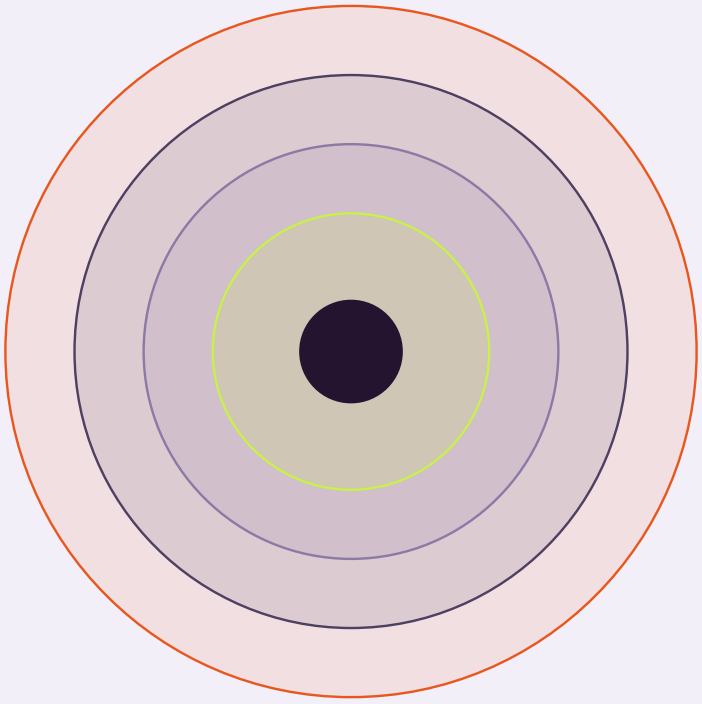


Jesus Calling: Enjoying Peace in His Presence

A reading of the book by Sarah Young (2004)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Jesus Calling: Enjoying Peace in His Presence, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Sarah Young (1946–2023) was a missionary who served with her husband, Steve, in Japan and Australia, and who earned a master's degree in counseling at Covenant Theological Seminary. Jesus Calling grew out of her own prayer journal, which she began keeping after reading the older devotional God Calling. The book gives one short entry for every date of the year, each written in the first person as if Jesus were speaking to the reader and followed by Bible references. Its recurring themes are peace, trust, thankfulness, resting in God's presence and living one day at a time. Some Christian reviewers have criticized the first-person voice, while many readers use the book as a simple daily quiet-time habit.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Peace is found in company, not in tidy circumstances.

The book keeps returning to peace as something received in God's presence, not earned by fixing everything first. The entries ask the reader to stop and sit quietly before making plans, so the day starts from rest rather than from the to-do list.

2 HOURLIFE TAKEAWAY

Thankfulness is a practice you choose, not a mood you wait for.

Gratitude in the book is a daily discipline for ordinary and hard days alike. Young pairs it with trust: giving thanks for a situation is treated as a way of handing it over.

3 HOURLIFE TAKEAWAY

Live this day, not the whole year at once.

Each entry is dated and short, and the book keeps steering the reader back to today. Worry is treated as carrying tomorrow's load before it arrives, and the answer is to come back to the present one more time.

4 HOURLIFE TAKEAWAY

Weakness can be the place where help gets in.

Young kept the prayer journal behind the book through years of chronic illness. The book treats limits as an opening to depend on God, not a failure to hide, and that experience shapes its gentle tone.

5 HOURLIFE TAKEAWAY

Stillness comes before direction.

Being still in God's presence is one of the book's recurring themes. The idea is simple: listen first, and the choices of the day come calmer and clearer.

6 HOURLIFE TAKEAWAY

Trust grows by being used.

The book treats trust less as a feeling and more as a choice you repeat. Each worry handed over is practice for the next one, even on days when the feeling lags behind.

7 HOURLIFE TAKEAWAY

One entry per date turns devotion into a ready-made habit.

There is nothing to plan: open to today, read for a few minutes, look up the verses. That structure is a large part of why the book lives on bedside tables and kitchen counters.

8 HOURLIFE TAKEAWAY

Read the references, not only the reading.

Every entry closes with Bible references. Looking them up anchors the day's theme in scripture and lets you weigh the reading against the source it points to.

9 HOURLIFE TAKEAWAY

The first-person voice is the book's most debated choice.

Young wrote each entry as if Jesus were speaking, a style that began in her private journal. Some Christian reviewers have criticized it as blurring the line with scripture. Young herself held that only the Bible is without error.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Choose a fixed time and chair
- [ ] Keep a Bible within reach
- [ ] Start a gratitude notebook
- [ ] Set a five-minute floor
- [ ] Tell one person you are starting

KEEP UP DAILY

- ◯ Sit still for one minute first
- ◯ Look up one reference in context
- ◯ Write three specific thanks

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Choose a fixed time and chair

Pick one time, such as before you check your phone or with the first coffee, and one place for quiet time.

Keep the book, a Bible and a pen there.

MY VERSION

DONE ON

- [ ] SETUP 2

Keep a Bible within reach

Use a print Bible or a reading app you like, so the references under each entry take seconds to look up instead of minutes.

MY VERSION

DONE ON

- [ ] SETUP 3

Start a gratitude notebook

Any small notebook will do.

Date the first page tonight and leave it next to the book.

MY VERSION

DONE ON

- [ ] SETUP 4

Set a five-minute floor

Decide the least you will do on a busy day: today's reading, one verse and one line of thanks.

A small floor keeps the habit alive through hard weeks.

MY VERSION

DONE ON

- [ ] SETUP 5

Tell one person you are starting

Tell a friend, your spouse or your small group.

Agree to share one verse or one thought with each other every week.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Sit still for one minute first

Before you open the page, sit for one minute in silence.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Look up one reference in context

Read the verse along with the few lines before and after it.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Write three specific thanks

Name three things from the last day, as specific as you can.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

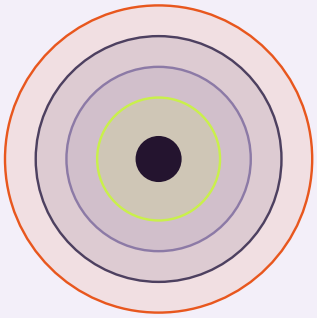
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Begin in quiet, give thanks for what is here, and carry only today.

HOURLIFE NOTE AFTER SARAH YOUNG