

Sustaining the Journey presents...



As a tool to draw us out of the world's negative vortex, and to help sustain your journey through the week, Bob Soeder and Mary Hrich offer this weekly dose of inspiration:

“Prayer is you talking to God and meditation is you sitting back quietly to listen for His response.

So...”

– Monica Marie Jones

Monica Marie Jones is an author, motivational speaker and media personality who provides coaching on personal development through transitional times.

“My quiet time is not a gift I give to God. My quiet time is a gift God gives me. I don't offer him my quiet time. I simply offer him my time, my self. He's the one who provides the quiet spirit.”

– Emilie Barnes,

Fill My Cup, Lord...With the Peace of Your Presence

Emilie Barnes was a bestselling author of more than 80 books. She and her husband Bob preached how energy, enthusiasm, and encouragement can help Christian women cope with their daily activities.