



## Hello True Girl!

This devo booklet will make your inner spirit and your outer body stronger! We're going to dive into God's Word to learn that our bodies are where God's Spirit lives on this planet. That's a good reason to take care of them. Before you start reading the first devo, let me remind you of a really important Truth. This is something Jesus said when He was alive:

*If you continue in My word, you are truly My disciples.  
Then you will know the truth, and the truth will set you free.*  
{ John 8:31-32, NASB }

A lot of people aren't free! They're locked up in bad patterns and habits, including how they think about and care for their bodies. But Jesus said that we can know the Truth and be free. That includes the topics of wellness and health.

My goal with this bunch of devos is to help you develop good habits and patterns about how you take care of your body. I'm going to help you do that with the help of some awesome writers! I know you've been getting to know them. One mom told me her daughter can tell as soon as she starts reading who is writing that day's devo. She likes guessing to see if she is correct! I hope you're getting to know these writers, too.

In Jesus' Love,  
Dannah Gresh,  
Founder of True Girl





# Home Sweet Home



*Have the people of Israel build me a holy sanctuary so I can live among them.*

{ Exodus 25:8 }




**W**here do you live? Is your family squished into a tiny apartment? Or do you have a house that sits in a neighborhood with a busy sidewalk? Maybe, like me, you live out in the country on a farm? Whatever the place looks like, you can call it your *residence*. That's a fancy word for the place where someone lives.

God used the word *residence* when He spoke to Moses about needing some place on earth to call "home." Moses wrote down what God told him in an ancient Hebrew language, and we find it in Exodus 25:8. If Moses had written it in modern English, it might have said: "Have the people of Israel build me a special residence!"

Why did God say this? Because He wanted to live near them! He wanted to be neighbors with the people He loved so much.

God still wants to be near His people. He wants to be close to you. Psalm 145:18a reads: "The Lord is close to all who call on Him." Like a neighbor you can call when you need help with math homework or run out of sugar, God wants to be nearby so He can help you!

 **ACTION POINT:** What do you need help with? God is near! Write a note to Him in your diary as a way to "call on him."

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com).*



# On the Road Again

*You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.*

{ Psalm 16:11 }

 **P**icture a bus in your mind. It could be the True Girl tour bus, if you've seen it, or a school bus. Now, imagine there is a trailer hitched to the back of the bus. That's just about the size of the Holy Place that was inside God's private *residence* or sanctuary. It didn't have wheels, but it was made to move!

There was even a sign that told the Israelites, "Start packing!" Exodus 40:36 reads, "Now whenever the cloud lifted from the Tabernacle, the people of Israel would set out on their journey, following it." The Israelite people were good at following God!

Are you?

Today God doesn't appear like a cloud, so it's harder to know when He wants us to follow Him. But we do it when we obey the teaching in the Bible or listen to our parents. Or when we are willing to help when we see a need. If you let Him, God will show you "the way of life." He'll help you make decisions, and you'll find a lot of joy by staying close to Him. Ask God today to teach you how to follow Him.

 **ACTION POINT:** Talk to your mom or grandma about how she follows God. Write down any advice she offers you in your diary.

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MAY 2





## Your All-Access Pass



*And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow — not even the powers of hell can separate us from God's love.*

{ Romans 8:38 }



**W**hen special visitors come to a True Girl live event, they need an all-access pass to come backstage to spend time with me in the tour bus or dressing room.

I really like those passes because I love meeting God's special girls.

Did you know that you have an all-access pass to spend time with God? Let me explain. In God's *residence*, the holy of holies was basically God's private room. Only the priests could go past the protective curtain into this special place.

What a bummer for regular girls like me and you! They could never go into God's private room to be really close to Him.

Until...Jesus died on the cross for us.

Matthew 27:51 records: "At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom." Wow! The curtain that separated people from God was ripped apart when Jesus died. We no longer need to stay away from God's holy presence or communicate with God through a priest. There's nothing that can separate us from God and His love. Not even a curtain.

You have an all-access pass to God, girl!



**ACTION POINT:** Find a special spot today and just sit quietly with God!

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# God's New Residence

*Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*

{ 1 Corinthians 6:19–20 }




**W**hen I moved to the Gresh Farm, I sent out moving announcements. I wanted my friends to know where to find me so they could come to visit my horses and llamas and goats!

Well, 1 Corinthians 6:19–20 is kind of like a “moving announcement!” The apostle Paul, one of the first missionaries, wrote a letter to some Christians who it seems weren’t aware that God no longer lived in His old *residence*, which at the time was called the Temple. He wrote: “Don’t you realize that *your body* is the temple of the Holy Spirit?”

God had moved out of the holy of holies and into us!

When someone decides to surrender their life to follow Jesus, God’s Spirit makes that person’s body the place where He lives. It’s not like there’s a little Jesus in there or anything, but God’s presence is always with you no matter where you go.

This makes your body super important! It is a temple for God, which means it deserves the best care possible. After all, it’s basically a royal palace for the King of Kings!

 **ACTION POINT:** Do you take good care of your body? Are the foods you eat good fuel for it? Can you honestly say you stay active enough to keep it strong? Talk to your mom or grandma about that!

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com).*



MAY 4





# Mirrors Can Lie



*Do you not know that you are God's temple  
and that God's Spirit dwells in you?*

{ 1 Corinthians 3:16 }




**W**hat do you see when you look in the mirror? You may see a happy, beautiful girl in it. If so, that's great! But perhaps you don't always like your reflection.

I've got something important to tell you: the mirror won't always tell the truth about who we are and how we look.

It's important to remind ourselves that it's not the mirror—but the Bible—that speaks Truth to us. That can help us spot the lies we see when we look into a glass mirror and stop believing them.

Today's verse says our bodies are temples of the Holy Spirit. So no matter how you see yourself, you have a piece of God living right inside you, proving that you're His. If you don't see that, maybe you're not looking in the true mirror often enough!

Believing lies about your body can lead to unhealthy behaviors to try to make yourself become worthy. But guess what? You already are worthy. The God of the Universe deems you worthy of being his "temple" or "tabernacle."

 **ACTION POINT:** Write out a few of your favorite Bible verses on some sticky notes. Stick them to your mirror so you can fight any lies it may tell you with Truth.

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# You Are God's Masterpiece!

*You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous — how well I know it.*

{ Psalm 139:13–14 }



Imagine you're watching an artist who has carefully worked on a creation for months. It's finally done! The artist stops, steps back, and looks with delight at his masterpiece. His eyes fill with love as he gazes at it. Never again will he make this same design. It's unique and one of a kind! You can tell this artist loves to create and that he loves his creation.

Do you realize, sweet girl, this is how your Father in heaven feels about you? The Bible says that He formed you in your mother's womb. He put the pieces of you together in an amazing way. There's no one like you, and there will be no one like you ever again.

You are fearfully and wonderfully made!

The creator of the universe says you are priceless. No matter what anyone else says about you. No matter what anyone else thinks about you. No matter how many friends you have or don't have. No matter how stylish your clothes are or aren't. No matter how popular you may or may not be.

You are a masterpiece. You are an amazing work of art. And your Creator is so thankful He made you!

 **ACTION POINT:** Share with your mom or grandma three things about yourself that you're thankful for. Then tell God thank you for creating you that way.

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MAY 6





# Strong and Mighty



*Each time He said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.*

{ 2 Corinthians 12:9–10 }



**W**hen I was your age, I imagined Jesus as a huge man with big muscles. It was because He was described as strong and mighty. Do you know the song that says, "My God is so big, so strong and so mighty, there's nothing my God cannot do"? I loved singing it! I wanted to be big and strong and able to do anything just like Him.

Maybe you do too! The good news is you're made in God's image! And, if you're following Jesus, the Holy Spirit lives inside of you. So God's strength and power do too! How amazing is that?

But what does that mean for your body?

You've probably learned about genes in science class. They decide if you are tall or short and how much muscle you have. You can't control those things, but you can still take good care of the body God's given you. You can be active, eat healthy foods, get enough sleep, and take time to relax.

Which one is the hardest for you to do? God is ready to help you with it! Ask Him to show you ways you can take better care of your body.

➔ **ACTION POINT:** Write a list in your prayer diary of all the things you do that make your body stronger. Then write a prayer asking God to use those things to help you serve Him well.

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# Time for a Scalp Massage!

*And you must love the Lord your God with all your heart,  
all your soul, all your mind, and all your strength.*

{ Mark 12:30 }




**P**op quiz: What's the most important part of your True Girl body?

If you answered "my brain," you're right!

Your brain—the wavy, squishy-looking organ in your head—is the most important part of your body! That organ is responsible for your thoughts, feelings, actions, and well-being. It's the hub of your unique personality! It's where you feel happy and sad. So much is happening in the twists and turns of your incredible brain.

When Jesus said to love God with "all your heart," do you think He was talking about the organ that pumps blood through your body? Nope! He was talking about the part of you that processes love and connection. So, where is your "heart"? In your brain! Where is your "soul"? In your brain! Where is your "mind"? In your brain. Where is the driving force of your "strength"? You've got it: in your brain.

God loves you and gave you a super-fantastic brain so you can love Him, too!

 **ACTION POINT:** Take a deep breath, close your eyes, and give yourself a long scalp massage. Thank God for the amazing brain He gave you. Ask Him to help you love Him with all your heart, soul, mind, and strength.

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*LAURA BOOZ is a wife, mom, writer, and teacher. As a tween, Laura swam on the swim team, roller skated, and loved learning things. Listen to her podcast, Expect Something Beautiful. [LauraBooz.com](http://LauraBooz.com)*



MAY 8





# Count it All Joy



*Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.*

{ James 1:2 }




**O**ur team was about to win the national championship game. All that stood between us and victory were a few penalty kicks. But we had practiced those over and over, so we were ready.

Everything was going as planned until a teammate kicked the ball with too much power. It soared over the top of the goal. The other team won and started cheering!

We were shocked. But instead of leaving the field in defeat, we walked to the center of it. We put our hands in the middle and yelled, "Count it all joy. Amen!"

We were sad to lose the biggest game we might ever play. But our coaches had prepared us for this moment all season long. They knew they weren't just training a sports team. They were also helping us learn to be more like Jesus in our thoughts, words, and actions.

We learned to play with excellence and thank God when we won. But we also knew it was *just* a game. We could give our disappointment to God and move on. We may not be able to show off a national championship trophy, but we can take on the troubles of life with joy!

 **ACTION POINT:** Have you faced any troubles or disappointments lately? Talk to God about how you feel, and ask Him to help you find the opportunity for great joy.

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*AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!*  
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MAY 9

# Health for Your Body and Bones!

*Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take. Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones.*

{ Proverbs 3:5–8 }




It's important to take good care of your body. Eating whole foods like fruits and veggies, drinking water instead of soda, spending more time being active than you spend on screens, and getting enough sleep are four awesome ways you can do that!

But the Bible says there's something else that brings health and nourishment to you. When you trust in the Lord, you have less stress. When you have less stress, you worry less. When you worry less, your body becomes healthy and your bones grow strong.

Why trust God?

Because He loves you! "For this is how God loved the world: He gave His one and only Son so that everyone who believes in Him will not perish but have eternal life" (John 3:16). That is a promise you can trust! Let it sink into your body and bones!

 **ACTION POINT:** What do you worry about? Write about it in your prayer diary and ask God to help you trust Him with that part of your life.

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MAY 10





# Your Mental Health Matters Too!



*Give all your worries and cares to God,  
for He cares about you.*

{ 1 Peter 5:7 }



**W**hen you think about being healthy, do you only think about your body, or do you think about your emotions too?

When we're trying to take good care of ourselves, it's important that we also focus on our mental health. Mental health is how we feel emotionally, and whether we're stressed, nervous, upset, or happy.

Do you ever feel anxious? That's what it's called when your emotions tell you to be totally stressed out and nervous about something or someone. It can cause you to distance yourself from other people, eat too much or not enough, or treat others (and yourself) in unkind ways. You may not plan to do mean things, but your emotions start to control how you respond. Then you end up saying things you wish you had not!

One way to work through anxiety is by talking to God. When you pray, tell Him two things. First, tell Him that you need help feeling more peaceful. Second, ask for forgiveness when you've used your anxiety as an excuse to be unkind to others. Asking for help and confessing your sin will be a great start to overcoming anxiety.

➔ **ACTION POINT:** What are you anxious or worried about today? In your diary, write a prayer asking God to lift that weight from your shoulders and help you.

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# Let's Go! But Check Your Oil First!

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him.*


{ Romans 12:1 }

 **O**ne hot summer day, I wanted to help with outside chores. I'd never mowed the lawn before, but I decided to try. I pushed the lawnmower to the front yard and pulled the start cord with all of my might. It started. Success!

As I began mowing, I noticed a large cloud of smoke. I quickly turned the engine off and discovered it was completely dry! It had no oil in it. Engines require oil! “Bone dry” is not recommended. I had broken the mower.

Did you know that for your body to “run” the way God designed it, you need to have all the right things in it? If you're not taking care of your body with the nutrients, exercise, water, and sleep it needs, along with reading and studying God's Word, your body won't work the way it was designed to. It was created by God to be used to worship Him and bring Him glory!

God wants you to use your body to serve, encourage, pray for, and tell others about Jesus. So, let's go! But, first, be sure to check your “oil.”

 **ACTION POINT:** Use your prayer diary to write a list of what you're putting into your body to make sure you're not trying to run on empty. Share it with your mom and ask if there's anything missing.

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MAY 12





## But I Love Honey!



*Do you like honey? Don't eat too much, or it will make you sick!*  
{ Proverbs 25:16 }




Once when I was on vacation with my parents, I saw the cutest, biggest Winnie the Pooh bear in the store, and I really wanted it. I took the money I had been saving and bought that honey-loving bear. Do you want to know the funny part? I wasn't really a kid when this happened...I think I was in college!

Winnie the Pooh is famous for his never-ending desire for honey. He eats pots and pots of it all day long, and it seems to work out just fine for him.

But I am a human, and not from the Hundred Acre Wood. If I eat honey all day like Pooh, I will get sick. Now, the Bible doesn't say "don't eat honey." It says, "Don't eat *too much*." Have you heard of the word *moderation*? It basically means you'll avoid extreme behavior (like eating a whole bag of Oreo cookies in a day), and instead, you'll eat just a few cookies and then put them away.

God wants us to take good care of our bodies. And that means enjoying sweet treats once in a while, but not all the time.

 **ACTION POINT:** The next time you have a treat like cookies or chips, eat one portion and put the rest away. Don't let yourself snack on junk food all day long. Ask your mom for help if you need it.

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# Jump!

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.*

{ Hebrews 12:1 }




I'm not much of a runner, but I love watching hurdle races. The runners' speeds are impressive enough, but it's also amazing they're able to keep that speed as they jump each hurdle.

I watch on the edge of my seat, praying that they don't accidentally trip. They rarely do. They're too focused on that beautiful finish line. They don't allow themselves to become distracted by the shouts of the crowd or anything else. These runners know the prize and what it takes to get it.

The same should be true of how we live for Jesus. Our prize is a life lived well for Him. When we become His followers and start becoming more like Him, we're no longer distracted by things on the sidelines of life. Our eyes are fixed solely on Him and the things He's called us to. We have no time for things like selfishness and unkindness in this race. We're not distracted by anything, especially not sin! We won't allow things like that to hinder us, trip us up, or stop our race.

We'll experience a few hurdles when living life for Jesus, but His grace is enough to help us jump them and to pick us up if we fall.

 **ACTION POINT:** Is there any sin that's distracting you in your race to live for Jesus? Tell Him about it in your prayer diary and ask for His help in overcoming it.

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MAY 14



# Nose to Nose



*This is real love—not that we loved God, but that He loved us and sent His Son as a sacrifice to take away our sins.*

{ 1 John 4:10 }




**W**hen I was little, sometimes my daddy would put me to bed. He'd rock me to sleep and sing the old song, "O How He Loves You and Me." Daddy would touch my nose when he sang, "Oh, how He loves you." Then he'd touch his own nose while singing, "Oh, how He loves me."

One night, I joined in. At the right moment, I touched my nose. Then I moved my little hand to touch my daddy's nose. Right then, he knew something was getting into my little mind.

I don't know the situation you're in, but I do know this—whether or not you have a daddy on earth, you *do* have a Daddy in heaven who loves you deeply. He holds you at night when you're crying yourself to sleep. He sees you when you're laughing and playing with your friends and when you're sitting alone. He knows the words on your mouth before you even speak them. He knows the thoughts you're holding inside and can't tell anyone! He knows what you're most afraid of and what your biggest dreams are.

Your Daddy in heaven knows you inside and out. You are a treasure to Him!

 **ACTION POINT:** Have your mom help you look up and listen to the song referenced in today's devo. When you get to the part, "He loves me..." point at yourself. Repeat that line over and over again until it begins to sink in.

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# Bloom!

*But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.*

{ Daniel 1:8 }




**H**ave you ever heard the phrase, “Bloom where you’re planted?” That means no matter where you are, you need to grow and bring life, even if it’s not exactly a greenhouse environment.

Daniel “bloomed” even though he was in a tough spot. He had been captured and taken to a foreign land to serve a king who worshiped other gods. Since Daniel was strong and good-looking and smart, the king wanted him to become one of his important men. But he needed him to want to give up God! One way he tempted Daniel was with yummy rich food from the palace table. But Daniel didn’t give in. He ate veggies and drank water instead.

At the end of a ten-day trial period, Daniel and three of his friends were healthier than any of the other men who ate the king’s food. In this simple way, God proved that He was the true King.

God wants you to be strong and healthy, too. That’s one reason why your mom tells you to eat your carrots and broccoli! He wants you to bloom where you’re planted.

 **ACTION POINT:** Write down a special goal to eat healthier for a few days. Maybe you can drink more water or eat veggies at every meal. When you do it, remember that you’re making God’s temple strong!

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*Today’s encouragement is an excerpt from  
The One Year Mother Daughter Devo by DANNAH GRESH  
with help from JANET MYLIN. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



MAY 16





# Beauty or Beast



*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

{ Romans 8:5–6 }




**H**ave you ever heard the fairy tale *Beauty and the Beast*? If you have, then you know the Beast is actually a prince who's selfish and thinks only of himself. His selfish thoughts lead to actions that cause him to transform into an *actual* beast!

You and I won't turn into beasts by thinking selfishly, but today's Scripture verse tells us that if our thoughts are focused only on ourselves and the sinful things of this world, they will lead to death. That's even more serious than being turned into a beast!

Our minds are an important part of our bodies. We keep them healthy by asking the Holy Spirit to control our thoughts and staying focused on God's Truth found in the Bible. When we look to Jesus and Scripture, it makes our brains healthy. Our goals, dreams, and plans lead to life and peace because they come from a focus on God and His words.

Don't let your thought life turn you into a beast. Instead, let God's Word change your thoughts, so they beautifully honor Him and bring you life and peace.

 **ACTION POINT:** Draw a picture of a "beast" and write sinful actions that could cause the beast to come out in you. Next, draw a "beauty" and write godly actions that reflect Truth from the Bible. Ask God to give you a mind focused on Truth.

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# You Have the Key!

*Guard your heart above all else,  
for it determines the course of your life.*


{ Proverbs 4:23 }

 One day, I organized important documents like birth certificates and insurance cards in a lockbox. I locked the box, hid it in a closet, and felt good about myself. I was guarding the important things in life! A year later, I needed one of those documents. But guess what? Because I hadn't opened the box in a long time, I couldn't remember where I hid the key!

Your mind is like a lockbox. It guards your thoughts and feelings. It might be hard to imagine, but the private things that go on inside your mind determine everything else about your life. It's important that you put the right things in there!

God's Word is packed with Truth that you can tuck into your mind. It's also packed with advice on dealing with things like sin and fear that shouldn't stay in your mind. You have the key to put things in and take things out every day, all day long.

Even though you won't lose your key, you may forget that you have it. Ask God to help you remember that you hold the key to guard your mind. Then, enjoy filling your mind with the best things in life!

 **ACTION POINT:** Grab paper and your favorite pens. Create a "goodness" board full of ideas, Scriptures, pictures, and quotes to help you store good, true, and beautiful things in your mind. And then, think about these things throughout the day.

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*LAURA BOOZ is a wife, mom, writer, and teacher. As a tween, Laura swam on the swim team, roller skated, and loved learning things. Listen to her podcast, Expect Something Beautiful. [LauraBooz.com](http://LauraBooz.com).*



MAY 18





# Show Your Body Kindness



*Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.*

{ Genesis 2:7 }




In Genesis, God created man. Though He carefully crafted the world, He took extra care when on His last creation (us!).

Since God carefully made us, we should take good care of our bodies. A big part of taking good care of your body is being kind to it. Do you know what practicing body kindness looks like?

Body kindness means going to bed on time, so you get the rest you need. It's remembering to brush your teeth every morning and night. Also: Body kindness means speaking to and about your body with love and patience.

When I was your age, I was a dancer. I remember classes filled with stretching in the hopes of perfecting splits. Yet, as hard as I tried, I could never get my splits fully down. I grew impatient and frustrated with my body. I spoke to myself in an unkind way that didn't honor God. I needed to take a step back, show myself grace, and remember the Truth of Genesis 2:7—that God created my body perfectly.

It takes practice to speak kindly to ourselves. Just like we need to practice regularly brushing our teeth to make it a habit, we need to practice being kind and patient with our bodies.

 **ACTION POINT:** Get ready for repetition! In your diary, write today's Bible verse and date. Do the same thing on the next five pages. For the next five days, write out two things you like about yourself and your body.

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# He Will Give You Peace

*Don't worry about anything; instead, pray about everything.  
Tell God what you need, and thank Him for all He has done.*

{ Philippians 4:6 }




**H**ave you ever heard someone say, “You’ll worry yourself sick?” It’s actually true. When you worry, it can cause all sorts of problems!

When I started working as a children’s minister at my first church, I felt anxious and worried about doing a good job. Every day. I was so worried that I was sick to my stomach. And I was so sick that I had to go to the doctor for it! Living in a state of anxiety wasn’t good for my body. It’s not good for anyone’s body, including yours.

Worry can keep you up at night. It can make you feel sick by giving you headaches, stomachaches, or even a tight feeling in your chest. Worry can cause you to be snappy and say things you’ll later regret.

Instead of worrying, Scripture tells us that we should go to God. When we take our worries to Him in prayer, we can breathe a little easier because we know that the God who created the universe is still in control. Nothing surprises Him, and there is nothing too hard for Him.

Next time you feel worry creeping in, go to God with it. He will give you peace.

 **ACTION POINT:** Are you a worrier? Write out today’s verse on an index card and hang it up somewhere in your room. Any time you begin to worry, look at your card and remember to go to God instead.

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*AMBER PIKE is the editor of KidzMatter magazine, an author, a children’s minister, and a momma whose passion is seeing kids love the Word of God and walk with Him! [AmberPike.org](http://AmberPike.org)*



MAY 20





# Rest Is a Gift



*Remember to observe the  
Sabbath day by keeping it holy.*  
{ Exodus 20:8 }




**W**hen it comes to taking care of your body, mind, and spirit, it's important to remember the Sabbath day. That's what the Bible calls a day of rest. Rest matters just as much as being active does. After riding your bike or playing soccer, your body needs rest to recover. The same goes for everyday life.

My daughter, Megan, is a senior in college. She struggles with perfectionism and anxiety. But she's discovered the joy of Sabbath rest. It has changed her life and helped her be more peaceful.

She now sees Sabbath as a gift. It provides the motivation she needs to work hard all week, so on Sunday morning, she can enjoy church with her friends, grow spiritually as she hears God's Word taught, take communion, and celebrate baptisms.

Megan doesn't think about homework or her "to-do" list. Instead, she gives it to God, and He gives her rest and joy. Not every week is perfect, but it's a pattern of living that's brought order to her routine. Sunday afternoons, she takes time to hang out with friends, lay on the couch, do art projects, play her ukulele, or go for a hike.

This "commandment" is now a beautiful gift she enjoys every Sunday. You can enjoy it too!

 **ACTION POINT:** Talk to your mom about Sabbath. What activities do you need to prioritize during the week to give your family the gift of Sabbath rest? What would you do if that day was free of "to-do" lists?

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*JODY TOKEN is the coach and founder of The Great Flip  
online self-defense, safety, and faith-filled empowerment  
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# Food is Fuel

*Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food."*

{ Genesis 1:29 }

 **L**ast summer, Farmer Bob and I decided to take our twin grandbaby girls for a long tractor ride. He got behind the wheel, and I jumped into the wagon behind the tractor with Addie and Zoe. We drove longer and farther than ever before! We rolled on through a soybean field and then rumbled on through a wheat field! And then...*putt...putt...putt! Ker-plooey!* Farmer Bob turned around and announced, "We're outta gas!"

Your body needs "gas" just like that tractor! That's why we eat. Genesis 1:29 even tells us what God originally intended for our food to be: seed-bearing plants (or vegetables) and fruit trees. Since God made these for our food, they must be the best for our bodies.

Food is for fuel! But for some reason, a lot of people think eating is just for fun. Doritos and pizza and hot brownies *are* special treats, but if we're not careful, we can forget that God designed our bodies to be filled up with veggies and fruit.

The morale of my tractor ride story is this: eat some toasted soybeans and whole wheat bread, my friend!

 **ACTION POINT:** Are you eating enough veggies and fruits? Think about which ones are your favorites. Make a list and ask your mom if she can add them to this week's shopping list.

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com).*



MAY 22





# TLC for Your Amazing Brain



*So whether you eat or drink, or whatever you do, do it all for the glory of God.*

{ 1 Corinthians 10:31 }



**W**hen I was a tween, I loved sleepovers! We'd watch movies, eat junk food, play games, and giggle all night long. But the next day, I was the world's biggest grump because I was exhausted!

Sleepovers help us see how our brains are affected by poor sleep, unhealthy food, and a lack of water. Sure, we want to enjoy sleepovers sometimes, but we also want to take good care of our brains so we can be awake and alert. We want to love our family, work hard at school, and learn as much as we can at church.

There are lots of ways you can care for your brain. Here are a few ways to start:

- \* Eat brain-healthy food like eggs, whole grains, and berries (Yum!)
- \* Sleep 9 – 10 hours a night (Bliss!)
- \* Wear your helmet when biking, skateboarding, and playing games like softball (Let's go!)
- \* Enjoy the great outdoors (So fun!)
- \* Drink water (Refreshing!)

Do you know who else wants you to take care of your brain? God does! When you do, you'll be ready to love Him, serve Him, enjoy the life He gives you, and show the world how good He is.

➔ **ACTION POINT:** Drink a tall glass of cool, clear water while you copy today's verse in your diary. While you're at it, jot down one way you can care for your brain today.

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*LAURA BOOZ is a wife, mom, writer, and teacher. As a tween, Laura swam on the swim team, roller skated, and loved learning things. Listen to her podcast, Expect Something Beautiful. [LauraBooz.com](http://LauraBooz.com)*





# Fuel Up

*No one hates his own body but feeds and cares for it, just as Christ cares for the church.*  
{ Ephesians 5:29 }

 **T**he day of my fifth-grade choir concert, the director called me in a frenzy. “Do you know the words to your friend’s solo?”


“I do!” I replied.

“Great,” my director said. “She’s out sick. You’ll need to perform it.”

The show went smoothly. While I was sad my friend wasn’t there, I couldn’t wait to tell her about it. But when she didn’t come to choir the next week or the week after that, I began to worry.

Finally, our moms sat me down for a talk. Her mom said that the night of the concert, she refused to eat dinner. It was becoming a habit, so they decided she needed help. Thankfully, she found help and came back much healthier!

Our bodies need good food to use as fuel so we can run, jump, and even sing! When we don’t fuel up well, our bodies don’t work the way God created them to work. He designed each of us and has a lot to say about how we should take care of His masterpiece. Paul says in Ephesians 5:29 that we’re supposed to care for our bodies the same way Christ cares for the Church. That’s a serious responsibility!

 **ACTION POINT:** Write a letter to God in your diary thanking Him for food! If you or a friend are struggling with eating, talk to your mom or a trusted adult to get the help you need.

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*AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!  
[mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*



MAY 24





# It's Okay to Cry



*Jesus wept.*  
{ John 11:35 }



It's okay to cry. Not only is it okay, it's healthy. A good friend of mine often reminds me of this when I'm sad. Like many people, I struggle to think crying is okay. But it is.

Our bodies even produce tears for a good reason. They make tears when we're sad, frustrated, or even angry. (Sometimes, people cry out of happiness, too!) These tears—when allowed to flow freely—help us feel better than we did before crying. Why? Because they allow some of the emotion we've been keeping inside us to be relieved and let go. It's our bodies' own little way of comforting us in our pain.

Did you know that even Jesus wept? That's right. There's a short, two-word sentence in the Bible that reads, "Jesus wept." When Jesus was met with sadness over a friend's death, He cried. When He was scared to die on the cross, He cried.

If it's okay for Jesus to cry, then it's okay for you and me, too. Doing so helps us understand our hurt or upset, alert others to our pain, and get the help and comfort we need, putting us one step closer to wellness.

➔ **ACTION POINT:** In your diary, write our short verse for today. Below it, journal about things that make you cry and why it's okay that they do.

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*ERICA PLEAU is an office administrator at Pure Freedom and is passionate about helping girls realize they're masterpieces created by God. [mytruegirl.com](http://mytruegirl.com)*



# Bacon Shampoo (Should NOT Be a Thing)

*And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.*


{ Luke 12:7 }



I love bacon! I put bacon on my baked potatoes, mix it with my scrambled eggs, and wrap my steak with it. But, when I cook bacon, there's always a disgusting layer of grease left on the pan. It's gross! It's thick, sludgy, and oily. It's a mess.

So what do grease and bacon have to do with you? Do you not like taking showers, baths, or washing your hair? Washing your hair takes time, doesn't it? And then there's the entire drying it and styling it thing. Whew! I'm exhausted just writing about it. Hair is complicated. But, if we don't wash our hair often and scrub it well, grease and build-up occur. Yuck! (Fun fact: grease begins at your scalp, not at the ends of your hair. So scrub that scalp, girl.)

God loves every part of you...greasy or not! Isn't it really amazing that He actually knows how many strands of hair you have on your noggin? If He is attentive to our hair, maybe we should be, too. The next time you wash your hair remember that you are valuable to God!

 **ACTION POINT:** As you wash your hair, remember that God knows how many strands of hair you have. Sing worship songs as you scrub that scalp!

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*COURTNEY BELLE BULLARD is the founder of The Pearl House. She wants all girls, no matter where they live, to know how much God loves them! Courtney loves puppies and watching the Kids Baking Championship with her daughters. [thepearlhouse.org](http://thepearlhouse.org)*



MAY 26





# Fear Can Be Good



*Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones.*

{ Proverbs 3:7–8 }



I went on an African safari with my family. One evening, we set out in our Range Rover and turned a corner to find an elephant staring at us. Immediately, the driver backed up and drove away. He was terrified. He explained that elephants are territorial and don't like it when you drive straight at them. They can react in anger. His fear caused him to act wisely.

We usually think of fear as a negative thing. But sometimes it's helpful.

In the Bible, you'll find verses that talk about the *fear of the Lord*. This kind of fear is like what our driver experienced. When you recognize that something is more powerful than you, you submit to it.

God is our all-powerful King of Kings. We need to live our lives in respect and wonder for Him. Fearing the Lord isn't being terrified of Him. It's respecting Him as the ultimate power in the universe. Living this way can provide strength and healing in your body because you'll make wise choices.

Just like driving away from an elephant kept my body safe, walking away from sin because God's Word tells us to can also be good for our bodies!

➔ **ACTION POINT:** Can you think of some sins that hurt your body? Write about them in your diary and make a commitment to say "no" out of respect for God!

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com).*



# Motivation 101

*God saved you by His grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.*

{ Ephesians 2:8-9 }




I'm not a math whiz at all. Far from it. But there's one math equation that motivates me to take care of my body, eat healthy foods, work hard, love God, and serve my neighbor. It's this simple equation: Jesus + nothing = everything.

- \* Let me show you the opposite, false equation:  
Jesus + something = nothing.

The world teaches us to do more to get more. But God's math is different. When we do good things like show kindness to others or memorize Scripture verses, we aren't trying to earn God's love. We already have it! And we cannot take credit for it.

- \* Sometimes our bad math even shows up when we think about our salvation story. Anything good we have or do is because of Jesus' finished work on the cross. That includes God's gift of salvation. Sometimes it's hard to understand this and just accept Christ's death on the cross as a gift. But that's just what it is: a free gift!

 **ACTION POINT:** In your diary, write today's verse. Under it, list a few reasons you are grateful for God's grace to you. Then, thank God for all of His finished work on the cross.

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*JODY TOKEN is the coach and founder of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls age six and up. [thegreatflip.com](http://thegreatflip.com)*



MAY 28





# X-Ray Vision



*There was nothing beautiful or majestic about his appearance, nothing to attract us to him.*

{ Isaiah 53:2b }



**D**id you know that the verse above is actually talking about Jesus? It says that Jesus was not beautiful by the world's standards. His physical features were not desirable!


To human eyes, He was far from attractive.

But what did God think about Him? The Bible records in Matthew 3:17 that "a voice from heaven said, 'This is my Son, whom I love; with Him I am well pleased.'" That voice from heaven was God the Father!

What exactly made Jesus pleasing to His Heavenly Father? His heart! The way it was covered in Truth and led His feet to follow God in obedience was incredibly desirable to God.

This makes me think that perhaps what is truly pleasing is not our outward appearance but our inner heart. The Lord doesn't see things the way we see them. People judge by outward appearance, but the Lord looks at the heart.

Can you imagine having X-ray vision and being able to see the way God sees every heart? If hearts and souls were visible to us, I wonder how people would look to us.

 **ACTION POINT:** Use your prayer diary to draw an x-ray of your heart. What's inside there? Write a prayer asking God to help you focus more on the beauty of your heart.

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*LISA YABRA is a teacher on our Spanish True Girl team which is called Chica Verdadera. Two of her favorite things are her Bible and chocolate chip cookies. [puralibertad.org](http://puralibertad.org)*



# Quiet and Alone

*Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat.*


{ Mark 6:31 }

 Growing up, my family had "quiet time" every Sunday afternoon. During it, I stayed in my room, away from my friends, family, and screens. Quiet time taught me the life-long value of being still and alone.

Alone is the opposite of what we want to show the world. We'd rather show how much we're doing, how many friends we have, and how we're never at risk of being by ourselves. While it's good to spend time with people, not enough time alone can make us forget who we are.

Jesus had frequent "quiet times." This was not because He didn't have a lot to do. Look at the verse above! Sometimes He and His followers were so busy they didn't have time to eat! Taking time off from His purpose did not stop Him from fulfilling it!

Remember those few hours I spent alone every Sunday? I'm now using what I learned then to fulfill my purpose now, helping lots and lots of people who don't have homes to live in or food to eat. I believe God used those "quiet times" to call me to this important work.

 **ACTION POINT:** When's the last time you chose to be quiet and alone? Try it today for just 15 minutes. Turn off all distractions and tune into God's loving words as He shows you who He is and who you are.

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*SUSANNA MATHEW is the Program Director for the Charlotte Mecklenburg Dream Center, which helps homeless people. She believes in cutting pizza with kitchen scissors and laughing at yourself as much as possible. [cltde.org](http://cltde.org)*



MAY 30





# Training for Godliness



*Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.*

{ 1 Timothy 4:8 }



**A**s a sporty girl, the highlight of my summer was OnGoal soccer camp. Every day I rolled up to the field ready to practice my skills, play crazy games, and compete for a trophy in the OnGoal World Cup.

The World Cup wasn't the only thing I was training for that week, though! At lunchtime, we took a break to hear a Bible lesson, talk about it with our team, and practice Bible memorization. Our coaches challenged us to learn a big portion of Scripture by the end of the week. (If we did, we got to pick out a king-sized candy bar!)

Summer after summer, I trained hard and became a better soccer player and a better Christ-follower. The lessons I learned about teamwork, humility, and work ethic stick with me to this day.

Each of the Bible passages I memorized stuck with me as well! In fact, I'm not able to run as fast or kick as far anymore...but when I'm having a bad day, I can think back to Philippians 4 (which I memorized at soccer camp) and be encouraged.

➔ **ACTION POINT:** Start training for godliness. Pick out one of your memory verse cards from your True Girl subscription or write one on a card. Commit to memorizing it by the end of the week. With a little bit of practice each day, you'll have it in no time!



*AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!*  
[mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)






# Totally Obsessing

*And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.*

{ Matthew 6:28–29 }


 Lots of girls—some as young as five—are really obsessed with how they look. I know women who exercise 24/7 because they aren't happy unless their body looks a certain way. I've cried with little girls who are so afraid of gaining weight that they don't eat anything at all.

Quiz time! Answer a few questions to see if you're in danger of "totally obsessing!"

- \* Does your desire to wear the perfect outfit keep you from being on time?
- \* Do you check your reflection in any shiny surface?
- \* Do you only want clothes from a certain store because you think they make you cool?

If you answered yes to most or all of these, you should really consider talking to someone to help you get a better view of your beauty and value.

Your body was given to you in order to glorify God! The Bible says that the Holy Spirit lives in your body and my body (1 Corinthians 6:19)! Whoa! Since that's true, we better make sure we do our best to take care of it and be thankful for the body we've been given, don't you think?

 **ACTION POINT:** Use your diary to write an answer to this question: Am I totally obsessing about how I look? If the answer is yes, share what you write with your mom or grandmother.

*Today's encouragement is an excerpt from The One Year Mother Daughter Devo by DANNAH GRESH with help from JANET MYLIN. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



JUNE 1





# A Surprise on the Inside



*Look beneath the surface  
so you can judge correctly.*  
{ John 7:24 }




I love candy and am kind of a candy expert! So, you can imagine my surprise as I stood at my friend's house holding a Zotz candy. I'd never tasted one before!

A fun wrapper concealed the gorgeous Ruby red candy. It looked great! But there was one secret my friend failed to mention before I tasted it. As it shed its hard shell, I was surprised by a sour and fizzy core! My eyes watered, my tongue burned, and my cheeks drew close to my teeth. It. Was. Awful.

I'd assumed the candy would be good on the inside since it looked great on the outside. Boy, was I wrong!

Even though it's just candy and some people like sour things, that Zotz reminds me of the Truth of this verse. We often focus on the outside appearance of people and things. But God looks at the heart. He's able to see through the exterior and to the core of everyone and everything.

Trying to perfect our outside appearances isn't as important as the work God calls us to do in our hearts. God sees the real us and desires to change our hearts to be more like His.

 **ACTION POINT:** Use your diary to draw a picture of a big heart. Inside of it, write the kinds of things Jesus would want you to have inside of your actual heart. Things like kindness, love, and joy.

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*STACI RUDOLPH is a lead teacher for True Girl and loves to see girls grow in their personal relationship with Christ. She likes spicy food and writes beautiful songs. [mytruegirl.com](http://mytruegirl.com)*



# The Best Makeover

*The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.*


{ 1 Samuel 16:7 }

 **H**ave you ever met someone, and the more you get to know them, they either get prettier or less pretty? That's because what's on the outside is a reflection of what's on the inside. Someone who has an "ugly" heart becomes less beautiful on the outside. Real beauty truly comes from within. If we are honest, we prefer to be around people who are joyful, happy, and help us to feel the same way.

Jesus has a way of making people look their very best. He gives the best makeovers anyone can have!

Our verse for today says that the Lord looks at the heart, and this is exactly where His makeovers take place. He doesn't focus on hair or makeup. He instead puts His hands at work changing hearts and bringing peace and joy. When Jesus has transformed a person, they shine more beautiful than ever before.

Do you need Jesus to give you a makeover? Perhaps you're having trouble being kind to others. Maybe you struggle with being kind to yourself. When Jesus gives you a makeover, it's to help you become the girl God created you to be...starting with your heart.

 **ACTION POINT:** It's makeover time! This makeover happens in front of your Bible and prayer diary. Write a prayer using our verse for today. Thank the Lord for not seeing things the way we do and ask Him to give you one of His awesome makeovers.

*COURTNEY BELLE BULLARD is the founder of The Pearl House. She wants all girls, no matter where they live, to know how much God loves them! Courtney loves puppies and watching the Kids Baking Championship with her daughters. [thepearlhouse.org](http://thepearlhouse.org)*



JUNE 3





## Just a “Little” Shopping Sin



*Those who follow the right path fear the Lord;  
those who take the wrong path despise him.*

{ Proverbs 14:2 }



I had one week to find three outfits for a photo shoot for a book I had written. And, the night before, I was still frantically searching for something to wear over a dress.

Ten minutes before the mall closed, I spotted it: a white jean jacket. “Never mind!” I thought. “It cost \$118!” But then I decided I could keep the tags on, wear it for a few minutes for my photo shoot, and then return it. I carefully confirmed the return policy before buying it.

But after I checked out, my conscience kicked in. And it wasn’t pleased. That’s when I suddenly realized: This struggle was a gift. I had been asking God to help me learn about “the fear of the Lord?” When we fear God, we make decisions that would please Him and avoid those that do not.

That night I tossed and turned, trying to decide what to do. The next day I drove the familiar route to the mall to return the jacket.

With God’s help, I found another white jean jacket a few minutes later for \$35. I then headed straight for the shoot, where I could smile without a twinge of guilt.

➔ **ACTION POINT:** Do you know what it means to “fear the Lord?” Write about it in your prayer diary. Then share what you write with your mom and pray together for more fear of the Lord.

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*PAULA MARSTELLER is an author. Check out the picture she chose from this photo shoot on the back of her book, Confessions of a Boy-Crazy Girl. [PaulaWrites.com](http://PaulaWrites.com).*



# Pretty Generous

*Give generously to the poor, not grudgingly, for the LORD  
your God will bless you in everything you do.*

{ Deuteronomy 15:10 }




**H**ave you ever traveled outside of the United States? My family lives in San Diego, and it doesn't take us long to travel to another country. We just have to drive south for about twenty minutes, and we're in Tijuana, Mexico!

We learned about a Christian orphanage and started visiting once a month to teach English to the boys there. A woman named Elizabeth lives there with her husband, taking care of everything the boys need. There are a dozen kids, so can you imagine doing laundry every week for twelve boys? Feeding twelve boys every day? Wow, that would be a lot of work!

Elizabeth does it with joy, always smiling when we come to visit. Her generosity makes her beautiful. When you give your time to serve others, and you're generous to share what you have, it makes you beautiful.

You don't have to board an airplane or travel to a faraway place to be generous. There might be someone in your neighborhood who needs your friendship. Maybe you can save your money to give to a missionary who works with children in a poor country. When you're generous with your time, talents, or money, God will bless you.

 **ACTION POINT:** Think about the last time you did something kind and generous to bless another person. What did you do? What is something generous you can do for someone this week?

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*ARLENE PELLICANE is a speaker, host of the Happy Home podcast, and author of several books. She lives with her husband James, three kids, and a Goldendoodle in San Diego. [ArlenePellicane.com](http://ArlenePellicane.com)*



JUNE 5





# Dare to Compare



*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

{ Romans 12:2 }

“**T**here will always be girls who are prettier than you are,” my friend said. It was one of the best and worst things anyone has ever told me. I didn't want to believe it, but I knew it was the truth. Everywhere I go, girls are prettier, smarter, stronger, and friendlier than me. And, when I compare myself, I feel depressed.

But I have a surprise for you: God gave us the gift of comparison to help and not hurt us. How does comparison help?

We can compare ourselves to God and see how holy He is and how sinful we are. We can see our need for Jesus and cherish His gift of grace and salvation!

We can also compare ourselves to other girls and appreciate how God made them. We can learn from girls who love Jesus, study His Word, and shine His light!

Comparison also helps us learn to be content with the beauty, smarts, and personality God gave us. Contentment is a superpower that glorifies God!

So, take a good look in the mirror to see the unique, intelligent, beautiful, and beloved you. With Jesus, you can “dare to compare” and discover that you're content being you!

➔ **ACTION POINT:** Sing along with your favorite worship song as you thank God for giving you the gift of Jesus and the power to be content.


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*LAURA BOOZ is a wife, mom, writer, and teacher. As a tween, Laura swam on the swim team, roller skated, and loved learning things. Listen to her podcast, Expect Something Beautiful. [LauraBooz.com](http://LauraBooz.com)*



# Feelings Vs. Facts


*Then God looked over all He had made,  
and He saw that it was very good.  
{ Genesis 1:31 }*

 **H**ow do you feel today? Beautiful or boring? Feelings are powerful, but they are not facts. How you feel is important, but your feelings aren't always truthful.

Facts are truthful. Here's a super important fact: God looked at everything He made and said it is "very good." Not just good. Very good. And not just the stuff He made on Monday or Tuesday, but everything He made was very good. The baboon is good. The bacteria is good. The banana plant is good. (And I'm just mentioning a few of the b's!)

I think this not only included the stuff He'd made before He said it, but also the stuff He planned to make in the future...like you and me!

God made you. That makes you very good! Let that fact tell your feelings what's true today.

 **ACTION POINT:** Grab your diary and rewrite Genesis 1:31. Write a list of all the things about you that are "very good."

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*Today's encouragement is an excerpt from  
True Girl Mom+Daughter Devos by DANNAH GRESH.  
Get a copy at [mytruegirl.com](http://mytruegirl.com).*



JUNE 7





# Beauty Tips From the 1700s



*Charm is deceptive, and beauty does not last;  
but a woman who fears the Lord will be greatly praised.*

{ Proverbs 31:30 }



**D**id you know that in the 1700s, ladies used lead paint as makeup? (Note: We now know lead paint is so dangerous it kills people. It killed people who wore it then, but no one realized it at the time.)

Ladies in the 1700s also wore enormous wigs. Sometimes rodents and bugs got trapped in them. (Note: It's not recommended to put mice in your hair! The women didn't care for it back then either.)

And, in the 1700s, those wigs couldn't be plain. Women added flowers, ribbons, and even fruit to them! (Note: The rotting fruit and sweet-smelling flowers may have attracted the rodents and bugs.)

Beauty sure has changed since then, hasn't it? Ask your mom what things were like when she was younger. How did women wear their hair? What was the style for clothes and makeup?

What's considered beautiful today may not be considered beautiful in twenty years. Fashion and styles are constantly changing—except in one area.

A girl who loves Jesus is always attractive. A heart that wants to please God never goes out of fashion. Treating people with kindness and respect will always make friends, no matter how up-to-date your clothes are.

➔ **ACTION POINT:** Ask God to help you keep the right perspective when it comes to beauty and style. Not only with how you see yourself, but how you see others as well.

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# Reflections of God

*So God created human beings in his own image. In the image of God he created them; male and female he created them.*

{ Genesis 1:27 }



**A**ll of my life, I have wanted to have curly hair—like *really* curly hair! I can't even tell you how many nights I slept on uncomfortable rollers so I'd wake up with a head full of curls. But instead, I have stick-straight, brown hair.

Sometimes we might wish we were different. Or we start thinking that the way we are isn't good enough. But that's not what the Bible tells us! We're told that not only are we fearfully and wonderfully made (Psalm 139:14) but that we're made in the image of God! This isn't talking about our physical appearance, but rather, we have characteristics of God in us. We are made to reflect Him.

And it's only us humans who are made in the image of God. Not the animals or the plants or even the angels. Just us!

The next time you start comparing yourself to someone else or thinking that you aren't enough, remember that God made you in His image. The same God who spoke the universe into existence created wonderful you to be a reflection of Him. And that is more than enough!

➔ **ACTION POINT:** How do you reflect God? Make a list of some of God's attributes (like love, mercy, and compassion). Do you show those same attributes in your life?

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*AMBER PIKE is the editor of KidzMatter magazine, an author, a children's minister, and a momma whose passion is seeing kids love the Word of God and walk with Him! [AmberPike.org](http://AmberPike.org)*



JUNE 9





# Radiant Beauty



*Those who look to Him for help will be radiant with joy;  
no shadow of shame will darken their faces.*

{ Psalm 34:5 }



I wish you could visit my farm someday. Napoleon would be one of the beautiful creatures I would introduce you to. He's an Indian peacock, and there's simply no way to describe his color unless you see him up close, especially his blue chest and neck.

The color has a life all its own. It's almost as if it's active and is sending color out at you. That's because deep under the surface of the blue, there are braids of deeper colors. What is under his upper feather layer creates a pearly-glow-like quality. He's radiant.

The word *radiant* means "sending out light; shining or glowing brightly." The Bible says that's the kind of beauty you and I can have. Just like my peacock, this radiance has little to do with the color of our skin or hair or eyes. It goes way deeper than those things. It comes from inside of us. When we look to Jesus as our help—the deep things He plants in us make us radiant.

Do you know someone like this? I do. My mom! She shines with joy because she looks to Jesus as her help.

➔ **ACTION POINT:** *Who do you know, like my mom? Go tell that person that they have the radiant joy of Jesus on them!*


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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com).*



# When I Am Afraid


*But when I am afraid,  
I will put my trust in you.*  
{ Psalm 56:3 }

 Our family has moved a lot, even to other countries like China. With each address change, my daughter Kelly would get fearful about having to make new friends, especially when she was in grade school. Making friends at that age is hard, even if you're not the new girl who looks different from most kids in your class. When we were in foreign countries, Kelly was sometimes teased about how she looked because she was different from the other kids.

One Bible verse really helped my daughter not to be as afraid or feel so alone. She read it so often she ended up memorizing it:

*Be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.—Joshua 1:9*

Though that verse was first written thousands of years ago for Joshua and the people he served, it still helped Kelly remember that God was with her as she went to the new school on that first day. He was with her as she tried to make new friends or missed her old friends. Knowing God was with her made her feel strong and courageous, even on the scary or lonely days.

 **ACTION POINT:** Reading God's Word can help you not feel so afraid or lonely. For the next five days, try reading these verses and see how God's Word brings courage: Psalm 27:1; Psalm 34:4; Psalm 46:1; Psalm 56:3-4; Psalm 16:1.

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*JUDY DUNAGAN has loved stories about Jesus ever since she was little. She now writes at [JudyDunagan.com](http://JudyDunagan.com) and works for Moody Publishers to find new books and authors to publish.*



JUNE 11





# Jesus First



*Seek the Kingdom of God above all else, and live righteously,  
and he will give you everything you need.*


{ Matthew 6:33 }



**W**hen I was about thirteen, I wanted to help a ministry teach children about Jesus. I wasn't old enough, but they let me volunteer as a helper. That same summer, a lot of my friends were going to the beach every day. I felt a little left out, but I kept believing that I was supposed to "seek the Kingdom of God above all else."

Then, the most wonderful thing happened. I got a scholarship to the most awesome Christian camp near Pittsburgh. I got to go caving, rock climbing, and horseback riding. I tried my hand at archery, self-defense, candlemaking, and all kinds of stuff. It was so amazing! God really does bless our socks off when we seek His kingdom first.

How does God want you to seek His Kingdom? Does He want you to do a Bible study or volunteer at church? Is He asking you to be helpful at home or memorize Scripture? Invest in that and watch Him bless you.

 **ACTION POINT:** How does God want you to seek His kingdom? What are all "these things" that you want? Write about them in your diary.

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*Today's encouragement is an excerpt from 8 Great Dates for  
Moms & Daughters: How to Talk About True Beauty, Cool Fashion,  
and Modesty by DANNAH GRESH. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



# Receive New Strength

*He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*


{ Isaiah 40:29–31 }



**M**y husband and I wanted our daughters to learn self-defense skills. We chose a martial art called Brazilian jiu-jitsu. The training method says a smaller, weaker person can successfully defend themselves against a bigger, stronger, heavier opponent. It trains the body and mind to outsmart the opponent, overcome the situation, and not grow weary.

God's people felt weak and powerless when they were in exile. That means they'd been taken from their home and forced to live in a foreign land. They'd rebelled against God and were overcome by a stronger adversary because of their sin. Yet God, in His mercy, promised to rescue and redeem them *not* because of their strength or ability, but because of His power, mercy, and love toward them.

When you feel weak, powerless, and exhausted, God has good news for you. Romans 5:6 says, "When we were utterly helpless, Christ came at just the right time and died for us sinners." Wow! His resurrection power gives you new strength to overcome your toughest battles. Remember, your identity and power come from Jesus!

 **ACTION POINT:** Pretend to fly around the room like a soaring eagle and thank God for new strength through Jesus! To learn more about your identity and power in Christ, read Colossians 2.

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*JODY TOKEN is the coach and founder of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls age six and up. [thegreatflip.com](http://thegreatflip.com)*



JUNE 13





# A Heart Like Jesus



*Clothe yourselves with tenderhearted mercy,  
kindness, humility, gentleness, and patience.*

{ Colossians 3:12b }



**W**hen I was ten, I was bullied because I wore funny-looking shoes to fix a back problem. Even girls who had once been my close friends made fun of me. They didn't want to be seen with me anymore.

One day, I sobbed as I told my mom about it. It was hard for her to hear because she loved me so much. But I remember her telling me something about Jesus that I've never forgotten.

She said that when Jesus lived on earth, He was most likely teased as a kid. My mom also said, "Judy, I think one day this will make you even kinder toward other kids who are teased. You know how they feel, and your heart will be more understanding and compassionate toward them. That is true beauty."

She was right. I only wore those shoes for about a year. But that hard time in my life helped me care more for other kids who were teased. And it helped me understand what it means to be tenderhearted toward others just like Jesus.

➔ **ACTION POINT:** If you're being bullied, tell a trusted adult who can help you. And remember that Jesus wants you to tell Him how you feel. If you see other kids being bullied, try to reach out and show kindness.



*JUDY DUNAGAN has loved stories about Jesus ever since she was little. She now writes at [JudyDunagan.com](http://JudyDunagan.com) and works for Moody Publishers to find new books and authors to publish.*



# Acting Out

*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.*

{ Ephesians 2:10 }




**W**hen my daughter, Charlotte, was three, she would “act out” if she wasn’t getting enough attention or was upset about something. What do I mean by that? I mean, she acted badly and loudly to get the attention she craved.

When this happened, I would get on my knees, put my hands on her shoulders, look her in the eyes, and say, “You’re not acting the way God describes you. I like the real Charlotte. Where is she today?”

God says that Charlotte is a masterpiece. And so are you. We are all works of art! You’re His creation!

But have you ever had a day where you weren’t “acting” the way God describes you in the Bible? A lot of the time, how we act reflects what’s going on inside of us. The way we act, the way we treat others with our actions and words, and the decisions we make are a reflection of what’s happening in our hearts.

How’s your heart? Are you caring for it? Are you spending time with Jesus, the One who loves you, sees you, knows you, and is cheering you on? True beauty comes from within and results from how well we’re taking care of our hearts.

 **ACTION POINT:** The next time you’re “acting out,” ask yourself: Am I hungry, angry, lonely, or tired? Am I spending time with God and believing what He says? If you identify why you’re acting out, you can change your actions.

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JUNE 15





## Armor Up!



*Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.*

{ Ephesians 6:11 }




**A**t my middle school, the coolest thing you could own was a North Face jacket. The cool girls strutted around in their jackets and wouldn't talk to you unless you were in "The North Face Club."

Each time we went to the mall, I *begged* my mom to get me one. When she wouldn't, I got moody and disrespectful. What I wanted to wear on the outside was making a negative impact on my attitude inside!

Once I got over my attitude, I realized how silly the whole situation was. I'd been so concerned about that North Face label that I forgot to care about the things God wanted me to wear! Ephesians 6 talks about the importance of wearing things like truth, righteousness, peace, and faith. My fight for a jacket was *not* helping me layer up with any of those qualities.

My mom knew best. She had nothing against cute clothes. But she wanted me to realize that I shouldn't push to be friends with a group willing to exclude people on something as unimportant as a jacket. The next time you're getting ready for a trip to the mall, remember to layer up with God's armor first!

 **ACTION POINT:** Open your Bible and read the full description of God's armor in Ephesians 6. Then, grab your diary and sketch your dream outfit, including each piece of armor!

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*AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!*  
[mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)





# Shining Within

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*


{ Galatians 5:22–23 }



Imagine a girl spinning and dancing in the sunlight. The sun shimmers through her hair, making it sparkle and come alive. She is happy and appears more beautiful than she previously did. She wasn't as beautiful before. What changed?

It wasn't the outside of the girl that had changed but who she was within. She had given her life to Jesus and was letting Him change her. She now treated both herself and others better and had the kind of beauty that can only come from Jesus: true beauty.

Jesus can give you true beauty, too. True beauty has more to do with what's on the inside rather than what's on the outside. If you want to know if you have this kind of beauty, look at the list of qualities in Galatians 5:22–23. When you treat others with kindness, you're showing them Jesus' love. When you're patient and show mercy, you're reminding them of how God forgives our sins and is patient with us as we work to sin less. These things are truly beautiful.

 **ACTION POINT:** Pull out your diary and write today's Bible verse at the top of the page. Below it, write: *This is true beauty.* Then, say a prayer asking Jesus to give you true beauty.

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*ERICA PLEAU is an office administrator at Pure Freedom and is passionate about helping girls realize they're masterpieces created by God. [mytruegirl.com](http://mytruegirl.com)*



JUNE 17





# Invitation to Transformation!



*For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like.*

{ James 1:23-24 }



In the morning, I usually get up at the last minute. I glance at myself in the mirror to make sure my ponytail isn't too wacky. It normally looks fine until I get in my car and look in the mirror again. That's when I ask myself, *What was I looking at back there?!* My ponytail is crazier than ever! I realized I didn't take the time to look closely in the bathroom mirror. I just glanced and didn't really see. That's kind of like forgetting.

Sometimes this happens when we study God's Word. We read it too quickly without really paying attention. We don't look at our lives closely. We don't take time to adjust what we see in ourselves when we look into the Bible. We don't change what needs to be adjusted in our lives. And, before we know it, we've forgotten it.

When we seek God and read His Word *carefully*, we notice His Spirit inviting us to change our usual ways of acting so that they reflect Jesus' behavior.

Whether or not we allow the Holy Spirit to transform us is our choice. We can read verse after verse about showing kindness and love to others, but if we don't change our behavior, we've missed the mark.

Take time to recognize the Spirit's invitation to change your heart daily. Choose to accept the challenge.

➔ **ACTION POINT:** Ask God to reveal a quality He wants to change in you. Write it on sticky notes and put it on your mirror. You'll be reminded of what He wants to do and challenged to accept it.

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*STACI RUDOLPH is a lead teacher for True Girl and loves to see girls grow in their personal relationship with Christ. She likes spicy food and writes beautiful songs. [mytruegirl.com](http://mytruegirl.com).*



# Beautiful Submission

*Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.*

{ 1 Peter 3:3-4 }

 **D**oes God not want me to wear makeup? Should I donate my cutest clothes to a thrift store?

Hardly. If you read the verses around these two, you'll realize Peter is writing to women whose husbands don't follow Jesus. And he's asking them to gently and quietly submit to them.

*Cool. Then this passage doesn't apply to me, right?*

Nope, there's truth here even for you. God calls us all to submit or listen to the authorities over us. So how can you practice these verses? Make your parents' job as easy as possible. Treat that awkward teacher with respect, even when your classmates make fun of her. Be gentle and quiet as you respond to their leadership.

This verse is telling us that true beauty includes submission. We're invited to pay attention not only to our appearance but to our character. And specifically to the way we respond to those in authority over us. Do you respond quietly and respectfully? If you do, you're living with true beauty all over your life!

(God doesn't expect us to submit to abusive authority. If you feel unsafe in a relationship, tell an adult so that you can get help!)

 **ACTION POINT:** Read 1 Peter 2:13-3:7 to understand the context of this verse for yourself. Write down a couple of observations and share them with your mom or a friend.

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*PAULA MARSTELLER lives with her sweet hubby and their two, blue-eyed boys. She authored Confessions of a Boy-Crazy Girl: On Her Journey from Neediness to Freedom. [PaulaWrites.com](http://PaulaWrites.com)*



JUNE 19





# Broken Mirrors



*Bezalel made the bronze washbasin and its bronze stand from bronze mirrors donated by the women who served at the entrance of the Tabernacle.*


{ Exodus 38:8 }



**W**hen the Israelite people built the residence for God known as the Tabernacle, it was because they wanted to draw near to the presence of God. Nothing could stand in the way, including their mirrors. The women donated them to make a bowl which would be part of their worship experience. Aaron, the priest, broke them into many pieces to create a bowl to wash in when he came into the Tabernacle.

Think about this: They were out in the wilderness with no modern beauty products but their mirrors. It may have been their one little comfort or luxury! And they gave them up for more of God! And not only that, they were smashed with no hope of getting them back.

We need to be willing to have “broken mirrors” in our lives so we can have more of God! What would you be willing to give up if you could feel closer to God?

 **ACTION POINT:** You may not care whether your mirror gets broken, but what would be difficult for you to let go of? In your diary, draw a picture of it broken and tell God you offer it to Him.

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com)*



# You Have Beautiful Feet


*And how will anyone go and tell them without being sent?  
That is why the Scriptures say, "How beautiful are the feet  
of messengers who bring good news!"*

{ Romans 10:15 }

 **W**hen other people compliment us, they often say things like: "Your eyes are beautiful," "You have such a pretty smile," or "Your hair is amazing!" But has anyone ever told you how much they love your...feet?!? On the few occasions when someone *has* complimented my feet, I catch myself giving them a funny look instead of a polite, "Thank you."

In Romans 10:15, Paul is quoting an Old Testament Bible verse from Isaiah 52:7. He wanted to encourage his brothers and sisters in Christ to share the "good news of peace and salvation, the news that the God of Israel reigns!" He wants everyone to hear it!

The best news you and I can ever share is that we have freedom and forgiveness in Christ Jesus. There is hope and eternal salvation for all who will believe. It doesn't matter how beautifully we style our hair, how cool our clothes look, or how perfectly we apply lip gloss. God is looking for beautiful feet to GO and share the gospel. He is looking for courageous hearts that aren't afraid to tell others about His never-ending love for them.

 **ACTION POINT:** Who can you share the love of Jesus with? The more you share with others, the easier it becomes. Ask God who He wants you to tell. Let your beautiful feet carry the message to everyone you know.

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*SARAH CODNER is a teacher and loves seeing Bible stories come alive for young children. She enjoys baking, hiking, and game nights with friends.*



JUNE 21





# Let Your Heart Throw Kindness Like Confetti



*A glad heart makes a happy face;  
a broken heart crushes the spirit.*

{ Proverbs 15:13 }



**H**ave you ever seen a cheerful girl walk into a room? It makes you feel so happy all of a sudden, right? But have you ever had someone show up who is super sad? Suddenly, you feel her heartache.

Now, there are times where life's circumstances make us happy. And that's good. There are also times when bad things happen and it's ok to be heart broken. It's appropriate. But there's a hidden secret in today's Bible verse that I want you to see for those "in the middle" days. The days that are not especially good or especially bad. Because those are the ones we get to choose how we show up.

In Proverbs 15:31, the word *cheerful* means "adorned." That's a fancy word for "covered in" or "clothed in." Just like you decide to wear a sweater or t-shirt, you can decide to wear happiness and cheerfulness. When you do, it can make your face seem adorned, perfect, and pleasing. And it's fun for others to spend time with you!

Maybe, instead of spending so much time curling our hair and buying the coolest clothes, we should work on finding Truth in the Bible that helps us be cheerful and happy, even on difficult days.

➔ **ACTION POINT:** Grab your prayer diary and write down some reasons you can choose to be cheerful and happy today. "Put it on!"


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*LISA YABRA is a teacher on our Spanish True Girl team which is called Chica Verdadera. Two of her favorite things are her Bible and chocolate chip cookies. [puralibertad.org](http://puralibertad.org)*



# Girl Power Vs. God Power

*For I can do everything through Christ,  
who gives me strength.  
{ Philippians 4:13 }*

 **W**hen my daughter first saw this verse, she was excited by the possibilities! She could win first place in her cross country meet or ace her math test. But no matter how hard she tried, she didn't get first place, and that math test was harder than she expected. She felt exhausted and defeated.

Who is the source of your strength? Your own girl power or God's power?

Girl power is driven by results. The promise is conditional. If you work hard enough and win, you get credit. If you work hard and fail, then you feel like a failure. Girl power is fake power.

But God's power is unconditional, never-ending, and a gift from Jesus. This Bible verse, penned by the Apostle Paul, promises Christ-followers the power of Jesus in *all* circumstances. That means on bad days, you can be OK. Christ's strength empowers you in any situation, whether it's good or bad. If you win, He celebrates with you. If you lose, God strengthens you with His comfort and peace. God's power is real power.

A girl can do anything not because of *who* she is or how hard she tries. A girl can do anything because of *whose* she is, and His name is Jesus!

 **ACTION POINT:** Write "girl power" on a piece of paper. Now rip it up and throw it in the trash. Next, write today's verse and things you need strength for today. Thank God for His power in your life!

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JUNE 23





## Some Good Advice



*Get all the good advice and instruction you can,  
so you will be wise the rest of your life.*

{ Proverbs 19:20 }




**M**y mom grew up in the mountains of Kentucky with seven sisters and three brothers. Her dad worked in the coal mines, and her mom stayed home with all of the kids. I always loved to hear stories about how she grew up because it was so different from my life.

My mom had a lot of phrases that she said all the time. One of my favorites was, “Everybody is different. Nobody is perfect.”

I’m not sure if she realized at the time how wise this statement was, but it’s gotten me through many difficult and uncomfortable situations with people. Even though I don’t think my mom was a Christian when she first said it, she was saying that God made everyone think and act differently and all people sin, so we need to give them grace.

I am so thankful for all of the wisdom my mom, dad, pastors, and teachers poured into my life growing up. But the source for all Truth is found in God’s Word. And, the book of Proverbs, which today’s verse comes from, is packed full of good advice for our daily life!

 **ACTION POINT:** Write out Proverbs 19:20 on an index card and tape it to your bathroom mirror or somewhere else you will see it every day. Make it a goal in life to seek out wisdom.

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a sister ministry to True Girl. She’s married and a mom of four kids.  
She loves organizing drawers and taking long naps. [graceprep.com](http://graceprep.com)*





# What Are You Wearing?

*She is clothed with strength and dignity, and she laughs without fear of the future. When she speaks, her words are wise, and she gives instructions with kindness.*


{ Proverbs 31:25–26 }

**W**hat are you wearing today? I've got on my favorite rooster t-shirt! I bought it when I was in Hawaii on vacation. (Did you know that there are a TON of chickens running loose in Hawaii? I didn't until I got there.) This morning I selected my rooster t-shirt from my drawer, pulled it over my head, and stuck my arms through it. It was an intentional decision to wear it.

The Bible tells us that there are a lot of things we are supposed to "wear" or "put on," like strength, dignity, wisdom, and kindness. Proverbs 31:25 – 26 is really a closet full of inner fashion for our hearts!

Maybe you wake up wearing them, but I have to decide that I will wear them. The way that I do that is I read my Bible, so I'm reminded about what I'm supposed to wear on my heart. Then, I ask the Lord for help! Because I need it. I say something like, "Can you help me be kind to (fill in the blank) because yesterday they were difficult to love?"

Girlfriend, let me end with this: what are you wearing *on your heart* today?

 **ACTION POINT:** Which of the four qualities in Proverbs 31:25-26 do you have a hard time putting on? Write a prayer in your diary asking God for help!

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. [mytruegirl.com](http://mytruegirl.com)*



JUNE 25





# Beauty Lives Within



*Put on your new nature, created to be like God—truly righteous and holy.*

{ Ephesians 4:24 }




**D**id you ever watch a squirmy caterpillar become a lovely butterfly? It's one of the most miraculous things you'll ever see. They actually change into an entirely different creature.

That's a good picture of what happens to us when we believe that Jesus is our Lord and Savior and tell people that we want to follow Him. We become new creatures!

You won't look different on the outside, really. Nope. The change is inside. You are made righteous and holy. Those are big things but let's boil it down: The way you act will be more like what God describes in the Bible. You'll be different from those who don't know God intimately. And it's beautiful!

What are some ways others can see this change? You show it when you help do the dishes. You reveal it when you're kind to others. You display it when you're honest and tell the truth. And you're less interested in sinful patterns or habits.

When Jesus takes over your life, there is a true change in you.

 **ACTION POINT:** Have you surrendered your life to Jesus? Have you become a new creation? Talk to your mom about that today.

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*ERICA PLEAU is an office administrator at Pure Freedom and is passionate about helping girls realize they're masterpieces created by God. [mytruegirl.com](http://mytruegirl.com)*



# It's Not What, But Who

*"Now go, for I am sending you to Pharaoh. You must lead my people Israel out of Egypt." But Moses protested to God, "Who am I to appear before Pharaoh? Who am I to lead the people of Israel out of Egypt?" God answered, "I will be with you. And this is your sign that I am the one who has sent you: When you have brought the people out of Egypt, you will worship God at this very mountain."*


{ Exodus 3:10–12 }

**Y**ou've probably heard the story of Moses. God gave him a pretty huge assignment. He was supposed to go back to Egypt, which was the most powerful country then. When he got there, God wanted him to talk to their ruler, Pharaoh, and tell him to let all of his free labor—the Israelites—go.

This was no small request for Moses! His first thought was, "Who am I?" He didn't believe he was the right person for the job. He didn't feel capable.

What's so great is how God answered Moses. He didn't give Moses a pep talk and say, "You've got this, and you won't mess up." No, God doesn't talk about Moses at all! Instead, He says, "I will be with you."

It's because that's what's most important. It's not what we look like, how talented or skilled we are, whether we get good grades, if we're popular, or what our personality type is. It's *who* is with us. Whatever task God has asked or will ask always comes with the promise that He'll go with us. So, when you face hard things, look to who walks with you. He'll provide the power and grace you need.

 **ACTION POINT:** Write in your diary a time when God asked you to do a hard thing. Think about how you saw Him working and moving in that situation. Thank Him for His faithfulness and for being with you.

BETH FRANK loves Jesus, her hubs, three girls, and thinking creatively. Beth is a co-founder of KidzMatter and, along with her husband Ryan, publishes KidzMatter magazine. [kidzmatter.com](http://kidzmatter.com)



JUNE 27





# Time in the Sun



*...his face had become radiant because  
he had spoken to the Lord.  
{ Exodus 34:29b }*




**O**ne of my favorite things in creation is the sun. I love to swim, hike, bike, garden, and even sleep with those warm, golden rays shining down on me!

I live where the winters are frigid. So, every year, when spring comes, and the weather warms up, I take joy in watching my skin slowly show signs that I'm getting plenty of vitamin D from the sun. Then, every year in August, my family packs up and heads to the beach. After a solid five days outside, there is no hiding the fact that I have been in the sun, even though I was covered in sunscreen!

But what happens just a week or two later? My skin starts paling because I'm not spending as much time in the sun.

What if, like Moses, our faces showed the glory and radiance of God? People would see us and know, just by looking at us, that we've been diligently spending time in the presence of our Savior. While it may not be as noticeable as a suntan, the more time we spend sitting at Jesus' feet and seeking Him, the more our lives will display His radiant glory.

 **ACTION POINT:** The next time you get alone with God, follow after Moses and cry out, "God, show me your glory!" (Exodus 33:18). See if others begin to notice that you have been spending time with the Son of God.


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# Heart Habits


*God blesses those whose hearts are pure,  
for they will see God.  
{ Matthew 5:8 }*

 Every day, I look in the mirror as I brush my teeth, wash my face, and comb my hair. You probably do too. But doing all of these things isn't as important as the time we take to work on our hearts.

The world tells us that we need to focus on the outside, but that's not what the Bible says. It tells us that people look at the outward appearance, but God looks at the heart. Scripture also says the pure in heart are blessed. How do we take care of our hearts?

Here's an easy thing to try. Turn off your screens including the TV. Open your Bible and focus on the Truth from God's Word instead. These habits are as important as brushing our hair or washing our faces. They help us have a pure heart.

Just like we naturally look in the mirror to take care of our face, we need to make it a habit to read our Bible to take care of our hearts, too.

 **ACTION POINT:** Open your prayer journal and write a list of your morning bathroom routine. Then write a list of your morning heart care routine. Does anything need to be adjusted?

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JUNE 29





# Whitewashed Tombs



*For you are like whitewashed tombs—beautiful on the outside but filled on the inside with dead people's bones and all sorts of impurity.*

{ Matthew 23:27b }




**H**ave you ever been to a well-kept cemetery? Many of them have special rules about what types of flowers you can bring, whether or not you can leave other items, and instructions on when you collect dead flowers from gravesites. Grounds keepers do their best to keep things beautiful for those visiting their loved ones who have died. But the beauty on the surface doesn't reflect what lies underneath. There are skeletons under the ground.

In Matthew 23, Jesus had some harsh words for the religious leaders of His time. He listened to the way they were speaking and noticed that it didn't quite measure up to the way they were acting. He called them "hypocrites" and compared them to "whitewashed tombs."

Jesus didn't hold anything back, especially because these were the men that everyone looked up to as great examples of faith!

We're instructed to show others love through our words *and* actions. When you allow your words and actions to reflect Jesus, it's like a garden with beautiful flowers with deep roots under the surface. But when your words and actions don't match up, it's like the whitewashed tombs that Jesus warned the religious leaders about. Beautiful on the outside, but dead inside!

 **ACTION POINT:** Spend some time thinking about your words and actions. Do they resemble a well-watered and sun-drenched garden? Or are they more like a cemetery?

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*AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!*  
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