



KINDNESS
BEGINS WITH ME!



KINDNESS COUNTS!

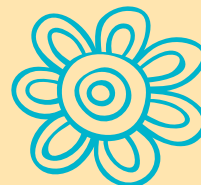
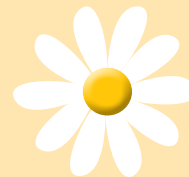


TrueGirl

JULY 2021

KINDNESS IS
NEVER WASTED!

A KIND WORD
IS LIKE A
SPRING DAY!





JULY 2021

Teach Your Daughter the Tremendous Power of Words



Watch the July coaching video from Dannah Gresh, then read through this sheet.



MOM + DAUGHTER DATE

The Bible communicates that the words you say are a good indication of what's in your heart. So, what's in yours? What's in your daughters? How have the words others have spoken to you demonstrated what's in their heart?

You won't need to look very far to encounter examples of harsh and discouraging words. Our world seems to thrive on saying hurtful and mean things to each other. Here's the problem with that: the Bible also communicates that words have power. They bring life. They also bring death. (Proverbs 18:21) Something's got to be done!

You cannot change the world, but you can set the tone for the words that are spoken in your own home. This month, we'll use one sweet power verse to make the conversation in your home ...well, sweeter!

{ Kind words are like honey-sweet to the soul and healthy for the body. }

PROVERBS 16:24

The world will try to fool your daughter into using mean and discouraging words. But, this month, you can help your daughter gain a biblical understanding of speaking words of kindness. God perfectly positioned you to teach her how to create a culture of encouragement with her tongue.



IN HIS GREAT LOVE,
Dannah Gresh

Founder of True Girl

Here's to making the world a sweeter place!





Preparing for your July Mom+Daughter Date

EXPERIENCE THE LIFE-GIVING SWEETNESS OF KIND WORDS



SUBJECT:

Learning to use kind words

SETTING:

Your home

MATERIALS YOU'LL NEED:

Brownie mix &
ingredients

Staci's video entitled
"How To Enjoy the
Sweetness of Words"

Notecards or paper

A box or food container

Your Bibles

Words can be sweet!

This month's mom+daughter is an invitation to practice using kind words. We've created a simple plan for you to have a constructive conversation with your daughter.

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1

Watch "How to Enjoy Sweet Words" by lead teacher Staci Rudolph.

It will help your daughter (and you) to think about using sweet words.

2

Make brownies.

As you mix the brownies, look for opportunities to speak words of kindness to your daughter and talk about why being kind matters.

3

Read Proverbs 16:24

Discuss **Proverbs 16:24** using the questions below. (After that, do a quick devo check-in and let her know that this month's devos will help her remember to practice kind, sweet words.)

1. How do you feel and respond when someone yells at you or speaks harshly to you? What about when someone speaks kindly?
2. Why do you think God cares about using our words to show kindness?
3. What are some ways we can use more kind and encouraging words with each other at home? With our friends? At church or school?

4

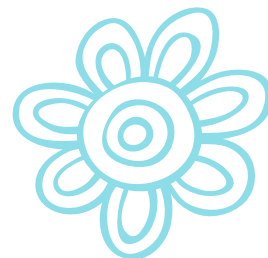
Deliver kind words & brownies.

When the brownies cool off, cut them into squares and put them into a disposable container. Decide together who should receive them. Then, write a note with kind words to encourage them! Pray for them and deliver the brownies.

Big Bad Bonus Idea:

Spread S'more Kindness to Your Whole Family! Pick one night this month to gather around your firepit (or microwave) and make s'mores together. Use this family time to share what you've been learning about sweet words and to practice using them. Take turns focusing on each family member and then let that person talk about how it feels to receive kind and encouraging words.

I can't wait to see photos of you and your daughter making brownies together! Be sure to post them to Instagram or Facebook and tag @TrueGirlOfficial or @DannahGresh.



✧ Getting Started ✧

How to use this month's discipleship tools to strengthen your daughter's faith.

1

✧ Watch the coaching video.

This month, we'll explore **"The Power of Kind Words!"** You and I are going to stop "cringe" slang in its tracks. (If you don't know what that is, you need to know and I'll tell you in the video.) Let's arm our daughters with the training they need to use life-giving words!

2

✧ Read the date plan and familiarize yourself with the topic.

You're holding the plans to a very simple mom+daughter date to bake brownies and spread kindness. (We've even included a bonus family experience so you can **"Spread S'more Kindness"**.)

3

✧ Schedule your date!

You'll need about 2 hours to both bake and deliver brownies along with some kind words!



4

✧ Reveal the box to your daughter and start using the discipleship tools to get her into God's Word.

But first, pull **The Kindness Box charm**—a daisy—from the box. You'll always present her special charms **AFTER** you do your mom+daughter dates.

True Girl Live:

A Night of Worship at the Gresh Farm

JULY 24TH

Join us for this super-fun True Girl Livestream Event where we will lead you and your daughter to actively respond to God's presence in your lives through your favorite True Girl worship songs and moments of prayer. Plus, Dannah Gresh will teach on what the Bible says about the power of words in our everyday living and in our worship.

THIS EVENT FEATURES:

- ♥ Live Worship
- ♥ Practical Bible Teaching
- ♥ Live Coaching
- ♥ Intentional Conversation Time



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REGISTER NOW AT
MYTRUEGIRL.COM

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