



## Pressing Pause: 100 Quiet Moments for Moms to Meet with Jesus

By Karen Ehman, Ruth Schwenk

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**Pressing Pause: 100 Quiet Moments for Moms to Meet with Jesus** By Karen Ehman, Ruth Schwenk

**Kids bickering? Schedule jam-packed? Dishes and laundry both piled up high? Perhaps it's time you pressed pause.**

Whether you're juggling a career, kids' schedules, and church commitments or you're covered in spit-up and anxious about what the next eighteen years might hold, you can carve out a few quiet moments to rejuvenate your spirit.

*Pressing Pause* offers you a calm way to start your day, to refresh yourself in Jesus and drink deeply of His presence so that you are ready to pour out love, time, and energy into the people who matter most to you.

These 100 encouraging devotions for moms will help you begin each day with Scripture, drawing on God's power, ingesting His Word, and learning practical ways to love and serve more like His Son.

Just a few minutes each day can help you center your heart and mind on what God has for you as His beloved daughter. So resist the rush. Halt the hustle. Press pause and find some calm in the chaos.

**Karen Ehman** is a Proverbs 31 Ministries speaker, a *New York Times* bestselling author, and a writer for Encouragement for Today, an online devotional that reaches more than 1 million women daily. She has written nine books. Connect with her at [KarenEhman.com](http://KarenEhman.com).

**Ruth Schwenk** is a pastor's wife, mom of four energetic kids, lover of coffee, and dreamer of big dreams. She is the creator of [TheBetterMom.com](http://TheBetterMom.com), and along with her husband, Patrick, [ForTheFamily.org](http://ForTheFamily.org).



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### Editorial Review

#### About the Author

Karen Ehman is a Proverbs 31 Ministries speaker, a New York Times best-selling author, and a writer for Encouragement For Today, an online devotional that reaches over one million women daily. She has written seven nine books including *KEEP IT SHUT: What to Say, How to Say It & When to Say Nothing at All* and *LET. IT. GO: How to Stop Running the Show & Start Walking in Faith*. Married to her college sweetheart, Todd, and the mother of three, she enjoys antique hunting, cheering for the Detroit Tigers, and feeding the many teens who gather around her kitchen island for a taste of Mama Karen's cooking. Connect with her at [www.karenehman.com](http://www.karenehman.com).

Ruth Schwenk is the founder of The Better Mom, and along with her husband, the creator of For the Family. She is a pastor's wife, mom of four energetic kids, a lover of coffee, and dreamer of big dreams. She loves leading, speaking, and blogging. Ruth is the co-author of *Hoodwinked* and *Pressing Pause*. Ruth and her husband are also the co-authors of *For Better or for Kids*. A graduate of The Moody Bible Institute, Ruth and her husband, Patrick, have been in full-time church ministry for over fifteen years, and they live in Ann Arbor, Michigan.

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