



## LILLIE KNAULS

I always spend at least an hour in the study of God's Word as well as prayer time, which means if I have an early flight, I simply get up earlier! I don't want to ever leave home without knowing what God is saying to me through His Word each day. Very often, something I read in my time of devotion comes to mind during that day and I meditate on it. It is extremely difficult for me to have devotions in the evening because I am tired and want to get right to sleep, but I do read from the Scriptures, usually a Psalm, so God's Word is on my mind as I fall asleep. Proverbs 3:24 tells us that "we will lie down and our sleep will be sweet." Knowing that each day I will have challenges as well as opportunities, I always close my time of devotion by putting on the armor of God as described in Ephesians 6: the belt of truth, breastplate of righteousness, feet shod with peace, the shield of faith, helmet of salvation and finally the sword of the Spirit which is the Word of God. Now I am dressed for success!

I am so grateful that I was born and raised in a Christian home. One of my most vivid memories is when I would come through the front door and see my mom sitting in her favorite chair reading God's Word. It was instilled in me how important it was to have that time with Him each day. And by the grace of God, I plan to continue what began with my dear mom—to begin each day in God's Holy Word.