

JUNE 2021

# Reclaiming THE lost art of true beauty!

Watch the June coaching video from **Dannah Gresh**, then read through this one sheet.

Every girl and woman struggles to believe her worth in Christ. Some more than others. Body image issues, eating disorders, and depression stem from the world's lies about beauty. Let's fill your daughter with so much Truth there is no room for the lies! Of course, we



won't solve all the girl-world's body image issues this month, but we can build a nice foundation for your girl to walk in true beauty!

This month, I want to encourage you to bypass the temptation to talk about external beauty and to dive deep into what really matters: internal beauty. I'm praying that you and your girl will focus on "putting on" the right kind of "clothing" as we embrace these words:



MOM +  
DAUGHTER  
DATE

Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

COLOSSIANS 3:12

How's the closet of your internal wardrobe? Is it full of the right kind of fashion? Let's take a look and practice "putting on" the inner beauty fitting of a True Girl.



IN HIS GREAT LOVE,  
**DANNAH GRESH**  
Founder of True Girl

TrueGirl!

[mytruegirl.com/subscription](http://mytruegirl.com/subscription)



PREPARING FOR YOUR JUNE MOM+DAUGHTER DATE

# Reclaiming the lost art of true beauty

**SUBJECT:**

**Internal Beauty**

**SETTING:**

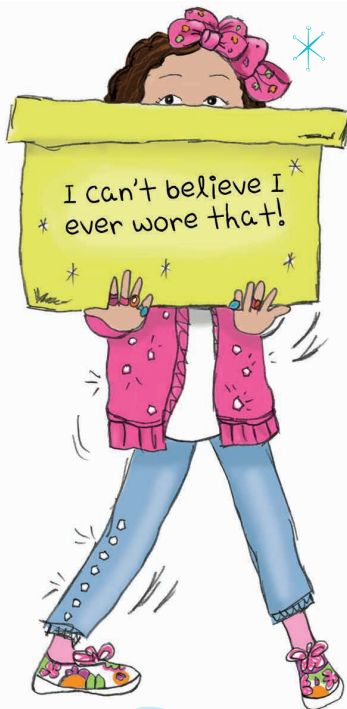
Your daughter's closet or dresser drawers

**MATERIALS YOU'LL NEED:**

Some trash bags

The June coloring meditation page

Your Bibles



This month's mom+daughter connection will help you both take inventory of what's in your internal beauty "closet." This is a simple, practical conversation that could change the trajectory of how your daughter thinks about true beauty! Here's what you'll do:

**STEP 1** Organize your daughter's closet and/or dresser drawers for summer.

Have some fun putting clothes into three piles marked as follows: "Keep it!", "Sadly outgrown!" and one marked "I can't believe I ever wore that!" (To make this super fun, find a photo of you in some insanely weird fashion you wore "back in the day!") The purpose of this is just to point out the fact that sometimes we have junk in our closet that needs to go!

**STEP 2** Watch Staci's coaching video. Then, read

**Colossians 3:12.** Discuss these questions as you "clean out" and "organize" your "internal wardrobe closet."

♥ If what you wear on the inside each day were in your closet, what three things do you think you "put on" every single day? (For example: happiness, joy, grumpiness, impatience?)

♥ Which of these things from Colossians 3:12 do you regularly clothe yourself in: tenderhearted mercy, kindness, humility, gentleness, and patience?

♥ Which of these do you struggle most to "wear?"

♥ How can we help each other "put on" the thing we're forgetting to "put on?"



**STEP 3** Color the Colossians 3:12 meditation page. Use this time to talk

about how you will encourage each other to put on the clothing of a True Girl in June. End your time in prayer, asking God to help you.

If nothing else, we got your girl's real closet cleaned up. (You are so welcome!) Post a photo of your hard work on Instagram or Facebook and be sure to tag True Girl or Dannah Gresh AND tell us what internal beauty you're going to "put on" this month!



mytruegirl.com/subscription