



*Me
Moments*
with the
MASTER

*31 Professional and Inspirational
Daily Devotions*

JERONDA BORDENAVE

Me Moments with the Master

*31 Professional and Inspirational
Daily Devotions*

Sample Review

Author

Jeronda Bordenave



Introduction

Women of wisdom and wealth, I have a why. It's because of you, my beautiful sisters. **YOU INSPIRE ME EVERY DAY TO DO WHAT I DO, TO PRESS FORWARD!** Every moment of your life is significant. It's significant to you, to God and to others. All of your good moments are worth sharing with your friends and loved ones, and yes, those ugly painful moments too. Moments are those little times of inspiration that ignite the fire on the inside. It's time to take those moments, embrace them and meditate on them in your quiet time alone with the Master. He has a way of celebrating your moments and transforming them to impressionable memories. It is my prayer that this 31-day professional and inspirational devotional encourages you to spend consistent, meaningful and memorable moments with the Master. I want your devoted time with God to become a lifestyle. This is your time of devoted intimacy with the Master. As you grow, you will gain a greater consciousness of God's abiding presence. You will be convinced that He is with you in every situation. My sincere prayer is that you grow accustomed to praising Him, thanking Him and praying to Him. His presence makes the difference between our failures and successes in life. This is going to be your way of escape from all the demands and cares that often weigh you down. It will make all the difference in your professional and spiritual walk. I promise your life will never be the same after taking this 31-day journey.

Here is what I want you to do: Find a quiet place, whether in your home, in your office or tucked off into a corner; light a candle; softly play your worship music in the background and read your devotion. You are

setting an atmosphere for God to show up. After you read your scriptural devotion, reflect on what God is saying to you personally and write what He speaks in your journal. After you capture your reflections and instructions, I want to hear from you about your experience. Your testimonies keep me encouraged to continue pressing forward.

Remember to help another sister by sharing what you are “*eating spiritually*”...(smile) stay committed and focused! This is your moment of elevation. Let the journey begin. Oh, taste and see that the Lord is good. I’m craving M&M’s, how about you?

Uniquely yours,

Jeronda B.

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Day 2

“You’re Gonna Hurt Yourself” Pt. 1

“Each time he said, ‘My grace is all you need, My power works best in weakness.’ So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.”

2 Corinthians 12:9 NLT

Sample Review

Good morning, lady, rise and shine! **WHY IS IT THAT WOMEN ARE SO HARD ON THEMSELVES?** You know what I’m talking about. For example, when someone compliments you on your dress – “Girl, I like that dress you are wearing, it looks good on you.” –your response is, “This old thing?” Or like the time someone said, “Your hair is beautiful.” Your response: “Girrrll, I need a relaxer.” “Your children are so obedient.” Your response: “I wouldn’t speak too soon. Girl, you should have seen their behavior at home.” Why is it so hard for you to receive kind and encouraging words from others?

I want to challenge you today to **STOP IT! STOP BEING SO HARD ON YOURSELF.** Too many women are black and blue, not from others' emotional punches, but from their own. Wow, did you know that you can punch yourself so hard that you bruise yourself?

That's the intent of the devil: to hurt you so bad it's hard for you to recover. Even when you make mistakes, it's okay. Get back up dust your shoulders off and get back in the race.

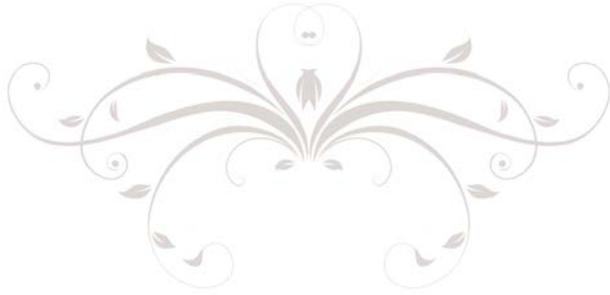
Pause and Ponder these questions: What have you been beating yourself up about? Not being further along, making a bad decision, saying the wrong thing, not being a better parent? Or do you beat yourself up for not getting married, getting divorced, working too much, not working enough, being overweight, or just not doing things "right"? Perhaps you even beat yourself up for not being perfect. **Never mind that perfection is impossible** – you are, after all, human. Perhaps your expectation is that you should be able to do everything, all the time and perfectly. It's exhausting just thinking about it!

I want you to lay hands on yourself (it's okay...you can lay hands on yourself...smile) and say three times, **THIS IS THE LAST DAY I'M GOING TO BRUISE MYSELF WITH MY THOUGHTS, WORDS AND ACTIONS!** Today, you know what I want you to do? Give yourself a **"GRACE DAY."** Today is your day off – to recover from a mistake, to lose your way every once in a while and find your way back home. *If you don't feel like washing the dishes before you go to bed, **DON'T.** If you choose to leave your shoes in the middle of the floor, **DO IT!** Every day does not have to be stressful – things **CAN BE STRESS-FREE!***

W2W:

**"God's Grace is chasing after you
RIGHT NOW, SLOW DOWN
SO IT CAN TAG YOU!"**

—Jbordenave



Sample Review

Pray this prayer with me...

Dear God, help me to not verbally abuse myself any longer. Help me to compliment myself more often. I realize that your grace is sufficient for me. Help me to not only be an encourager to others but to receive words of encouragement from others as well. As I mature in my relationship with you, may I learn to recognize both my weakness and my strengths, however, to focus more on my strengths and glorify your name. I totally rely upon you, Lord, to speak life to me. Thank you for loving me and caring for me. In Jesus' name, Amen.



M&M Moments of Reflection...

Sample Review



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Day 4

“Big C Js in the Room”

*“If it is possible, as much as depends on you,
live peaceably with all men.”*

Romans 12:18 NKJV

Good morning, woman of wisdom and wealth! It is my prayer that you are having a wonderful morning and that it stays that way. The atmosphere in a room or an office can change so quickly. You know I'm telling the truth. Let the right person walk into a room and people begin to celebrate and you can feel the excitement in the air. However, let the wrong person walk in the room...need I say more? The wrong person always seems to bring along our favorite **COUSIN – CONFLICT**. I don't know why, but **CONFLICT** is always lurking around corners waiting to uncover itself. Just when you have declared, "**TODAY IS GOING TO BE A GREAT DAY,**" here comes conflict, wearing her sunglasses and pointing her finger and rolling her eyes (smile).

Oh, you didn't know? Conflict is a woman (smile). Yeah girl, she is never in the unemployment line. She is always working overtime to make your life most miserable. God reminds us in *Ephesians 6:12* “that we don't

wrestle against flesh and blood but against powers of this dark world and against forces of evil in the heavenly realms.” I had to interject because I don't want you losing your cool any more this year when dealing with that person you just can't seem to get along with.

I want to share with you **five effective conflict resolution tips** that have helped me and I promise will help you cruise on past **COUSIN CONFLICT!**

1. **Avoid assigning blame or passing judgment.** Keep your comments neutral and focus on the issue at hand, not on what you perceive to be the other person's shortcomings. I know this is often hard, but **PRACTICE IT, MY SISTER.**

2. **Address the matter in private.** Which is to say, stop trying to embarrass people publicly. Try to venture off into a secluded place or office to save face and preserve your professional image. This principle is important in relationships. No one likes to be embarrassed in public. Ladies, please keep this in mind when it comes to your relationship with your husband or significant other. Let me tell you a little secret: men don't like to be embarrassed in public. So if you want your man to respond appropriately to you, don't disrespect him in public, or you may regret it.

3. **Accept that some things can't (or won't) change.** Often, conflicts erupt because people want some kind of change to occur in someone else, either in their behaviors or actions. But the reality is that change often won't happen...so learn to live with what you can and address the issues that really matter.

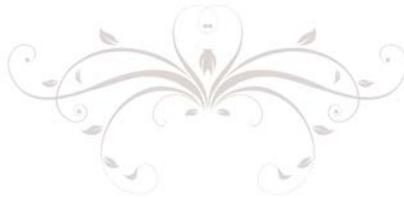
4. **Watch your tone and inflection.** It's best to keep your voice calm and as low-key as possible. (Tip: if you speak in a lower, quieter voice, the other person is likely to follow suit, which helps to defuse conflict.)

5. **Separate the business from the personal.** My sister, please get this: stop taking everything so personal. It's not about you – it's about the overall success of the organization/business. Keep an open mind and really listen to what the other person is saying, regardless of how you personally feel toward him or her. Otherwise you can miss your blessing.

W2W:

**"Conflict is inevitable, so you might as well
learn how to deal with it!"**

Sample Review —Jbordenave



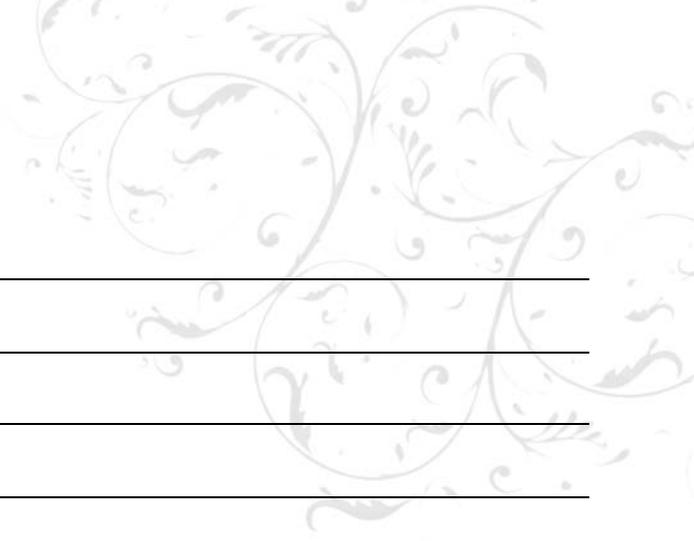
Pray this prayer with me...

Dear God, please help me to properly deal with conflict. I am so tired of messing up my witness with my family, friends and co-workers. I realize that conflict is inevitable so prepare my heart to make the necessary adjustments to manifest peace. In Jesus' name, Amen.

M&M Moments of Reflection...



Sample Review



Sample Review
