

True Girl Daily Devos

DAILY DEVOTIONS FOR

SEPTEMBER
& OCTOBER

BY DANNAH GRESH,
THE TRUE GIRL TEAM, AND OTHERS WE LOVE!



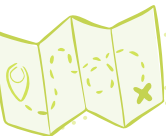
As you read these devos, you'll see that we've written them for **Y-O-U** if you're a tween girl! But you may need your mom sometimes. Why?

Well, the honest answer is that sometimes when you're first learning to do something, it's good to have help from someone with more experience! This might be your first or second or third year having devotions on your own. But it's probably your mom's tenth or twentieth year of learning how to read the Bible, writing about what she learns, and praying to the Lord. So, she's gonna come in handy from time to time. Every now and then, one of the writers will encourage you to ask your mom for help. (So, Mom, if you're reading this...we hope you are on standby every day. When your girl comes to you for advice or help, try to be available even if it cannot be at that very moment.) If it is helpful, you could decide you want to start by reading these together but we sure are hoping you will grow in your ability to read the Bible and understand it on your own. After all, someday you may be the mom who is helping a girl learn to do the very same thing!

I love you and Jesus loves you.

Dannah Gresh,
Founder of True Girl





Go!



Therefore go, and make disciples of all the nations, baptizing them in the name of the Father, and the Son, and the Holy Spirit.

{ Matthew 28:19 }




Everyone is invited to “go” make disciples. God wants us to accept His invitation to this amazing adventure of sharing our faith. When we do, we get to *disciple* people. That means we help them first understand what it means to believe in Jesus, and then we teach them to grow in their faith.

Many of us think everyone has heard about Him. Sadly, that’s not true. About 3 billion people in the world don’t know that He loves them and died for them. That’s why it’s important that we “go.”

Sometimes God’s Spirit plants a desire in our hearts to “go.” Years ago, I sensed God was going to invite me to be His missionary in Africa! I started praying, and then I got an email from a man I had never met asking me to help him share God’s love in Zambia’s public schools. Within one year, I was on an airplane for one of the greatest adventures of my life.

God probably won’t call you to “go” to Zambia, but maybe He’ll ask you to “go” across the street and share the love of Jesus with your neighbor. I hope you will say “yes” to the adventure!

 **ACTION POINT:** If you can, find a globe or a world map. Select a special country to pray for this month as we talk about the command to “go” into the world and share Jesus’ love.

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 20 animals. mytruegirl.com



SEPTEMBER 1



Language Lab: What Does “Great Commission” Mean?

Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.


{ Matthew 28:20 }



When I was younger, my mom often handed me a big, round, light blue glass bowl. Then she would say, “Go pick some of Grandma’s strawberries for me so that I can make strawberry shortcake.” Oh, I loved that job. I loved going to Grandma Barker’s strawberry patch for my mom. Basically, when she assigned me to pick strawberries, she was giving me a *commission*. A commission is something we’re told to do. And something we’re supposed to obey.

After Jesus was crucified and rose from the dead, He saw His disciples one last time on Earth and gave them the **Great Commission**. We read about it in Matthew 28:18–20. He told them to go everywhere they could and teach people about Him. And He promised that He would go with them! Isn’t that a comfort!?

When you hear about the Great Commission, remember that it’s your commission, too. Remember to be obedient when He invites you to go on an adventure to share His Truth!

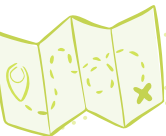
 **ACTION POINT:** Get a piece of paper and write the names of three people who do not know Jesus. Post it somewhere so you can remember to pray for them this month as you do your part to obey the Great Commission.

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.



SEPTEMBER 2





Kids Matter to Jesus



The King will say, "I tell you the truth, when you did it to one of the least of these my brothers and sisters you were doing it to me!"

{ Matthew 25:40 }




Do you have a little sister or brother? When I was 10 years old, I received the amazing gift of a baby sister. I held her carefully and sang to her about Jesus. My mom let me pick out her clothes and comb her hair. When I was your age, she was starting school. She would swing in our backyard in the afternoons while I listened to her talk about her day.

I didn't realize it then, but those acts of kindness like combing her hair and listening to her were important. My sister knew I loved Jesus, and my kindness helped her want to love Jesus, too.

Now, my "baby sister" is a mom! She holds her girls carefully and sings to them about Jesus. She combs their hair and talks to them while they swing. She is still my good friend, and we encourage each other to keep loving Jesus.

Here's what I learned: kids matter to God. He gives us younger siblings, neighbors, and children at church as a gift. When we care for them, we point them to Jesus. And, as today's verse says, when we show them kindness, He feels like we cared for *Him*.

 **ACTION POINT:** Give special time and attention to a younger child. Maybe you could sing "Jesus Loves Me" or another song about Jesus. Smile! Play! Be a friend.

LAURA BOOZ is a wife, mom, writer, and teacher. As a tween, Laura swam on swim team, roller skated, and loved learning things. Listen to her podcast, Expect Something Beautiful. LauraBooz.com



SEPTEMBER 3



Lost in Translation

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

{ Romans 8:26 }



Have you ever visited a place where they speak a different language than you do? I have!

I recently went on a trip to the Dominican Republic to visit our Chica Verdadera team. It was amazing! There was only one (BIG) problem...I can't speak Spanish. Well, except for the basics like "hello" (*hola*) and goodbye (*adiós*). So, when we shared the gospel with the girls there, I realized how much I needed my translator! I couldn't get past surface-level conversations without her.

Sometimes my prayer life feels the same way. Maybe I had a really hard day, and I'm just too tired to express everything to God. Or I know something is wrong, but I just don't have the right words to say. That's when the Holy Spirit comes in to help "translate."

In Romans 8:26, Paul says that when we're weak, the Holy Spirit intercedes for us. *Intercede* is a fancy word that means "to plead for the needs of someone else." When you're praying, the Holy Spirit does that for you. He knows what you're thinking and what you need, and He expresses that to God for you. He always has your back!

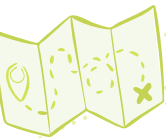
 **ACTION POINT:** Spend some extra time praying today. If you can't think of the right words, thank God for giving you the Holy Spirit to help translate.

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



SEPTEMBER 4





What's Your Story?



The woman left her water jar beside the well and ran back to the village, telling everyone, "Come and see a man who told me everything I ever did! Could He possibly be the Messiah?"

So the people came streaming from the village to see Him.

{ John 4:28–30 }




Have you ever gone to a Christian camp? If you have, maybe you have a favorite camp counselor. I do! It's my daughter.

One summer day, she came home for a quick 24 hours to take a long shower and get a good night's sleep before heading back. As she shared with me about her time (and exhaustion) with a group of tween girls like you, she was suddenly filled with great excitement.

Just when my daughter thought she wasn't making an impact, one camper came to her and asked, "How do I ask Jesus into my heart?" My daughter melted. They prayed a simple prayer and celebrated this amazing moment. Soon all the other girls were also sharing their stories about Jesus coming into their hearts.

You have a story to tell too! So, what is it? Just like the woman at the well, my daughter, and the girl at camp, you can tell others your story about Jesus!

 **ACTION POINT:** The woman at the well's life changed once she met Jesus. How has your life changed by knowing Him? How has He given you faith and strength for each day? Grab your journal and write down your Jesus story.

JODY TOKEN is the creator and coach of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls aged six and up. thegreatflip.com



SEPTEMBER 5



Send Me!

Then I heard the LORD asking, “Whom should I send as a messenger to this people? Who will go for us?” I said, “Here I am. Send me.”
{ Isaiah 6:8 }



Do you ever believe you’ve done too many bad things for God to use you? Sometimes I still feel guilty for stuff I’ve already been forgiven for. It got to a point where I apologized when it wasn’t even my fault! Then my mom shared this verse with me: “So now there is no condemnation for those who belong to Christ Jesus.” (Romans 8:1)

You see that? *No condemnation!* Condemnation is punishment or judgment. If we belong to Jesus Christ, we are forgiven and free from sin!

You know, there’s a prophet in the Old Testament who also felt like God couldn’t use a guy like him. His name was Isaiah. When God called him to speak the Word of the Lord to the Israelite people, he couldn’t believe it! God wanted to use *him*, a man who often sinned with his tongue, to speak the words of Truth! But God purified his lips and called him to be His prophet. Isaiah’s response? “*Here I am. Send me!*”

God is calling us to go and share the love of Jesus with others too! So, don’t allow guilt and shame to keep you from saying, “Here I am. Send me!”

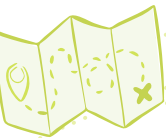
 **ACTION POINT:** Write down a list of stuff you still feel guilty about even though God’s forgiven you. Now scribble over each one and write Romans 8:1 on the page. Tell God you’re thankful that in Christ, there’s no condemnation!

KINDRA STANTON is a senior Biblical Studies major at Cedarville University. She loves making music with her husband Caleb, drinking coffee, and reading good books! KindraStanton.wordpress.com



SEPTEMBER 6





Stinky Fish



*Jesus called out to them, "Come, follow me,
and I will show you how to fish for people!"*


{ Matthew 4:19 }



I remember visiting San Francisco with my parents when I was your age. We would always go to Chinatown, which I was never too happy about. That's because I didn't like Chinese food back then. (Now I love orange chicken, but I'm not sure how authentic that is.) The worst was the dreaded fish market. It stunk—literally!

It was a wild adventure for my senses. There were small fish, big fish, silver fish, and pink fish all piled high. My poor nose! I couldn't wait to leave, but I suppose Jesus would have felt right at home there. He was used to hanging out with fishermen, which means He was very comfortable with smelly fish. In Matthew 4:19, Jesus told His disciples that He would teach them how to fish. But for people, not fish!

Fishing takes patience. The fish don't just jump into your boat or nets. When you fish for people, it also takes time. Sometimes the experience might even stink. But keep loving your friends and telling them stories about what God has done in your life. That's the kind of fishing you can do anywhere!

 **ACTION POINT:** Who is someone you can invite to church? Talk to your mom and ask if you could pick this girl up for church sometime and pray that your friend will say yes.

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



SEPTEMBER 7



How Will They Know?

*But how can they call on Him to save them unless they believe in Him?
And how can they believe in Him if they have never heard about Him?
And how can they hear about Him unless someone tells them?*


{ Romans 10:14 }



Have you ever felt a divine nudge? It's that unusual feeling you have when the Holy Spirit is gently encouraging you to do or say something. A nudge never goes against what God's Word says. But it may be out of your comfort zone.

Once I had a divine nudge to share God's love with a woman standing outside a gas station. However, another thought came to my mind. My logical self convinced me that this woman would not listen to me if I told her about Jesus. Plus, it's not really safe to go up to strangers at gas stations and start talking to them, right? (At your age, you definitely shouldn't do that without asking your parents first.) As I drove away, I realized that I had ignored a divine nudge. That lady needed to hear God loved her, and I had said, "No!" How would she ever believe in Jesus if no one told her about Him?

God wants to use us to tell others about His great love. I will never know what might have happened if I had talked to that woman. The next time I will ask God for the courage to follow His still, small voice.

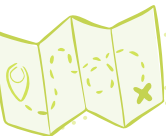
 **ACTION POINT:** Ask your mom if she's ever felt a divine nudge and how she responded. Pray together and ask God to help you know when He's nudging you to tell others about His amazing love.

SARAH CODNER loves teaching and making Bible stories come alive for young children. When she's not teaching you might find her hiking, baking, or gathering friends to play card games.



SEPTEMBER 8





The Little Man of the Eye



*He found them in a desert land, in an empty, howling
wasteland. He surrounded them and watched over them;
He guarded them as He would guard His own eyes.*

{ Deuteronomy 32:10 }




Look closely at yourself in the mirror. Get one to two inches away from your reflection until you can see that tiny picture of yourself in your pupil. Can you spot it?

When today's verse says "His own eyes," it is talking about that tiny picture. Your Bible version might have the words "the pupil of his eye" or "the apple of his eye" instead. But in Hebrew, the language the Bible was first written in, the word that's used means "the little man of the eye." Moses was reminding the Israelites that God was keeping them close to Himself. So close that if they'd been able to see Him face-to-face, they could have spotted themselves in His eyes.

Remember how close you have to be to see yourself in someone else's eyes? Really super close.

When Jesus promised He would be with you always, I bet you didn't realize He meant this close. But He did! You are that close to God all the time. If it were possible, you would be able to see your reflection in His eyes.

 **ACTION POINT:** Ask your mom or BFF if you can get close enough so she can see herself in your eyes. Let her know this is how close she is to God. He protects her like "the little man of the eye."

ERIKA VANHAITSMA is a homeschooling mother of five from Michigan. Her passion is to add color to the black and white pages of Scripture by adding context and culture. ErikaVanHaitsma.com



SEPTEMBER 9



Listen Up!


*And the LORD came and called as before, "Samuel! Samuel!"
And Samuel replied, "Speak, your servant is listening."
{ 1 Samuel 3:10 }*



Can you imagine being in your bed and trying to sleep when you hear God's actual voice call your name? Twice! That's what happened to Samuel, a young boy who grew into a mighty man of God. Well, what if I told you that you can sense God speaking to you?

I have a special memory from Vacation Bible School when I was finally old enough to be an assistant teacher instead of just a helper. While I was teaching the preschoolers how to be fishers of men, God spoke to me. He didn't talk out loud as He did to Samuel. There wasn't a voice that I could hear. Instead, I *sensed* what God was telling me. I knew it was Him. Do you want to know what He said? "Amber, I want you to do this for the rest of your life." He was inviting me to keep teaching kids about Him.

God can speak to us in many ways. He gave us the Bible as His message to us, and He talks to us through it. But, if we are listening, He also communicates to us through prayer. And, that day at VBS, I'm so glad I heard His invitation to "go"!

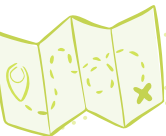
 **ACTION POINT:** It's hard to hear God if you aren't taking the time to listen. So spend some time in prayer today. But instead of talking to God, try being quiet and letting Him speak to you.

AMBER PIKE is the editor of KidzMatter Magazine, an author, children's minister, and momma whose passion is to see kids loving the Word of God and walking with Him! AmberPike.org



SEPTEMBER 10





The Jesus Room



Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it!

{ Hebrews 13:2 }




Strangers? I don't know about you, but my parents taught me about "stranger danger," which helped keep me safe! Is this verse in Hebrews chapter thirteen *really* telling us that it's good to invite strangers home with us?

When Jesus sent out His disciples, He had them go out two by two. That's like when your mom tells you and a friend or sibling to stick together at the park. Jesus knew the importance of being on a mission in a team! We are stronger, braver, and wiser together! That's one reason God put you in a family. Together, you can pray about helping and welcoming strangers *together*. (Never do this alone!)

Our family has a room we call "The Jesus Room." It is our adventure room! As we pray together there, God brings people into our lives who need a home to visit where they can feel loved, accepted, and welcomed. It requires courage and wisdom. But it is so worth it when God shows up over a meal and turns a stranger into a friend and a follower of Jesus!

Plus, every stranger your family welcomes can help you grow into becoming more of His fearless adventure girl who's on a mission for Him!

 **ACTION POINT:** Is there someone who does not know Jesus, who you could invite for a meal? Talk to your mom about reaching out to this stranger together. Then, pray together and wait for them to show up on your doorstep!

EVIE KNOTTNERUS is a pastor's wife, mom, and gatherer of people. Her home is a safe place to eat, stay, and learn about Jesus. She blogs at Beautiful Masterpiece Ministry. sonshineevie1thes2verse8.blogspot.com



SEPTEMBER 11



Faith Like a Fire

*But if I say I'll never mention the LORD or speak in His name,
His word burns in my heart like a fire. It's like a fire in my bones!
I am worn out trying to hold it in! I can't do it!*


{ Jeremiah 20:9 }



In your relationship with Jesus, sometimes there will be ups and downs. One day, you might be on fire for God. You can't wait to spend time with Him. Other times, you may struggle through your devos and wonder why you feel so disconnected from Him. It can feel like your fire has fizzled out!

Whenever my faith feels more like a handful of embers covered in ashes instead of a crackling bonfire, I think about today's verse. You see, Jeremiah didn't really want to be a prophet (which is an inspired teacher for God.) It was a hard job. Everyone made fun of him for proclaiming God's Truth. And yet, God put such a burning passion in his soul that he couldn't hold it in. So he had to share the Truth with others. I want that kind of passion! Don't you?

Whenever I'm having a hard time doing my devos or not feeling close to God, I pray this verse back to Him. I say, "Lord, make my faith like a fire. Make it so that I can't help but share Your Truth with others." It helps set me back on fire for Him!

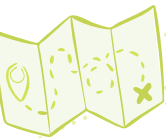
 **ACTION POINT:** Maybe you're struggling too. If your quiet time feels a little boring these days, pray Jeremiah 20:9 back to God! Ask Him to light a fire of faith in your heart and help you to share His Truth boldly!

*KINDRA STANTON is a senior Biblical Studies major at Cedarville University.
She loves making music with her husband Caleb, drinking coffee,
and reading good books! KindraStanton.wordpress.com*



SEPTEMBER 12





If God Is With You ... Go for It!



For the LORD your God is living among you. He is a mighty savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs.


{ Zephaniah 3:17 }



We are three young girls who all live together at The Pearl House in Ghana. That's in West Africa. As each of us was on our way to The Pearl House, so many thoughts filled our minds. We wondered if this place would be safe. Would they take care of us? Would we get to go to school? The places we were coming from were not great, but sometimes what we know is less scary than something new.

When we finally got to The Pearl House, our hearts were at peace. Everything they told us was true. They welcomed us with hugs and shouts. We ate well, went to school, and got new clothes. It was more than we imagined! Even more exciting was a house full of new friends and sweet mothers.

Sometimes doing the right thing or trying something new can be scary. But it could also be the best decision we ever make. Zephaniah 3:17 tells us that God is always with us. He never leaves us. He even sings over us! We can know that He loves us and trust that we are okay as long as we are with Him.

 **ACTION POINT:** If God presents you with a new opportunity, take a chance and see how it goes. It might be better than you imagined.

DOREEN, DORCAS, and KAREN are three of the Pearls at The Pearl House. It is a home for at-risk teenage girls in Ghana. You can learn more and buy jewelry they make at thepearlhouse.org.



SEPTEMBER 13



Beautiful Pieces of Art

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 }



Have you ever created something beautiful? My sister is an artist who paints lovely landscapes and sunsets. When she's done with a painting, she doesn't put it in the attic to collect dust. She either hangs it in her home or gives it to someone special who will treasure and display it. And, when I see one of her works of art, I know she is the artist because she has a distinct style.

God, the Artist who created each of us beautifully and uniquely, has a distinct style too. He purposefully made us just the way He wanted. There are no mistakes or flaws in His design! You and I are masterpieces.

He also created us with a purpose. God wants us on display so that when the world looks at us, they know who the Designer is. They see His distinct style! When we walk in faith, obey His Word, love others, and use our lives to please Him, we are fulfilling the "good things He has planned for us." We are beautiful pieces of art that make others want to love and follow Him too!

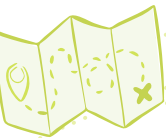
 **ACTION POINT:** What's one unique thing about the way God designed you? Maybe you're great at art like my sister. Choose something you love to do that can help others and start blessing them one action at a time.

SARAH CODNER loves teaching and making Bible stories come alive to young children. When she's not teaching you might find her hiking, baking, or gathering friends to play card games.



SEPTEMBER 14





Be Bold!



Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it.

{ 1 Peter 3:15 }




When I was 10, I decided to follow Jesus. My mom had just become a Christian, but my dad wasn't. So our house wasn't a Christ-centered home.

I was nervous about sharing my faith at school because I didn't want anyone to make fun of me. So I stayed quiet about being a Christian. But that changed when I started learning that the Bible tells us to share our faith. I began praying for the courage to tell my best friend, Julie, about Jesus.

Finally, the day came when I bravely told Julie that I was a Christian. She didn't make fun of me. I was so glad I talked to her! It gave me the courage to share my faith with more people in my life too.

I'm all grown up now, and I'm still friends with Julie. We've been friends for over 40 years! She did eventually become a Christian as an adult. My dad finally decided to follow Jesus too. Over the years, I just kept loving and praying for them both and always being ready to share my faith courageously!

 **ACTION POINT:** In your journal, list the names of people you know who aren't Christians. Start praying for opportunities to tell them about Jesus. Also, if you haven't given your life to Jesus yet, talk to your mom about doing that first.

AMY HARRIS is an English teacher at Grace Prep High School, True Girl's sister ministry. She is a wife to Wade and a mom of four kids. She loves to organize drawers and take long naps. graceprep.com



SEPTEMBER 15



A Time to Pack

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.


{ 2 Timothy 3:16–17 }



If you could go anywhere on a dream vacation, where would you choose? Alaska? Hawaii? Disney World? Now imagine that you arrive at your hotel and discover that you forgot to pack for your trip. Oops! Not being prepared kind of ruins the whole adventure, huh? Sure, it's not a total bust, but it's definitely not as fun as if you *had* prepared.

You may not be packing for a dream vacation right now, but there is an even more exciting adventure that you *can* prepare for. We all have a great call from Jesus to spread His Word to the world. And, since you can't travel the globe on your own yet, the good news is you don't have to. You can take part in the Great Commission from right where you are!

Second Timothy 3:16–17 tells us that *all* of God's Word has a purpose. It equips us so that we can take part in the things He wants us to do. When we read the Bible, we're "packing" and preparing. It helps us to share God's love with others and hear how God wants us to take part in His great adventure!

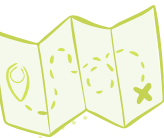
 **ACTION POINT:** Read a part of the Bible that you have never read before! (Hint: if you're stuck, try 2 Samuel or Esther.) Then, go and share with someone what you read today!

REBECCA BARKER is a student at Grace Prep High School, the sister ministry of True Girl. She says Disney, figure skating, and theater best describe her. She loves to read her Bible and find the treasures it contains.



SEPTEMBER 16





Have You Been Baptized?



Therefore go, and make disciples of all the nations, baptizing them in the name of the Father, and the Son, and the Holy Spirit.

{ 1 Peter 3:15 }




Yes, you read about this verse earlier this month! I wanted to come back to it and ask you an important question: **have you been baptized?**

Baptism is a picture of God's rescue plan. It's an act that helps us to remember what Jesus did for us on the cross. When we go under water, that symbolizes how Jesus died for us. When we come up, that illustrates how Jesus rose from the grave. Baptism is a way for us to say, "I believe in what Jesus did and that He died for me."

Jesus was baptized. Matthew 3:13–17 tells us he asked John the Baptist to do it. God the Father was pleased! He sent a dove to land on Jesus, and a voice from heaven said, "This is my Son. I'm pleased with Him."

When I was 16, I was baptized. I was at a baptism service and realized that I'd never publicly been baptized. So, I asked if I could be, and I was! It was a special day.

I hope you've had a special day like that too, or that you'll have one in your future! Baptism is an important step in declaring our faith.

 **ACTION POINT:** If you've been baptized, write about it in your prayer journal. If not, talk to your mom about whether or not you're ready to be.

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 20 animals. mytruegirl.com



SEPTEMBER 17



Tour Bus Adventures

"And then He told them, 'Go into all the world and preach the Good News to everyone.'"

{ Mark 16:15 }




This is the one," my dad said. He pulled into the driveway of my soon-to-be home away from home. It had been a long trip! We had crossed the borders of countries and flown over an ocean to arrive here in Pennsylvania.

I didn't know the family I'd be staying with. The only people I knew were a couple who listened to the Lord and responded to His guidance. Bob and Dannah Gresh believed in God's plan for my country of the Dominican Republic. They were willing to train me to bring the True Girl Tour to my nation. But that meant I had to leave my family, friends, and home for a while.

Moving to Pennsylvania was just the beginning! It wasn't long before I moved again. But this time, it was to the True Girl tour bus. We traveled to 32 states!

It was the greatest adventure of my life! I gained new family and friends. And, God gave me a new vision as I saw thousands of girls like you being transformed by the Good News of Jesus right in front of my eyes. (In fact, over 10,000 girls have made decisions to become a Christian at our True Girl events.) It's an adventure I would do all over again and I truly did get to *go into all the world*.

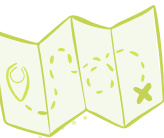
 **ACTION POINT:** Ask God to give you the courage to share the gospel with those around you. Then, get started by writing a letter with the gospel message to a friend or family member who doesn't know Christ.

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



SEPTEMBER 18





Going on a Treasure Hunt



You search the Scriptures because you think they give you eternal life. But the Scriptures point to me!

{ John 5:39 }




Have you ever been on a treasure hunt? What was the most important item on your search: the map or the treasure? I'd say the map! Without it, you'd never find the treasure. The map points you to it!

In today's Bible verse, Jesus is talking to the Jewish leaders about an amazing miracle He had just performed. But the people listening were focused on the wrong things: rules. Some spoke about the miracle they had just seen. Others had their attention on the day the miracle took place and the rules about that day.

The Bible serves as a map because it will lead you to the treasure... JESUS! Just like the people in Jesus' day, some people read the Bible and look for rules to follow. Others read God's Word for the power to do miracles. As great as these things might be, they are not the treasure. Jesus is!

When you read the Bible, consider it your map to finding Jesus. From creation through revelation, the Bible should point you to the treasure...JESUS. And, as you talk to your friends and family about Jesus, be sure to bring your handy map and point them to Him!

 **ACTION POINT:** Let's go on a treasure hunt. Grab your Bible and find Jesus in these two super short stories. Read Genesis 1:1-3 and John 1:1-3.

JODY TOKEN is the creator and coach of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls aged six and up. thegreatflip.com



SEPTEMBER 19



You Want Me To Do What!?

*You are blessed because you believed that
the Lord would do what He said.*


{ Luke 1:45 }



Have you ever stood on the edge of a swimming pool and been both excited and scared to jump in? Or what about sitting on an airplane? You may be scared of flying, but you really want to go on an adventure, so you are willing to face the fear.

When Jesus' mother, Mary, found out she was going to do something scary, her cousin Elizabeth encouraged her. In Luke 1:45 she basically said, "Way to go! You believed in God! You can do this!" Elizabeth encouraged Mary for believing that God was good and having the courage to say yes to the adventure He had planned.

Some people think being a Christian is boring, but I think it's an adventure! When God asks us to do something difficult or scary, we can do what Mary did. We can say yes because we know what He wants us to do is good!

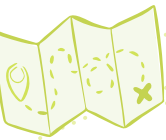
 **ACTION POINT:** Think about something God might want you to do, even though it sounds a little scary. Then, take the first brave step and tell a parent or friend. Maybe they will be your Elizabeth and cheer you on!

*COURTNEY GARLAND is a co-founder and CEO of The Pearl House.
She enjoys living in Ghana with a house full of teenage girls
and teaching them about God's love. thepearlhouse.org*



SEPTEMBER 20





With Me in the Darkest Valleys



Even though I walk through the darkest valley, I will not be afraid, for you are close beside me; your rod and your staff, protect and comfort me.


{ Psalm 23:4 }



The greatest adventure I ever experienced was when I hiked the Grand Canyon for six days with a group of friends. It took a whole day to walk a narrow, jagged path to the bottom. When we got there, we were surrounded by towering canyon cliffs. At that point, there was less light and visibility to see the narrow passage ahead of us.

At any point in our journey, we could have faced danger upon that narrow passage. There was little room to run or escape. Each step was one of faith toward our final destination—the hike out of the canyon.

Much like this hike through the Grand Canyon, God has called us to come on an adventure with Him. The Bible tells us that we will walk a narrow road. Sometimes, we will face trials and danger. Thankfully, we have a Good Shepherd who promises that He will never leave us—even in the darkest valleys of our lives. He will protect us, comfort us, and guide us every step along the way.

 **ACTION POINT:** Do you trust and believe that God is with you during dark times? Thank Him for being your protection, comfort, and guide as you journey through new changes and opportunities.

AMANDA KASSIAN is the founder of Seen Ministry in Edmonton, Alberta Canada. She is a wife and a mom. She has a passion for women to find freedom in Christ. seenministry.com



SEPTEMBER 21



He Will Do It

God will make this happen,
for He who calls you is faithful.

{ 1 Thessalonians 5:24 }




He who called you is always faithful.” When I look in my mirror each day, this paraphrase of today’s verse stares back at me and encourages me. Why? Because I wrote it there so I can see it each morning.

Sometimes I struggle to believe that God can and will use me. I have thoughts like: *I’m not enough. I’m not trying hard enough. I’m not as talented as her.* Maybe you have these fears too. The good news is that we don’t have to be enough!

If you have accepted Jesus as your Savior, you have His Spirit living in you. Today’s special verse reminds us that He will make “this” happen! What? He will make the thing He’s invited us to do happen! When you have to stand up at school for the kid everyone is making fun of—God will make it happen. When your neighbor asks how you can believe God is good when there’s so much evil in the world—God is with you. When you feel a nudge to pray for someone out loud right on the spot—do it because He’ll give you the words you need.

Keep trusting that He is faithful. God is with you, and He will give you what you need to do His work!

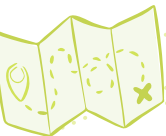
 **ACTION POINT:** Write out today’s verse and tape it to your bathroom or bedroom mirror. Each time you see it, remind yourself that God is with you and He is faithful!

SARAH CODNER loves teaching and making Bible stories come alive to young children. When she’s not teaching you might find her hiking, baking, or gathering friends to play card games.



SEPTEMBER 22





A Shield Around Me



*But you, O LORD, are a shield around me;
you are my glory, the one who holds my head high.*

{ Psalm 3:3 }




Have you ever felt like you're the only Christian in your classroom? I have! Or, if you're a homeschooler, that you're the only one who loves Jesus at dance or on your sports team?

I once took an English class where none of the other students or my teacher knew Jesus. We had to write A LOT of papers that argued what we believed about EVERYTHING! While I looked in the Bible for Truth, everyone else thought what I believed was odd. So speaking out in class was scary sometimes!

But one morning, as I was reading Scripture, I came across today's verse. God reminded me that He had my back. I didn't have to cover in fear about what others might think of me! I could share the Truth of God's Word because God was the One who held my head high. He was a shield around me in that classroom.

He is a shield around you too! So don't be afraid to speak up and share the Truth of the Bible in a way that is both kind and respectful. He is always with you!

 **ACTION POINT:** Are you speaking the Truth in love to everyone around you? Ask God to give you the wisdom to know when and how to share His Truth with others. Then, thank Him for being your shield as you do!

KINDRA STANTON is a senior Biblical Studies major at Cedarville University. She loves making music with her husband Caleb, drinking coffee, and reading good books! KindraStanton.wordpress.com



SEPTEMBER 23



Chill out!

And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.

{ Romans 8:28 }




Okay, I need to confess something. Are you ready? I talk to myself! A lot! When I'm doing a new task or facing difficulty in one of my usual ones, it's easy for me to feel overwhelmed and a bit anxious. So I quietly use my words to coach AND calm myself down.

You might hear me whisper things like, "Come on, Stac. Just keep going!" or "Calm down, Stac. It'll be cool." But, I think my favorite is, "Staci! Chill out!" I constantly remind myself to stay calm, do my best, and trust the process.

The same is true in my relationship with God. When He calls me to do something scary, hard, or a bit uncomfortable, I tell myself to chill out. Maybe it's sharing the gospel with someone I don't know or doing something new that the Holy Spirit is encouraging me to try. I encourage myself to rely on the truth that God is in control of the process. Romans 8:28 promises He will work things out for my good.

You can trust His plan too! God never calls us to begin anything that He doesn't intend to help us finish well.

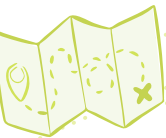
 **ACTION POINT:** Has God called you to do something hard or scary? Tell Him how you're feeling and ask Him to help you. Then have a chat with yourself. Just say, "[INSERT YOUR CUTE NAME HERE]. God's got this. Chill out!"

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



SEPTEMBER 24





Seeds of Faith



*We can make our plans,
but the LORD determines our steps.*
{ Proverbs 16:9 }




Do you like to garden? I spend hours in mine. While I'd love to say that all of my seeds grow into yummy veggies, that's not the real story. Some seeds get eaten by mice, bugs, or squirrels. Others don't sprout or thrive. But, those glorious seeds that make the journey from the garden to my dinner table make the adventure worth the effort.

Talking to others about Jesus sometimes feels like gardening. There are unexpected setbacks. While these disappointments aren't hungry rodents eating your seeds, one of them might be a friend who rejects your invitation to church. But don't be discouraged! God has determined your steps. He has given you everything you need to share your story. Even when you don't see results right away, trust Him to determine your steps.

When you read the Bible or share your favorite Scripture verses, He plants the gift of faith like tiny seeds in everyone listening. Listen to the promise He gives you in Romans 10:17, "So faith comes from hearing, and hearing through the word of Christ."

His spirit plants the seeds of faith in hearts. So simply speak the words and get ready to watch faith grow!

 **ACTION POINT:** John 3:16 says, "For God so loved the world, that He gave his only Son, that whoever believes in Him should not perish but have eternal life." Read this verse out loud and spread faith to everyone around you!

*JODY TOKEN is the creator and coach of The Great Flip,
online self-defense, safety, and faith-filled empowerment
for girls aged six and up. thegreatflip.com*



SEPTEMBER 25



Super Glue Girl!

*There are "friends" who destroy each other,
but a real friend sticks closer than a brother.*


{ Proverbs 18:24 }



I will never forget Stephanie. She had the brightest smile and gave amazing hugs. Her friendship and kindness touched my life in a way that forever changed me. She was what I call a "super-glue" friend.

When I struggled with bullies, Stephanie had the courage to stay by my side. And she pointed to Jesus as the reason why. Her family welcomed me into their home when I felt depressed and lonely. They prayed for me, listened to me while I cried, and comforted me. They stuck by me like super glue. And because they did, I came to know Jesus!

Proverbs 18:24 is a verse that reminds us that God is the very best super-glue Friend! He is always with us. And, because He is with us, He calls us to be that kind of friend to others. So today, start living some super-glue friendship adventures with the people who God has put in your life!

 **ACTION POINT:** Is there a girl who needs a super-glue friend? Maybe it's someone who has felt left out. God has given you the power and courage to be a friend to someone even when no one else will!

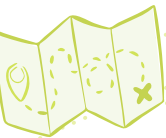
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*EVIE KNOTTNERUS is a pastor's wife, mom, and gatherer of people. Her home is a safe place to eat, stay, and learn about Jesus. She blogs at Beautiful Masterpiece Ministry. [sonshineevie1thes2verse8.blogspot.com](http://sonshineevie1thes2verse8.blogspot.com)*



SEPTEMBER 26





# The Spirit Stick



*May He equip you with all you need for doing His will. May He produce in you, through the power of Jesus Christ, every good thing that is pleasing to Him. All glory to Him forever and ever! Amen.*

{ Hebrews 13:21 }




It was the end of Spirit Week. My senior class had decorated hallways, made videos, and raised money. I probably spent too many hours making sure Spirit Week was not only the most fun week of our lives, but that we also won the Spirit Stick.

We all circled around, crossed our fingers, and hoped that in a few moments, we would be holding that silly stick with streamers attached. And then we heard it! We had won!

My mom always told me I was a leader. But, even though I served in student government, I didn't really believe her. It wasn't until that winning moment that I realized how the Lord had prepared me for that year! My hard work and planning as a student leader had paid off.

There were many times in those years when I didn't want to do the hard work. But I did it anyway, and God used it so that by the time our senior year came, we were ready to win! But more than that, I was able to share the love of God with my classmates by serving them!

 **ACTION POINT:** What's something that you don't like doing right now? Maybe God is using it to prepare you for an upcoming adventure. Next time you want to complain about it, instead thank Him for how He will use it!

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*NOLI GARRETT is an administrative assistant at Pure Freedom. She loves seeing girls come to know the heart of Jesus. [mytruegirl.com](http://mytruegirl.com)*



SEPTEMBER 27



# Gardening Hearts

*"He said to his disciples, 'The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask Him to send more workers into His fields.'"*

{ Matthew 9:37-38 }




**G**reen beans, corn, peppers, tomatoes, cucumbers...you name it, and my mom grew it! She used to plant it ALL in her garden each spring.

One year, we made the mistake of going on vacation at the exact time that the corn was ready to be harvested. We expected to see stalks filled to the brim with golden strands of corn silk hanging from each cob when we came back. But instead, we arrived home to a giant mess of empty corn cobs and shredded stalks! Raccoons had eaten it all!

Gardening takes a lot of work, and so does planting seeds! Did you know that the ground isn't the only place where you can plant seeds? You can plant seeds in people's hearts too!

One kind word or even a smile can plant a "seed" of Jesus' love in someone's heart! The harvest we read about in Matthew 9 is people. When you live like Jesus, other people will see Him at work in your life. They will want to know where your hope, love, joy, and peace come from.

And, when they ask, I hope you will join me in answering: It comes from Jesus!

 **ACTION POINT:** Today, plant a seed of Jesus' love in someone's heart by doing something nice for them. And, if they ask you why you are so kind, just say, "Because Jesus loves you, and I do too!"

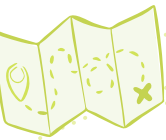
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*KINDRA STANTON is a senior Biblical Studies major at Cedarville University. She loves making music with her husband Caleb, drinking coffee, and reading good books! [KindraStanton.wordpress.com](http://KindraStanton.wordpress.com)*



SEPTEMBER 28





# Can Ironing Bring You Closer to Jesus?



*For God is working in you, giving you the desire and the power to do what pleases Him.*


{ Philippians 2:13 }



**H**ave you ever had a chore to do that you really didn't like? I remember when my mom was teaching me to iron. She had me practice on my dad's underwear and hankies! Can you even imagine? I didn't know it then, but she wasn't simply instructing me how to iron. She was also helping me learn that things get easier as you work at them.

Sometimes following God is like that. It seems hard at first because it's new and you're not sure how to do it. But you need to practice. I promise you: the more time you spend reading your Bible and talking to God, the easier it is to follow Him. Why? Because God puts the desire in your heart to be closer to Him.

Faithfully following God is a choice you make. And, as you choose to do it each day, He is with you every step of the way.

 **ACTION POINT:** How are you doing at spending time with God? Does it become easier the more you do it? In your journal, list a few things you do that bring you closer to God.

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*EILEEN KING is the executive assistant to Bob and Dannah Gresh at Pure Freedom. She is passionate about prayer and how it can bring freedom to women of all ages. [mytruegirl.com](http://mytruegirl.com)*



SEPTEMBER 29



# Hello, Anybody There?

*The one who plants and the one who waters work together with the same purpose. And both will be rewarded for their own hard work. For we are both God's workers. And you are God's field. You are God's building.*

{ 1 Corinthians 3:8-9 }




**S taci:** I was on stage at the True Girl Show, and it was time to play a game. Under each aisle seat, there was supposed to be a clue card. But, as the moms and daughters checked, they couldn't find any cards! I was sweating on stage with hundreds of eyes on me, including our intern, Noli's. Unfortunately, she was in charge of laying out the cards.

**Noli:** I could feel Staci's anger and anxiety as she looked at me. This situation wasn't new. It seemed as if every night, I was running late to put these cards down. Now it was causing tension in our relationship.

**Staci:** After a few nights of feeling upset with Noli, the Holy Spirit reminded me to give her grace. Her being slightly late was not preventing the gospel from going out. I needed to remember that we were on the same team.

**Noli:** And I needed to learn time management skills. We both allowed our feelings to distract us from how God worked in those attending the show!

**Staci:** We learned to work together and give each other grace because we had the same purpose. Our relationship is now stronger because of that!

 **ACTION POINT:** Are you on a team at school, church, or in your favorite activity? Is there someone on your team that you need to give grace to? Ask God to help you take the first step towards working together.

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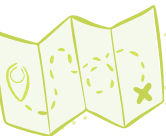
*STACI RUDOLPH and NOLI GARRETT travel with our True Girl touring team. We hope you can come meet them at one of our live events. [mytruegirl.com](http://mytruegirl.com)*



SEPTEMBER 30







# The Duke



*This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.*

{ Joshua 1:9 }




**J**ohn Wayne was one of the biggest cowboy film stars of all time. Have you ever heard of him? He made 170 movies—most of them cowboy films. A lot of people just called him The Duke – a name that came about when John was little and went absolutely everywhere with his huge dog, Duke.

He used to say, “*Courage is being scared to death but saddling up anyway.*” I love that. If anyone in the Bible could relate to that quote, I think it would be Joshua. You see, he became the leader of Israel after Moses’ death. He had some pretty big shoes...er, sandals to fill. He must’ve been scared of being the leader because God repeatedly told him, “*Be strong and courageous!*”

Guess what? One of the most valiant victories ever recorded in the Bible was led by Joshua as the Israelites fought the battle of Jericho. The walls literally fell down! Joshua was afraid, but he “saddled up anyway.”

It’s okay to be scared, but dig down deep inside of you to “saddle up” for God and to be strong and courageous.

 **ACTION POINT:** Tell your mom or dad about something that makes you feel afraid. It could be speaking in front of people, leading at school, or being alone in the dark. Ask them to pray with you to “saddle up anyway.”

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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).*



OCTOBER 1



# Think About It This Way

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



**D**o you ever lay awake at night feeling afraid, worried, or anxious? You are not the only one! I'm an adult, and sometimes, my mind spins in fear. When that happens, I have to feed my faith in God instead of feeding my anxiety.

Here's what I do: I repeat a verse from the Bible in a special way. Each time I say it, I emphasize—or put extra *oomph* on—one word. This helps me think about the verse from different angles and understand it better.


For example, I may work through Psalm 56:3. I repeat the verse like this:

**When** I am afraid, I will put my trust in you.  
When **I** am afraid, I will put my trust in you.  
When I **am** afraid, I will put my trust in you.  
When I am **afraid**, I will put my trust in you.

And so on, until I get to the last word and say:

When I am afraid, I will put my trust in **you**.

Thinking about the words helps me calm down. I remember how much God loves me and that I can trust Him to protect and care for me.

 **ACTION POINT:** Try it! Repeat Psalm 56:3 or another favorite verse by emphasizing a different word each time. Does this help you to understand the verse better? Does it help you to think about God more clearly and trust Him?

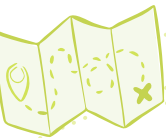
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*LAURA BOOZ is a wife, mom, writer, and teacher. As a tween, Laura swam on swim team, roller skated, and loved learning things. Listen to her podcast, Expect Something Beautiful. LauraBooz.com*



OCTOBER 2





# Don't Miss Out



*The land we traveled through and explored is a wonderful land!  
And if the LORD is pleased with us, He will bring us safely into that  
land and give it to us...the LORD is with us! Don't be afraid of them!*

{ Numbers 14:7-9 }



I stood on the gravel road as I watched my tentmates zipline across the camp lake. All of the girls from my tent were wearing big smiles—except me. My fear of heights kept me from participating. I trusted my own ability to keep myself safe by staying on the ground instead of trusting God.


And, I missed out.

In Numbers 13-14, God promised the Israelites that He would bring them into a wonderful land. But some scouts convinced the people that they were not strong enough to overtake the current residents. So, instead of trusting God, the Israelites trusted in their own strength to keep themselves safe.

They missed out.

Have you ever missed out on an opportunity because you were scared? God is powerful, trustworthy, and strong. When we depend on Him instead of trusting in ourselves, we can enjoy the wonderful, thrilling life that He has for us.

So, don't miss out like the Israelites and I did. Instead, look to God and believe that He is with you!

 **ACTION POINT:** Write "I can trust God" on a piece of paper and decorate it with words that describe Him. Place it somewhere you will see it when you need a reminder to trust God instead of trusting yourself.

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*EMILY SCHERER was a children's ministry director before she became a mother. She loves to run, read, and go on adventures.*

*Emily is passionate about encouraging kids to follow Jesus.*



OCTOBER 3



# But There's a Bear Out There!

*Your word is a lamp to guide  
my feet and a light for my path.*

{ Psalm 119:105 }




I never went camping when I was your age. The closest my family got to nature was staying in a motel and walking to the lake. But, as a kid, my husband James loved camping and slumbering under the stars in a sleeping bag.

So, when we got married, he wanted to take me camping. The first time I slept in a tent, I was terrified! In the middle of the night, I had to go to the bathroom. I tried waking James up to walk with me, but he didn't budge. I heard rustling noises...could there be a bear out there?

My heart was pounding as I stepped outside my tent and pointed my flashlight in all directions. I made it to the bathroom and back into the tent. Phew! I didn't see any bears! My imagination had run wild, but my flashlight showed me there was nothing to fear.

Just like that flashlight, God's Word is our trusty guide in life. It provides light for our path. We don't have to fear the unknown, the dark, or even bears because God is with us!

 **ACTION POINT:** Take your Bible and a flashlight into bed with you tonight. Read a few verses from Psalm 119 using your flashlight. You can do this more than once because Psalm 119 is a long chapter!

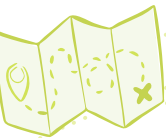
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*ARLENE PELLICANE is a speaker, host of the Happy Home podcast, and author of several books. She lives with her husband James, three kids and a Goldendoodle in San Diego. [ArlenePellicane.com](http://ArlenePellicane.com)*



OCTOBER 4





# With a Little Help From My Friends



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


{ 1 Peter 5:7 }



**O**ne day, my friends Julie, Katie, Veronica, and I planned an early morning hike to watch the sunrise. But what Julie, Katie, and I didn't know was that Veronica had hurt her ankle running. She didn't say anything because she wanted to go on this special hike with us.

We made it to the top, and the sunrise was beautiful! As we hiked back down, Veronica couldn't hide her pain anymore. Her ankle was not strong enough for her to keep carrying her backpack. So, Katie took the bag while Julie and I supported Veronica down the mountain. Veronica couldn't bear her burdens alone. And, as her friends, we cared too much to let her painfully carry all of that weight.

God does the same for you. He cares about the things that cause you pain or anxiety. Instead of trying to carry it on your own, God wants to take the weight of your worries. But you have to choose to tell Him how you're feeling and give Him your fears. When you do, you can trust that He will take care of you!

 **ACTION POINT:** Make a list of the things that you are worried about. One by one, ask God to take care of them for you. Then trust that He is strong enough to carry those burdens for you.

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*SARAH CODNER loves teaching and making Bible stories come alive to young children. When she's not teaching you might find her hiking, baking or gathering friends to play card games.*



OCTOBER 5



# Go to God First

*I prayed to the LORD, and He answered me.  
He freed me from all my fears.*

{ Psalm 34:4 }



**O**ne day, I started venting to my mom about how worried and stressed I felt. She stopped me and asked, “Have you prayed about this yet?”

“No...” I replied reluctantly.

“Well then,” my mom said, “I don’t want to hear any more until you do.” Her words shocked me, but I also knew she was right.

There’s nothing wrong with me talking to my mom or close friends about my problems. It’s good to have trusted people who love God that I can talk to. But I tend to go to them *before* I even think about bringing my hard stuff to God. Instead, He should be the **FIRST** person I go to with my problems. Prayer needs to be my immediate response in times of trouble and not an afterthought!

After that conversation with my mom, I made the decision to always bring my struggles and fears to God **BEFORE** I share them with others. You can do that too! When you’re afraid, worried, or just confused, pray! God will be with you. And, as today’s verse says, He will free you from all your fears!

 **ACTION POINT:** The next time you feel afraid, overwhelmed, or need someone to talk to, go to God first! Tell Him all about it! Then, go and share it with your mom too.

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*KINDRA STANTON is a senior Biblical Studies major at Cedarville University. She loves making music with her husband Caleb, drinking coffee, and reading good books! KindraStanton.wordpress.com*



OCTOBER 6





# Frogs, Crickets, and Darkness... Oh My!




*"Don't be afraid, Mary," the angel told her,  
"for you have found favor with God!"*

{ Luke 1:30 }



**W**e live in a house where the girls are called The Pearls. One Friday evening, when we watched television, the lights suddenly went off. We all shouted and were a bit scared. Some frogs began to croak, and the crickets started to chirp too. That made us even more afraid! But the older Pearls who live in our house called us outside. We started playing games, telling stories, and singing together. So, instead of feeling scared in the dark house, we started having fun together. After a while, the lights came back on. We were no longer scared and went back inside to watch TV.

When we read what the angel said to Mary in today's verse, it helps us to feel stronger and less scared. It's because these words are not only for Mary. They are also for us. They remind us that God is very pleased with us because we are His girls. No matter what situation we are in or how afraid we feel, He is with us and will never leave us!

 **ACTION POINT:** Write today's verse in your journal. The next time you feel scared, read it out loud and remind yourself that God is with you.

---

*DOREEN, DORCAS, AND KAREN are three of  
the Pearls at The Pearl House. It is a home for  
teenage girls in Ghana. [thepearlhouse.org](http://thepearlhouse.org)*



OCTOBER 7



# Nightly Fears and Teddy Bears

*In peace I will lie down and sleep,  
for you alone, O LORD, will keep me safe...*

{ Psalm 4:8 }




**W**hen I was younger, I was terrified of the dark. To help me fall asleep, I lined both sides of my bed with stuffed animals. I had a nightlight too. And, did I mention that my little sister was also sleeping about three feet away from me? But, even with all of that, I still struggled to doze off.

Until one night, I began to think through the lyrics of a song about God being with me all the time. I was finally able to fall asleep quickly and peacefully!

Sleep happened when I learned to control my thoughts. Instead of letting just any idea into my head, I had to train myself to think about God and His Word. My thoughts needed to be good, true, and right. I even memorized Scripture like today's verse to say to myself.

God is with you too, girl! You don't need to be afraid. You can sleep in peace, not because you're in a bed that's surrounded by walls, a door, and maybe some stuffed animals. It's because the God of the Universe is in that room with you keeping you safe.

 **ACTION POINT:** Tell your mom one thing that scares you. Then the two of you can find a Bible verse to memorize together to help you fight that fear.

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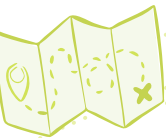
*ERIKA VANHAITSMA is a homeschooling mother of five from Michigan. Her passion is to add color to the black and white pages of Scripture by adding context and culture. [ErikaVanHaitsma.com](http://ErikaVanHaitsma.com)*



OCTOBER 8







# Our Safe Room



*God is our refuge and strength,  
a very present help in trouble.*

{ Psalm 46:1 }




I grew up in Houston, Texas, near the Gulf of Mexico. Every year, we braced ourselves for hurricane season. Tropical storms, heavy rains, floods, and winds strong enough to rip trees out of the ground sometimes tore through our city, leaving a path of ruthless destruction.

Many homes in our area have “safe rooms” to provide a secure hiding place for when storms happen. These rooms offer shelter for the people who live in the house. It is a spot of refuge and strength when hurricanes are on the horizon.

Even if you don't live where there are hurricanes, you still face storms in life. We all experience trials and have fear. However, Psalm 46:1 teaches us that when we do, God is our refuge and strength. He is our safe room and helper.

Today you can have peace in knowing that God is your refuge. You can safely hide in Him when you experience trouble. He is unmovable and the safest place you could ever be. And, not only is He there in your time of need, but He is VERY present!

 **ACTION POINT:** When you feel fearful, where do you normally run for safety? Memorize Psalm 46:1. When you are afraid, speak this Truth out loud in prayer, remembering that God is your refuge.

---

*AMANDA KASSIAN is the founder of Seen Ministry in Edmonton, Alberta Canada. She is a wife and mom. She has a passion for women to find freedom in Christ. [seenministry.com](http://seenministry.com)*



OCTOBER 9



# Abba Father

*So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."*

{ Romans 8:15 }




**W**ho is the first person you run to when you're scared? For me, it's my dad! I can always count on him to be there when I'm in any trouble.

Until one night, I began to think through the lyrics of a song about God being with me all the time. I was finally able to fall asleep quickly and peacefully!

One time, I locked my keys in my car. I was all by myself and had no idea what to do. So I called my dad, and he dropped everything to bring me the spare key!

When my dad comes to my rescue, it reminds me of what our relationship with God is like! If we have a relationship with Jesus, then we are God's children. He is our Abba Father (Abba means "Daddy!"), and we are His precious daughters! His Holy Spirit lives in us. So, at the very first sign of trouble, we can call on Him, and He will answer.

The next time you are afraid, cry out to Him without hesitation. He will always be there to give you help and comfort. Your Abba Father will never leave you. He loves you and will protect you when life gets scary.

 **ACTION POINT:** Write the name "Abba" in your journal! Around it, jot down all of the things He is for you. Can't think of any? Here are a few to get you started: Protector, Healer, Helper, Father, Friend, Savior, Lord.

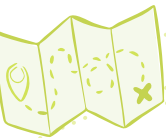
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*KINDRA STANTON is a senior Biblical Studies major at Cedarville University. She loves making music with her husband Caleb, drinking coffee, and reading good books! [KindraStanton.wordpress.com](http://KindraStanton.wordpress.com)*



OCTOBER 10





# Fear With a Mission



*We loved you so much that we shared with you not only God's Good News but our own lives, too.*


{ 1 Thessalonians 2:8 }



**H**ave you ever moved to a new city or even state? It's hard, right? We just said goodbye to my daughter's childhood home. As she packed her stuff and spent her final days with her BFF, she felt overwhelmed with sadness...and fear. Would she make new friends? What if she didn't like her new home or school?

She wasn't the only one who felt afraid. The rest of our family did too. So we decided to give our move purpose to help us conquer the fear. We chose 1 Thessalonians 2:8 as our family mission adventure verse! We turned our worries into expectations and trusted God to bring us new friends to share our lives with and tell about Jesus.

That's exactly what He did! My daughter asked God to send her a friend who lived within walking distance and was also adopted. Pretty specific, huh!? After we arrived, we noticed a girl run into a nearby house. Yep...you guessed it! The answer to my daughter's prayer! And, since then, we've gotten to share our lives and Jesus with this new friend's family.

 **ACTION POINT:** How can the love described in today's verse help you deal with fear? Write down 1 Thessalonians 2:8 and ask God to fill you with His love and courage so you can share Jesus with someone in your life.

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*EVIE KNOTTNERUS is a pastor's wife, mom, and gatherer of people. Her home is a safe place to eat, stay, and learn about Jesus. She blogs at Beautiful Masterpiece Ministry. [sonshineevie1thes2verse8.blogspot.com](http://sonshineevie1thes2verse8.blogspot.com)*



OCTOBER 11



# Running in the Dark

*Do not be afraid, for I have ransomed you.  
I have called you by name; you are mine.  
{ Isaiah 43:1 }*




**W**hen I was about 12 years old, my hometown experienced one of the biggest blackouts in history. I mean, one minute I was up in my room watching my favorite TV show, the next I was sitting in complete darkness! Although I knew I was safe at home, a feeling of fear still came over me.

I tried to make my way down the stairs to find my parents—or a flashlight! Fear rose in me as I continued to walk into the blackness. All the parts of my house I thought I knew had become unfamiliar. I was stumbling around and losing my way.

Then, I heard a familiar voice call me. It was my mom! Hearing her call my name gave me the confidence I needed to jump down the remaining steps and run right into her arms. I ran straight to her—no tripping, no second-guessing, and NO LIGHT. I just followed her voice.

God wants you to know that even when you can't see Him and things seem dark, He is calling you. He knows your name, and you are His. So you can listen for His voice and run to Him!

 **ACTION POINT:** Play Marco Polo in the dark with your mom. Try to pick the biggest room in the house. See how long it takes you to find one another. Then, talk about the different ways God “calls” us.

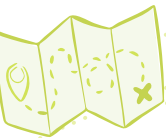
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*SHANI MCKENZIE is a worship leader and content creator. She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendid children. [shanisvoice.com](http://shanisvoice.com)*



OCTOBER 12





# Anywhere But There



*Take delight in the LORD,  
and He will give you your heart's desires.*

{ Psalm 37:4 }



**H**ave you ever been fearful of what God might ask you to do? Saying “yes” to God used to be the scariest thing I could imagine. I thought giving Him control meant He would ask me to do something I hated in a place I was afraid to be. Maybe I would end up a math teacher on Mars, or a nanny in North Korea!

But that changed when I had to make a big decision. God was opening doors to an opportunity I wanted. It didn't make sense to me. What I wanted and what God wanted were supposed to be different, right?

My mentor pointed me to Psalm 37:4. The most important part of the verse comes at the beginning, not at the end. First, we have to delight in God. That means we really enjoy Him. Then, the desires of our hearts begin lining up with what He has planned for us. Those plans might be scary or challenging, but He is trustworthy.

You don't have to be afraid of following God's lead if saying “yes” is scary to you. As long as you are sticking close to Him, your desires will begin reflecting His.

 **ACTION POINT:** Grab your journal for a little heart check! What are the things you really want right now? How do they line up with what you know God wants for you?

---

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



OCTOBER 13



# Stage Fright!

*“Now go! I will be with you as you speak,  
and I will instruct you in what to say.”*


{ Exodus 4:12 }



**T**he crowd was cheering. The spotlight was hot. I took a deep breath and peeked through the big, red curtain. It was audition day for the school musical, and I was nervous. You know, the level of stage fright where a bead of sweat falls down your face like in the movies! I had only ever sung in front of my stuffed animals before. And I knew my classmates might have a lot more opinions on my voice than Juju the Elephant did! What if I forgot my lyrics!?

At that moment, I remembered a Bible verse I had learned in Sunday School. So I said it out loud: “Now go! I will be with you as you speak, and I will instruct you in what to say.”

The power of God’s Word helped me walk out on that stage and finish my song with confidence. I didn’t forget any of the lyrics, and all my friends cheered loudly!

 **ACTION POINT:** Memorize a Bible verse you can repeat to yourself when you are afraid. You can even choose one you find in this devo book! Then, be sure to speak it out loud in those extra scary situations.

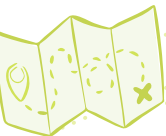
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*CASSIE BURTON is an intern at the True Girl office. She enjoys packing your subscription boxes, theatre, traveling, and her miniature poodle, Yazzi. [mytruegirl.com](http://mytruegirl.com)*



OCTOBER 14





# Get Your “Phil” of Laughter



*“She is clothed with strength and dignity,  
and she laughs without fear of the future.”*

{ Proverbs 31:25 }




**P**unxsutawney. It’s pronounced “punks-a-tah-nee,” and it’s a town in Pennsylvania. It’s home to Phil, the groundhog. Since the 1800s, it’s been a tradition to watch him come out of his hole on February 2nd. If he sees his shadow, winter’s not over yet. If he doesn’t, spring is on its way.

As it turns out, Phil’s shadow isn’t the most secure way of forecasting the weather.

Many people want to know what will happen in the future. They don’t want any surprises. The Bible tells us we don’t have to live that way. Proverbs 31:25 says a girl who trusts Jesus “laughs without fear of the future.” I think that means she’s joyful about what is happening right now, instead of worrying about what might happen later.

When we live a life of faith in God, there’s no need to look for someone to tell us what’s to come. The Bible tells us not to worry. Matthew 6:34 reads: “*So don’t worry about tomorrow ...*”

Is there something you have been worried about recently? You probably won’t find the answer in a groundhog, but you could find some peace if you focus with joy on today.

 **ACTION POINT:** Is there something you’ve been worried about recently? You probably won’t find the answer from a groundhog, but you could find some joy by writing a letter to God. Ask Him to help you “laugh without fear of the future.”

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*Today’s encouragement is an adapted 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).*



OCTOBER 15



# Big Waves, Bigger God

*The disciples were amazed. "Who is this man?" they asked. "Even the winds and waves obey Him!"*

{ Matthew 8:27 }



**A** week ago, some friends and I visited a beach together. We had to take a boat to get there and, at first, the ride seemed calm. But the further away we got from shore, the harder the winds blew. The waves started to rise, and so did our fear. There were times when our boat was flying as it jumped from one wave to another.

I thought of the story in Scripture where the disciples battled a big storm in the middle of the sea. As they fought the wind and the waves, Jesus slept peacefully. They couldn't understand why He wasn't awake and helping them.

The disciples had already faced some "storms" with Jesus, but they still struggled to trust Him. So, when they woke Jesus up, He asked them, "Why are you afraid? You have so little faith!" Then he got up and rebuked the wind and waves, and suddenly there was a great calm." (Matthew 8:26)

No matter what storm you face or how fearful you feel, remember that the winds and waves still know Jesus' name. So you can have faith and believe that He is with you in the boat.

 **ACTION POINT:** Ask God to still your heart as you remember that the winds and waves still know Jesus' name and obey Him.

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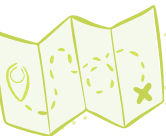
LISA YABRA is a teacher on our Spanish True Girl team which is called Chica Verdadera. Two of her favorite things are her Bible and chocolate chip cookies. [puralibertad.org](http://puralibertad.org)



OCTOBER 16







# My Hiding Place



*The LORD is my light and my salvation—so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?*


{ Psalm 27:1 }



**B**uilding forts used to be my favorite thing to do on Saturdays. I'd make my blueprints (colorful markers and sparkles brought them to life), gather my materials, and start building. I'd work all day to create the perfect space. Then I'd move every toy I owned inside and tuck myself in for the evening.

Having my own fortress was incredible. Sometimes it was up in a tree, and it made me feel like the queen of my backyard. Other weeks, it was between two couches with the coziest blankets I could find. No matter where it was, I felt safe in my little hideaway. There was finally a place made especially for me.

I'm now retired from my construction career. But I still get that same sense of protection, belonging, and comfort when I think about the special place I have as a follower of Jesus. Psalm 27:1 reminds me that God Himself is my fortress. He is a special place just for me to be safe and protected from anything life throws my way.

 **ACTION POINT:** Make a fort this weekend! Draw your plans, gather your materials, and make the coolest one you can dream up. Then, after you move into your space, spend some time thanking God for the fortress He is for you.

---

*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)*



OCTOBER 17



# Help Is on the Way!

*And now, O Lord, hear their threats, and give us,  
your servants, great boldness in preaching your word.*

{ Acts 4:29 }



**H**ave you ever been shopping at a store with your mom and you got bored? I have! One time, we were at Target. While my mom looked at clothes, I wandered around in what I thought was a safe distance from her. This included climbing between the racks of clothes. But when I emerged from my adventures, I didn't see my mom. Where had she gone!?! I immediately felt scared and cried, "Mom!" Thankfully, she wasn't far away and quickly found me.

You and I aren't the only ones to feel afraid sometimes. Acts 4:29 tells us that after Jesus died, the believers were afraid of the threats people were making about Christians. They had a very real fear that they'd be arrested and put to death too.

Do you know what all of them did? They asked God for help. They prayed! They asked God for boldness. When you're afraid, you can do the same thing.

 **ACTION POINT:** Use your prayer diary to write a letter to God asking for "great boldness."

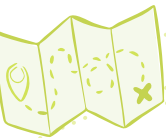
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*COURTNEY GARLAND is a co-founder and CEO of The Pearl House.  
She enjoys living in Ghana with a house full of teenage girls and  
teaching them about God's love. [thepearlhouse.org](http://thepearlhouse.org)*



OCTOBER 18





# Take Courage, Dear Heart



*For God has not given us a spirit of fear and timidity,  
but of power, love, and self-discipline.*

{ 2 Timothy 1:7 }




**D**id you know there are two kinds of fear? One is good and from God. The other is bad and doesn't come from Him. Good fear helps you make wise decisions. Proverbs 9:10 says, "The fear of the Lord is the foundation of wisdom." But bad fear comes from believing lies. Maybe it's the lie that God won't take care of you.

Today's verse talks about bad fear. When you hear a lie and feel afraid, this verse reminds you that what you're feeling isn't from God. Instead, He gives you His gifts of power, love, and self-discipline. These gifts lead you to take courage.

You can also be brave because God is with you. In Deuteronomy 31:6, Joshua is taking Moses' place as the people's leader. Moses tells him, "So be strong and courageous! Do not be afraid and do not panic before them. For the LORD, your God will personally go ahead of you. He will neither fail you nor abandon you." Like Joshua, you aren't alone!

So, when lies make you feel afraid, remind yourself that bad fear isn't from God. Then, take courage because the God who is with you has given you all you need!

 **ACTION POINT:** Write down your own examples of bad fear and good fear. Then, talk about your worries with your mom. Now, find a Bible verse to help you take courage!

---

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



OCTOBER 19



# Fear Not!

*Don't be afraid, for I am with you. Don't be discouraged,  
for I am your God. I will strengthen you and help you.  
I will hold you up with my victorious right hand.*


{ Isaiah 41:10 }



**B**edtime is rough when you are scared of everything. And I was afraid a lot as a kid. So to help me not be so frightened, I would pretend that my blanket made me invisible. That way, the (imaginary) things I was scared of wouldn't be able to see me. Instead, they'd only see my brown blanket!

But, as you've already guessed, my blanket didn't actually make me invisible. And it didn't really keep me from being afraid. But I found something that did work: the Bible. When I would lay awake at night, thinking about all of the things I was fearful of, I would talk to God and recite Bible verses. (Psalm 23 was my favorite.) I was then able to drift off to sleep, knowing that God was with me.

God was with me, and He's with you too. He surrounds us with His love. And, things don't seem so scary when we are with Him. Knowing God is there makes all the difference!

 **ACTION POINT:** Pick a passage of Scripture and memorize it to help you when you are scared. Psalm 23 and Isaiah 41:10 are great choices. They remind us that God is with us, leading and guiding us always.

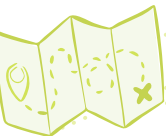
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*AMBER PIKE is the editor of KidzMatter Magazine, an author, children's minister, and a momma whose passion is to see kids loving the Word of God and walking with Him! [AmberPike.org](http://AmberPike.org)*



OCTOBER 20





# Fire Tower Fear



*“For I hold you by your right hand—I, the LORD your God.  
And I say to you, ‘Don’t be afraid. I am here to help you.’”*


{ Isaiah 41:13 }



**O**ne year, during a family vacation, I had the chance to climb up a fire tower. If you’ve never seen one before, some of them are 120 feet tall! It wasn’t until I reached the top of this one and looked down that I realized how high in the air I was. Instantly, I became afraid and froze. My legs wouldn’t move to bring me back down.

My dad yelled, “Don’t be afraid! I’ll come up for you!” He scaled the fire tower stairs, picked me up, and carried me to solid ground. I wasn’t afraid at all when I was in my dad’s arms.

There have been other times when I’ve been afraid—during a thunderstorm, after a bad dream, or outside in the dark. My dad wasn’t always with me during those times, but my heavenly Dad was. And, when I feel scared in the future, He will be with me too. I know I can trust Him to help me through whatever fear I’m facing.

 **ACTION POINT:** In your prayer diary, share about a time you were afraid, and Jesus helped you feel safe. Then, write your favorite Bible verse about overcoming fear on a sticky note and put it somewhere you can read it when you’re scared.

---

*EILEEN KING is the executive assistant to Bob and Dannah Gresh at Pure Freedom. She is passionate about prayer and how it can bring freedom to women of all ages. [mytruegirl.com](http://mytruegirl.com)*



OCTOBER 21



# Run the Right Way

*The name of the LORD is a strong fortress;  
the godly run to Him and are safe.  
{ Proverbs 18:10 }*




**W**hen we're afraid, most of us tend to do one of two things. Either we feel frozen by fear, or we run away from what frightens us.

So how does God encourage us to react when we're scared? He doesn't want fear to paralyze us. But He does want us to run. Not away from something, but to something—His Name! But how do you run to a name? That sounds strange, right?

Throughout the Bible, God tells us about Himself by sharing His different names. Each one communicates to us a part of His character or who He is. Running to the names of God helps our hearts remember very important truths about God.

Here's what that might look like. The other day I felt anxious and stressed. Do you know what name of the Lord I ran to? The Omniscient. This name reminds me that God knows everything. I don't have to be in control or know what will happen tomorrow because He's already there! And, when I get to tomorrow, He'll be with me!

 **ACTION POINT:** What is troubling your heart? If you've been feeling fearful, grab your Bible and ask your mom to help you find one of God's names to run to today!

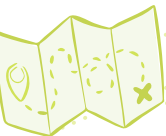
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*LISA YABRA is a teacher on our Spanish True Girl team which is called Chica Verdadera. Two of her favorite things are her Bible and chocolate chip cookies. [puralibertad.org](http://puralibertad.org)*



OCTOBER 22





# Peace in the Eye of the Storm



*Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.*

{ Romans 5:1 }



**T**ornadoes are extremely dangerous, and you definitely need to take cover if one heads your way. But did you know about the eye that's in the center of a tornado?

The eye is a place in the middle of the storm that's relatively peaceful. A couple of people have experienced actually standing in it! One of these people was Will Keller. In 1928, he somehow managed to hold his ground as a twister surrounded him. When he was in the center of it, he noticed that everything was really still. Isn't it magnificent that something so terrible could have a place of total stillness right in the middle of it?

I think God's peace is kind of like that. His peace doesn't promise there won't be fearful times. But it does provide strength during any circumstance. Romans 5:1 tells us we can have peace when we have been made right in God's sight. If you confess your sin to Him and live in a state of thanksgiving for what Jesus has done to forgive your sin, you have been made right in God's sight. And, there in His eye, you can experience peace no matter what comes your way.

➔ **ACTION POINT:** Are you right with God? If you haven't confessed your sin to Him and accepted Jesus' sacrifice for you, talk to your mom about doing that today.

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*Today's encouragement is an adapted 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)*



OCTOBER 23



# No More Giants

*Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; He will neither fail you nor abandon you.*


{ Deuteronomy 31:8 }



**H**ave you ever read about a guy named Moses? He was the man who led the people of Israel out of slavery in Egypt! He was also supposed to lead them into the Promised Land. You see, God had given the Israelites a special piece of land for them to live in, but there was one BIG problem...the land was full of giants! And the Israelites were terrified of them! Well, except for two men named Joshua and Caleb.

It was Joshua who led the people after Moses. Before Moses died, He encouraged and comforted Joshua by saying: "Don't be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; He will never fail or forsake you."

The same is true for us today. You don't have to be afraid because God personally goes ahead of you. He never fails and will never leave you. Wherever you go, He will always be there to protect you!

 **ACTION POINT:** What giants do you have in your life? Draw a picture of a giant for each fear you face. Then write, at the top of the page, "God is with me!"

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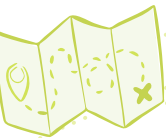
*KINDRA STANTON is a senior Biblical Studies major at Cedarville University. She loves making music with her husband Caleb, drinking coffee, and reading good books! [KindraStanton.wordpress.com](http://KindraStanton.wordpress.com)*



OCTOBER 24







# Fight, Flight, or Freeze?



*Give your burdens to the LORD, and He will take care of you.  
He will not permit the godly to slip and fall.  
{ Psalm 55:22 }*




**S**cientists say there are three ways we respond to fear. They are fight, flight, and freeze. Fight is when our fear makes us angry, and we try to fight against it ourselves. Flight means we run away from situations that scare us. And freeze is when we are so speechless or shocked that we can't do things we usually do.

But can I add a fourth one that works much better than the other three? Faith.

While our bodies may pick fight, flight, or freeze, our spirits can choose faith. When we do, we decide to pray and worship when we're afraid. And the Bible tells us that calling out to the Lord is the greatest weapon we have against fear.

In the book of Acts, Paul and Silas got chained up in a cold prison cell. Sounds pretty scary, right? But the key to the story is in how they responded. It was with faith. All night, they sang and prayed. And do you know what happened? God broke their chains!

So, if you're feeling scared or worried today, choose faith. Start worshipping God and giving Him your fears in prayer.

 **ACTION POINT:** Find a few stories in the Bible where someone faced fear. Then, decide whether they responded with fight, flight, freeze, or faith.

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OCTOBER 25



# Bold as Lions

*The wicked run away when no one is chasing them,  
but the godly are as bold as lions.*


{ Proverbs 28:1 }



**D**o you ever wish life was as straightforward as a video game? When I was younger, I loved to play Super Mario Bros. I got to put myself in the shoes of the bold, brave hero, and I always knew the next right thing to do to move ahead in the game. At the end of each level, I had to chase after and defeat the bad guy—which was a little scary! But the task was still laid out right in front of me. I knew if I took this next step, I could win.

When it comes to the real world, things aren't always so simple. There are still plenty of "bad guys," and it can be much harder to be a brave hero. Bravery seems like something that only superheroes and video game characters have. But you don't have to save the world to be considered brave.

Bravery is simply doing the next right thing. It's standing up to a bully at school or stopping a friend from stealing. Each day, you're faced with decisions that take small acts of bravery. You get to choose whether you will run away or be as bold as a lion!

 **ACTION POINT:** Are there any areas in your life where you need to be brave? Write a prayer in your journal asking God to help you do the next right thing, even when it's hard.

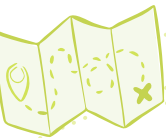
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*AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our livestream Bible studies! [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*



OCTOBER 26





# Always Faithful, Never Afraid



*He will cover you with His feathers, and under His wings you will find refuge; His faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.*


{ Psalms 91:4-6 }



**H**ave you ever experienced anything scary in your life? I have, and I'm sure you have too. Maybe you changed schools, had to face a challenge on your own, or tried something new for the first time. But frightening situations don't just come because of something we do or something that happens to us. The world is constantly throwing fear-filled messages at us, especially during this time of year.

Psalm 91 is quite possibly one of my favorite passages in God's Word. I love it so much that almost all of it is marked in bright yellow highlighter in my Bible. These verses are such a comfort to me. And they can encourage you too!

This passage helps me see that I never need to be afraid because I am a child of God. He is on my side! I can't rescue myself but, by His faithfulness and power, God saves me. So I never have to be fearful. Once you have those truths embedded in your heart, too, you will discover an incredible peace that washes over you. You'll remember that because God is faithful, you never need to be afraid.

 **ACTION POINT:** Listen to the song "Great Is Thy Faithfulness" a few times. Then, try singing it as a thanksgiving song to God for His great faithfulness.

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REBECCA BARKER is a student at Grace Prep High School, the sister ministry of True Girl. She says Disney, figure skating, and theater best describe her. She loves to read her Bible and find the treasures it contains.



OCTOBER 27



# Perfect Love

*And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face Him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear.*

{ 1 John 4:17-18a }



**C**an I tell you a story? It's one that is dear to my heart. I haven't shared it with a lot of people, so I hope you feel special!

One night, I was having a really rough time. I couldn't stop crying. I mean, you could've filled a whole jar with my tears at this point. I felt really lonely and fearful. I had let lies overcome my heart, and I needed Truth.

After a while of being wrapped up in my blanket, I remembered a song. Some of you may know it. It goes like this:

What a powerful Name it is  
Nothing can stand against  
What a powerful Name it is  
The Name of Jesus

At that moment, I decided to call out to Jesus. I just sat there saying His name over and over again, and He calmed me. I could feel His love casting out my fear. The verse at the top of this page is a good reminder that God's love can help us overcome fear.

 **ACTION POINT:** Re-read today's verse again. And again. Memorize it. Ask the Lord to cast out all of your fear.

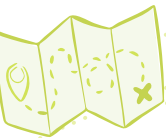
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*NOLI GARRETT is an administrative assistant at Pure Freedom. She loves seeing girls desire to know the heart of God. [mytruegirl.com](http://mytruegirl.com)*



OCTOBER 28





# Slumber Party Light



*I will put an end to all witchcraft,  
and there will be no more fortune-tellers.*

{ Micah 5:12 }




**W**hen I was 10, some of my favorite moments happened at sleepovers! At slumber parties, we stayed up late watching movies and eating popcorn in bed at 2 a.m. There were tons of giggles, and I usually came home with painted nails.

But sometimes sleepovers had a dark side too. I remember when one girl pulled out fortune-telling cards and turned off the lights! Fear gripped the rest of us, but none of us dared to say, "This isn't a good idea!"

Back then, I didn't know Jesus yet, so I had no idea what the Bible said about this kind of "playing." But now I know that God doesn't want us to participate in witchcraft or fortune-telling. Why? One reason is that when we listen to voices that are not from Him, it brings fear into our lives!

We don't have to live in fear. Jesus is more powerful than all witchcraft and fortune-telling. And one day, He will put an end to it all. Until then, let's be sure to stick to slumber party fun that honors God and helps us walk in His light!

 **ACTION POINT:** If you need to, confess to God that you've "played with darkness," and talk to your mom about it. Then, pray together and ask God to help you live in the Light every day!

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*EVIE KNOTTNERUS is a pastor's wife, mom, and gatherer of people. Her home is a safe place to eat, stay, and learn about Jesus. She blogs at Beautiful Masterpiece Ministry. [sonshineevie1thes2verse8.blogspot.com](http://sonshineevie1thes2verse8.blogspot.com)*



OCTOBER 29



# Boo!

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*


{ John 14:27 }



I have always loved fall! I enjoy the colors, smells, and tastes. But, even though it’s one of my favorite seasons, some things happen more in autumn that I don’t really care for—like scary movies!

When I was about eight years old, my older sisters were up late watching a movie. I walked into the room and saw some terrifying images. It immediately made me nervous and fearful, and I couldn’t fall asleep. Those images wouldn’t get out of my mind. I ended up having a few nights of bad dreams and hated how the scary movie made me feel.

Back then, I hadn’t learned that much about God and the Bible. So I didn’t know to talk to God when I was afraid. It was not until I was older that I realized God wants to know everything we struggle with and how we feel. He is bigger than anything scary in the world. And, because of that, we do not need to walk around in fear. We have a God who loves us and doesn’t want us to be scared. Instead, we can experience God’s peace.

 **ACTION POINT:** If you have seen things that make you scared, talk to God. Ask Him to help remove them from your mind. Always remember to tell an adult and ask them to pray with you as well.

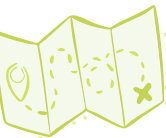
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*AMY HARRIS is an English teacher at Grace Prep High School, the sister ministry of True Girl. She’s a wife to Wade and a mom of four kids. She loves to organize drawers and take naps. [graceprep.com](http://graceprep.com)*



OCTOBER 30





# Fear the Lord?



*Fear of the Lord is the foundation of wisdom.  
Knowledge of the Holy One results in good judgment.*  
{ Proverbs 9:10 }



**C**an I be honest with you? I've struggled with today's verse for a long time. I once thought, "We aren't supposed to fear!" The Bible actually tells us that perfect love casts out fear (1 John 4:18). So why does Scripture say the fear of the Lord results in wisdom?

It goes back to the beginning. God is kind and loving, but He is also just and fair. He created a perfect world. But when sin entered this world, it was no longer perfect. That's when God began to discipline His children, just like your mom and dad probably discipline you. Because of that discipline, we should have "fear" or respect for God.

Now don't forget, Jesus loves us like crazy! So, we're not supposed to fear God like He's a monster hiding under our bed. Instead, we have a kind of fear that sees God as more powerful than us—our perfect God! And when we respect God and obey His Word, we become wise.

 **ACTION POINT:** Take some extra time today to learn more about the fear of the Lord. Ask your mom to help you look up more verses on it.

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OCTOBER 31





# Adventure is calling!

These True Girl Daily Devos were written to remind you that the Lord is always with you, no matter where you go! Each day you'll read one verse and some fun thoughts about it. At the end of each, you'll find an action point you can use to live out what you discover!

These devos are written by Dannah Gresh and other writers we want to introduce you to, including: Laura Booz, Aubrey Brush, the Pearl House Girls, Arlene Pellicane, Jody Token, Amanda Kassian, Staci Rudolph, Erika VanHaitsma, Amber Pike, Kindra Stanton, Amy Harris, Rebecca Barker, Lisa Yabra, Courtney Garland, Noli Garrett, Sarah Codner, Evie Knottnerus, Eileen King, Janet Mylin, Emily Scherer, Shani McKenzie, and Cassie Burton.

*Jesus said to the people who believed in Him,  
"You are truly my disciples if you remain faithful  
to my teachings. And you will know the truth,  
and the truth will set you free."*

JOHN 8:31,32

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