

A Heart Refreshed

Compiled by
Patty Albert

A yearly devotional
and journal for women



In that day shall the Lord of hosts be for a crown of glory,
and for a diadem of beauty, unto the residue of His people,
To whom He said, This is the rest wherewith ye may cause
the weary to rest; and this is the refreshing.

-- Isaiah 28:5&12

That Wicked Man!

I WAS STAYING at my mother's house while my husband and daughter were both sick with hepatitis in the hospital. My mother was helping me out by watching my children while I was at work. One cold winter morning, I was hurrying around, trying to get ready for work. I was having my friend, Jean Smith, come by to pick me up because my car had broken down. That morning, my friend called to say that she had to leave early. So I was rushing around, getting dressed, doing my hair and make-up, and trying to get a bite to eat.

Finally, I was ready, and I rushed out the front door. When I saw my ride had not yet come, I set down my attaché and proceeded to wait for my ride. As I was standing there waiting, the mailman walked by. He kept staring at me with a very strange look on his face. I thought, "That wicked, dirty old man— looking at a woman that way— looking at me that way. He is probably thinking wrong thoughts. He probably didn't read his Bible this morning." I was more than a bit judgmental, I think, but he kept

looking back at me. "Wonder what his problem is?"

I leaned down to get my attaché and got a good look at myself. Much to my surprise, I saw long johns, not the sharp skirt I had chosen to wear that day! Because the weather was so cold, I usually wear really long skirts. "Maybe that postman wasn't such a dirty old man after all," I thought. What a surprise!

—JoJo Moffitt

Today's Scripture Verse:

Man looketh on the outward appearance, but the Lord looketh on the heart.

—1 Samuel 16:7

Today's Song:

*Singing I Go Along
Life's Way*

Today's Thought:

When getting dressed, always check to see if everything is as it should be!

Today's Bible Reading:

Psalms 9-12

thoughts & prayers

What is the craziest thing you have seen someone wear? What do our clothes say about ourselves?

Prayer Requests

Notes
