placed the man in the Garden of Eden to tend and watch over it. <sup>16</sup>But

the LORD God warned him, "You may freely eat the fruit of every tree in the garden—<sup>17</sup>except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die."

<sup>18</sup>Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him." <sup>19</sup>So the LORD God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man\* to see what he would call them, and the man chose a name for each one. <sup>20</sup>He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him.

<sup>21</sup>So the LORD God caused the man to fall into a deep sleep. While the man slept, the LORD God took out one of the man's ribs\* and closed up the opening. <sup>22</sup>Then the LORD God made a woman from the rib, and he brought her to the man.

<sup>23</sup>"At last!" the man exclaimed.

"This one is bone from my bone,  
and flesh from my flesh!  
She will be called 'woman,'  
because she was taken from 'man.'"

<sup>24</sup>This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

<sup>25</sup>Now the man and his wife were both naked, but they felt no shame.

### 3 THE MAN AND WOMAN SIN

The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?"

<sup>2</sup>"Of course we may eat fruit from the trees in the garden," the woman replied. <sup>3</sup>"It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'"

<sup>4</sup>"You won't die!" the serpent replied to the woman. <sup>5</sup>"God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil."

<sup>6</sup>The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. <sup>7</sup>At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

<sup>8</sup>When the cool evening breezes were blowing, the man\* and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees. <sup>9</sup>Then the LORD God called to the man, "Where are you?"

<sup>10</sup>He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked."

<sup>11</sup>"Who told you that you were naked?" the LORD God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?"

<sup>12</sup>The man replied, "It was the woman you gave me who gave me the fruit, and I ate it."

<sup>13</sup>Then the LORD God asked the woman, "What have you done?"

"The serpent deceived me," she replied. "That's why I ate it."

<sup>14</sup>Then the LORD God said to the serpent,

"Because you have done this, you are cursed more than all animals, domestic and wild.

You will crawl on your belly, groveling in the dust as long as you live.

<sup>15</sup>And I will cause hostility between you and the woman, and between your offspring and her offspring.

He will strike\* your head, and you will strike his heel."

<sup>16</sup>Then he said to the woman,

"I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to control your husband, but he will rule over you.\*"

<sup>17</sup>And to the man he said,

"Since you listened to your wife and ate from the tree whose fruit I commanded you not to eat, the ground is cursed because of you. All your life you will struggle to scratch a living from it.

<sup>18</sup>It will grow thorns and thistles for you, though you will eat of its grains.

<sup>19</sup>By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust, and to dust you will return."

### PARADISE LOST: GOD'S JUDGMENT

<sup>20</sup>Then the man—Adam—named his wife Eve, because she would be the mother of all who live.\* <sup>21</sup>And the LORD God made clothing from animal skins for Adam and his wife.

<sup>22</sup>Then the LORD God said, "Look, the human beings\* have become like us, knowing both good and evil. What if they reach out, take fruit from the tree of life, and eat it? Then they will live forever!" <sup>23</sup>So the LORD God banished them from the Garden of Eden, and he sent Adam out to cultivate the ground from which he had been made. <sup>24</sup>After sending them out, the LORD God stationed mighty cherubim to the east of the Garden of Eden. And he placed a flaming sword that flashed back and forth to guard the way to the tree of life.

3:8 Or *Adam*, and so throughout the chapter. 3:15 Or *bruise*; also in 3:15b. 3:16 Or *And though you will have desire for your husband, / he will rule over you*. 3:20 *Eve* sounds like a Hebrew term that means "to give life." 3:22 Or *the man*; Hebrew reads *ha-adam*.



## My DAILY Sanctuary

God said, "Let us make human beings in our image, to be like us." . . . So God created human beings in his own image. In the image of God he created them; male and female he created them.—GENESIS 1:26-27, PAGE 4

TUESDAY

### MADE IN GOD'S IMAGE

Some attitudes haven't changed much. Society continues to rank people based on their looks, as though a person has something to do with the shape of his mouth or the size of her ears, length of legs or color of eyes. Nice looks are just that—nice to look at, nothing more and nothing less. We should know better than to assign beauty unwarranted value. Think of the many well-known beautiful people whose lives are totally self-centered, who have been exploited by others, or who have wrongly relied on looks to get them by in life. Or consider your own looks; you know the real you is beneath your skin and bones.

Whether we are tall, short, heavy, or skinny, our value and self-worth lie in the fact that we were created by God, in his image. Instead of basing our opinion of ourselves and others on the basis of looks (or even brains), we should base it on the wonder of who we are. We can run and cry and taste ice cream and program computers and write music. We are marvelous because the Creator made us so.

Dear God, *thank you* for the *value I have* as part of your creation. *Help me* to recognize the *value you give* to others. Amen.

—Andrea Midgett

From *Faces* (Carol Stream, Ill.: Tyndale, 1987), 67–68.

✱ GO TO PAGE 9 FOR THE NEXT DEVOTIONAL READING.

### 4 CAIN AND ABEL

Now Adam\* had sexual relations with his wife, Eve, and she became pregnant. When she gave birth to Cain, she said, "With the LORD's help, I have produced\* a man!" <sup>2</sup>Later she gave birth to his brother and named him Abel.

When they grew up, Abel became a shepherd, while Cain cultivated the ground. <sup>3</sup>When it was time for the harvest, Cain presented some of his crops as a gift to the LORD. <sup>4</sup>Abel also brought a gift—the best of

the firstborn lambs from his flock. The LORD accepted Abel and his gift, <sup>5</sup>but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected.

<sup>6</sup>"Why are you so angry?" the LORD asked Cain. "Why do you look so dejected?" <sup>7</sup>You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

<sup>8</sup>One day Cain suggested to his brother, "Let's go out into the fields."\* And while they

4:1a Or *the man*; also in 4:25. 4:1b Or *I have acquired*. Cain sounds like a Hebrew term that can mean "produce" or "acquire."

4:8 As in Samaritan Pentateuch, Greek and Syriac versions, and Latin Vulgate; Masoretic Text lacks "Let's go out into the fields."

were in the field, Cain attacked his brother, Abel, and killed him.

<sup>9</sup>Afterward the LORD asked Cain, "Where is your brother? Where is Abel?"

"I don't know," Cain responded. "Am I my brother's guardian?"

<sup>10</sup>But the LORD said, "What have you done? Listen! Your brother's blood cries out to me from the ground! <sup>11</sup>Now you are cursed and banished from the ground, which has swallowed your brother's blood. <sup>12</sup>No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth."

<sup>13</sup>Cain replied to the LORD, "My punishment\* is too great for me to bear! <sup>14</sup>You have banished me from the land and from your presence; you have made me a homeless wanderer. Anyone who finds me will kill me!"

<sup>15</sup>The LORD replied, "No, for I will give a sevenfold punishment to anyone who kills you." Then the LORD put a mark on Cain to warn anyone who might try to kill him. <sup>16</sup>So Cain left the LORD's presence and settled in the land of Nod,\* east of Eden.

#### THE DESCENDANTS OF CAIN

<sup>17</sup>Cain had sexual relations with his wife, and she became pregnant and gave birth to Enoch. Then Cain founded a city, which he named Enoch, after his son. <sup>18</sup>Enoch had a son named Irad. Irad became the father of\* Mehujael. Mehujael became the father of Methushael. Methushael became the father of Lamech.

<sup>19</sup>Lamech married two women. The first was named Adah, and the second was Zillah. <sup>20</sup>Adah gave birth to Jabal, who was the first of those who raise livestock and live in tents. <sup>21</sup>His brother's name was Jubal, the first of all who play the harp and flute. <sup>22</sup>Lamech's other wife, Zillah, gave birth to a son named Tubal-cain. He became an expert in forging tools of bronze and iron. Tubal-cain had a sister named Naamah. <sup>23</sup>One day Lamech said to his wives,

"Adah and Zillah, hear my voice;  
listen to me, you wives of Lamech.  
I have killed a man who attacked me,  
a young man who wounded me.

<sup>24</sup> If someone who kills Cain is punished seven times,  
then the one who kills me will be  
punished seventy-seven times!"

#### THE BIRTH OF SETH

<sup>25</sup>Adam had sexual relations with his wife again, and she gave birth to another son. She named him Seth,\* for she said, "God has granted me another son in place of Abel, whom Cain killed." <sup>26</sup>When Seth grew up, he had a son and named him Enosh. At that time people first began to worship the LORD by name.

#### 5 THE DESCENDANTS OF ADAM

This is the written account of the descendants of Adam. When God created human beings,\* he made them to be like himself. <sup>2</sup>He created them male and female, and he blessed them and called them "human."

<sup>3</sup>When Adam was 130 years old, he became the father of a son who was just like him—in his very image. He named his son Seth. <sup>4</sup>After the birth of Seth, Adam lived another 800 years, and he had other sons and daughters. <sup>5</sup>Adam lived 930 years, and then he died.

<sup>6</sup>When Seth was 105 years old, he became the father of\* Enosh. <sup>7</sup>After the birth of\* Enosh, Seth lived another 807 years, and he had other sons and daughters. <sup>8</sup>Seth lived 912 years, and then he died.

<sup>9</sup>When Enosh was 90 years old, he became the father of Kenan. <sup>10</sup>After the birth of Kenan, Enosh lived another 815 years, and he had other sons and daughters.

<sup>11</sup>Enosh lived 905 years, and then he died.

<sup>12</sup>When Kenan was 70 years old, he became the father of Mahalalel. <sup>13</sup>After the birth of Mahalalel, Kenan lived another 840 years, and he had other sons and daughters. <sup>14</sup>Kenan lived 910 years, and then he died.

<sup>15</sup>When Mahalalel was 65 years old, he became the father of Jared. <sup>16</sup>After the birth of Jared, Mahalalel lived another 830 years, and he had other sons and daughters. <sup>17</sup>Mahalalel lived 895 years, and then he died.

<sup>18</sup>When Jared was 162 years old, he became the father of Enoch. <sup>19</sup>After the birth of Enoch, Jared lived another 800 years, and he had other sons and daughters. <sup>20</sup>Jared lived 962 years, and then he died.

<sup>21</sup>When Enoch was 65 years old, he became the father of Methuselah. <sup>22</sup>After the birth of Methuselah, Enoch lived in

4:13 Or *My sin*. 4:16 *Nod* means "wandering." 4:18 Or *the ancestor of*, and so throughout the verse. 4:25 *Seth* probably means "granted"; the name may also mean "appointed." 5:1 Or *man*; Hebrew reads *adam*; similarly in 5:2. 5:6 Or *the ancestor of*; also in 5:9, 12, 15, 18, 21, 25. 5:7 Or *the birth of this ancestor of*; also in 5:10, 13, 16, 19, 22, 26.

# My DAILY SANCTUARY

*The LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."—GENESIS 2:18, PAGE 5*

WEDNESDAY

## EVE

We know very little about Eve, the first woman in the world, yet she is the mother of us all. She was the final piece in the intricate and amazing puzzle of God's creation. Adam now had another human being with whom to fellowship—someone with an equal share in God's image. Here was someone alike enough for companionship, yet different enough for relationship. Together they were greater than either could have been alone.

Eve was approached by Satan in the Garden of Eden, where she and Adam lived. He questioned her contentment. How could she be happy when she was not allowed to eat from one of the fruit trees? Satan helped Eve shift her focus from all that God had done and given to the one thing he had withheld. And Eve was willing to accept Satan's viewpoint without checking with God.

Sound familiar? How often is our attention drawn from the much that is ours to the little that isn't? We get that "I've got to have it" feeling. Eve was typical of us all, and we consistently show we are her descendants by repeating her mistakes. Our desires, like Eve's, can quite easily be manipulated. They are not the best basis for actions. We need to keep God in our decision-making process always. His Word, the Bible, is our guidebook in decision making.

## LESSONS FROM HER LIFE

- Women and men alike share in the image of God.
- The necessary ingredients for a strong marriage are commitment to each other, companionship with each other, complete oneness, absence of shame (Genesis 2:24-25).
- The basic human tendency to sin goes back to the beginning of the human race.

*Eve's story is told in Genesis 2:18–4:26. Her death is not mentioned in Scripture.*

✧ GO TO PAGE 11 FOR THE NEXT DEVOTIONAL READING.

close fellowship with God for another 300 years, and he had other sons and daughters. <sup>23</sup>Enoch lived 365 years, <sup>24</sup>walking in close fellowship with God. Then one day he disappeared, because God took him.

<sup>25</sup>When Methuselah was 187 years old, he became the father of Lamech. <sup>26</sup>After the birth of Lamech, Methuselah lived another 782 years, and he had other sons and daughters. <sup>27</sup>Methuselah lived 969 years, and then he died.

<sup>28</sup>When Lamech was 182 years old, he became the father of a son. <sup>29</sup>Lamech named his son Noah, for he said, "May he bring us relief\* from our work and the painful labor of farming this ground that the LORD has cursed." <sup>30</sup>After the birth of Noah, Lamech lived another 595 years, and he had other sons and daughters.

<sup>31</sup>Lamech lived 777 years, and then he died.

<sup>32</sup>By the time Noah was 500 years old, he was the father of Shem, Ham, and Japheth.

## 6 A WORLD GONE WRONG

Then the people began to multiply on the earth, and daughters were born to them. <sup>2</sup>The sons of God saw the beautiful women\* and took any they wanted as their wives. <sup>3</sup>Then the LORD said, "My Spirit will not put up with\* humans for such a long time, for they are only mortal flesh. In the future, their normal lifespan will be no more than 120 years."

<sup>4</sup>In those days, and for some time after, giant Nephilites lived on the earth, for whenever the sons of God had intercourse with women, they gave birth to children who became the heroes and famous warriors of ancient times.

<sup>5</sup>The LORD observed the extent of human wickedness on the earth, and he saw that everything they thought or imagined was consistently and totally evil. <sup>6</sup>So the LORD was sorry he had ever made them and put them on the earth. It broke his heart. <sup>7</sup>And the LORD said, "I will wipe this human race I have created from the face of the earth. Yes, and I will destroy every living thing—all the people, the large animals, the small animals that scurry along the ground, and even the birds of the sky. I am sorry I ever made them." <sup>8</sup>But Noah found favor with the LORD.

## THE STORY OF NOAH

<sup>9</sup>This is the account of Noah and his family. Noah was a righteous man, the only blameless person living on earth at the time, and he walked in close fellowship with God. <sup>10</sup>Noah was the father of three sons: Shem, Ham, and Japheth.

<sup>11</sup>Now God saw that the earth had become corrupt and was filled with violence. <sup>12</sup>God observed all this corruption in the world, for everyone on earth was corrupt. <sup>13</sup>So God said to Noah, "I have decided to destroy all living creatures, for they have filled the earth with violence. Yes, I will wipe them all out along with the earth!"

<sup>14</sup>"Build a large boat\* from cypress wood\* and waterproof it with tar, inside and out. Then construct decks and stalls throughout its interior. <sup>15</sup>Make the boat 450 feet long, 75 feet wide, and 45 feet high.\* <sup>16</sup>Leave an 18-inch opening\* below the roof all the way around the boat. Put the door on the side, and build three decks inside the boat—lower, middle, and upper.

<sup>17</sup>"Look! I am about to cover the earth with a flood that will destroy every living thing that breathes. Everything on earth will die. <sup>18</sup>But I will confirm my covenant with you. So enter the boat—you and your wife and your sons and their wives. <sup>19</sup>Bring a pair of every kind of animal—a male and a female—into the boat with you to keep them alive during the flood. <sup>20</sup>Pairs of every kind of bird, and every kind of animal, and every kind of small animal that scurries along the ground, will come to you to be kept alive. <sup>21</sup>And be sure to take on board enough food for your family and for all the animals."

<sup>22</sup>So Noah did everything exactly as God had commanded him.

## 7 THE FLOOD COVERS THE EARTH

When everything was ready, the LORD said to Noah, "Go into the boat with all your family, for among all the people of the earth, I can see that you alone are righteous. <sup>2</sup>Take with you seven pairs—male and female—of each animal I have approved for eating and for sacrifice,\* and take one pair of each of the others. <sup>3</sup>Also take seven pairs of every kind of bird. There must be a male and a female in each pair to ensure that all life will survive on

5:29 *Noah* sounds like a Hebrew term that can mean "relief" or "comfort." 6:2 Hebrew *daughters of men*; also in 6:4. 6:3 Greek version reads *will not remain in*. 6:14a Traditionally rendered *an ark*. 6:14b *Or gopher wood*. 6:15 Hebrew *300 cubits* [138 meters] *long*, *50 cubits* [23 meters] *wide*, and *30 cubits* [13.8 meters] *high*. 6:16 Hebrew *an opening of 1 cubit* [46 centimeters]. 7:2 Hebrew *of each clean animal*; similarly in 7:8.

# My DALEY SANCTUARY

*This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.*

..... —GENESIS 2:24-25, PAGE 6

THURSDAY

## LOVE ME TENDER

God created both man and woman as complete individuals. On the nonphysical side of their nature, they are persons, made in the image of God. They are personalities that are intelligent, rational, free, and accountable. On the physical side, they possess physical bodies including sexuality and the capacity to reproduce. In the command to “be fruitful, and multiply,” we have sex in the creation of man and woman for the purpose of procreation (reproduction). This is basic in the plan of God in creation.

The central part of this passage is the phrase: “shall be one flesh.” This phrase refers to the bodily and spiritual union of husband and wife in sexual intercourse. It includes a definite sexual experience (orgasms) for both husband and wife. This “one-flesh” relationship does not refer specifically to reproduction, but rather to sex as a profound personal experience of spiritual and physical pleasure between husband and wife. Many other Bible passages clearly emphasize this same concept (Genesis 24:67; Ecclesiastes 9:9; Song of Songs). The nature of this pleasure is at the same time both physical and spiritual. It involves the total physical body and the total mental, emotional, and spiritual nature of both husband and wife. It involves the action of the total personality. God created this one-flesh experience to be the most intense height of physical intimacy and the most profound depth of spiritual oneness between husband and wife. It is well to note that Jesus quoted this passage as a basis for his ideas about marriage (Matthew 19:4-5; Mark 10:9).

—J. Allan Petersen

From *The Marriage Affair* (Carol Stream, Ill.: Tyndale, 19th printing, 1989), 385–86.

✱ GO TO PAGE 13 FOR THE NEXT DEVOTIONAL READING.

the earth after the flood. <sup>4</sup>Seven days from now I will make the rains pour down on the earth. And it will rain for forty days and forty nights, until I have wiped from the earth all the living things I have created.”

<sup>5</sup>So Noah did everything as the LORD commanded him.

<sup>6</sup>Noah was 600 years old when the flood covered the earth. <sup>7</sup>He went on board the boat to escape the flood—he and his wife and his sons and their wives. <sup>8</sup>With them were all the various kinds of animals—those approved for eating and for sacrifice and those that were not—along with all the birds and the small animals that scurry along the ground. <sup>9</sup>They entered the boat in pairs, male and female, just as God had commanded Noah. <sup>10</sup>After seven days, the waters of the flood came and covered the earth.

<sup>11</sup>When Noah was 600 years old, on the seventeenth day of the second month, all the underground waters erupted from the earth, and the rain fell in mighty torrents from the sky. <sup>12</sup>The rain continued to fall for forty days and forty nights.

<sup>13</sup>That very day Noah had gone into the boat with his wife and his sons—Shem, Ham, and Japheth—and their wives. <sup>14</sup>With them in the boat were pairs of every kind of animal—domestic and wild, large and small—along with birds of every kind. <sup>15</sup>Two by two they came into the boat, representing every living thing that breathes. <sup>16</sup>A male and female of each kind entered, just as God had commanded Noah. Then the LORD closed the door behind them.

<sup>17</sup>For forty days the floodwaters grew deeper, covering the ground and lifting the boat high above the earth. <sup>18</sup>As the waters rose higher and higher above the ground, the boat floated safely on the surface. <sup>19</sup>Finally, the water covered even the highest mountains on the earth, <sup>20</sup>rising more than twenty-two feet\* above the highest peaks. <sup>21</sup>All the living things on earth died—birds, domestic animals, wild animals, small animals that scurry along the ground, and all the people. <sup>22</sup>Everything that breathed and lived on dry land died. <sup>23</sup>God wiped out every living thing on the earth—people, livestock, small animals that scurry along the ground, and the birds of the sky. All were destroyed. The only people who survived were Noah and

those with him in the boat. <sup>24</sup>And the floodwaters covered the earth for 150 days.

## 8 THE FLOOD RECEDES

But God remembered Noah and all the wild animals and livestock with him in the boat. He sent a wind to blow across the earth, and the floodwaters began to recede. <sup>2</sup>The underground waters stopped flowing, and the torrential rains from the sky were stopped. <sup>3</sup>So the floodwaters gradually receded from the earth. After 150 days, <sup>4</sup>exactly five months from the time the flood began,\* the boat came to rest on the mountains of Ararat. <sup>5</sup>Two and a half months later,\* as the waters continued to go down, other mountain peaks became visible.

<sup>6</sup>After another forty days, Noah opened the window he had made in the boat <sup>7</sup>and released a raven. The bird flew back and forth until the floodwaters on the earth had dried up. <sup>8</sup>He also released a dove to see if the water had receded and it could find dry ground. <sup>9</sup>But the dove could find no place to land because the water still covered the ground. So it returned to the boat, and Noah held out his hand and drew the dove back inside. <sup>10</sup>After waiting another seven days, Noah released the dove again. <sup>11</sup>This time the dove returned to him in the evening with a fresh olive leaf in its beak. Then Noah knew that the floodwaters were almost gone. <sup>12</sup>He waited another seven days and then released the dove again. This time it did not come back.

<sup>13</sup>Noah was now 601 years old. On the first day of the new year, ten and a half months after the flood began,\* the floodwaters had almost dried up from the earth. Noah lifted back the covering of the boat and saw that the surface of the ground was drying. <sup>14</sup>Two more months went by,\* and at last the earth was dry!

<sup>15</sup>Then God said to Noah, <sup>16</sup>“Leave the boat, all of you—you and your wife, and your sons and their wives. <sup>17</sup>Release all the animals—the birds, the livestock, and the small animals that scurry along the ground—so they can be fruitful and multiply throughout the earth.”

<sup>18</sup>So Noah, his wife, and his sons and their wives left the boat. <sup>19</sup>And all of the large and small animals and birds came out of the boat, pair by pair.

7:20 Hebrew *15 cubits* [6.9 meters]. 8:4 Hebrew *on the seventeenth day of the seventh month*; see 7:11. 8:5 Hebrew *On the first day of the tenth month*; see 7:11 and note on 8:4. 8:13 Hebrew *On the first day of the first month*; see 7:11. 8:14 Hebrew *The twenty-seventh day of the second month arrived*; see note on 8:13.



### A MARRIAGE CLOSER TO EDEN

Wanting to do what's right and knowing how to do it are two different things. We take issue with a common belief among Christians—the belief that if your heart and soul are in harmony with God, you'll somehow automatically know just what to do in your marriage. We don't buy that. Prospering spiritually does not mean that you know how to do the things that nurture a marriage. For example, do you know how to really listen to your mate, even when tensions are high or you disagree? More important, can you stop an argument before damaging things are said? Do you know how to problem solve as a team, how to work through the process of forgiveness together, how to clarify your deepest expectations, how to enhance and deepen commitment? These are things you can learn, and when learned well, they can help you develop and keep the kind of marriage you want most. They are ways to put your love in action.

Perfection is not possible, of course. We will never restore ourselves to Eden. But it is possible to avoid the kinds of pitfalls that snag far too many couples. . . .

Learning constructive ways to handle your differences is one of the most powerful things you can do to protect the promise that your marriage holds. . . .

Many couples have no particular time or strategy in place for talking about problems. So problems tend to come up at the worst times. Even in what starts out as the best of marriages, these ways of handling or avoiding problems can lead to growing distance and a lack of confidence in the relationship. . . .

At a very basic level, what happens when the differences are not being handled well is that the relationship begins to feel unsafe. When it's not emotionally safe to be around the very person you had wanted to be your best friend, real intimacy and a sense of connection die out. Then the barriers grow into loneliness and isolation—a far cry from being naked and unashamed. There's no lasting promise in a marriage thick with fig leaves.

—*Savanna McCain, Scott Stanley, Daniel Trathen, Milt Bryan*

From *A Lasting Promise* (San Francisco: Jossey-Bass, 1998), 23–24, 45.

✱ GO TO PAGE 15 FOR THE NEXT DEVOTIONAL READING.

<sup>20</sup>Then Noah built an altar to the LORD, and there he sacrificed as burnt offerings the animals and birds that had been approved for that purpose.\* <sup>21</sup>And the LORD was pleased with the aroma of the sacrifice and said to himself, "I will never again curse the ground because of the human race, even though everything they think or imagine is bent toward evil from childhood. I will never again destroy all living things. <sup>22</sup>As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night."

## 9 GOD CONFIRMS HIS COVENANT

Then God blessed Noah and his sons and told them, "Be fruitful and multiply. Fill the earth. <sup>2</sup>All the animals of the earth, all the birds of the sky, all the small animals that scurry along the ground, and all the fish in the sea will look on you with fear and terror. I have placed them in your power. <sup>3</sup>I have given them to you for food, just as I have given you grain and vegetables. <sup>4</sup>But you must never eat any meat that still has the lifeblood in it.

<sup>5</sup>"And I will require the blood of anyone who takes another person's life. If a wild animal kills a person, it must die. And anyone who murders a fellow human must die. <sup>6</sup>If anyone takes a human life, that person's life will also be taken by human hands. For God made human beings\* in his own image. <sup>7</sup>Now be fruitful and multiply, and repopulate the earth."

<sup>8</sup>Then God told Noah and his sons, <sup>9</sup>"I hereby confirm my covenant with you and your descendants, <sup>10</sup>and with all the animals that were on the boat with you—the birds, the livestock, and all the wild animals—every living creature on earth. <sup>11</sup>Yes, I am confirming my covenant with you. Never again will floodwaters kill all living creatures; never again will a flood destroy the earth."

<sup>12</sup>Then God said, "I am giving you a sign of my covenant with you and with all living creatures, for all generations to come. <sup>13</sup>I have placed my rainbow in the clouds. It is the sign of my covenant with you and with all the earth. <sup>14</sup>When I send clouds over the earth, the rainbow will appear in the clouds, <sup>15</sup>and I will remember my covenant with you and with all living creatures. Never again will the floodwaters destroy all life. <sup>16</sup>When I see the rainbow in the clouds, I will remember

the eternal covenant between God and every living creature on earth." <sup>17</sup>Then God said to Noah, "Yes, this rainbow is the sign of the covenant I am confirming with all the creatures on earth."

## NOAH'S SONS

<sup>18</sup>The sons of Noah who came out of the boat with their father were Shem, Ham, and Japheth. (Ham is the father of Canaan.) <sup>19</sup>From these three sons of Noah came all the people who now populate the earth.

<sup>20</sup>After the flood, Noah began to cultivate the ground, and he planted a vineyard. <sup>21</sup>One day he drank some wine he had made, and he became drunk and lay naked inside his tent. <sup>22</sup>Ham, the father of Canaan, saw that his father was naked and went outside and told his brothers. <sup>23</sup>Then Shem and Japheth took a robe, held it over their shoulders, and backed into the tent to cover their father. As they did this, they looked the other way so they would not see him naked.

<sup>24</sup>When Noah woke up from his stupor, he learned what Ham, his youngest son, had done. <sup>25</sup>Then he cursed Canaan, the son of Ham:

"May Canaan be cursed!  
May he be the lowest of servants to his relatives."

<sup>26</sup>Then Noah said,

"May the LORD, the God of Shem, be blessed,  
and may Canaan be his servant!

<sup>27</sup> May God expand the territory of Japheth!  
May Japheth share the prosperity of Shem,\*  
and may Canaan be his servant."

<sup>28</sup>Noah lived another 350 years after the great flood. <sup>29</sup>He lived 950 years, and then he died.

**10** This is the account of the families of Shem, Ham, and Japheth, the three sons of Noah. Many children were born to them after the great flood.

## DESCENDANTS OF JAPHETH

<sup>2</sup>The descendants of Japheth were Gomer, Magog, Madai, Javan, Tubal, Meshech, and Tiras.

<sup>3</sup>The descendants of Gomer were Ashkenaz, Riphath, and Togarmah.

8:20 Hebrew *every clean animal and every clean bird*. 9:6 Or *man*; Hebrew reads *ha-adam*. 9:27 Hebrew *May he live in the tents of Shem*.



# My Weekend Sanctuary

SATURDAY & SUNDAY

*May the mind of Christ,  
my Savior,  
Live in me from day to day,  
By His love and pow'r  
controlling  
All I do and say.*

*May the word of God  
dwell richly  
In my heart from hour to hour,  
So that all may see I triumph  
Only through His pow'r.*

*May the peace of God my Father  
Rule my life in ev'rything,  
That I may be calm to comfort  
Sick and sorrowing.*

*May the love of Jesus fill me  
As the waters fill the sea;  
Him exalting, self abasing—  
This is victory.*

*May I run the race before me,  
Strong and brave to face the foe,  
Looking only unto Jesus  
As I onward go.*

*May His beauty rest upon me  
As I seek the lost to win,  
And may they forget  
the channel,  
Seeing only Him.*

## MAY THE MIND OF CHRIST, MY SAVIOR

Many Christians have made the New Year's resolution to be more like Jesus—but where do you start? The apostle Paul told the Philippian believers, “You must have the same attitude that Christ Jesus had” (Philippians 2:5). But how do we develop the attitude of Christ? Kate Wilkinson directs us to Colossians 3:16 for the answer: “Let the message about Christ, in all its richness, fill your lives.” In the third stanza Wilkinson returns to Philippians for this promise: “God’s peace . . . will guard your hearts and minds as you live in Christ Jesus” (Philippians 4:7). And so the song builds.

Christian growth is not instantaneous but gradual. It flows naturally from obeying God’s Word. Thomas á Kempis, who wrote the Christian classic *The Imitation of Christ*, said, “One thing that draws back many from spiritual progress is the fear of the difficulty of the labor of the combat.” Don’t give up what you have started.

.....

Let the message about Christ, in all its richness, fill your lives.  
Teach and counsel each other with all the wisdom he gives.  
Sing psalms and hymns and spiritual songs to God  
with thankful hearts. And whatever you do or say,  
do it as a representative of the Lord Jesus.  
—COLOSSIANS 3:16-17, PAGE 1373

From *The One Year Great Songs of Faith* (Carol Stream, Ill.: Tyndale, 1995), 3.

\* GO TO PAGE 17 FOR THE NEXT DEVOTIONAL READING.

KATE B. WILKINSON (1859–1928)

<sup>4</sup>The descendants of Javan were Elishah, Tarshish, Kittim, and Rodanim.\* <sup>5</sup>Their descendants became the seafaring peoples that spread out to various lands, each identified by its own language, clan, and national identity.

#### DESCENDANTS OF HAM

<sup>6</sup>The descendants of Ham were Cush, Mizraim, Put, and Canaan.

<sup>7</sup>The descendants of Cush were Seba, Havilah, Sabtah, Raamah, and Sabteca. The descendants of Raamah were Sheba and Dedan.

<sup>8</sup>Cush was also the ancestor of Nimrod, who was the first heroic warrior on earth.

<sup>9</sup>Since he was the greatest hunter in the world,\* his name became proverbial. People would say, "This man is like Nimrod, the greatest hunter in the world."

<sup>10</sup>He built his kingdom in the land of Babylonia,\* with the cities of Babylon, Erech, Akkad, and Calneh. <sup>11</sup>From there he expanded his territory to Assyria,\* building the cities of Nineveh, Rehoboth-ir, Calah, <sup>12</sup>and Resen (the great city located between Nineveh and Calah).

<sup>13</sup>Mizraim was the ancestor of the Ludites, Anamites, Lehabites, Naphtuhites, <sup>14</sup>Pathrusites, Casluhites, and the Caphtorites, from whom the Philistines came.\*

<sup>15</sup>Canaan's oldest son was Sidon, the ancestor of the Sidonians. Canaan was also the ancestor of the Hittites, <sup>16</sup>Jebusites, Amorites, Girgashites, <sup>17</sup>Hivites, Arkites, Sinites, <sup>18</sup>Arvadites, Zemarites, and Hamathites. The Canaanite clans eventually spread out, <sup>19</sup>and the territory of Canaan extended from Sidon in the north to Gerar and Gaza in the south, and east as far as Sodom, Gomorrah, Admah, and Zeboiim, near Lasha.

<sup>20</sup>These were the descendants of Ham, identified by clan, language, territory, and national identity.

#### DESCENDANTS OF SHEM

<sup>21</sup>Sons were also born to Shem, the older brother of Japheth.\* Shem was the

ancestor of all the descendants of Eber.

<sup>22</sup>The descendants of Shem were Elam, Asshur, Arphaxad, Lud, and Aram.

<sup>23</sup>The descendants of Aram were Uz, Hul, Gether, and Mash.

<sup>24</sup>Arphaxad was the father of Shelah,\* and Shelah was the father of Eber.

<sup>25</sup>Eber had two sons. The first was named Peleg (which means "division"), for during his lifetime the people of the world were divided into different language groups. His brother's name was Joktan.

<sup>26</sup>Joktan was the ancestor of Almodad, Sheleph, Hazarmaveth, Jerah, <sup>27</sup>Hadoram, Uzal, Diklah, <sup>28</sup>Obal, Abimael, Sheba, <sup>29</sup>Ophir, Havilah, and Jobab. All these were descendants of Joktan. <sup>30</sup>The territory they occupied extended from Mesha all the way to Sephar in the eastern mountains.

<sup>31</sup>These were the descendants of Shem, identified by clan, language, territory, and national identity.

#### CONCLUSION

<sup>32</sup>These are the clans that descended from Noah's sons, arranged by nation according to their lines of descent. All the nations of the earth descended from these clans after the great flood.

## 11 THE TOWER OF BABEL

At one time all the people of the world spoke the same language and used the same words. <sup>2</sup>As the people migrated to the east, they found a plain in the land of Babylonia\* and settled there.

<sup>3</sup>They began saying to each other, "Let's make bricks and harden them with fire." (In this region bricks were used instead of stone, and tar was used for mortar.) <sup>4</sup>Then they said, "Come, let's build a great city for ourselves with a tower that reaches into the sky. This will make us famous and keep us from being scattered all over the world."

<sup>5</sup>But the LORD came down to look at the city and the tower the people were building. <sup>6</sup>"Look!" he said. "The people are united, and they all speak the same language. After this, nothing they set out to do will be impossible for them! <sup>7</sup>Come, let's go down and

10:4 As in some Hebrew manuscripts and Greek version (see also 1 Chr 1:7); most Hebrew manuscripts read *Dodanim*.

10:9 Hebrew *a great hunter before the LORD*; also in 10:9b. 10:10 Hebrew *Shinar*. 10:11 Or *From that land Assyria went out*.

10:14 Hebrew *Casluhites, from whom the Philistines came, and Caphtorites*. Compare Jer 47:4; Amos 9:7. 10:21 Or *Shem, whose older brother was Japheth*. 10:24 Greek version reads *Arphaxad was the father of Cainan, Cainan was the father of Shelah*. Compare Luke 3:36. 11:2 Hebrew *Shinar*.

# My DAILY Sanctuary

*Listen to my cry for help, my King and my God, for I pray  
to no one but you. . . . Each morning I bring my requests  
to you and wait expectantly.*—PSALM 5:2-3, PAGE 591

MONDAY

*Give me, O Lord, a steadfast heart, which no unworthy affection may drag downwards; give me an unconquered heart, which no tribulation can wear out; give me an upright heart, which no unworthy purpose may tempt aside. Bestow on me also, O Lord my God, understanding to know you, diligence to seek you, wisdom to find you, and a faithfulness that may finally embrace you, through Jesus Christ our Lord. Amen.*

*Thomas Aquinas*

He who aims at inward and spiritual things must, with Jesus, turn aside from the crowd.

*Thomas à Kempis*

From *The One Year Book of Personal Prayer* (Carol Stream, Ill.: Tyndale, 1991), January 5.

✱ GO TO PAGE 19 FOR THE NEXT DEVOTIONAL READING.

confuse the people with different languages. Then they won't be able to understand each other."

<sup>8</sup>In that way, the LORD scattered them all over the world, and they stopped building the city. <sup>9</sup>That is why the city was called Babel,\* because that is where the LORD confused the people with different languages. In this way he scattered them all over the world.

## THE LINE OF DESCENT FROM SHEM TO ABRAM

<sup>10</sup>This is the account of Shem's family.

Two years after the great flood, when Shem was 100 years old, he became the father of\* Arphaxad. <sup>11</sup>After the birth of\* Arphaxad, Shem lived another 500 years and had other sons and daughters.

<sup>12</sup>When Arphaxad was 35 years old, he became the father of Shelah. <sup>13</sup>After the birth of Shelah, Arphaxad lived another

403 years and had other sons and daughters.\*

<sup>14</sup>When Shelah was 30 years old, he became the father of Eber. <sup>15</sup>After the birth of Eber, Shelah lived another 403 years and had other sons and daughters.

<sup>16</sup>When Eber was 34 years old, he became the father of Peleg. <sup>17</sup>After the birth of Peleg, Eber lived another 430 years and had other sons and daughters.

<sup>18</sup>When Peleg was 30 years old, he became the father of Reu. <sup>19</sup>After the birth of Reu, Peleg lived another 209 years and had other sons and daughters.

<sup>20</sup>When Reu was 32 years old, he became the father of Serug. <sup>21</sup>After the birth of Serug, Reu lived another 207 years and had other sons and daughters.

<sup>22</sup>When Serug was 30 years old, he became the father of Nahor. <sup>23</sup>After the birth of Nahor, Serug lived another 200 years and

<sup>11:9</sup> Or *Babylon*. *Babel* sounds like a Hebrew term that means "confusion." <sup>11:10</sup> Or *the ancestor of*; also in 11:12, 14, 16, 18, 20, 22, 24. <sup>11:11</sup> Or *the birth of this ancestor of*; also in 11:13, 15, 17, 19, 21, 23, 25. <sup>11:12-13</sup> Greek version reads <sup>12</sup>When Arphaxad was 135 years old, he became the father of Cainan. <sup>13</sup>After the birth of Cainan, Arphaxad lived another 430 years and had other sons and daughters, and then he died. When Cainan was 130 years old, he became the father of Shelah. After the birth of Shelah, Cainan lived another 330 years and had other sons and daughters, and then he died. Compare Luke 3:35-36.

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