OCTOBER 2021

Teach Your Daughter THE Truth ABOUT Fear

Watch the October coaching video from Dannah Gresh and then read through this sheet.

MOM+ DAUGHTER DATE

I used to be scared of the dark. There, I said it! Truth is, we all deal with fear. Talking about it with your daughter doesn't have to be a scary conversation. You've probably already helped her through common childhood fears: separation anxiety, something under the bed, speaking in front of her class, THE BASEMENT! God intentionally created us with complex emotions, including fear. Our emotions help us understand ourselves, our relationships, and the world around us. Fear can be a signal to our brain to proceed with caution. But, sometimes, fear sticks to us and never quite goes away. Since the world seems to focus on our collective brokenness, it's easy to get stuck on fear. Thankfully, God knows our tendencies. So, He reminds us over and over again in Scripture not to be afraid. We need those reminders, too, because we're a pretty forgetful lot. (Think about how many times you need to remind your daughter to pick up her dirty clothes!) But, God does more than tell us. He gives us the Holy Spirit to help us! Scripture explains it this way:

> "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."
>
> 2 TIMOTHY 1:7

This month we want to help you plant that Truth in your daughter's heart and mind! Fear isn't meant to take up permanent residence. God doesn't want fear to stick. Instead, He invites us all to live a life of power, a life of love, a life of self-discipline firmly rooted in Him.

Here's to living in the spirit

IN HIS GREAT LOVE,
DANNAH GRESH
Founder of True Girl

P.S.

Oh and, by the way, you know what helped me get over my fear of the dark? God showed me that while there is stuff to be afraid of in the dark, He is always with me. And He is always with you and your girl, too!

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PREPARING FOR YOUR OCTOBER MOM+DAUGHTER DATE

Shine a Light on Fear

SUBJECT:

Shine a Light on Fear

SETTING:

Your home

MATERIALS YOU'LL NEED:

Flashlight

Staci's coaching video for tween girls entitled "How to Be Fearless"

Your Bibles

Apple cider (store bought or homemade)

Toppings: Whipped cream, caramel, cinnamon

This month's Mom+Daughter Date takes a look at fear. While the emotion of fear serves a purpose, like prompting your girl to be careful crossing a busy street or taking cookies out of the oven, God doesn't want her to go through life afraid. He gives her a Spirit of power (and love and self-discipline) so crippling fear doesn't stick with her.

1. **Watch "TITLE" by lead teacher Staci Rudolph.** Your daughter will learn How to Be Fearless.

2. **Read 2 Timothy 1:7 together.** Using the questions below, discuss the Bible verse. (After that, do a quick devo check-in and let your daughter know that this month's devos will help her put her fears into perspective by focusing on the Spirit of power, love, and self-discipline that God gave her.)

- Name something you are scared of or a situation or circumstance where you have felt afraid. Share one of the fears you had at her age or something that scares you now. (Joro spiders, anyone?) If relevant, talk about how that fear served a helpful purpose.
- What does the verse say about fear?
- Why do you think God chose to give us a Spirit of power, love, and self-discipline instead of a spirit of fear and timidity?
- How can you approach your fears differently after studying this verse?

3. **Go on a nighttime walk.** Grab your flashlight and shed some light (literally!) on a common childhood fear—THE DARK—by going on a nighttime walk together. On your walk, take time to point out how the dark isn't as scary with your mom beside you carrying a flashlight. Remind your daughter that God is always with her. She can turn to Him when she feels scared and He will give her courage.

Bonus Idea: Enjoy the World's Easiest Apple Cider

Pick one night this month for you and your daughter to enjoy the World's Easiest Apple Cider. Top your cider with whipped cream, drizzle on some caramel, and then sprinkle some cinnamon on top! Enjoy! While you enjoy your cider, each share one way you approached a fear differently after studying 2 Timothy 1:7.

I can't wait to see photos of you and your tween daughter enjoying some apple cider together! Be sure to post them to Instagram or Facebook and tag @TrueGirlOfficial or @DannahGresh

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