



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




* Good Success

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it.

Only then will you prosper and succeed in all you do.

{ Joshua 1:8 }

 **A**re you successful? To be successful is to do well or have a favorable result. I'm a successful croissant baker. My daughter and I took six weeks to practice making them. At first, they were flat like pancakes. But eventually...we learned the secrets—use pastry flour, buy European butter, and be patient!

Joshua 1:8 says the way to success in life is to meditate on the Bible's words or God's instructions. Some translations tell us to do this, "and then you will have *good* success."

In the Bible, the word "good" tends to point our efforts towards helping others. I like to think "good success" means that my "favorable result" is useful to others, not just me. (Like when I shared those yummy croissants with my family!) To have *good* success in life, you need to read and obey God's Word.

But how do you keep your mind on it? You get creative! Memorize pieces of it. Read it every day. Select one verse to write on a sticky note and keep it where you'll see it. I challenge you to do that and see what *good* success God brings so that you're helpful to others.


 **ACTION POINT:** Get a sticky note. Write Joshua 1:8 on it in the form of a prayer. Stick it somewhere so you can pray it all day long.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She enjoys fainting goats, horses, and her dog whose name is Moose. mytruegirl.com

* True Wisdom

But true wisdom and power are found in God; counsel and understanding are His.


{ Job 12:13 }

 I thought my dad knew everything. He could fix just about anything, always helped me with homework and projects, and was always there for me. One time I even bought him a little wooden sign for his workshop that reads, "Dear God, my dad can do everything, so if you need any help, you should ask him."

Even though I believed that my dad knew everything, all of us—including the wise adults in our lives like my father—have some things we don't know. None of us really has all of the answers.

But unlike us, our Heavenly Father has no limits to His knowledge and wisdom. The Bible is full of verses and stories that share the wisdom of God. As Job 12:13 states, "But true wisdom and power are found in God; counsel and understanding are His." It is from God that all wisdom comes, and only He has perfect knowledge.

When we ask God for His wisdom and learn about it through His Word, we are ready to make better decisions in life and positively impact those around us!

 **ACTION POINT:** The next time you need some guidance, pick up your Bible and look for a verse that could be helpful. Share that verse with someone in your house and let them know God is always there for them!

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JANUARY 1




JANUARY 2

* You Are God's Masterpiece

And when He marked off the earth's foundations, I was the architect at His side.


{ Proverbs 8:29–30 }

 **M**y youngest daughter loved building things with her dad. She loved it so much that she designed and built sets for her high school theater department. Now she's doing it at her university. She's a bit of a carpenter!

You might remember that Jesus was a carpenter. But did you know He's also the architect of all creation? That's what Psalm 8 calls Him! The Bible also tells us that Jesus "existed in the beginning with God. God created everything through Him, and nothing was created except through Him" (John 1:2,3).

Not only is Jesus the architect of the whole universe, but He's also your designer. He made you wonderfully. In Psalm 139:14, the writer thanks God for making him. It reads: "Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it."

If Jesus can design and build creation and you, then He can design and build your life too! Proverbs 8 begins with Wisdom calling out. That means Jesus is calling out to you! Will you listen to Him as He guides you through your circumstances and as you read your Bible? You can trust Him because He is Wisdom calling out to you!

 **ACTION POINT:** Wisdom—that is, Jesus—is calling out to you! Use your journal to write a prayer asking God to give you wisdom for a specific problem you are facing!


JODY TOKEN is the creator and coach of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls ages six and up. Request a free video at thegreatflip.com.

JANUARY 3

* Wanna Be Wise? Listen to Advice!

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

{ Proverbs 19:20 }

 **L**et's be real. All of us have gotten a lot of advice in our lives. Some of it we're grateful for, but some of it has probably made us roll our eyes. As we get older, we also get smarter, and sometimes we are tempted to think we don't need our mom's fashion advice or our dad's input on a school project.

But God's Word says otherwise! There are many older and wiser people God has placed in our lives who have been around the block a time or two. We can learn from them (and show respect by not rolling our eyes).

No matter how old we get, listening and receiving wisdom from our trusted leaders, parents, or teachers will always help us gain more understanding and insight than we had the day before. We just have to be humble enough to receive their wise advice.

 **ACTION POINT:** Grab your journal and write down a word of advice from a parent, leader, or teacher that really stuck with you.


CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! mytruegirl.com/events

JANUARY 4

* It's Wise to Ask


If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking.

{ James 1:5 }

 I used to be super shy. (If you know me now, you know how funny that is). Asking questions or telling others what I needed was hard for me, especially in school. If I didn't understand that day's assignment, I'd work my brain as hard as I could, trying to figure it out so I wouldn't have to ask the teacher. There were days when I left with my work unfinished and my questions unanswered. It was frustrating.

Asking for things seems like the scariest task in the world sometimes. It's not that the words are hard to form or say, but it's the fear of what lies on the other side of the question: the answer. *How will they respond? Will they say no immediately? Will I be embarrassed?* Maybe you've had this conversation in your head. I have. But it's one I try never to have when it comes to asking God for things.

God loves when we bring our needs to Him. Today's verse talks about asking for wisdom, and we sure need God's wisdom to live this life! His wisdom helps us make good choices, and He is more than willing to give it to us.


 **ACTION POINT:** Have a conversation with God in your journal. Draw two chat bubbles side by side. In one, write a prayer asking God for His wisdom. In the other, write a big "Yes!" since James 1:5 tells us His answer.

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

## \* Honey or Vinegar?


*Some people make cutting remarks, but the words of the wise bring healing.*

{ Proverbs 12:18 }

 **H**ave you ever said anything mean to somebody? I sure have! I even lost a friendship once because of my words. My friend had just shared with me something incredible that had happened in her life. It was something I had been praying for in my life for a long time, but I was still waiting for it. When my friend told me her happy news, I didn't pause before I responded with, "That's not fair!" As soon as the words escaped my lips, I wished I could take them back. My words were cutting and hurtful.

Living wisely helps us to know we can pause before we react and be careful about what we say to each other. I remember my mom telling me, "You can catch more flies with honey than you can with vinegar." She was a wise woman and taught me that conversation should be gracious and attractive. Sweet words are so much better than sour/mean words!

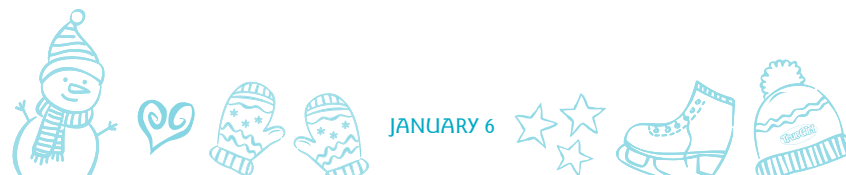
Proverbs 12:18 tells us that words of the wise bring healing. A couple of years after that friendship ended, I asked my friend to forgive me. She did, and our relationship was restored!

 **ACTION POINT:** Are you careful to pause before you respond to someone? Is your conversation gracious and attractive most of the time? If not, ask your mom for ideas on how you can be more careful to have a right response.

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JANUARY 5




JANUARY 6

* The Ultimate Trivia Team Member!

*Don't be impressed with your own wisdom.
Instead, fear the Lord and turn away from evil.*


{ Proverbs 3:7 }

 Each week my friends and I attend trivia night at a local restaurant. It's like playing Jeopardy in real life! We all bring different strengths to our team. There's our music, sports, and random facts experts, plus the friend who's great at boosting team spirit.

Most of the time, we agree on the answer. But sometimes, it gets a little heated when one of us thinks we know better than everyone else.

Sometimes that's *me*. More often than I'd like to admit, I think I know better than the people around me. Can you relate? Maybe you've never participated in a trivia night, but I'm not just talking about that anymore. It can be easy to think we're the smartest person in the room, no matter what room we're in. But Proverbs 3:7 tells us it's not a good idea to be impressed with our own wisdom.

When that happens, we become prideful and sometimes make bad choices because we don't listen to the wisdom of others. God promises to give us His wisdom if we ask for it (James 1:5), but sometimes we don't even bother to ask *Him*. That's when we need a mega-dose of humility. God knows better than we ever will, even on our best day. He'd be the ultimate trivia team member!

 **ACTION POINT:** Set up a family trivia night and have everyone come up with a few questions from their favorite category. When it's time to play, ask God to help you have fun even if you're not the smartest in the room!


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

JANUARY 7

* The Book of Proverbs

These are the proverbs of Solomon, David's son, king of Israel. Their purpose is to teach people wisdom and discipline, to help them understand the insights of the wise.

{ Proverbs 1:1-2 }

 The book of Proverbs is jam PACKED with wisdom. That is, it contains things that help us live sensibly and make good decisions. The entire book outlines general principles for living a wise life as we follow God.

In fact, the word *wisdom* appears in Proverbs more times than in any other book of the Bible. If you have a problem to solve, it has some good ideas for you to apply.

Here's a really cool idea so that those ideas will be in your mind when you need them. Proverbs contains 31 chapters. Because most months in the year also have 31 or 30 days, thousands of Christians around the world have adopted a habit of reading one chapter of Proverbs each day! For example, if it's May 17th, they read Proverbs 17. In fact, True Girl founder Dannah Gresh does this! She says that because she has read every verse in Proverbs so many times that the wisdom found in them now comes to mind when she has a problem to solve.

If you want to gain wisdom on just about ANYTHING you're faced with, Proverbs is the place to start!

 **ACTION POINT:** Read the Proverb of the day for the next week!

CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! mytruegirl.com/events

JANUARY 8

* Morristown, Room 10

"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 }

My friend and True Girl, Julie, has fought a brave, long battle with cancer. It began in a hospital in a city called Morristown. As soon as the doctor told them, Julie began to use God's Word to build her faith for this fight. She wrote Joshua 1:9 on a piece of paper and stuck it to the wall. It was a bold declaration: *I'm not going to be afraid because God's going with me into this battle.*

Six-hundred and sixty-nine days later, Julie's mom was at a support group in New York City. One of the new moms shared the story of her son's diagnosis day. In the middle of all the bad news, there was—she reported with tears—a Bible verse hanging in her son's inpatient room when they arrived. Not just any Bible verse. One of their favorites: Joshua 1:9.

Julie's mom had to ask: *Which hospital? Which room?* But she already knew the answers.

Morristown.

Room 10.

Julie hadn't taken the verse down when she'd been urgently moved. And no one else took it down either...after all that time. It was a powerful reminder for them that God's always with us!

➡ **ACTION POINT:** Keeping God's Word in front of you isn't just helpful to you. Sometimes God uses your notes, posters, and coloring pages to encourage others. Put a favorite verse on your bedroom door and pray God uses it in your home.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She enjoys fainting goats, horses, and her dog whose name is Moose. mytruegirl.com

* You May Enter

For the LORD grants wisdom! From His mouth come knowledge and understanding.

{ Proverbs 2:6 }

I used to love make-believe. Sometimes I'd play "high school," where I'd pack my backpack with my heaviest books and jog to my locker. Other times I'd pretend I was skateboarding in a competition's finals. It felt so good when I'd stick an awesome trick and win the ginormous trophy!

My all-time favorite game was with my brother. He'd man the bridge that led to the coolest city just beyond the living room. He wouldn't grant me access until I answered all of his questions and solved every riddle he had. He held the key, and only he could let me enter after I demonstrated understanding.

In real life, only God can give us wisdom, knowledge, and understanding. Just like Proverbs 2:6 says. And He's way more willing to than my brother was at that city gate!

The world tries to sell us on ways to gain "wisdom." College, books, documentaries—you name it. While all these things give information on certain subjects and situations, true wisdom and knowledge come from God alone. He's the one who opens our eyes to our need for His wisdom and understanding. He's the one who grants us just that when we submit ourselves to Him and simply ask.

➡ **ACTION POINT:** Have you asked the Lord for His wisdom in your life? If you haven't, write a prayer in your journal to Him humbly asking. If you have, thank Him for His promise to grant that wisdom to 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




JANUARY 9



JANUARY 10

* Pray Like This

Pray like this...
{ Matthew 6:9 }

 I'll never forget when my friend said, "I wish I had someone to pray with who *really* knew how to pray." At first, I was angry. She didn't think I knew how to pray!?! But then I saw it was true. Instead of continuing to stay quiet during group prayer, I decided to learn how to pray.


Prayer is something we can practice and improve at. There are some guidelines, but there's a lot of freedom too. When Jesus taught His disciples to pray, He pointed out a couple of distinct blunders.

First, Jesus shared praying in public to show off isn't His method. He'd rather have a private conversation. He says it like this:

"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you." (Matthew 6:6)

Second, Jesus explained that we don't have to say the same thing over and over again. Our all-powerful King doesn't need instruction on handling our needs.


"When you pray, don't babble on and on...for your Father knows exactly what you need even before you ask Him!" (Matthew 6:7-8)

 **ACTION POINT:** Are you willing to be a student? Take a few moments to ask God to teach you how to pray, and spend time looking up verses on prayer.

SUZY WEIBEL was a lead teacher for True Girl for eleven years. Today she's one of our board members. She has three enormous Bernese Mountain dogs and is a realtor.

* Eager Learner


Intelligent people are always ready to learn.
Their ears are open for knowledge.
{ Proverbs 18:15 }

 **H**ave you ever been in class and started learning something you love? Maybe your favorite class is history. (That's mine!) As you learn, you are all in! You want to discover every ounce of information about it as possible.

Now, I'm not going to lie. About 98% of the time, I have not felt like that. Sometimes I counted down the minutes until lunch or recess. But, for me, history class was different. I was always ready to learn and take in as much as I could.

Proverbs 18:15 teaches us that you will remember so much more when you have an open heart to hear what you are being taught and are ready to learn. You become passionate about what you are studying!

Imagine if we all were *that* excited to learn about wisdom. What if we spent time learning about wisdom or about people who have had a lot of insight and understanding, like Solomon or maybe your grandparents? Well, I think we would all be a little wiser!

 **ACTION POINT:** Take some time to learn about wisdom. The book of Proverbs in the Bible is a great place to start. Maybe if you begin to dig into studying wisdom, you will realize you love learning about it!


NOLI GARRETT is a part of the True Girl tour team. She loves seeing girls get to know the heart of Christ. Meet her on the road in a city near you! mytruegirl.com/events



* Wanna Be Wise? Seek Knowledge!

"For this is how God loved the world: He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life."


{ John 3:16 }

 **W**ho is the wisest person you know? In the Bible, there was a religious leader named Nicodemus, who many regarded as the wisest person. He spent his whole life studying God's laws and sharing them with others.

When Jesus began performing miracles, many doubted that He could truly be the son of God. Even Nicodemus. He was scared that Jesus could be a fake! But Nicodemus began to see Jesus' power and was wise enough to dig deeper and seek knowledge!

So, in the middle of the night, Nicodemus went to Jesus and asked him questions about being born again. Because Nicodemus wanted to learn from Him, Jesus was able to reply with the words from John 3:16 that we hold so close today.

Like Nicodemus, if we want to be wise, it's important to keep seeking knowledge. We might not be able to visit Jesus face-to-face in the night, but we can learn SO much from Jesus by reading His Word and praying every single day!


 **ACTION POINT:** Ask your mom to read through John 3 with you and discuss what it means. If she's busy right now, ask if there's a time that works later or read through it on your own!

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*CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! [mytruegirl.com/events](http://mytruegirl.com/events)*

## \* Divine Guidance

*When people do not accept divine guidance, they run wild. But whoever obeys the law is joyful.*

{ Proverbs 29:18 }


 In a conversation between Winnie the Pooh and Piglet, Piglet sits close to Pooh. "Pooh," he whispers. "Yes, Piglet?" "Nothing," says Piglet. "I just wanted to be sure of you."

I want you to be sure of God. Don't get too far ahead in your dreams, plans, or opinions. Take them to God, and He will give you divine guidance.

What's *divine guidance*? People we read about in the Bible had visions. Abraham, Paul, and Peter had them. Were they plans made by people? Were they thoughts or creative ideas? Were they opinions? No! They were things God revealed to them.

Today, we have an entire collection of books with divine guidance. We call it the Bible. Rather than running wildly, people who read what God reveals in the Bible are joyful. Stay close to God and His Word, and you'll have divine guidance.

If you see the news, you know some people are mad. Sometimes it gets so bad they run wildly, shouting their opinions and doing unkind things to others. That's what happens when people don't accept divine guidance. Don't be one of them. Read your Bible and accept what God says as true. Be sure of Him.

 **ACTION POINT:** Sit close to God today. Find a few quiet minutes and talk to Him softly. Just say, "God, I want to be sure of You. Can you help me to know that You are there?"

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JANUARY 13




JANUARY 14

* First Things First


*Get wisdom; develop good judgment.
Don't forget my words or turn away from them.*

{ Proverbs 4:5 }

 If you've heard of King Solomon, you also probably know how wealthy and successful he was. But, believe it or not, those things only came *after* he asked God for one thing: wisdom.

You see, King Solomon was the son of King David. Yep, the same David that killed Goliath! You would think that the first thing a king would teach his heir was to go after more power and riches. Nope. Not David. In Proverbs 4, Solomon shares how David taught him to seek God's wisdom above everything else.

David knew that with wisdom, God would show Solomon how to make good decisions. Those wise choices were worth more than any material thing. And guess what? Not only did Solomon listen to his father, but in Proverbs 4:5, we get to see him teaching others these same principles. Now that's wise!


 **ACTION POINT:** Sometimes we make decisions too quickly. Next time you see a friend about to make a hasty decision, ask if you can pray with them for God's wisdom. If we get wisdom first, it could save us from future problems.

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*SHANI MCKENZIE is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendiferous children. [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*

## \* When Things Don't Gel


*So be careful how you live. Don't live like fools, but like those who are wise.*

{ Ephesians 5:15 }

 **G**el pens were all the rave in elementary school, and I had the biggest collection. So, you can imagine my surprise when it went missing. After checking everywhere, I finally found a few of my pens on a classmate's desk. She'd taken my collection and was using it. I. Was. Heated.

I asked her nicely to return it. At first, she acted confused. But once she realized I wasn't going to let it go, she said they were hers now. She'd been somewhat of a bully to me before, but this was the last straw. Before I knew it, my fist had made contact with her nose and she was crying. I'd punched someone over gel pens. How unbelievably ridiculous.

While that isn't one of my finer moments, it's a good reminder to me of how *not* to walk in this life. As Jesus' followers, we're called to live differently than others. Ephesians 5:15 says, "be careful how you live." Our behavior should reflect that of a wise person—someone who's anchored in and guided by Christ and His love. We should act in a way that pushes others towards Jesus and His way of walking wisely.

 **ACTION POINT:** Reflect on your actions lately. How have you encouraged the unwise behaviors of the world (things like lying, cheating, arguing, etc.)? Write a prayer in your journal confessing them to God and asking Him to help you walk wisely.

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JANUARY 15




JANUARY 16

* Infinite Wisdom

God gave Solomon very great wisdom and understanding, and knowledge as vast as the sands of the seashore.

{ 1 Kings 4:29 }

 **H**ave you ever tried to count the sand on the beach? I shore haven't because, well, to be honest, I would be overwhelmed even trying to count five of those tiny little things.

Take Santa Barbara Beach, for example. It is one mile long. That's a long way. Now, I tried to calculate the number of sand pieces that could be there, but I couldn't even do that. So I think it is safe for us to assume that THERE IS A LOT OF SAND.

This means our friend Solomon must have had *a lot* of wisdom. Because in 1 Kings 4:29 we learn that it was so plentiful it was like the sands on a seashore. That's a good thing since he was a king, and he needed all that wisdom to lead God's people well!

God's wisdom is beyond our understanding. You couldn't even measure it if you wanted to! And, as we grow closer to Him, He begins to reveal His heart to us and gives us more knowledge and insight to understand His plan better.


➡ **ACTION POINT:** Write a prayer in your journal. Ask the Lord to give you wisdom and understanding the same way He did for Solomon!

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*NOLI GARRETT is a part of the True Girl tour team. She loves seeing girls get to know the heart of Christ. Meet her on the road in a city near you! [mytruegirl.com/events](http://mytruegirl.com/events)*

## \* A Wise Request

*Give me an understanding heart so that I can govern your people well and know the difference between right and wrong. For who by himself is able to govern this great people of yours?*

{ 1 Kings 3:9 }

 **P**icture this: God appears to you in a dream and tells you He'll give you ANYTHING you want. No tricks, no exceptions. What would you ask for? Maybe a better home for your family? A trip to Paris? The new puppy you've been begging your parents for?

Okay, this scenario doesn't seem too realistic, does it? But it *did* happen to King Solomon in the Old Testament! He loved God with all his heart. He tried his best to be a good king, but he was inexperienced and needed help. One night, God appeared to him while he was sleeping and said, "What do you want? Ask, and I will give it to you!" (1 Kings 3:5).

Solomon considered God's offer and then requested something that might surprise you. He asked for *wisdom*. He could have had all the money in the world or the power to rule every kingdom. But he knew that God's wisdom was more valuable. God gave Solomon the insight and knowledge he asked for, and you know what? He was so pleased with Solomon's request that he also gave him the things he *didn't* ask for, like riches and a big kingdom!

➡ **ACTION POINT:** Think about the things you ask God for when you pray. Is His wisdom on the list? If not, spend some time requesting that He give you wisdom and an understanding heart.


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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



* As Advertised


"The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple."

{ Psalm 19:7 }

 **W**hen she was little, my daughter had seen a commercial for a certain brand of sneakers. After seeing the commercial, she begged for me to buy her that particular brand of shoe because the commercial had shown kids running really fast with the shoes on and she thought the shoes would actually make her run faster! Do you think those sneakers would give her the ability to run faster? I gave her the opportunity to try them on in the store, and my daughter was disappointed to realize that she ran the same speed despite the brand of sneaker on her feet.

While the shoes were unable to fulfill my daughter's expectations, God's Word is something you can actually rely on. Psalm 19:7 "advertises" that the Bible is perfect and trustworthy. It is refreshing to the soul and makes us wise. I can't think of anything I need more!

There are countless witnesses over the generations who have expressed how their relationship with God and reading His Word has been a tremendous blessing in their lives and can verify that the Bible truly is "as advertised".

 **ACTION POINT:** What are the two names for God's word in Psalm 19:7? List all of the other terms used for the Bible you are familiar with. For an extra challenge, do a search in the Bible for other words that maybe you don't know yet. Read the verses and see what they say about God's word.


JULIE HARNER loves being a wife to Gary and a mom to three kids. She works part-time in accounting, so she enjoys the change of pace to write devotionals to remind girls about God's love.

JANUARY 19

* Fools Rush In

Better to be patient than powerful; better to have self-control than to conquer a city.


{ Proverbs 16:32 }

 **I**n 1870, the French army was trapped in Paris with no mail service. (This was way before cell phones, so no one could text or even email! Mail was the only way to send a message.)

They needed a way to communicate with the outside world—and FAST. They came up with a perfect idea: send their mail in balloons!

It's hard to imagine living in a time where we had to wait weeks for the mail. Although we no longer transport mail by way of helium, now we can order items online and have them on our doorsteps the next day through the power of airmail. We live in a FAST world. Fast food, fast internet, fast checkout...but we need to remember that God says the wise will still practice patience. In fact, it's better to be patient than powerful.

Maybe you remember learning how God's people waited HUNDREDS of years for the Messiah to appear. If they could wait THAT long for Jesus, surely we can patiently sit through our younger sibling's soccer game with a smile, wait until everyone is seated to start dinner, and stand in long lines at the amusement park without complaining.

 **ACTION POINT:** Think about something you're waiting for. Maybe it's a big trip, more freedom, or a new experience. Journal about what you can do to make the wait easier.


CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! mytruegirl.com/events

JANUARY 20

* Day and Night

*But they delight in the law of the LORD,
meditating on it day and night.*

{ Psalm 1:2 }

 **H**ave you ever gotten a song stuck in your head? Like really stuck? You even have trouble falling asleep because the music and lyrics keep playing in your mind, and you wake up singing. It's never the whole tune, though, just a part of it. So you keep trying to think of what the next words are. (I can never remember the next part, though! Can you?)

This is how we should be with the Word of God! Psalm 1:2 tells us to meditate on it day and night. We should be thinking about God's Word, not just when reading the Bible and studying it, but all of the time. It isn't just a song we can't get out of our heads. It's His message to us. God's Word can teach us and help us grow to be more like Him when we meditate on it.


➡ **ACTION POINT:** Combine the power of a song and meditating on Bible verses. Make a song out of a verse or find one that's already written. Sing it and get it stuck in your head. If you need help, one of our former True Girl tour members (Abby Houston) now helps girls memorize Bible verses by writing music to go with them. Find her *Melodically Memorizing* albums on Spotify.

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*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](http://AmberPike.org)*

## \* In the Morning

*Listen to my voice in the morning, LORD. Each morning  
I bring my requests to you and wait expectantly.*

{ Psalm 5:3 }

 **I** didn't use to be a morning person. The truth is, it's still difficult to get up early to pray and read my Bible. But an amazing thing happened when I asked God for help.

One day, my alarm went off, and I wanted to go back to sleep. Suddenly, I heard a tapping at my back door. I dragged myself out of bed, only to find no one there. I crawled back under my covers only to hear that tapping again. When I looked, NO ONE was there. I went back into my room and waited, thinking someone must be playing a trick on me.

Soon, the knocking came back. I got down on all fours and snuck out under my dining room table. I saw a tiny bird tapping on the glass. What a funny and loving way for God to awaken me! That bird came back for the next three mornings, luring me out of bed.

I believe that was God's answer to me that He really does want my attention first thing in the morning. If you have trouble getting up early to read your Bible and pray, ask God to help you. He will.

➡ **ACTION POINT:** Write a prayer in your journal asking God to help you "listen" to His voice in the morning.


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TODAY'S DEVO is adapted from 8 Great Dates for Moms & Daughters: How to Talk about True Beauty, Cool Fashion, & Dignity by Dannah Gresh. Get a copy at mytruegirl.com.



* Sandcastles Don't Make Great Houses

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock...But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand."

{ Matthew 7:24, 26 }

 I love to watch people build sandcastles when we go to the beach. It's amazing how much effort goes into it. There's shoveling the sand, packing it into the pail, carefully stacking it to form a castle-like structure, and then repeating that countless times.

But, as fun as it is watching them take their time and work together for a common cause, it hurts my heart a little whenever a big wave washes it all away. In seconds, it's all gone.

In Matthew 7, Jesus tells us that when we don't obey God's Word, it's kind of like those sandcastles. Problems come in life, and we crumble because we have put faith in something other than God. However, when we obey Him, we are wise, like those who build their house on a solid foundation. Those same frustrations and issues may come, but we can stand because we have put our trust in Him.


➡ **ACTION POINT:** Tell your mom some areas where you have been building on sand instead of solid rock. Take some time to pray together about those things.

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*SHANI MCKENZIE is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendiferous children. [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*

## \* Are You Walking with Wisdom from Above?

*But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere.*

{ James 3:17 }

 Have you ever noticed something cool a friend or classmate has, and you wished it was yours? Maybe it was a new bike or a huge set of colored pencils. And, instead of being excited for them, you treated them unkindly because you were jealous? I have.

My attitude and actions at that moment weren't what James 3:17 describes as "wisdom from above." They weren't pure or peace-loving and didn't produce a good outcome. Not even close!

But, once I admitted the jealousy in my heart, I was able to apologize to the person I treated unkindly. I also asked God for forgiveness and to help me walk with His heavenly wisdom. You can do that too!

With God's help, we can walk in gentleness, bring peace into our relationships, produce a good outcome with our actions, and be sincere with ourselves and everyone else. Jealousy doesn't need to rule our hearts. God's wisdom can!

➡ **ACTION POINT:** What's one way you're walking with wisdom from above? If you're having a hard time doing it, that's okay. Talk to your mom about it and pray together. Ask God to give you wisdom from above today.

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BENITA RANNIE is the Tour Coordinator for True Girl and Born to Be Brave. She loves hearing how girls and moms are blessed by True Girl. She also loves anything mango.



JANUARY 23




JANUARY 24

* Fear Not


*Fear of the LORD is the foundation of true wisdom. All who obey
His commandments will grow in wisdom. Praise Him forever!*

{ Psalm 111:10 }

 **S**piders...eek!! They are scary, fast, and give me goosebumps. Yes, I am afraid of them! I used to be scared of God too. I thought He'd be mad and punish me when I did wrong things or had bad thoughts. But then I read a verse in my Bible that talks about a different kind of fear—the fear of the Lord. As I studied what this meant, I realized I had it all wrong. He isn't a scary God who makes me anxious. He is quite the opposite.

The fear of the Lord means “reverence” or a feeling of deep respect. When I fear God, I have affection for Him. He loves me more than I could ever imagine and wants good things for me. If I understand this, I can find the wisdom in His Word and see His love for me. I can know what is true and right because the Bible shows me.

Now, I'm excited to read my Bible and about how awesome God has made me to be. Because He loves me, I want to praise Him for who He is and what He means to me.

 **ACTION POINT:** In your journal, write a list of God's awesome qualities that cause you to fear Him in reverence. These characteristics might include His power, presence, and love.


*RHONDA RUDOLPH is a middle school teacher
who loves the Lord and enjoys telling others
about Him. She lives in Michigan.*

JANUARY 25

* Ask God for Advice

*Fear of the LORD is the foundation of wisdom.
Knowledge of the Holy One results in good judgment.*

{ Proverbs 9:10 }


 **W**hen you don't know what to do, where do you run?

- [] I Google it!
- [] Mom! I need you!
- [] My friends know it all!
- [] I turn on the TV!
- [] Hi, God! It's me.

Often, we take our hard questions to the internet or friends our age. The problem is these aren't always good fountains of wisdom. Even if our friends love Jesus a lot, they're still learning and may get it wrong sometimes too.

Proverbs 9:10 reminds us that God is “the foundation of wisdom.” But going to Him for advice is hard. Answers don't fall from heaven as clear as the TV's volume or our friends' voices. So how can we hear from Him? Here are four steps to help you get God's wisdom:

- 1. Through the Holy Spirit:** He speaks to your heart. You can feel peace and joy when something comes from God. Or fear, confusion, and sadness when it doesn't.
- 2. Through His Word:** It's where He clearly says what's good or bad.
- 3. Through the body of Christ:** Your parents, pastors, and godly teachers are great examples!
- 4. Circumstances:** When things and opportunities align with the last three steps.

 **ACTION POINT:** Think about a decision you have to make or an answer you need from God. Go through these four steps and write in your journal about what wisdom God might be giving you.

LISA YABRA serves in our Dominican True Girl Ministry: Chica Verdadera. She's been a teacher in both the American and Dominican True Girl tour. Find out more at puralibertad.org.

JANUARY 26

* Follow the Leader

*But wisdom is shown to be right
by the lives of those who follow it.*

{ Luke 7:35 }

There were a lot of children on my neighborhood block. It was great! Most days, we would all play together until the street lights came on. There was one boy who always wanted to be the game leader. But, every time we followed him, we somehow ended up in trouble with our parents. It only took me a couple of times to wise up and realize this wasn't the person I wanted to act like.

Sometimes it's tempting to follow someone else because everyone else is. But, if we watch them long enough, we'll see if their lives are producing the right things. You know, qualities like kindness, gentleness, patience, self-control, and obedience to their parents and God. Luke 7 reminds us to follow people with lives that look like they are following wisdom.

When we follow Jesus, others should be able to tell because of the good choices we make and how we live our lives. As we follow God as our leader, people will be attracted to Him in us, and hopefully, they'll want to let their light shine for Him, too!

➡ **ACTION POINT:** Do you act differently when you're with certain people? Is that behavior usually good or bad? Ask God to help you follow Him first and give you strength not to follow those who are doing the wrong things.

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*SHANI MCKENZIE is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendiferous children. [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*

JANUARY 27

## \* Wanna Be Wise? Say No to Darkness!

*"Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness."*

{ Matthew 6:22-23 }

**E**ver since Adam and Eve ate the forbidden fruit in the Garden of Eden, there's been darkness and evil all around us. So a trait of a wise Christian is saying NO to darkness and YES to light!

One way we can do this is through our eyes! They're a powerful part of our body. Matthew 6 says that they are like a lamp that provides light for our whole body. The things we see affect our hearts. So we have to BE careful what we let our eyes see. When the games, music, TV shows, or movies we watch are dark, our hearts can quickly become full of darkness. If we want a kind, loving, and wise heart, we need to focus our eyes on kind, loving, and wise things. And, if we're not sure what those things are, God's Word and the godly people He's put into our lives can help us.

The wise girl can tell her friends she'd rather not watch a horror movie or play games that give her an icky feeling in her stomach. The wise girl's eyes are focused on media that helps her fill her heart with light and not darkness!


➡ **ACTION POINT:** Think about the shows and videos you watch. Are there any that are more focused on darkness than light? Replace them with something that will make you more kind, loving, and wise. You might try the True Girl YouTube channel!

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CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! mytruegirl.com/events

JANUARY 28

* Do I Have to Go to Church to Be a Christian?

And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.
{ Hebrews 10:25 }


 **W**hy is going to church such a big deal? Do we really have to go at all? Well, it's important enough that God included this passage in Hebrews telling us not to "neglect our meeting together, as some people do."

Spending time with other believers is a tremendous advantage. When we feel alone in what we believe, we can grow weak. When surrounded by others who share our beliefs, we have a strength we could never have on our own. How sad would it be to have no one willing to pray with you, no one you could confess your secret to, and no one you could call for Bible-centered advice?

If you stop going to church, it won't take long before you find yourself weak and lonely. Why, you could even end up giving up on your faith if you get weak enough!

You might be asking, "But do I have to go to church to be a Christian?" The answer is no. Going to church doesn't make you a Christian any more than going into McDonald's makes you a hamburger. The only way you become a Christian is by confessing that Jesus is Lord. (Romans 10:9)

But I know this, being a part of church makes me a stronger Christian!


 **ACTION POINT:** If church seems "boring" to you, sing during worship and take notes during the sermon. Do this for one month and see if it feels different!

SUZY WEIBEL was a lead teacher for True Girl for eleven years. Today she is one of our board members. She has three enormous Bernese Mountain dogs and is a realtor.

JANUARY 29

* Putting God First


Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.
{ Matthew 6:33 }

 **W**hen we seek God's Kingdom first—that is, we obey Him and do what's written in His Word—He gives us everything else we need.

When I was fourteen, I felt like God wanted me to spend all summer helping a ministry teach children about Jesus. I wasn't old enough to be a teacher, so I volunteered as a helper. That same summer, my friends went to the beach and planned cool things. I felt a little left out, but I believed that as I sought God's kingdom first, "all these things" would be given to me too. "All these things" meant some fun and sun.

So, I asked God to give me a break and some fun. He blessed me with a scholarship to a Christian camp. I went caving, rock climbing, horseback riding, and tried my hand at archery, self-defense, and candle-making.

How do you think God wants you to seek His kingdom? Is there a friend who isn't fun but needs your love? Is there someone you can pray for? What are "all these things" in your heart? They're different for each of us. Guess what? God already knows, so you might as well tell Him.

 **ACTION POINT:** Re-write Matthew 6:33 as a prayer on a sticky note and put it somewhere you can see it often. Pray it out loud when you are near it.


TODAY'S DEVO is adapted from 8 Great Dates for Moms & Daughters: How to Talk about True Beauty, Cool Fashion, & Dignity by Dannah Gresh. Get a copy at mytruegirl.com.

JANUARY 30

* Who Is Wisdom?

*Wisdom shouts in the streets.
She cries out in the public square.*

{ Proverbs 1:20 }

 **M**y pastor's favorite children's message begins with this question: "What's brown, furry, eats nuts, and climbs trees?" The last time he taught it, the children raised their hands, eager to answer. But there was a girl who couldn't contain her excitement. She shouted out, "JESUS!"

Wait! What? Sure, she knew the answer was "squirrel." But she also remembered that he brings every story back to the most important answer: Jesus.

When you read today's verse, you might ask, "Who is Wisdom?" In this case, you would be correct if you shouted out, "Jesus!" Jesus said this about Himself in John 5:39: "You search the Scriptures because you think they give you eternal life. But the Scriptures point to me!" Who is Wisdom? JESUS! Jesus is wisdom.

Bonus question: why is the feminine pronoun *she* used in Proverbs 1:20? Well, sometimes a language gives pronouns to words. In Hebrew, the language of the Old Testament, the word "wisdom" is a feminine word. It has nothing to do with gender. It's just how their language works.


➡ **ACTION POINT:** Read Proverbs 1 again and this time replace the word "wisdom" with "Jesus."

JODY TOKEN is the creator and coach of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls ages six and up. Request a free video at thegreatflip.com.

* Imago Dei

So God created human beings in His own image. In the image of God He created them; male and female He created them.

{ Genesis 1:27 }

 **R**eady for a great big Latin vocab lesson? This month I want you to learn about *imago Dei*. It's pronounced like *ei-ma-go day*. And it means "image of God." This concept comes from Genesis 1:27, which tells us clearly that we're made in the image of God. Here are two things you need to know about *imago Dei*.

1. We're a lot like God.

In the same way that we can be like our parents, many things about us are like God. We think smart stuff in ways other mammals can't. Our hearts and minds bond with other humans through emotional connection. Even our bodies are created to do helpful and amazing things. These things are like God.

2. We aren't like any other created being.

Animals aren't smart in the same way we are, and don't have many of the things that make us useful. (Take for example, thumbs! Sometimes I wish my dog had thumbs so he could help me carry things.)

Because we're like God, we're very special. Even more special than the angels (Hebrews 1:1-14). And because we're that special, we have to take extra care to represent God well.

➡ **ACTION POINT:** Write a few ways that you are like your parents in your prayer journal. Then, write a few ways that you are like God.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She enjoys fainting goats, horses, and her dog whose name is Moose. mytruegirl.com



JANUARY 31




FEBRUARY 1


* Flattering God

So Jesus explained, "I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does."

{ John 5:19 }

 **T**here's a saying: Imitation is the highest form of flattery. Can you imagine how God must have felt watching Jesus fulfill His will on this Earth? Jesus wasn't walking around doing His own "good" things. He only did what He saw His Father God do. I don't know if God blushes, but if He did, I'm sure watching His Son imitate Him made His cheeks rosy!

Imagine how God feels when we make it our business to do exactly what He says and does. We're telling Him that because we're His, we want to look and act just like Him. So how do we imitate God? Well, first, we have to know Him. The best way to do that is to ask Jesus into your heart (if you haven't done so already) and read His Word. We can see how God speaks and acts, and imitate Him with the help of His precious Holy Spirit. Let's try to make God "blush" everyday!


 **ACTION POINT:** Create a list of ways you can imitate God throughout the week. Whenever you do one, put a mark next to it. As you read more about God, add more things to the list.

SHANI MCKENZIE is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendiferous children. mytruegirl.com/onlinebiblestudies

* China Girl

*You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.*

{ Psalm 139:15 }

 **T**here was one thing I hated about recess in third grade. A boy named John would chase me around the playground yelling, "China Girl, China Girl!" He didn't mean it as a compliment. His teasing made me wish that I looked like the other kids in my class. Why did I have to be Asian? I didn't even like Chinese food as a kid. (But I love it now!) I would hide in the bathroom until recess was over.

It's hard to be teased. When we are ridiculed, the truth gets buried. Because the truth was and is that God created me exactly how He wanted. He wove me together in my mother's womb, according to Psalm 139. And that should be celebrated, not made fun of!

Maybe you wish you were shorter or taller or that your eyes were a different color or shape. Don't worry—you have been formed perfectly by the Master Designer. God knew exactly what He was doing when He designed you in the image of God, from your hair color to the shape of your toes. From head to foot, you are a beloved masterpiece.

 **ACTION POINT:** The next time you are teased, take a deep breath and say to God, "Thank You for making me exactly how You wanted."


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



* The Good Samaritan


Then a despised Samaritan came along, and when he saw the man, he felt compassion for him

{ Luke 10:33 }

 You may know the story of the Good Samaritan. If you don't, no worries. But you might want to read Luke 10:25-37 before you keep reading today's devo.

The Samaritan in this story is unique because he took care of a Jewish man he very easily could have passed. He was *selfless and merciful*. He showed grace when he really didn't have to. In fact, it was kind of shocking that he did help the man because the Samaritans and the Jews didn't have a good relationship. The Jews looked down on the Samaritans and considered them "less than." So, I think it's safe to say that the Samaritan didn't have a single reason to be nice to this Jew. But he was!

When the good Samaritan loved the man on the side of the road, he reflected God's outstretched hand of love and mercy. He reflected God's character. And, when you and I are merciful to others, we reflect God's character too!

 **ACTION POINT:** Ask your mom what character qualities of God she sees reflected in your life! (Maybe you can encourage her and tell her what character you see in her too!)


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*NOLI GARRETT is a part of the True Girl tour team. She loves seeing girls get to know the heart of Christ. Meet her on the road in a city near you! [mytruegirl.com/events](http://mytruegirl.com/events)*

FEBRUARY 4

## \* Fake Idols

*"Do not put your trust in idols or make metal images of gods for yourselves. I am the Lord your God."*


{ Leviticus 19:4 }

 I was so excited to get my new magazine in the mail! As I flipped through the pages, I couldn't help but notice the pictures of all the girls, each one looking so perfect and beautiful. I admired their flawless hair and fancy clothing and started to feel a little jealousy towards each of them. Before I realized it, I had spent over an hour idolizing the girls throughout my magazine. While I wanted to keep looking, I reluctantly put it down and moved on to do something else.

Does this sound familiar??

It is so easy to get caught up admiring girls that we see in magazines or on tv, allowing them to become false idols in our lives. We become obsessed with how they look or how they live their lives and each day we try to become more and more like them.

This is what God is referring to when he warns us to not "trust in idols or make metal images of gods." Instead, we need to turn to our Bibles and try to live a life that is reflective of the love that God has for us. He has shaped us in His image and we are perfect in His sight. No need to turn to others to prove who we are!

 **ACTION POINT:** The next time you find yourself obsessing over how others look in one of your magazines or on tv, grab your Bible. Make a list of verses that show how we are shaped in the image of God. Pick a few of your favorite verses and using some sticky notes, place those verses around your house so you can see them throughout the day!


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KATHY RIDENOUR is the Discipleship Curriculum Coordinator for True Girl. She lives in State College, PA with her husband, five daughters and two bunnies. She loves music, camping and spending time with family and friends.

FEBRUARY 5

* Race Against Evil


*Don't let evil conquer you,
but conquer evil by doing good.*

{ Romans 12:21 }

 **D**o you know anything about Adolf Hitler? He was an evil ruler in Germany in the early 1900s. He hated people of different races and religions. He wanted to prove to the world that people of other races were inferior—or not as good as—people like him. To prove his point, he hosted the 1936 Olympics in Berlin. He was hoping that his “perfect” athletes would win all the medals, leaving athletes of other colors and religions in their dust.

But there was Jesse Owens. This African-American man from Alabama proved Hitler wrong because he ended up winning four gold medals right in front of Hitler’s eye in the 100-meter dash, long jump, 200-meter dash, and 400-meter relay, setting three records and tying one! Hitler refused to shake Jesse Owens’ hand in congratulations for his amazing accomplishments, but no one was surprised.

The sad thing here is that Hitler didn’t understand that Jesse Owens was just as reflective of God’s image as anyone else was. Hitler had a distorted view of the *imago Dei*. God has created all of us to bear His image. When we look at others, we should recognize that the Lord created them too!

 **ACTION POINT:** Think of someone different from you. (Maybe they play a different sport, or maybe they wear glasses!) What quality in their life do you see reflecting God’s character? Share it with them!


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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).*

FEBRUARY 6

## \* Ruby Goes to School


*Speak up for those who cannot speak for themselves,  
for the rights of all who are destitute. Speak up and  
judge fairly; defend the rights of the poor and needy.*

{ Proverbs 31:8-9 }

 **R**uby Bridges was just a six-year-old girl when she made history. In 1960, the Civil Rights Movement was in full swing, and the sin of racism was prevalent throughout America. Black people were forced to drink from separate water fountains, ride different buses, and swim in different pools than white people. This was known as *segregation*. Many white people had forgotten that black people were made in the image of God.

On March 14th, 1960, Ruby was the first black child to go to an all-white school. Many white people protested outside, her dad was fired from his job, and people threatened her family for months. But Ruby stayed strong and didn’t miss a single day of school all year.

When people read the news that day and saw a photo of Ruby walking into school, it was a beautiful reminder of *imago Dei*. God never wanted us to be separated from others because of our skin, past, or personality. Just like Ruby getting the same access to education as white children, when God made us, He gave us ALL equal access to come to Him through Jesus.

 **ACTION POINT:** Think of a time in the Bible or in history when a person or people group weren’t treated like they were made in the image of God.


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*CASSIE BURTON is a cast member on the True Girl tour team.
She loves living on a bus and sharing God’s Word across America.
Catch her onstage in a city near you! mytruegirl.com/events*

FEBRUARY 7

* Tame Your Wild Tongue

People can tame all kinds of animals, birds, reptiles, and fish, but no one can tame the tongue. It is restless and evil, full of deadly poison. Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God.


{ James 3:7-9 }

 **P**eacocks are on the wildish side. But they are nice to have around. They eat nasty things like ticks and other bugs that could cause sicknesses to horses, goats, and llamas. But if you try to capture one, it will flap, flutter, squawk, and slap you with its wings. They are wildish.

Do you have a wild tongue? The Bible claims that you can tame all kinds of animals, but no one can tame the tongue. One day it praises God. The next day it says terrible things to someone who is the image of God! (*Imago Dei!*) James 3:10 says: "...blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!"

You know what? We've tamed our peacocks. Sometimes I need to handle them to give them medicine and care or keep them safe from predators or weather. So, Farmer Bob (my husband) sits in that cage with them for many weeks and throws them peanuts. They learn to trust us before we let them roam freely on our farm.

If Farmer Bob can tame a peacock, you and I can certainly tame our tongues.


 **ACTION POINT:** Is your tongue tame? What do you need to do to make it more of a blessing to those who are created in God's image? Write about it in your journal.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She also loves her peacocks, Napoleon and Bonaparte. mytruegirl.com

* What About Cupid?


Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love.

{ 1 John 4:7-8 }

 **D**id you know that Valentine's Day wasn't always about Cupid? It was originally meant to honor two Christians. Both were called Saint Valentine, and they died for the sake of Christ as early as the third century! These men were said to have ministered to Christians being tortured by the Romans. One was known to have healed his jailer's blind daughter through the power of the Holy Spirit.

What we now know as Valentine's Day wasn't even a thing until the fourteenth and fifteenth centuries. That's right! Until then, there were no flowers or cards and no candy, just God's love in action.

There's nothing wrong with any of those things, but let's always remember that the greatest love we can show one another is God's love. He calls us to be valentines every day. That's just one of the wonderful ways people will see His image reflected in us and know that we are His!

 **ACTION POINT:** For some people, Valentine's Day is the loneliest day of the year. Ask God to show you who to share His love with. Then think of a way that you can put that into action.

SHANI MCKENZIE is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendiferous children. mytruegirl.com/onlinebiblestudies


FEBRUARY 8

FEBRUARY 9

* The Secret Stuff


For God knew His people in advance, and He chose them to become like His Son, so that His Son would be the firstborn among many brothers and sisters.

{ Romans 8:29 }

 One of my favorite movies used to be *Space Jam*. In it, the Looney Tunes have to win a basketball game to gain their freedom. During halftime, basketball player Michael Jordan gives them a pep talk about how they have everything they need to be victorious. But the Looney Tunes don't believe it until Bugs Bunny tricks them. Bugs tells them that they can play like Michael if they drink out of a bottle that says, "Michael's Secret Stuff." After they do, their belief in themselves skyrockets, and they win the game.

God has made each of us with a specific appearance, gifts, and characteristics. And, as Christians, Jesus is our "secret stuff." When we accepted Him into our hearts, we were adopted into His family, and God started calling us to become like His Son. As we seek to imitate Jesus, everything that God specifically designed in us has the ability to reach its full potential.

So, walk with confidence in your uniqueness today, knowing that Jesus is in you!


 **ACTION POINT:** Sit down with your mom and write a list of qualities (physical and spiritual) that you love about each other and share them. You will both get to see the beauty of God even through your differences.

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*BENITA RANNIE is the Tour Coordinator for True Girl and Born to Be Brave. She loves hearing how girls and moms have been blessed by True Girl. She also loves anything mango.*

## \* Food Poisoning!


*Share each other's burdens, and in this way obey the law of Christ.*

{ Galatians 6:2 }

 It was February 7th, and I was having a great day with the True Girl team! We set everything up for that night's event and had some extra time. So, we played cards and carpet ball and even some music.

What I didn't know was that the day would end a little differently than expected. You see, for dinner, we had chicken salad sandwiches. (By we, I mean me and one other teammate, Cassie.) As the intermission ended, I started feeling queasy. I was sick to my stomach—and so was Cassie. We both had food poisoning and began throwing up...a lot. (Gross, right!?)

As we drove to our next show the following day, we both realized we didn't have the strength to work. So our team picked up our slack! They shared our unwelcomed burden just like Galatians 6:2 teaches us to do. And not only did our team help us, but Christians we didn't even know in that city showed us care by bringing us soup! And boy, did that soup cheer me up! I felt so loved and seen. I thank the Lord for His image being reflected through His children that day!


 **ACTION POINT:** Do a random act of kindness for someone going through a hard time. Maybe you can bring them soup!

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NOLI GARRETT is a part of the True Girl tour team. She loves seeing girls get to know the heart of Christ. Meet her on the road in a city near you! mytruegirl.com/events




* Are You a Copycat?

*And you should imitate me,
just as I imitate Christ.
{ 1 Corinthians 11:1 }*

 **H**ave you ever dressed up in your mom's clothes? Or followed your older sister or brother around trying to do exactly what they were doing? It can be fun imitating somebody or being a copycat, but not everyone likes to be copied. Do you know who loves being copied? God!

He wants us to imitate Him so our lives reflect Him. How can you copy God? By acting with compassion, saying kind words, being patient, praying for somebody you see who looks sad, or helping your mom with the chores without being asked. There are so many ways.

God loves us so much that when He created us, He wanted us to be set apart as His children. He wants other people to look at us and see Him. He doesn't expect us to be perfect. All He asks for is our heart. Let's be like Paul when he wrote to the Corinthians: "And you should imitate me, just as I imitate Christ."


 **ACTION POINT:** Write this prayer on a sticky note and put it where you'll see it every day: "God, thank You for loving me. Help me be more kind, gentle, and patient, so I can imitate you. In Jesus' name. Amen."

EILEEN KING is the executive assistant to Bob and Dannah Gresh at True Girl/Born to Be Brave. She's passionate about prayer and how it brings freedom to women of all ages. mytruegirl.com

FEBRUARY 12


* Twisted Justice

*Do not twist justice in legal matters by favoring the poor or being partial to the rich and powerful. Always judge people fairly.
{ Leviticus 19:15 }*

 **"N**O FIREWORKS ALLOWED. \$500 FINE."
That was the first sign I read when I got to the park. While I was still standing there, a man came up behind me and read the sign out loud. He added his own commentary saying, "Oh, so you *can* set off fireworks, it'll just cost you \$500. That's not too bad."

Wow! What a mindset. In our world, money can make a difference in how people live and are treated. The punishment that seemed like a really big deal to me was just an inconvenience to him. So, he was willing to twist the rules.

Way back in the Old Testament, God knew that this would be a problem, so He laid out some pretty clear instructions that were supposed to help protect people from being judged based on how much money they had. Leviticus 19:15 says that when it comes to legal matters, there should not be favor or extra allowances for someone who is rich. That idea is true even outside a courtroom. Treating people the same no matter their wealth, race, abilities, and so on is extremely important because we're all made in God's image.

 **ACTION POINT:** Have you ever considered how much money someone has while deciding how to treat them? If so, write a prayer in your journal asking God to help you see everyone the way He sees them.


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

FEBRUARY 13

* Enjoy the Ride

*Just as we are now like the earthly man,
we will someday be like the heavenly man.*


{ 1 Corinthians 15:49 }

 **C**rack those knuckles, stretch those arms, and strap on your thinking cap because it's time for a POP QUIZ!!! You didn't know I was taking you to class today, did ya? First and only word up on the list: *sanctification*. You've probably heard it before, and I'm here to tell you don't be afraid of it! Sometimes big words are thrown around in church, but we can handle them!

Sanctification is the process of becoming more like Jesus. It's the moment-by-moment work the Holy Spirit does within our hearts to help us look more like Jesus in the things we say and do, and in the way we see others.

The thing about sanctification is that it's a journey that won't be completed in this life. Just like Paul mentions in today's verse, it will be complete when we become heavenly citizens. We should be further along on the process each day we live down here, but we won't complete the course until we're face to face with Jesus.

So have grace with yourself along the journey! Jesus sure does. He's simply pleased you've given your heart to Him and desire for His Spirit to continue His work in you.


 **ACTION POINT:** Reflect on how you've changed for the better since giving your heart to Jesus. If you haven't made that decision yet, maybe today is the day. Talk about it with your mom or a trusted adult.

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

## \* The Second Commandment


*"You must not have any other god but me. You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. You must not bow down to them or worship them."*

{ Exodus 20:3-5a }

 **D**id you know that in the ancient world, nations often had false gods that they worshipped? Many of these people would build golden and wooden statues called idols to represent the gods they served. They believed that the false gods wouldn't listen or protect them if they didn't have these images to bow down to.

But God wanted the Israelites, who were His people in the ancient world, to be different. You're probably familiar with the Ten Commandments. If not, they're a list of laws God gave the Israelites to help them best live a life devoted to loving God and loving others. The Second Commandment, which you can read in today's verse, told them that they weren't supposed to make idols. They didn't need them to worship the one true God.

God's image can't be captured by something human-made. No statue could ever be as perfect as Him. Plus, He already made something in His image—you and me! We are the LIVING images of God. And that's a privilege we shouldn't take lightly.

 **ACTION POINT:** Spend some time worshipping God. You could sing your favorite praise song or read a passage of Scripture like Psalm 150 out loud. Then, thank God for making you in His image!

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CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! mytruegirl.com/events



FEBRUARY 14



FEBRUARY 15

* Let's Go Shopping!

Put on your new nature, and be renewed as you learn to know your Creator and become like Him.

{ Colossians 3:10 }

I've always been a pretty short person. It wasn't until middle school that I hit my final substantial growth spurt. Suddenly, my pants no longer liked touching my shoes, and my long-sleeved shirts became quarter-sleeved. I needed some new clothes and fast! Thankfully, my mom accepted the challenge, took me shopping, and bought me the cutest new wardrobe ever!

Now, while this story isn't totally the same, this is kind of what it's like when we become a Christian. When we give our heart to Jesus, who we once were just doesn't fit anymore. I'm not saying that we no longer have our giggly personality or aren't as sensitive. It's more like we become aware of our bad habits and behaviors. The Holy Spirit shows us things He wants to change to help us better reflect Jesus.

So don't wear things that no longer fit who you are in Christ. Things like lying, mean attitudes, jealousy, and anything else that God's word discourages us from wearing. Instead, embrace the new you in Jesus and put on cooler more Christ-like clothes. Things like kindness, love, grace, and forgiveness.

You're on Jesus' team now! Wear His fashion instead of the world's.

➡ **ACTION POINT:** Draw the fashion line Jesus would create. Make it cool and cute! Use lots of colors and be sure to design those pieces with the qualities a team member of Jesus would possess. Maybe a "kindness" shirt or "love" jeans.

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

## \* You Make Everything Glorious!

*What are mere mortals that you should think about them, human beings that you should care for them?*

{ Psalm 8:4 }

She was never physically bullied by the girls in her school. It was much worse than that. No one noticed her or talked to her. She was never invited to sit at the lunch table or hang out after school. She felt invisible.

Have you ever felt that way?

When no one notices, you might wonder: *Does God notice me? Am I invisible?* Even King David wondered this and wrote about it in Psalm 8:4. He couldn't imagine God noticing him when the majesty of creation was so incredible. "O LORD, our LORD, your majestic name fills the earth! Your glory is higher than the heavens" (Psalm 8:1).

God's most glorious creation is you! "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). Wow! Can you imagine God singing over you? God sees you, and He rejoices over you with joyful songs!

So, on those hard days when you feel invisible, remember God is rejoicing over you. You are a child of the King. Wear your crown with confidence! You are glorious.

➡ **ACTION POINT:** Draw a picture of God placing a crown on your head.

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JODY TOKEN is the creator and coach of The Great Flip, online self-defense, safety, and faith-filled empowerment for girls ages six and up. Request a free video at thegreatflip.com.



FEBRUARY 16




FEBRUARY 17



* Spitting Image

You made me; you created me. Now give me the sense to follow your commands.

{ Psalm 119:73 }



I looked at my four-year-old daughter, wearing a denim jumper and pink shirt, and compared her to a picture of another brown-eyed girl wearing a similar outfit. It was me! Thirty years might separate us, but she is the spitting image of me, right down to the eyebrows!

God made you. He created you. (That's one reason why we should follow His commands.) And He made us to be a lot like Him. When the Bible says we're made in the image of God, it doesn't mean that we have the same hair color and eyebrows as Him. It means that God created us to be like Him in how we think, feel, and behave. The Father created us in His image. Not fish, not trees, not dogs—us.

We are His special creation, made with the ability to act like Him and display His characteristics. God is love, so we can love. God is kind, so we can be kind. We might not have His eyebrows, but we can display the character of our great God to others!


➡ **ACTION POINT:** Challenge yourself to display a characteristic of God to someone this week, such as kindness, love, or trustworthiness.

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*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](http://AmberPike.org)*

## \* The Least of These

*"And 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 }



On a hot summer day, my friend Jack and I drove through a big city when he asked me to stop the car. "Why?" I questioned as I pulled over on the side of the street. "I saw someone I wanted to talk with," he replied. Jack grabbed the sandwich he had just bought for himself, hopped out of the car, and walked to the side of a building.

A couple of minutes later, Jack came back without his sandwich. "I wanted to give it to the homeless man," he explained. "He looked hungry, and God calls us to care for the hungry."

Jack was right! In the Bible, God tells us over and over again to care for others. And in Matthew 25, we learn that when we do kind things for someone it is as if we are doing it for God Himself.

We are all *Imago Dei*—whether someone is poor, hungry, sick, different, weird, difficult to get along with, young, or old. And, when we're doing something for someone else, we're doing it for God!

➡ **ACTION POINT:** Perform a random act of kindness for someone in your life that's difficult to love. If you need help thinking of something, ask your Mom!


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CASSIE BURTON is a cast member on the True Girl tour team. She loves living on a bus and sharing God's Word across America. Catch her onstage in a city near you! mytruegirl.com/events



* Surprise!!!


So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image.

{ 2 Corinthians 3:18 }

 **W**hen I turned eight, I was given the coolest celebration at that time: a hotel party! What was even cooler was that it was a surprise. My dad brought me to the hotel blindfolded, and it wasn't until my mom took the blindfold off that I could see what was going on. My family gave me hugs and gifts, and then I had the most epic sleepover with my friends.

What amazed me was how they'd truly surprised me. I'd been so unaware before my blindfold was removed. But once it was gone, I saw everything clearly.

Sin is like that blindfold in our lives, and that's what this verse is referring to. When Paul mentions having the veil removed, he's talking about our new sight as Jesus' followers. When we don't know Jesus, we don't see clearly and we cannot even begin to realize how serious the bad things we do are. We're unaware of the consequences and trouble sin causes. But once we accept Jesus into our heart, the blindfold's removed and we sin our sin and God's goodness.


 **ACTION POINT:** Write down sins you see clearly now that Jesus has removed your blindfold. Maybe they're things you used to do like taking items that weren't yours or disobeying your parents. Thank Jesus that He's removed the veil from your eyes.

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

## \* Bumping into the Big Bang Theory

*Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."*


{ Genesis 1:26 }

 **T**here are many theories or ideas about how the earth came to be. One is the Big Bang Theory, which claims that the universe began billions of years ago. The scientists who believe this say the world we live in had just a few tiny atoms that bumped into each other and blew up. Thus, the name "Big Bang."

Just because a scientist or a teacher says something doesn't make it true. (Even if it were true, where did those first few atoms come from? Science can't explain that.)

We believe that God created the universe possibly as recently as 6,000 years ago. When we believe that God created the world and us, we can know that we didn't happen by accident. God made us on purpose and in His image—including you. Nothing about you was accidental. He chose your hair color, eye color, skin color, personality, and intellect. And He did it all on purpose.

You will bump into people who believe in the Big Bang Theory. But you can be confident that it takes as much faith (or more) to believe in those ideas as it does to believe that God created this world. (And you!)

 **ACTION POINT:** Talk to your mom or dad about how to respond when someone tries to teach you that the world was not created by a good and loving God.

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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.



FEBRUARY 20




FEBRUARY 21


* Handle with Care

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

{ Ephesians 2:8-9 }

 **A**t the beginning of the school year, my daughter's teacher emailed all of the parents. She told us that if our kid had a rough night, week, or morning, we could simply email her the words "Handle With Care." That way, she knew to extend him or her a little extra grace that day. What a thoughtful teacher to have, right?

But grace isn't just for teachers to show students. Grace is how God has handled us: with care even when we behaved badly. His grace has saved us. And as God's image-bearers, grace is something we can always demonstrate to one another. Before we get angry or lose patience with a friend or a sibling, it's helpful to stop and think about how God would want us to respond. He created us in Christ's image to do good things. When we show His grace, especially when it's hard to do, we're showing people who He is and what He did for us.


 **ACTION POINT:** Go out of your way to show someone grace today. You're not doing it so people can think you're wonderful, but so they will see how good the God who made you is.

~~~~~  
*SHANI MCKENZIE is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendiferous children. [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*

## \* Love the Unlovable

*If someone says, "I love God," but hates a fellow believer, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see?*


{ 1 John 4:20 }

 **T**his month we're learning a lot about *imago Dei*, the concept that we're made in the image of God. Hopefully, as you read about all the cool things that come along with being made in God's image, you've made one big connection:

**If humans are made in the image of God, that means ALL humans are made in the image of God. Even the ones you don't like.**

Many people don't like Christians because they can't really see any difference in how we treat the people we don't get along with. That's a fair criticism! It's even written about in 1 John 4:20. The writer, inspired by God, pointed out this problem way back when the Bible was written. How can we love God but not love the people He created?

The bully in your Sunday school class. Your annoying little sibling. The girl you thought you'd be BFFs with who just said she doesn't want to be friends anymore. **EVERYONE.** Each of them is made in the image of God. And, because of that, we have to be sure to treat them with the love and respect they deserve.

 **ACTION POINT:** Think about the people that you don't get along with. Write a list of ways you can show them love. At the top of the list, write PRAYER. It's a lot harder to dislike someone when you're praying for them!

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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



FEBRUARY 22




FEBRUARY 23

* A True Beauty


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

{ Psalm 139:13–14 }

 **S**he has a smile that lights up our world, framed by darling dimples, and eyes bright blue like the sky. Her name's Rowan, and she'll turn ten in May. Her giggles are contagious—making those around her giggle too. She's one of the happiest people I've ever been around, yet, Rowan has never walked a step or spoken a word. Many would say that's a tragedy, but Rowan's defiant joy says otherwise.

I think of the words of Psalm 139 when I'm around Rowan. David wrote them over two thousand years ago, but we still need those words to remind us we're made in God's image—no matter how we might be different from others. I like to think that when God made Rowan, He smiled knowing what a gift she would be. He's the one to make her “so wonderfully complex,” and His “workmanship is marvelous”!

How about you? When you look in the mirror, do you see that you are also wonderfully made? I know it's hard to believe sometimes, but it's true! You are made in God's image, which is true beauty...just like Rowan.

 **ACTION POINT:** Ask God to help you see yourself like He sees you—wonderfully made in His image. Try memorizing today's verse and ask God to help you believe it about yourself.


JUDY DUNAGAN has always loved to read and write stories about Jesus. She now writes at JudyDunagan.com and works for Moody Publishers to discover new books and authors to publish.

FEBRUARY 24

* UFOs in Your Fridge

I could ask the darkness to hide me and the light around me to become night—but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.”


{ Psalm 139:11–12 }

 **C**leaning out the fridge. Gross. Has your mom ever asked you to help with that? The first step is to remove everything from it. And there's always one container in the very back I'll call the UFO. (That stands for Unidentified Food Object!)

When I remove the UFO, I take it to the sink and hold my breath. Pulling the lid back, a weird fuzz reveals itself along with a wretched smell. Quickly, I toss it down the garbage disposal. I often can't tell what the food was once.

Sometimes I treat sin like that UFO. If I've done something wrong, I can either confess it to God or ignore it, hoping it will just disappear. What happens to sin when we hide it away? It makes it difficult to have a close relationship with Jesus. Because sin, like the UFO in our fridge, stinks!!!

You may forget a sin that you “stuff away,” but God remembers. He'll keep bringing it up until you finally confess it and turn away from doing it again. Once you do that, He throws it so far away that it's as far as the east is from the west (Psalm 103:12). Isn't that awesome?

 **ACTION POINT:** Just for fun, go to your fridge and search for any UFOs. If you find some, pull them out and dump them. Then, ask God if there is any sin in your life that needs dumping too.


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.

FEBRUARY 25

* Help Someone

Even the Son of Man came not to be served but to serve others and to give His life as a ransom for many.

{ Matthew 20:28 }

 **E**ven Jesus came to serve others. So shouldn't we also be servants? Consider some of these amazing studies of human behavior as it relates to serving others.

- * Cornell University discovered older people who spent their free time volunteering had fewer health problems than those who did not volunteer.
- * One research project proved that men who demonstrated self-centered thinking by overusing words like *I, me, my, and mine* were far more likely to suffer from heart attacks. It wasn't the words themselves that caused the danger, but the selfish living.
- * A final study at Harvard University helped us learn that students had a stronger ability to fight sickness after just watching videos of someone caring for orphans in Calcutta, India. After the film, the saliva collected from student's mouths had sickness fighting power...from just watching someone serve.

We are created in the image of the living God. That means we were created to draw life by giving life to others. We are meant to serve. Thank God this world is bigger than you and me, right? There are places to go and things to do...and life to be gained.

"Everybody can be great...because anybody can serve...You only need a heart full of grace. A coil generated by love."
-Martin Luther King Jr.

 **ACTION POINT:** Help someone today. Take a friend with you—someone who needs an immunity boost!


SUZY WEIBEL was a lead teacher for True Girl for eleven years. Today she is one of our board members. She has three enormous Bernese Mountain dogs and is a realtor.

FEBRUARY 26


* Perfectly Made

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 }

 **S**ometimes it's easy to say unkind things about other people when they're not listening or we don't know them. I've caught myself watching someone and thinking or saying words that tear them down instead of building them up. I once read a novel about a girl who struggled with this too, and a good friend taught her an important lesson. Her friend gently asked her: "Did you know that girl you're criticizing is made in the image of God? When you're saying bad things about her, you are actually saying bad things about God and His work!"

Just like the girl in the story and me, maybe you've done this too. When we are tempted to judge others, we can remind ourselves that if God is perfect, He never makes mistakes. That means that since He made us and those around us, we are PERFECTLY made. And, not just that, He chiseled us—His masterpieces—with Himself in mind. The truth that He made us in His image changes how we see and treat ourselves and each other.

 **ACTION POINT:** Open up your journal! Write five qualities from God that you can see in one of your friends and give her the list to encourage her. Then, do the same for yourself!

LISA YABRA serves in our Dominican True Girl Ministry: Chica Verdadera. She's been a teacher in both the American and Dominican True Girl tour. Find out more at puralibertad.org.

FEBRUARY 27



* The Belt of Truth

*Stand your ground,
putting on the belt of truth.*

{ Ephesians 6:14 }



I'm a big fan of belts. One of my favorite belts has a fancy peacock feather over the buckle. It is easy for me to picture the Belt of Truth as being brown leather with shiny silver studs on it. But I found out that's not really the kind of belt scripture is talking about. In the original language it says something more like, "have your loins gird about with truth."

In the Bible days, the people wore a piece of clothing called a tunic, something like a dress or robe. Over top of that they wore a belt-like thing called a girdle. The girdle kept the tunic in place throughout the day. Sometimes the tunic's length got in the way of work or battle, so the people would "gird up their loins" by bringing the bottom of their tunic and tucking it into the girdle (belt). This way they wouldn't trip on the long fabric of the tunic.

We need to make sure we know the truth of God's Word, or we can be easily tripped up by all the lies floating around us!

➡ **ACTION POINT:** Put on the "Belt of Truth" this morning, so that when the time to battle comes, you'll be ready to fight!

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FEBRUARY 28