

## Resources for Women

- **Katy McCown Podcast & Blog** - PODCAST: <https://katymccown.com/bestdayever/>  
BLOG: <https://katymccown.com/blog/> Katy is a former NFL wife, mother of 6, and writer for Proverbs 31 Women's Ministry. Katy describes her mission as "My mission is to help women walk the firmly established steps the Lord determines, even if everything else feels shaky. I pray the time we spend together will encourage you to see the value of the place God has put you right now, and equip you to live each day on purpose for God's purposes."
- **Guidepost Daily Devotions for Women** - <https://www.guideposts.org/faith-and-prayer/daily-devotions/devotions-for-women>
- **IF Gathering App** - IF: Gathering is on a mission to gather, equip, and unleash women to live out their God-given calling. Their mobile app helps to fulfill this mission by providing daily Bible study resources and tools for both individual and group use. Each day their content helps users to get in the Bible, be inspired by leaders in the faith, and connect with one another. One of the unique features of the app is their comment section on daily readings that allows users to not only respond with text but also audio and video. Download on: [Apple](#) | [Google Play](#)
- **Beloved App** - The Beloved Women app was specially designed to make connecting with God meaningful, relevant, and uncomplicated for every woman. For the busy woman on-the-go, the brief Daily Devotionals will be just the encouragement you need to inspire you throughout your day. Download on: [Apple](#) | [Google Play](#)
- **Daughters of the King App** - Daughters of the King is an international ministry for women founded by Kesha Trippett. Their mission is to create a global impact that inspires women towards revival and encourage unity among the sisters. The Daughters of the King mobile app provides daily devotionals that inspire hundreds of thousands of women each day in God's Word. One of the most unique and popular features of the app is their live video prayer every weekday morning. Download on: [Apple](#) | [Google Play](#)
- **Faith and Mental Wellness App** - The Faith & Mental Wellness App, developed by blogger Brittany Moses, is a safe online community that provides mental health support and education from a Christian worldview. This app provides health-related articles, daily inspirational notifications, and an abundance of free resources. Their Bible Study guides, anxiety worksheets, and popular monthly journal prompts are all accessible for free within the app. The app also provides a mood tracker, prayer wall, and Bible. Download on: [Apple](#) | [Google Play](#)
- **First 5 App** - The First 5 app, developed by **Proverbs 31** ministries, makes connecting with God first thing in the morning a reality for many women, not only a dream. Each morning the app provides users with a short Bible teaching to help women "exchange whispers with God before shouts with the world." Each teaching is part of a larger series or plan that takes readers through a book of the Bible. Each plan comes with a reading guide that may be purchased for a small fee but is not necessary to complete the plan. The app encourages community with groups that users can create and connect with one another as they go through each plan. Download on: [Apple](#) | [Google Play](#)

- **Embraced: 100 Devotions to Know God Is Holding You Close** by Lysa TerKeurst  
Through these **100 devotions, daily scriptures, and prayer prompts**, readers will be equipped to:
  - Begin finding freedom from the struggles that have held them hostage by learning new ways to experience God's love and more authentic ways to trust Him.
  - Surrender their deepest hurts by processing them in a godly way with Lysa, a friend who understands their pain.
  - Hear the Lord speak intimately to their heart by learning how to seek His direction.
  - Release the tension of wondering, If God is near why does He sometimes feel far away? by spending intentional, guided time with Him each day.
- **My Quiet Time Devotional | 365 Devotions for Women To Bring You Into The Peace Of The Presence of God** by Christian Art Gifts - The My Quiet Time Devotional invites you to spend a few peaceful and soul-refreshing moments in God's presence every day. Through a year-long journey of devotional readings from the New Testament, Scripture meditation and heartfelt prayer, you will draw closer to the loving, almighty Father. Find this book on Amazon [here](#).
- **Prayer Journal for Women: 52 Week Scripture, Devotional & Guided Prayer Journal** by Shannon Roberts - Prayer Journal for Women: 52 Weeks Scripture, Devotional, & Guided Prayer Journal includes Scripture verses, reflections on the Word, and journaling prompts to guide your walk with God and strengthen your faith. Verses are organized thematically: Love & Inner Beauty • Provision & Faithfulness • God's Love • Adversity & Trials • Awe & Sovereignty • Strength Through Faith • Fear • Grace & Forgiveness. Find this book on Amazon [here](#).

### Resources for Men

- **Guidepost Daily Devotions for Men** - <https://www.guideposts.org/faith-and-prayer/daily-devotions/devotions-for-men>
- **MIM (Man in the Mirror) Devotions for Men App** - The MIM Devotions for Men App is a powerful tool for men on the journey to Biblical manhood. This devotional app gives you a daily dose of Scripture and teaching targeted towards men. Everything in this app is designed for men like you: with busy careers and active families, husbands, fathers, grandfathers, and retired men.
- **Christianity Today Men of Integrity** - <https://www.christianitytoday.com/moi/content/devotions.html>. **STRUCTURE**: Written by various staff, contains: A scripture, a short thought and action for the day. Delivered to your email.
- **Every Man Ministries, Daily Devotionals**- <http://www.everymanministries.com/daily-devotionals-for-men> **STRUCTURE**: Adapted content from other authors and contains: A key verse, and a thought to dig deeper. Delivered through website by navigating categories or sent to you by email.
- **Crosswalk, NIV Devotions for Men** <http://www.crosswalk.com/devotionals/niv-devotions-for-men/> **STRUCTURE**: Contains content from the Men's Devotional Bible, including: Verses you look up, other recommended reading, longer devotional thoughts, and takeaways with questions for reflection. Available from the web page above, or they are sent to you by email.

## Bible Reading Plan Resources

- **Bible Project Reading Plan PDF** - [https://d1bsmz3sdihplr.cloudfront.net/media/Quarterlies\\_Other%20Downloads/rsreading-plan/timeless2020final-1.pdf](https://d1bsmz3sdihplr.cloudfront.net/media/Quarterlies_Other%20Downloads/rsreading-plan/timeless2020final-1.pdf)
- **71 Days in Isaiah** - <https://www.biblestudytools.com/bible-reading-plan/isaiah.html> - Carefully work your way through Isaiah in 71 days to experience the full impact of the prophet's words.
- **Chronological Read Through the Bible** - <https://www.biblestudytools.com/bible-reading-plan/chronological.html> - Read the Bible in the order that the events happened.
- **Chronological Read Through the New Testament** - <https://www.biblestudytools.com/bible-reading-plan/chronological-new-testament.html> - In only 3 months you can read the New Testament in the order that the events happened.
- **Daily Wisdom** - <https://www.biblestudytools.com/bible-reading-plan/daily-wisdom.html> - Find wisdom each day as you read straight through the Psalms, Proverbs, and Song of Solomon in 60 days.

## Family Devotional Resources

- **The One Year Classic Family Devotions (One Year Book of Family Devotions)** by Nancy Guthrie. Many parents are searching for ways to bond as a family while encouraging spiritual growth in their kids. The One Year Classic Family Devotions provides a full year of devotions and activities designed to strengthen family time and deepen spiritual awareness. Each devotion includes a story about children and other family members, fostering personal connection with the content. Lessons come from the child's perspective at times and from the parents at other times. An activity page is included every seven days as an additional source of ideas for families to use in their time together. Find this book on Amazon [here](#).
- **The Family Bible Devotional: Stories from the Bible to Help Kids and Parents Engage and Love Scripture** by Sarah Wells. *The Family Bible Devotional* highlights 52 short Bible readings, pairing each with engaging background information and discussion questions. It's a family devotional that cultivates conversations—one that avoids simplistic answers and instead pulls kids into God's unfolding, mysterious, beautiful story with all of its twists and turns. Find this book on Amazon [here](#).
- **The Bible Made Easy - for Kids** by Dave Strehler Read in conjunction with the Bible, this creative learning tool can help kids discover the exciting connection between Bible stories, their individual lives and God's redemptive plan for mankind. This book is not a Bible, instead it is a great guide parents can use to guide their families through devotions along with reading from the Bible, or it can be used by children to supplement their personal Bible study. Designed for kids from ages 8-12. Find this book on Amazon [here](#).

## Spiritual Formation Resources

- **Bible Project Podcast**- <https://bibleproject.com/podcasts/the-bible-project-podcast/>
- **Bible Project Blog** - <https://bibleproject.com/blog/>
- **Renovare Podcast** - A conversational podcast on spiritual formation, spiritual disciplines, and life with God. New episodes every other Monday. Hosted by Nathan Foster of Renovaré, a nonprofit that provides resources, events, and learning communities to help people become more like Jesus. Learn more at [renovare.org](http://renovare.org). Find this podcast on Apple Podcasts, Spotify, Google Podcasts, and more.
- **Jesus Calling Podcast** - <https://www.jesuscalling.com/podcast/>
- **Jesus Calling Blog** - <https://www.jesuscalling.com/blog/>
- **Guideposts Newsletter** - <https://www.guideposts.org/newsletter-sign-up>
- **Dream Big Podcast with Bob Goff & Friends** - Join Bob Goff, author of *Love Does* and *Everybody Always*, as he has honest conversations with friends about how to live into their dreams. Most people never give themselves permission or know how to chase their big ambitions. This framework helps you discover, declare, and realize yours so you can have a fulfilling life and impact the world for good. Find this podcast on Apple Podcasts, Spotify, Google Podcasts, and more.