

The ONE
YEAR®

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*Sweet & Simple
Moments with God*

DEVOTIONAL

KIM
NEWLEN

*Founder of
Sweet Monday®*





“In *The One Year Sweet and Simple Moments with God Devotional*, Kim gives us a fresh reminder of well-loved Scriptures, rediscovered with new blessings and with practical application of truth for all of us. Kim’s delightful, gentle reminders of things we have forgotten are daily delights. The readings sweetly nudge us toward a deeper understanding and love for Jesus our Lord.”

JILL BRISCOE Author and speaker

“Believers want to follow Jesus every day. But how? What does that look like? It’s helpful to find someone with a vibrant walk with God who lives what they believe and shows what following Jesus looks like in the contemporary world. Kim Newlen is such a person. She’s Barnabas in pink. Kim Newlen is not like a box of chocolates because you know exactly what you’re getting: solid, biblical encouragement for everyday life!”

CHRIS FABRY Syndicated radio host and bestselling novelist of six books, including *June Bug*

“I’m a big fan of Kim Newlen and her love of the Lord. Read *The One Year Sweet and Simple Moments with God Devotional* and you’ll fall in love with both!”

KEN BLANCHARD Coauthor of *The One Minute Manager®* and *Lead Like Jesus*

“A breath of fresh air for weary souls! Kim’s devotional expresses genuine feelings, uses rich metaphors, and always points us to Christ. A great way to start your day!”

SUSAN A. YATES Speaker and bestselling author of many books, including *Raising Kids with Character That Lasts*

“Growing up in the same neighborhood with Kim was inspiring to me because I got to see the brightness of her faith. My mom and hundreds of other women would pile into Kim’s house to share the miraculous Word of God. To this day, I read Kim’s daily devotionals which allow me to prepare, relax, and focus on Jesus. *The One Year Sweet and Simple Moments with God Devotional* is a must-read, whether you are a starting quarterback in the NFL, a Christian looking to grow, or one who needs inspiration from above.”

RUSSELL WILSON NFL quarterback for the Seattle Seahawks

“I love Kim Newlen’s heart for God and for people, and her creative ways to connect the two. In this sweet book she is doing it again. The title is just right. Sweet and simple stories from life to give us a picture of what God is like and how He wants to connect with us. You will know Him better as you read these quick—and oh-so-sweet—morsels.”

JUDY DOUGLASS Speaker, author, and director of women’s resources,
Office of the President, Cru

“In *Sweet and Simple Moments*, Kim Newlen invites us not only into the Word of God but into her very life! With her spiritual eyes always open, she shares very real illustrations of God’s love and the gospel found in the everyday life of women. I have been a Sweet Monday enthusiast for years because it has a heart for evangelism and also provides affirmation for women that they are significant to God and one another.”

LT. COLONEL DAWN LUYK Divisional director of women’s ministries,
The Salvation Army Texas Division, Dallas, Texas

“I have had the privilege of watching Kim share her teaching techniques from Sweet Monday ministries with women of all backgrounds at the Billy Graham Schools of Evangelism. Kim is a great exponent of relational evangelism, and we can all be encouraged by her love for her Lord and Savior and her love for others. These quick, short, and simple devotions will encourage everyone’s heart to know the Savior, to stay the course, and to finish well on this journey of life with God.”

PAM HARRINGTON Retail manager for the Billy Graham Training Center,
Asheville, North Carolina

“In the midst of my busy life, it’s easy for me to forget about God’s presence. This book is a powerful reminder that God exists in all facets of my life. Through relevant illustrations and timely Scripture passages, this devotional draws my spirit back to God’s love and sovereignty.”

DEREK CHA Founder and CEO of SweetFrog Enterprises

“Starting the day with these devotions is like having a personal conversation with Sweet Kim. Her joyful heart and amazing energy are explosive as she offers hope, encouragement, and peace through her down-to-earth messages in this delightful book.”

JAYNE AND BOBBY UKROP Founders of Ukrop’s Homestyle Foods,
Richmond, Virginia

“If you lose all your luggage on a flight, pray that you packed *Sweet and Simple Moments with God* in your carry-on. This daily devotional is as indispensable as your toothbrush! Kim Newlen writes sweetly and simply

about precious moments in her stirring faith journey—moments to which we all can relate. She helps us see the sacred in the secular.”

ANNA B. BILLINGSLEY Writer and university administrator

“*The One Year Sweet and Simple Moments with God Devotional* almost bursts with Kim Newlen’s enthusiasm and love for God. We all know there is nothing ‘sweet and simple’ about many of life’s difficulties, but somehow in this book we are led back daily to the truth that nothing in our lives is too large or small to bring to God: Kim writes with the same trust and faith about putting on lipstick as she does about losing her hair to chemotherapy. These devotions are refreshingly simple, yet reflective of a profound and powerful faith.”

MARY MCDANIEL CAIL, PH.D. Author of *Alzheimer’s Disease: A Crash Course for Friends and Relatives*

“Kim Newlen is one of the most inspirational women I’ve ever met. She is fearless in talking about her faith and using it to encourage other women. *The One Year Sweet and Simple Moments with God Devotional* will allow to her reach even more women with her infectious enthusiasm for life and God.”

STEPHANIE ROCHON CBS 6 news anchor and reporter, Richmond, Virginia

“Kim Newlen’s Sweet Monday ministry has been a blessing to thousands. *Sweet and Simple Moments* will prove to be a blessing to many more.”

KENNETH G. ELZINGA Author and Robert C. Taylor Professor of Economics, University of Virginia

“Kim Newlen is a humble and authentic ambassador for God. Sometimes there are curves or bumps in her path, but her ultimate destination and purpose never wavers. She understands that obstacles are expected, and trusts that when needed or appropriate, God will supply her with the tools she needs to move forward and closer to Him. Kim’s words encourage you to stop, look around, and see the simple pleasures God provides every day. Her attitude toward her life’s purpose is infectious. What a blessing!”

DEBBIE THARP FISHER Associate director, MBA Program, Robins School of Business, University of Richmond

“Kim knows Jesus and His love in a profound way, and she demonstrates that through her simple faith in His Word and promise. This book is a great tool to help you ground yourself every day in the goodness and love of God. It will remind you that you are not alone and that your Heavenly Father sees you and hears you.”

STEVE SHELBY Pastor, West End Presbyterian Church, Richmond, Virginia

“I am so excited to know that Kim Newlen has been led by the Spirit to release this wonderful devotional book. Now Sweet Monday can take place 365 days a year! You will be blessed and encouraged on a daily basis. Kim’s love for Christ leaps from the pages.”

DR. HENRY P. DAVIS III Pastor, First Baptist Church of Highland Park, Landover, Maryland

“Kim’s passion is twofold—for Jesus Christ and for women. Kim doesn’t want women to just survive the challenges that come, but to actually thrive and press in toward a deeper relationship with Christ. In a winsome, ‘chat over coffee’ style, Kim’s devotions encourage women in every life stage to embrace each moment with anticipation for what God has in store for them. Transparent, honest, and rooted in Scripture, Kim is a gifted communicator!”

EMMITT FOWLER Station relations manager, *FamilyLife Today* radio program

“Kim Newlen’s sweet spirit and love for God shine through on each page. Her witty and encouraging messages will help readers find rest and contentment in God’s Word. This devotional will guide seekers to look for God in simple and significant moments, and to pursue an intimate relationship with Him at every stage of life.”

STACY HAWKINS ADAMS Author of *Lead Me Home* and *Who Speaks To Your Heart?: Tuning In to Hear God’s Whispers*

“Kim Newlen reads the Bible as many would read a favorite thriller, unable to put it down. Her genuine love for women and heart for evangelism are part of her life and are evident in every page of this book. As you read, you just might be more grateful that you know God, and if you aren’t sure you do, you will understand how the God of the universe desires to be in relationship with you.”

FAYE RIVERS Teaching director, Community Bible Study

“Kim’s deep passion for God is matched by her concern and love for the reader. While the devotions may be sweet and simple, they will nourish and bring life.”

NATHAN CLARKE Video director, *Christianity Today*

“I can unequivocally say that this book is not just fluff. Kim takes you straight to the Word of God. She’s written each devotion as if she were sitting on the couch, sharing a cup of tea or coffee with you. In her sweet way, she encourages you to grow deeper in your own relationship with the Father and to live out a love for Him and your fellow man.”

HANNAH ELLENBURG Coauthor of *Sweet Monday, Collegiate Socials on a Shoestring . . . Tied to a Generous God* (College Edition)

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*Founder of
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Introduction

A Sweet Monday Every Day in Christ

Dear Sweet Reader,

I wish you could see my so-excited face as I share with you this simple, sweet devotional. It's really not the words I am excited about sharing—it is the *Lord*, our Creator, the one true God, who sent Jesus, His only Son, not only to save us from our sin, but also to give us a personal relationship with Himself now and forever.

I came to accept God's free gift of salvation in Christ at an early age, but I did not begin to grow in my love for Him through His Word until I was a young adult. I try to live life with no regrets, but I do regret that I did not plunge into reading His Word every day a lot sooner. Getting to know God has been the greatest adventure of my life! The wildest thing is that the more difficult life is at times, the sweeter He becomes to me!

About ten years ago, I decided that I wanted to read through the Bible. I had never read cover to cover the greatest book ever written. If I could read so many other books, why not the only living and active book breathed by God? I picked up *The One Year Bible* because I loved that it was so simple to follow. Since I cannot remember numbers very well, I loved that the date was there. Not only did I get a New Testament reading along with an Old Testament reading, but there were portions from Psalms and Proverbs every day too.

At first, when I was crawling through 1 and 2 Chronicles, I encouraged myself with the thought that I had readings from the New Testament, Psalms, and Proverbs to look forward to. Over the years, I have grown to love the Lord in Chronicles, too! He is the same unchanging God who is still committed to His people—that's you and me in Christ. He loves us and forgives us. He helps us and changes us. He always has our backs and always has our best interests at heart. This *One Year* plan has now become a staple, a habit, not on my "to-do" list but on my daily "want-to-do" list.

My hope and prayer is that we will all know and grow in Christ together in the sweet days ahead. Please put your Bible and your favorite cup of tea or coffee alongside this devotional and begin spending every day with Him through His Word. We do not want to miss Him. We do not want the world to drown out His voice in our lives. We want our relationship with God to be above all others,

instead of being lukewarm or a “have-to-do” Sunday appointment. Let’s place Him highest on our “want-to-be-with” list and not look back with regret, saying, “I wish I had.”

I already know that the hardest thing about writing this devotional will be not seeing your sweet face in my home and hearing how God through His Word has followed you around too! But I know we will all be under the same roof one day when He chooses to bring us to our heavenly home for all eternity.

His,

Kim 

BSSYP (Be Sweet & Say Your Prayers)

SP (Sweet Pea): I know it is not fashionable to talk about yourself, but it is in the spirit of Psalm 66:16—His Spirit—that I share these simple devotions with you. “Come and listen, all you who fear God, and I will tell you what he did for me.”

JANUARY 1

Lifetime Resolution

May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord.

2 PETER 1:2

More and more grace and peace! More and more growth in my knowledge of God and Jesus my Lord. Doesn't that sound wonderful? It is a lifelong New Year's resolution for me. Don't we all long for more grace and peace in our personal lives, in our families, in our world?

Sometimes it is difficult to describe the deep meaning of those words, but I sure know when I am *not* experiencing God's peace. "His peace will guard your hearts and minds as you live in Christ Jesus" (Philippians 4:7).

His peace is a gift we can share with others, something that I don't always do consistently. The same is true for God's grace. I sure know when I am not extending God's grace to people, although I usually discover it after the fact. I am stingiest with grace when I am on the phone with a technician on the other side of the globe who is remotely troubleshooting a problem with my computer, television, or phone. I am ashamed to say I have had to call a technician back and humbly apologize for my irritation and curt responses. My forever New Year's resolution is to know Jesus more and more—to open my heart to receive His grace and peace, be renewed, and never miss anything He has for me!

How do we get to know God? After receiving Christ by faith, we become part of His family. As we read the Bible, we experience Him more personally, especially understanding how He deals with His people and what we need to do to live for Him. Why would any of us want to miss out on anything God Almighty has planned?

➤ Know Jesus and grow! Discover how knowing Jesus and staying close to Him affects every area of your life by reading John 15:1-17.



JANUARY 2

God's Girl

*Everyone who acknowledges me publicly here on earth,
I will also acknowledge before my Father in heaven.*

MATTHEW 10:32

For so long in my life, I was afraid of being who I really am: “God’s girl.” At nine years old, I prayed and invited Jesus Christ into my life, by faith, believing that He died on the cross for my sin and that He was the only way to God. Yet I was quiet about my faith for years. You see, I wanted people to like me. I didn’t want to offend anyone. I basically did not want to dissociate myself from Christ, but I didn’t want to identify myself with Him either. Sounds a little lukewarm to me!

During my first year of college, when I started reading the Bible regularly and spending time with other girls who were also growing in their faith, I prayed the second most honest prayer I think I have ever prayed: “God, I want to be Your girl every day—not just on Sunday. I want to receive all You have to give, and I want to give myself to You.” This simple prayer was a turning point in my life, from desiring to chart my own course to trusting in God’s plan for me—moving toward Him, not away from Him. I began taking a lot of baby steps of faith in His direction.

At the core of my being, I rejoice that I know who I really belong to for all of eternity. And I am bolder to acknowledge Him, which is one big way He is changing me!

➤ Memorize and act on Ephesians 6:19. Let’s be bold and embrace who we really are—God’s girls!



Sew Sweet

I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

PHILIPPIANS 1:6

My home economics class in college was wonderful! I wish that subject would make a comeback. If nothing else, you learn sewing basics. Although I wasn't an accomplished seamstress, I did construct a complete pantsuit. (Remember those?) It was the prettiest polyester pantsuit you have ever seen—if you like the color burnt orange! The suit had all the things needed to pass the class: a collar, a zipper, and buttonholes.

Of course, I had plenty of assistance from the skilled professor, but I know my mother, who was an excellent seamstress, was pleased with my finished product too. With budding confidence, I moved on to my next project—a dress that looked adorable on the front of the pattern package. I was going solo this time, without my experts' guidance. I failed miserably. It drooped where it should have draped and stayed where it should have swayed. It was the ugliest outfit I have ever seen to this day, and I threw it right into the trash can. When I recuperated from the initial shock, I realized I had used the wrong kind of fabric!

We sometimes try so hard to mend ourselves without the help of our Creator—our Designer and the Finisher of our faith. We can't fix ourselves any more than we can fix outfits made with the wrong fabric. Jesus made the pattern! He sews, mends, fixes, and completes us here, in preparation for all eternity. Sew sweet!



The next time you sew on a button (or lose one, if you don't sew), meditate on the fact that the biggest mending job in your life was completed by Jesus on the cross!