



“Watching the Morning” by Vaneetha Risner

Publication Date: May 6, 2025

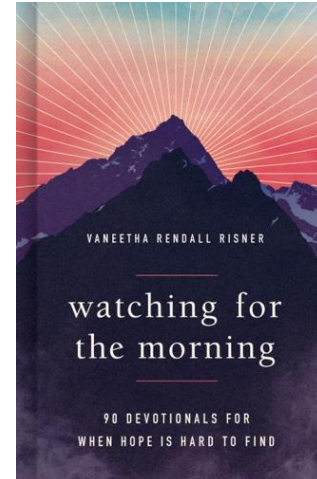
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‘Watching the Morning: 90 Devotionals for When Hope is Hard to Find’ reaches believers in dark times

BRENTWOOD, Tenn., April 7, 2025—Waiting. Watching. Hoping. This is how Vaneetha Risner lived for years as her once-comfortable life dissolved in front of her.

She pleaded with God to fix her situation and stop the pain during an escalating illness, the death of a child, and an unwanted divorce. But instead of doing what she asked for, God gave her something even more wonderful: He offered Himself.

From this experience comes Risner’s upcoming release, [“Watching for Morning,”](#) which finds its title from the verse, “Weeping may stay overnight, but there is joy in the morning.” from Psalm 30:5 (CSB).



“Watching for Morning,” a 90-day devotional from [B&H Publishing](#), delves into Risner’s personal journey and offers readers an honest look at her life’s darkest moments and how she spoke honestly to God about her pain. She points readers to the Scriptures and leads them gently into moments of reflection.

She writes to readers, “I don’t know where you are today, but God does. He may feel distant, and you may be struggling to hold on to hope. When I’m in that place, I cling to the Word of God.”

Risner’s powerful storytelling and unwavering faith, as displayed in “Watching for Morning,” offer a beacon of hope for those in need.

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Please direct interview requests to Jill Waggoner, Lifeway publicist, at jill.waggoner@lifeway.com or 615.330.6821. More high-resolution images, media assets and excerpts are available. Discussion around other content ideas is also welcome.



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ABOUT VANEETHA RISNER

Vaneetha Risner is the author of “Desperate for Hope,” a 7-week study on suffering. Risner and her husband, Joel, live in Raleigh, North Carolina, where she writes at vaneetha.com, encouraging readers to turn to Christ in their pain.

INTERVIEW ANGLES

- How to find hope in uncertain times and unanswered prayers
- Finding satisfaction in Christ alone amid suffering
- Understanding the beauty of how the Lord transforms our sorrow into joy
- Practical wisdom for how to rest in His promises for us today

SUGGESTED INTERVIEW QUESTIONS

- How have your personal experiences shaped the way you’ve structured the content of this devotional?
- How have you seen the Lord shape your view of suffering even as you wrote this devotional?
- You intentionally included 15 memory verses throughout the devotional. Why do you think memorizing Scripture is so vital for our spiritual walk with the Lord, particularly when we face suffering?
- What prompted the title of this devotional ‘Watching for the Morning?’ In what ways has Psalm 30 been an anchor for you in difficult seasons?
- What does it look like to hold in tension asking God for deliverance from pain and suffering while finding contentment in our present hardship?



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SAMPLE PAGES

Responding to Suffering

*Therefore, submit to God. Resist the devil,
and he will flee from you. Draw near to
God, and he will draw near to you.*

JAMES 4:7–8

When I'm struggling, my thoughts are all over the place. I can seamlessly go from anger to despair to doubt, and before I know it, I'm in the pit. I keep spiraling downward until I stop and refocus, turning to God, remembering and rehearsing the truths I need to hold onto. Passages like this one in James 4 help me reorient my heart.

Verse 7 begins with “therefore,” connecting this call to what comes before it: a reminder of God’s favor toward the humble, to those who have chosen friendship with God rather than with the world. When I approach God humbly, He draws near, pulling me even closer to Him and further away from the prideful ways of the world.

The posture I bring is important. When I submit to God, I'm acknowledging that He is sovereign over my life. I need His Spirit who lives in me, cultivating the humility we're called to have, and offering His grace to make it through suffering. Submitting in suffering reorients my mind to God and to my utter dependence on Him. It is trusting Him with the outcome, knowing He will give me what is best.

"Resist the devil, and he will flee from you." Before I can resist the devil, I need to be aware of his schemes. Throughout Scripture we see that Satan wants us to believe that God isn't for us, that God doesn't care, and that God isn't good. Satan wants us to be self-reliant, to assume we don't need God or His wisdom, and to believe instead that we are better off without God. Satan, the accuser, wants us to feel accused, guilty, desperate, and hopeless. So when those thoughts start creeping in, I need to recognize they may be the work of the devil.

The best way I know to resist the devil is to repeat Scripture, just as Jesus did. And if I have verses at my fingertips, committed to memory, I can draw them out when the devil prowls around. I can call on Jesus and ask Him for help and deliverance from all my fears.

Then I deliberately draw near to God. I turn toward Him. It's not that He meets me halfway. I just turn around and He does the rest. He is always waiting, always with me, always willing. But as I turn around to face Him, I know He is there.

We all need to fight for faith when we're suffering. And if you don't recognize the battle, you will go in unarmed. You may succumb to your fears, framing and reframing your circumstances

WATCHING FOR THE MORNING

in light of your feelings rather than the truths you know about God. So perhaps this is a good first verse to memorize. In our despair, we need words to cry out instinctively, words that shape our minds and our responses.

MEMORIZE: Write today's verse on an index card. Put it where you'll see it regularly so you can memorize it.

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