

True Girl Daily Devos



DAILY DEVOTIONS FOR

MARCH
& APRIL

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



As you read these devos, you'll see that we've written them for **Y-O-U** if you're a tween girl!

But you may need your mom sometimes. Why?

Well, the honest answer is that sometimes when you're first learning to do something, it's good to have help from someone with more experience!

It 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 doing it. 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 soon, even if you can't be at that very moment.)

If it is helpful, you could decide you want to start by reading these together with your mom, but we sure hope you will grow in your ability to read the Bible and understand it on your own. After all, someday, you may be the mom helping a girl learn to do the very same thing!

I love you, and Jesus loves you.

Dannah Gresh,
Founder of True Girl





Pack Your Tambourine



Then Miriam the prophet, Aaron's sister, took a tambourine and led all the women as they played their tambourines and danced. And Miriam sang this song: Sing to the LORD, for He has triumphed gloriously.

{ Exodus 15:20–21 }



When Moses led the Israelites, including his sister Miriam, across the Red Sea to escape Pharaoh's control, there was a worship party on the other side of the water. Miriam sang a song that invited everyone to “sing to the Lord.” Seems appropriate. I mean, if God rescued you from an army of evil soldiers, you'd have a praise party, too.

Okay, let me remind you: the Israelites left in a real hurry! They packed the way you might if your house was about to be hit by a hurricane. You only take what you absolutely need: food, basic medicine, and undies. But you don't pack that daisy pompom that you like to attach to your backpack because it's soft and cute. You get what I'm saying? Only essentials go with you!!!

So, *why is it that Miriam and all these women had tambourines to play in the desert?* I think it's because they considered worship an essential part of their lives. It was necessary.

This month, I'm inviting you to “pack your tambourine.” I want you to understand that worship is an essential part of your Christian walk. God wants you and I to “sing to the Lord.”



ACTION POINT: Grab a tambourine and give it a shake. See how it feels and imagine what it may have been like for Miriam and the other women to use them as they led the whole nation of Israel in praising God!

DANNAH GRESH is the founder of True Girl. This devo is an adapted excerpt from her new Bible study, *Miriam: Becoming A Girl of Courage*. Learn more about it at: www.mytruegirl.com.



MARCH 1



The True Beat of My Heart

*O God, you are my God; I earnestly search for you.
My soul thirsts for you; my whole body longs for you
in this parched and weary land where there is no water.*

{ Psalm 63:1 }



Music is one of my favorite things. I love listening to it, creating it, talking about it, and anything else you can do with it. But there was a time when my passion for it got out of hand.

You see, I'm a pretty intense person. When it comes to an interest or hobby, I'm all in! And before I knew it, music was all I thought about. I poured my love, focus, and attention into it and pushed God to the back of my heart and mind.

It's not that my love for and dedication to music was a bad thing, but it shouldn't have taken God's place at the center of my heart.

Psalm 63:1 gives us a glimpse into how much we should desire the Lord. Every part of us should long to know Him more each day. We should live in awe and adoration of Jesus. That's what worship is! We can't let ourselves love the things and people Jesus has placed in our lives more than Jesus Himself. We have to keep our hearts committed to worshipping Him and not the things He's blessed us with. Jesus is better than any gift He gives.



ACTION POINT: Are there things in your life that are competing for your worship? Maybe an activity, toy, or even a friend. Use your journal to write them down, and then ask Jesus to help you desire Him more than those things.

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



MARCH 2





Space Dust or Worship Concert?



*The heavens proclaim the glory of God. The skies display
His craftsmanship. Day after day they continue to
speak; night after night they make Him known.*

{ Psalm 19:1-2 }



We humans aren't the only worshippers in the universe. (Don't worry. I'm not going to say there are aliens on other planets attending church services!)

Psalm 19 teaches us that all of God's creation adds their "voices" to ours as we proclaim the beauty of God. That includes the skies. Night after night, they make Him known.

What do I mean by "they"? Millions of objects like planets, asteroids, and comets orbit the sun. Plus, there are millions *more* smaller objects floating around. Some are so small they look like sand and aren't visible to us on their own. But every March, their combined existence looks like a faint glow in the night sky. It's called the Zodiacal light or a "false dawn" because about one hour and thirty minutes after the sun sets...it looks like it's rising again. But it's not. It's the glow of all that space dust.

I'm reminded of how big God is and how small I am. Knowing that it's there announces His existence, power, and beauty to me. It's more than just space dust. It's one of the world's largest worship concerts!

➡ **ACTION POINT:** Try to see the Zodiacal light this month. Find a clear night and go to a field free of light pollution (with parental permission *smile*). Look west-southwest about 1.5 hours after sunset. You might see a triangular or column-shaped glow in the sky.

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. www.mytruegirl.com



MARCH 3

Worship With Your Sunday

On the seventh day God had finished His work of creation, so He rested from all His work. And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.


{ Genesis 2:2–3 }



The Sabbath is a special day of rest each week started by God. He created it as a gift to His people. It's a reminder of how God rested on the seventh day of creation and is a sign of His eternal covenant with us.

Nowadays, most followers of Jesus choose to take their Sabbath on Sunday—the day we worship God at church. It's a time to put away work and the hustle and bustle of daily life to honor Him. Many people choose to get off screens, relax at home, and read their Bible more than they would on other days.

Did you know taking a Sabbath is worship? When we take a weekly day of rest or Sabbath, we tell God we are thankful for His creation and trust Him with our schedule.

 **ACTION POINT:** Take your Sunday seriously this week. Think of some ways you can honor God. Maybe that's putting away screens to spend time with your family. Or it's finishing your homework on Saturday so you can spend time resting in God's presence on Sunday.

*CASSIE BURTON is a former cast member of the True Girl team.
She loves sharing God's word.*



MARCH 4





Choose to Worship



O LORD, I will honor and praise your name, for you are my God. You do such wonderful things! You planned them long ago, and now you have accomplished them.

{ Isaiah 25:1 }



Will they ever feel better?" I wondered as I washed the dishes. Two people in my family were sick, and I was worried about them. It was all I could think about!

Have you ever found yourself worrying a lot too? You might feel upset about a difficult family situation or a problem with a friend. Or maybe you're concerned about your math homework and whether you'll ever understand fractions.

As I was anxious that day, one of my daughters walked over to me. She hugged me and sang a worship song. Do you know what happened? My heart was comforted, and I was reminded to choose to praise God.

Sometimes it's tough for us to feel like worshipping God in the middle of our worries. But when we decide to praise Him no matter what's happening in our lives, He can fill our hearts with peace. So the next time you find yourself feeling anxious, stop and worship God. Praise Him for who He is and trust that He always keeps His promises.



ACTION POINT: Write out today's verse on a piece of paper. Decorate it and put it where you'll see it every day. On the days you feel worried, read it out loud as a way to praise God.

MARLENE LUNA is the director of Chica Verdadera (True Girl) in the Dominican Republic and the mom of two girls. She loves to see the beautiful things God can do. www.puralibertad.org



Singing His Praise


*For this, O LORD, I will praise you among
the nations; I will sing praises to your name.*
{ 2 Samuel 22:50 }



I was so excited one Sunday morning as I sang with my children's choir at church. Looking out at my parents and our family friends, I belted at the top of my lungs, singing louder than everyone else in the choir, "He's got the whole wheeled in His hands!"

Yep, you read that correctly! *Wheeled!* And even though everyone in the church giggled about my pronunciation of the word "world," I didn't care. I kept singing with all the power and energy I possibly could.

When I read today's verse, I picture myself in that church. I'm singing the praises of God for all to hear. I want everyone to know what a mighty God we worship and, no matter what, He has us all in His hands!

 **ACTION POINT:** Gather your family or friends and choose a favorite worship song together. Maybe even grab a musical instrument. Like a tambourine or some drumsticks, and sing praises to our Lord God for all that He has done!

KATHY RIDENOUR is the discipleship curriculum coordinator for True Girl. She lives with her husband, daughters, and two bunnies. She loves music, camping, and spending time with family and friends. mytruegirl.com



MARCH 6





A Red-Headed Woodpecker and the Giant Phantom Jellyfish



*Praise the LORD from the earth,
you creatures of the ocean depths.*

{ Psalm 148:7 }



I have a red-bellied woodpecker that visits my bird feeder every morning. He doesn't really have a red belly, but his head is red. (I think the name red-headed woodpecker was already taken!)

One morning, seeing him got me thinking about the nearly-extinct ivory-billed woodpecker. At nearly two feet tall, they're the largest woodpeckers on the planet. But they're super shy. The last time one was seen was in 1987. But as I sat there looking at my woodpecker, I realized God can see a rare ivory-billed woodpecker anytime He pleases! I wondered, "What else does God see all the time?"

That very morning, my friend Erin Davis texted me with big news: the rare giant phantom jellyfish had just been filmed! It's only been seen nine times since the 1800s! Its dome is three feet across, and its tentacles can be about the length of a school bus.

One reason the giant phantom jellyfish is hardly ever seen is that it lives so deep in the ocean...where only God can see it anytime He pleases. From there, it praises the Lord with all the other sea creatures as Psalm 148 says it should.

➡ **ACTION POINT:** Ask your mom to help you google "giant phantom jellyfish," and the footage captured in December of 2021 will be easy to find. Worship God when you see it. I did.

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. www.mytruegirl.com



MARCH 7



Wow! Look at God!

*I will meditate on your majestic, glorious
splendor and your wonderful miracles.*

{ Psalm 145:5 }



What makes you exclaim, “Wow! Look at God!”? Maybe it’s a story of a time when He amazed you and your family with His love and faithfulness. Or it could be your favorite worship song lyrics that remind you of all your Heavenly Father has done for you through Jesus.

Today, let’s turn our eyes toward God together. Let’s think about Him and share His wonderful ways! I’ll start with some things that I love about Him:

- He is far bigger than our problems and more powerful than our fears.
- He created us and loves us.
- He sent His own Son to die for our sin.
- He defeated death when He rose Jesus from the grave!
- He gives us gifts to enjoy and to share with other people.

Okay, now it’s your turn! Share your “Wow! Look at God!” praises by writing or saying out loud the things you love about Him, too.

➡ **ACTION POINT:** Tell your mom or a friend about what makes you say, “Wow! Look at God!” Then, ask them, “What do you love about God?”

*LAURA BOOZ is a wife, mom, writer, and teacher.
You and your mom can listen to her fun podcast,
Expect Something Beautiful. LauraBooz.com*



MARCH 8





Undignified



*Praise His name with dancing,
accompanied by tambourine and harp.*
{ Psalm 149:3 }



When you think of worship, what is the first thing that pops into your head? Let me guess. Are you picturing people singing? While that's definitely one of the more common ways of worship, it's not the *only* way.

Hopefully, as you're reading through this month's devos, you realize that there are a LOT of different ways to worship God. You can praise Him by writing songs, painting pictures, or like our verse today says, you can worship by dancing!

Now, this doesn't have to be a perfectly choreographed ballet. Just put on some worship music and go for it! You don't have to wait until you've completed three years of dance class before you try it out.

If you're worried about what other people might think, check out 2 Samuel 6. In this chapter, King David praised God by dancing, and his wife was pretty embarrassed by it. She thought it wasn't a very dignified thing for a king to do. But instead of feeling ashamed, David stood by his actions and said he'd do it again to show just how much he loved God.



ACTION POINT: Find a worship song that you can't help but dance along to! Turn it up and have a mini worship dance party with your mom. (I recommend "Celebrate" from True Girl: The Original Album for this action point!)

AUBREY BRUSH is the brand manager at True Girl and loves reading the freedom stories from girls who participate in our live stream Bible studies! mytruegirl.com/onlinebiblestudies



MARCH 9



Bowing Down, Looking Up

*Come, let us worship and bow down.
Let us kneel before the LORD our Maker.*
{ Psalm 95:6 }



How do you feel when there's a big thunderstorm outside? The flashing lightning and booming thunder can be scary! But maybe, like me, you love watching these storms from inside your house!

Thunderstorms are a part of God's creation. They display His power and mightiness. I feel close to Him when I admire what He's made. But I also feel a sense of awe that He has created such amazing things. It can be overwhelming!

When we realize how powerful God is, all we can do is kneel in worship. The position of kneeling or bowing before God shows that our hearts are humble. We're acknowledging that we know He is greater than we are, and we're choosing to surrender to Him. So the next time you look up at a thunderstorm, take some time to kneel and thank God for His greatness!



ACTION POINT: Spend time praying to God on your knees. Praise Him for His power and might.

ESTHER MAAS is a senior at Grace Prep High School, a sister ministry of True Girl. She loves guinea pigs, music, and mint chocolate chip ice cream. graceprep.com



MARCH 10





How Beautiful Is It?



*I say to the LORD, "You are my Master!
Every good thing I have comes from you."
{ Psalm 16:2 }*



What is the MOST beautiful thing you've ever seen? It might be hard to pick just one if you're like me. I can think of lots of pretty things, especially now that it's spring. Trees are sprouting bright green leaves. Tulips, pansies, and daffodils are blooming. And birds are building really cool nests. All around me, nature makes me think about beauty.

But no matter what your most beautiful thing is, you can remember that it's from God. He's the ultimate source of all that we have. Everything else is just a resource or the result of something He's created.

God is always there for us. And it's incredible to think that we probably can't even recall all of the beautiful things He does in His goodness. Not only is He making the trees and flowers blossom, but He's answering our prayers and making tough times better. He's listening, watching, and waiting for us to look to Him. Let's always remember to let Him hear from us.

 **ACTION POINT:** In your journal, make a list of some of the beautiful things you see around you. Then, thank God for them and tell Him how much you love and need Him.

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



MARCH 11



The Fear of Worship

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

{ Zephaniah 3:17 }




Are you attending summer camp in a few months? I had the amazing opportunity to be a Christian camp counselor last summer. We had so many kids come—it was wonderful! But we didn't have enough people working there.

When the camp leaders realized we were short-staffed, they asked me to join the worship band. "What? I don't sing in front of other people! What will others think of me?" Even though God gave me the gift of singing, I was afraid to use it to serve Him.

I quickly found myself on stage holding a microphone. As I heard everyone praising God through song, I understood something: God takes DELIGHT in how He created me. He rejoices over me because He loves His creation. And when I worship through music, I use a talent He gave me for His glory. Plus, I wasn't singing alone. God was WITH me. I didn't need to be fearful.

God's given you talents too. No matter how afraid you feel, you can use them for Him. As you do, He rejoices over you and will calm your fears!

 **ACTION POINT:** Are you afraid to use your talents to worship God? Memorize today's verse as a reminder that God delights in you. Then, ask Him to give you the courage to use your gifts for Him.

EMMA ARBLASTER is a current student-athlete at Liberty University where she is studying Exercise Science. She is from Pennsylvania and loves anything sports and outdoors!



MARCH 12





The Power of Your Praise



O LORD, our LORD, your majestic name fills the earth! Your glory is higher than the heavens. You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you.

{ Psalm 8:1–2 }



Did you know that the sound of your praise is powerful? It is! When you choose to worship the One who made you, it changes the atmosphere around you. Why?

Because God inhabits the praise of His people. Worshiping God stops the enemy in his tracks. It can make people who don't even know Jesus consider His greatness. That's mighty stuff!

You can worship Him in many ways. Reading your Bible and serving others are forms of worship. But one of my favorite ways to praise God is with singing and instruments. In the Old Testament, God's people even had a Hebrew word for this kind of praise—*zamar*. When you lift the name of Jesus up with music, it's a sweet sound filled with power!



ACTION POINT: Build a playlist of some of your family's favorite worship songs. Sing along to them as you're on the go, or plan a night this week to have a praise party in your living room.

YANCY is songwriter, worship leader, and producer who makes music and videos for both church and home. She loves to make Jesus loud and is passionate about worship. YancyNotNancy.com



MARCH 13



God's Favorite Song

*These people honor me with their lips, but their hearts are far from me.
They worship me in vain; their teachings are merely human rules.*

{ Matthew 15:8–9 }



I have been a worship leader for a long time. One of the biggest things I've learned is that it's important to mean what you sing. Although I love singing, my main focus in worship is not about WHAT I love. It's about WHO I love. It's about glorifying God.

Jesus warned about people saying one thing with their mouths while believing something else with their hearts. He called those people *hypocrites* because they said one thing but did something else. What we say (or sing) and what we do should always line up with the Truth of who God is.

It's okay to sing your favorite song, but when it comes to worship, God wants to hear HIS favorite song. Do you know the name of it? I'll give you a hint—it's any song that gives Him glory!

➡ **ACTION POINT:** What are some songs you like to sing to the Lord? Go online with your mom and pull up the lyrics. Find Scripture to go with the words and meditate on those verses together.

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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)*



MARCH 14







# Morning Routine



*So whether you eat or drink, or whatever you do,  
do it all for the glory of God.*

*{ 1 Corinthians 10:31 }*



**H**ere's my typical morning routine: Hit snooze (maybe three times), go to the bathroom, brush my teeth, wash my face, read a devo, get dressed, put deodorant on, and head out the door. It's typically a pretty short process.

You might be thinking, "Noli, you must be racing all around!" The truth is that I'm not. I've gotten it down to a T. The real challenge of my morning is to do it all for the glory of God. Honestly, waking up and choosing my devotions over extra sleep is *not* easy (and it doesn't always happen). Even deciding to glorify God as I brush my teeth is sometimes hard.

But I have learned that this routine helps my day go more smoothly. Why? Because I'm choosing to worship God in the morning with time that's important to me. And when I do that, I'm also giving Him the space to be a part of every moment of my day!



**ACTION POINT:** When you wake up tomorrow morning, make glorifying God your first decision.



*NOLI GARRETT is a former member of the True Girl team. She was also a contributor to our most recent Bible study, Miriam: Becoming a Girl of Courage. She loves seeing girls get to know the heart of Christ.*



MARCH 15



# Apple Pie Worship

*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, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods.*

{ Exodus 20:4–5 }




One of the Ten Commandments says we shouldn't worship anything in the heavens or on the earth or in the sea. But people do it anyway. An entire wall of books at my local bookstore teaches people to use the stars to tell the future. It's called astrology. When someone studies astrology, they're worshipping creation instead of worshipping God.

Romans 1:22–23 calls them fools. These verses say, "Claiming to be wise, they instead became utter fools. And instead of worshipping the glorious, ever-living God, they worshiped idols made to look like mere people and birds and animals and reptiles." Verse 25 adds, "So they worshiped and served the things God created instead of the Creator Himself, who is worthy of eternal praise!"

That's crazy! Let's say you went to a friend's house and her mom served the most incredible apple pie. You wouldn't say to the pie, "You were so tasty! Thank you!" You'd go to the person who *made* that pie and tell them how great it was.

Instead of worshipping the things God made, worship Him. He alone is worthy of our praise!

 **ACTION POINT:** Astrology is not the only way people worship creation. Do you see any other ways people worship creation rather than God Himself? Talk to your mom about them.

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Today's encouragement is an adapted excerpt from The One Year Mother Daughter Devo by DANNAH GRESH and JANET MYLIN. Get a copy at mytruegirl.com.



MARCH 16





Pretend to Sit at Jesus' Feet



*Her sister, Mary, sat at the Lord's feet,
listening to what He taught.*

{ Luke 10:39 }



What's your favorite way to worship? Do you like to sing songs? Do you enjoy praying and reading the Bible? Or how about serving as an act of worship?

If your worship is more about what you do, you might like the Bible story about two sisters. One worshiped Jesus by focusing her attention on what she was doing for Him. The other one worshiped Him by focusing her attention on what Jesus was doing for her.

There is nothing wrong with singing, praying, reading, and serving as acts of worship. Jesus instructs us to do those things. But we don't do them to earn God's love because we already have it.

The kind of worship Jesus seeks is when we acknowledge His gifts to us. Worship is about honoring God by *receiving* from Him, not just doing something for Him. And Jesus was so sweet to both sisters when He explained the simple truth to them.



ACTION POINT: The next time you are at church, pretend you are sitting at Jesus' feet. During the music and the sermon, think about how church is one of the places you worship God by receiving His Truth.

*JODY TOKEN is the creator and coach of The Great Flip,
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for girls aged six and up. thegreatflip.com*



MARCH 17



Rock Bottom Praise

*Where were you when I laid the foundations of the earth?
Tell me, if you know so much.
{ Job 38:4 }*



Ever since I had the role of Job's wife in a play, I have loved Job's story from the Bible. He had almost everything in his life taken away from him. His house was destroyed, his cattle stolen or killed, his children all died in an accident, and he even lost his good health. He went from being a rich man to rock bottom in the blink of an eye. (If you've never heard the phrase "rock bottom" before, it means someone is in the lowest or most challenging time of their life.)

But Job didn't hate God because of it. He did question why it all happened to him, though. And God answered, "Where were you?" God reminded Job that He (God) is the Creator and Controller of the universe. Nothing is too hard for Him, and nothing is out of His control.

No matter what happens in our lives, God—the Almighty, all-powerful King—is still in control. And, through it all, He deserves our praise.

 **ACTION POINT:** Read through Job 38-40. What are some things you can praise God for?

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



MARCH 18





Worship Is a Contact Sport



Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

{ 1 Corinthians 6:19–20 }



I'm not a big sports fan. But every now and then, I'll watch football with my husband. I still don't really understand it, but it amazes me how the players put themselves out there to be hit and knocked down week after week. They invest their whole bodies into the game, living in constant pain, risking injury, and enduring exhausting practices. And it's all to do something they love.

Whether we understand football or not, there's a lot we can learn from watching it. The players give their all, and that's what God wants from us.

Offering ourselves to God is one way we can worship Him. The Bible tells us to honor Him with our bodies: physically, emotionally, and spiritually. Thankfully, God isn't asking us to put ourselves out there to be hit and knocked down like the football players. Phew! He just wants to know that because of all He's done for us, we are willing to offer ourselves to Him entirely.



ACTION POINT: Do you have parts of yourself that you need to give to God? I do! Draw a picture of yourself and write down the area(s) you need to surrender to Him. Submit those areas to God as you pray.

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



MARCH 19



Call Me Picasso

For everything comes from Him and exists by His power and is intended for His glory. All glory to Him forever! Amen.

{ Romans 11:36 }



People used to call me Picasso. Well, not really. I was into drawing and sometimes painting, but my creations weren't all that spectacular. I'd mix my craziest colors and just draw whatever I felt. There was something magical about creating.

After I finished a masterpiece, I'd run it through the house, showing anyone I passed on my way to the grand stage of presentation—the refrigerator. I felt a sense of accomplishment, joy, and connection to what I'd made.

You, me, and everything else in this vast universe exists because of Jesus. He created ALL things, and each masterpiece is beautiful and perfect! Every creation exists because of Him, AND for Him too!

And the main reason we were created is to glorify God. To bring Him glory through our connection with Him and by returning His love. We bring God glory when we not only live and enjoy all He's created, but when we thank, praise, and worship Him for doing so.



ACTION POINT: Draw one of your favorite things that God has created. This could be a sunset, flower, animal, or even you! After you finish your masterpiece, thank God and worship Him for making that particular thing and everything else too.

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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)*



MARCH 20





# At All Times!



*I will praise the Lord at all times.*

{ Psalm 34:1a }



**H**ave you ever read the story in Acts 16 about when the Apostle Paul and his friend Silas were unjustly imprisoned? I just read it last week—and it's a pretty tragic story if you ask me! Not only were they put in jail, but their feet were restrained, their clothes torn off, and their bodies beaten. If this had happened to me, I'd probably have been furious, tried to defend myself, and then complained about all the pain.

But that's not how Paul and Silas reacted. Around midnight, they sat in jail praying and singing hymns to God. In the middle of their bad situation, they trusted God and worshiped Him. Wow! Their reaction blows my mind! And the Bible tells us that the other prisoners were listening to them. The jailer even became a Christian because of how Paul and Silas reacted.

When things are hard, how we respond doesn't just affect us. Other people are watching and listening to us. Like Paul and Silas, we can trust and worship God at all times and pray that our reaction points others to Jesus.



**ACTION POINT:** Talk to your mom about how you react in difficult situations with your family, friends, or in school. Pray together and ask God to help you worship Him at all times.

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*SARA LUNA is a teacher on our Spanish True Girl team called Chica Verdadera. She loves teaching girls about the truth found in the Bible. She is a worship leader. [puralibertad.org](http://puralibertad.org)*



MARCH 21



# Highlight Reels

*Give to the LORD the glory He deserves! Bring your offering and come into His presence. Worship the LORD in all His holy splendor.*

{ 1 Chronicles 16:29 }



**W**hen it comes to sports, it's easy to spot a star and give them the credit they deserve. Most of us know that Alex Morgan is a talented soccer player, Tom Brady is a great football player, and Serena Williams is probably the best tennis player of all time. They didn't get this way overnight. Years of practice went into them becoming great at their sport. If we ran into them on the street, we'd want to tell them how much we enjoy watching them excel!

While it's easy to give famous people the credit they deserve, sometimes it's not as easy to give God the glory He deserves. It's almost like we get so used to the amazing things He's done that we stop paying attention. Or we assume that since He's God, He doesn't need us to acknowledge how great He is.

We're reminded of how good athletes are because their highlight reels are shown on TV or online. We're forgetful people, and if something isn't right in front of us consistently, it's easy to ignore. Maybe that's why there are hundreds of verses throughout the Bible that bring our attention back to the need to give God glory!

➡ **ACTION POINT:** Watch a highlight reel from your favorite athlete. Then, spend some time thinking about what God's "highlight reel" would include and give Him glory for it. (A good place to start might be the first chapter of Genesis!)

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



MARCH 22







# One True God



*You must not have any other god but me.*

{ Exodus 20:3 }



**O**ne dictionary definition of *god* is “something that is so important that it takes over somebody’s life.” You may not have actual idols in your home, but there might be things you think are more important than your Creator.

One thing our world idolizes is celebrities. When an actor’s in a new movie, you’ll see his face everywhere! Doesn’t it seem like we’re invited to worship him and not the One True God?

Well, God has something to say about that. After He set the Israelites free from Egyptian slavery, He gave them rules to live by, including The Ten Commandments. The first commandment was: “You must not have any other god but me.” The people had difficulty observing it.

For some Israelites, setting God apart as their *only* God may have been a new idea. They’d spent their lives in Egypt, where people worshiped many gods. The book of Exodus tells us they often turned to idols—sometimes because they wanted to be like everyone else.

It may be normal to obsess over celebrities, but it’s not God’s best. He wants us to live differently and lavish all our affection and worship on Him, the One True God.



**ACTION POINT:** Are there any celebrities, athletes, or famous people you’re obsessing over? Write a prayer asking God to help you remove them from an improper place in your heart and mind. Ask Him to help you obey the first commandment.

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*Today’s encouragement is an adapted excerpt from The One Year Mother Daughter Devo by DANNAH GRESH and JANET MYLIN. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



MARCH 23



# Created for Worship

*Half of the wood he burns in the fire; over it he prepares his meal...  
From the rest he makes a god, his idol; he bows down to it and  
worships. He prays to it and says, "Save me! You are my god!"*

{ Isaiah 44:16a, 17 }



Imagine that you walk into the forest one day and chop down the perfect tree with your ax. You lug this tree home and carve a false god out of a small piece of it. You place this idol on your windowsill, where you worship, feed, and give gifts to it. Sounds silly, doesn't it? But things like this really happened!

A wise teacher of mine once said that we're *homo-adorans*. Homo-adorans is a big word that means we're "worshiping beings." We're created to worship! But when the first humans sinned, it broke the worshiping nature. So there are many stories of people choosing to worship creation over the Creator in the Bible! (Pause and read Exodus 32 and Acts 17.)

All people worship something. What we think about most often reveals our "idols." Those idols could be friendships, clothes, food, or what people think about us. We worship whatever we give the most importance to in our lives. Ultimately, all of these "false gods" will disappoint us because they weren't created to be worshiped. Jesus is the only one worthy of our worship!

➡ **ACTION POINT:** Draw what you think might be an "idol" in your life. Then, draw one way you can refocus your worship on the only one deserving of it—Jesus! "Let everything that has breath praise the LORD!" (Psalm 150:6a).

HILDSY MARIE PETROSSIAN is a part of the True Girl Tour Team. Her first book is a doodle devotional called *Leave A Little Sparkle Wherever You Go*. [mytruegirl.com](http://mytruegirl.com)



MARCH 24





# What Is Worship?



*Instead, they turned away to serve and worship gods they had not known before, gods that were not from the LORD.*

{ Deuteronomy 29:26 }



**W**hen you hear the word *worship*, what comes to mind? Maybe you think of singing and praising God through music and song. Or perhaps it's your church service on Sunday mornings. While these are important expressions of worship, they are not the only way to praise our mighty God.

Worship is simply about value. When we look at what we believe is most important in our lives, we start to see what we worship. Do you spend most of your time worrying about how you look or wishing you were friends with a specific group of girls? Or maybe you devote most of your hours to playing video games or watching TV? If your thoughts and time are consumed with things like these, you are worshipping something other than God.

But it doesn't have to stay that way! Turning our thoughts and attention towards God helps us value Him over everything else. When we do, our lives start to reflect the real reason we were created—to worship God and reflect His glory.



**ACTION POINT:** Anytime this week that your thoughts and attention are consumed by things other than God, grab your journal and begin to write. Thank God for all that He's given you and praise Him for creating you in His image.

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MARCH 25



# Welcome to True Girl

*Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise Him again—my Savior and my God!*

{ Psalm 42:11 }



**M**y journey to join the True Girl team is an awesome story. God placed a book in my life that He used to draw me closer to Him—and it just so happens that Dannah Gresh wrote it! Before I knew it, I'd found out about True Girl and all the cool positions they had available in the ministry. There was an opportunity to travel AND sing, and it was all for Jesus?! It seemed too good to be true.

But I wasn't the only one going for the position. Was I good enough to be selected? Would the team like my audition video? As I waited to hear back, I became discouraged and sad.

I'd forgotten to put my hope in God! I was so concerned with those who had an ultimate say in my hiring that I didn't remember who'd even guided me toward the ministry: God! If He wanted me there, I would be there.

No matter what's happening in our lives or who seems to be in control, we must never forget that God has the final say. He's the one we have to put our hope in and continue to praise no matter the outcome.

➡ **ACTION POINT:** Is there something you're waiting for? Maybe an opportunity or experience? In your journal, write down what it is, and then ask God for help in putting your hope and trust in Him.

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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)*



MARCH 26





# Saying Thank You



*I will give you thanks in the great assembly;  
among the throngs I will praise you.*

{ Psalm 35:18 }



A few weeks ago, I argued with my dad. He believed one thing was best for me, but I disagreed. It felt so unfair, and I didn't think anything good could come out of it.

The next day at school, my principal encouraged us to think about the blessings in our lives more than the disappointments. Although I disagreed with my dad, I realized that I was grateful for him. He loved and cared about me enough to be concerned about me. I thanked God for my dad. And, looking back now, I can see that he was right.

Learning to see the good things in hard situations takes time. I still have to remind myself most days. Psalm 35:18 says, "I will give you thanks in the great assembly; among the throngs I will praise you." The writer of this psalm recognized the importance of thanking God for our blessings in life, even when we don't feel like it.



**ACTION POINT:** Think about something in your life that may be hard or is making you unhappy. Find something in that situation that you can thank God for.

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*ESTHER MAAS is a senior at Grace Prep High School, a sister ministry of True Girl. She loves guinea pigs, music, and mint chocolate chip ice cream. [graceprep.com](http://graceprep.com)*



MARCH 27

# Seek and You Will Find!

*If you look for me wholeheartedly,  
you will find me.  
{ Jeremiah 29:13 }*



**W**orshiping God is one of my favorite things to do. I love to sing songs that proclaim the power and love of Jesus and give honor to our super wonderful God. And a favorite Bible verse of mine is Jeremiah 29:13. In it, God tells the people of Israel—through the prophet Jeremiah—that if they seek God with their whole hearts, they'll find Him.

This isn't just an invitation and promise for them. It's for us too! I love that we have this guarantee that when we seek God, we'll find Him. And worship is one way that helps us find and experience God's presence.

When we read the book of Psalms, we see that King David often sought the Lord by worshiping. He made it a daily habit to look for God no matter what he was facing. He sought God when he needed shelter and often cried out for help. We can do the same thing! And as we do, we can be confident that we'll find God too!

 **ACTION POINT:** If you want to grow closer to God, worship Him more. Every day this week, spend time worshiping Him. At the end of the week, think about how you saw God move in your life in greater ways.

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*YANCY is songwriter, worship leader, and producer who makes music and videos for both church and home. She loves to make Jesus loud and is passionate about worship. [YancyNotNancy.com](http://YancyNotNancy.com)*



MARCH 28





# Praise Instruments



*Praise Him with a blast of the ram's horn; praise Him with the lyre and harp! Praise Him with the tambourine and dancing; praise Him with strings and flutes!*

{ Psalm 150:3-4 }



**W**hen you're older, you'll wish you never quit!" This is what my parents told me every time I complained about the various musical instruments they made me learn to play when I was a tween. Unfortunately, I didn't really listen...I quit playing the guitar after six months, quit the violin after faking my way through two recitals (sorry, mom), and quit playing piano after nine years of lessons. I didn't really understand what the big deal was when it came to instruments!

But did you know you can find instruments all throughout the Bible, and they're often used for some pretty important stuff? They were used in battle, for celebration, and most importantly, for worship. It's definitely possible to praise God with just your voice, but there's something extra special about playing a worship song on the piano, flute, or other instrument.

Even though I ultimately stopped lessons, I'm thankful I stuck with the piano for so long! Sometimes when I'm having an off day, or I know I need to worship, I'll go over to the piano and play a simple hymn or popular worship song. It's a great skill to have, and it blesses the Lord when it's put to good use!

➡ **ACTION POINT:** If you currently play an instrument, find a hymn or worship song you'd like to learn. If you don't, use the best free instrument (your voice!) and sing a praise song.

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



MARCH 29

# Sing Even When There's No Music

*I will sing to the LORD  
because He is good to me.*

{ Psalm 13:6 }



**W**hen we decided to start a Bible club at school, we bought a sound system so we could play worship songs and sing along with them. One day, something wasn't working right. I didn't have any power! What was I going to do without any music?

I told the kids, "Let's sing acapella!" (That means with your voices only.) I realized as they sang, it didn't matter that the speakers didn't work. The kids were *singing*—and that's what mattered!

Singing is a wonderful way to worship God. You can sing thanks to God with music or sing all by yourself. The Bible tells us that we can always find a reason to sing to God because He is good. You don't have to wait until you are in a church to worship God. You can sing right where you are—in your room, in the car, as you walk from one place to another. No matter what kind of voice you have, I know it sounds good to God!



**ACTION POINT:** Sometime today, sing a worship song to God. If you don't know what to sing, ask your mom to teach you one that's easy to learn.

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MARCH 30







# All for Me!



*Honor the LORD with your wealth,  
with the first fruits of all your crops.*  
{ Proverbs 3:9 }



**M**ine! That's mine!" Uriah screeched. He's my three-year-old grandson, and he'd just caught his little sister with his stuffed animal. She let go of it and headed for a different toy. But it was Uriah's too. So he yelled again in a frustrated voice, "No, baby, that's mine!"

As I watched, I started to think about the blessings God gives me? How good am I at sharing with others or giving away something I really want to keep?

The Bible tells us to honor the Lord with our "wealth." This means we need to use what we've been given to show others how good God is. Sometimes the wealth He gives us might look like time, things, friends, family, money, or even our skills. What do you have, and what are you good at doing? Do you use them for God?

I'm trying to teach Uriah to share with his sister. But I hope I remember that learning to share is for all of us, no matter how old we are. God deserves our very best, first, and most valuable. It all belongs to Him—and He's watching to see what we do with what we have.



**ACTION POINT:** Look for a way to honor God today with something He's given you. Then write a thank you note to Him for blessing you with it.

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



MARCH 31



# God Loves You

*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 }



**G**od loves you. God loves you. God loves you.

I hope you know that.

He loves you so much that He gave His one and only Son, Jesus, to die on a cross for your forgiveness. Jesus died as a sacrifice for our sins. All you have to do is believe in Jesus. If you do, you'll have eternal life in heaven with God.


Sometimes I do things that I know are not good. I sin. I sometimes feel like maybe God doesn't love me when that happens. Do you ever feel that way?

When that feeling happens, I remember something one of my favorite pastors, Tim Keller, says:

**“There is nothing you can ever do to make God love you more. And there's nothing you can do to make Him love you less.”**

So, bring all your failures and sins to Jesus. He died for them. His death overcame not just the sin, but the bad feelings we get when we do the bad things.

He loves you.

 **ACTION POINT:** Have you done anything lately that makes you feel like God might love you less? Write those sins down in your journal. Then, rip the page out and throw it away. The death of Jesus removes them from your life.

*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](http://mytruegirl.com)*



APRIL 1





# The Spotless Lamb of God



*For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value. It was the precious blood of Christ, the sinless, spotless Lamb of God.*

{ 1 Peter 1:18–19 }



Jesus is called the spotless Lamb of God. What does that mean? In the Garden of Eden, sin brought physical death into this world and separated us from God and His goodness. Sin and death are ugly. God hates them.

And, before Jesus died to overcome them, animals had to die. People who believed in God would bring an animal to the tabernacle or temple and sacrifice it to have their sins forgiven. Sometimes it was a lamb, and God told His people that it needed to be spotless, so it was worthy of the sacrifice. To keep a lamb pristine, a family would bring it into their home to protect it, keep it clean, and be sure they had a spotless lamb when they needed it. It was very clean and very special to them. I imagine it was a very sad day when it had to be killed because of the family's sin.

Jesus is like that lamb. He's spotless in that He never sinned. And He's special in that He was God's one and only Son. That qualified Him to be the sacrifice for our sins. He is the spotless Lamb of God.



**ACTION POINT:** Sketch a picture of a lamb in your journal. Imagine how your family might take care of it to keep it spotless. Then thank God for His gift of Jesus—the spotless Lamb of God.

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*DANNAH GRESH is the founder of True Girl. This devo is an excerpt from her new Bible study, Miriam: Becoming A Girl of Courage. Learn more about it at [mytruegirl.com](http://mytruegirl.com).*



APRIL 2



# Go Deep in God's Love

*If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing.*

{ 1 Corinthians 13:3 }



**L**et's say that you want to grow a green-bean bush. What would happen if you planted it in a pot of moldy, unhealthy soil? It would never grow. How about if you planted it in a container of rich, nurturing soil? Your future bean would go down into that soil, give up its life as a seed, and grow into a strong, healthy plant!

We're a lot like seeds. When God calls us to sacrifice for others—to be kind and faithful and patient—He doesn't want us to lay down our lives in moldy soil. We shouldn't give to others out of fear, guilt, or selfishness. That type of sacrifice will never produce fruit. Instead, we need to nestle ourselves into the nurturing soil of His love for us, and our sacrifices will produce a harvest of good fruit!



**ACTION POINT:** Today, ask God to remind you how much He loves you so that you can serve others just like He does—with a heart full of love!

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*LAURA BOOZ is a wife, mom, writer, and teacher.  
You and your mom can listen to her fun podcast,  
Expect Something Beautiful. [LauraBooz.com](http://LauraBooz.com)*



APRIL 3





# The Deep Magic Will Be Appeased



*But now, once for all time, He has appeared at the end of the age to remove sin by His own death as a sacrifice.*

{ Hebrews 9:26 }



**H**ave you read C.S. Lewis' book *The Lion, the Witch and the Wardrobe* from his Chronicles of Narnia series? If you have, then you know there's a difficult scene where the lion, Aslan, appears to be defeated by the White Witch. It's all because of a boy named Edmund who was selfish, stubborn, and made a terrible mistake.

Edmund should have paid the price for his sin. *Spoiler Alert!* Instead, Aslan sacrifices himself and saves Edmund. What appears to be a terrible defeat turns out to be a great victory. (If you haven't read the book, you can for the full story!)

C. S. Lewis said that he didn't write the book as an allegory (a story with a hidden meaning). But he did include symbols. And, for many of us, Aslan's tale is also a story that symbolizes the sacrifice of Jesus. Like Edmund, we are selfish, stubborn people who make mistakes. We deserve punishment. But God, in His great love for us, sent His son Jesus to pay the price for our sins. It's difficult to read about Jesus dying on the cross. But His great sacrifice is now our greatest victory!

➡ **ACTION POINT:** Write a letter or say a prayer to Jesus and confess your sins. Say you are sorry to Him. *Spoiler Alert!* He's faithful to forgive your sins because of His sacrifice for you!

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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 aged six and up. [thegreatflip.com](http://thegreatflip.com)*



APRIL 4

# Grateful Sacrifice

*But I, with shouts of grateful  
praise, will sacrifice to you.*  
{ Jonah 2:9 }



**W**hen I think of sacrifice, gratitude normally doesn't come to mind. I usually consider what I'm giving up. And, to be honest, that doesn't always make me feel grateful. Sometimes I believe I shouldn't have to sacrifice things, even if God asks me to. That's when I have to spend time with God so He can help my heart focus on obeying Him.

The prophet Jonah felt the same way. God asked him to go to the evil people of Nineveh and extend grace to them. But Jonah didn't believe they deserved it. So he ran away. He disobeyed God because he thought that he knew better than God.

Eventually, Jonah's disobedience landed him in the belly of a big fish. It took a few days in the dark, wet, cold, and smelly gut of a fish to help Jonah realize that God deserved whatever He asked Jonah to give. After Jonah surrendered to God, the fish threw up Jonah onto dry land. Jonah then went to the people of Nineveh and obeyed God's original instruction.

When we obey God with a grateful heart, it shows God that we understand He knows better. He can trust us with His plan.

➡ **ACTION POINT:** The big fish may have been a whale. Go online with mom and Google "inside a whale's belly" so you see what things probably looked like for Jonah. Pray together for God to help you always to be grateful.

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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 splendidiferous children. mytruegirl.com/onlinebiblestudies



APRIL 5





Love Like Phoebe



I commend to you our sister Phoebe, who is a deacon in the church in Cenchrea...Help her in whatever she needs, for she has been helpful to many, and especially to me.

{ Romans 16:1–2 }



My mom has always looked for ways to help at church. She's volunteered as an usher. She's set up table decorations for banquets. She's driven people home if they didn't have a ride. I admit that I haven't always liked all of her service because it meant I had to wait around for her! But now, I can see she was acting like Phoebe, a woman mentioned by the Apostle Paul for her sacrifice and service in the church. That's a good thing!

It's not easy to show up to church early to help set up or stay late to listen to someone who needs a friend. But when you make up your mind to love others, it costs something. I remember when I felt like God asked me to give my favorite sweatshirt to a girl at my church. I didn't want to do it, but I couldn't escape feeling like I was supposed to. You know what? I gave it to her and, surprisingly, I didn't feel sad at all. It made me feel great! Being helpful to others—just like Phoebe in the Bible—is a very happy way to live.



ACTION POINT: How can you help out in your church? Maybe you can volunteer in the nursery or you can ask your children's pastor what you can do this week.

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APRIL 6



Future Glory

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.
{ Romans 8:18 }



We live in a broken world and see suffering all around us because of sin. There are things like poverty, sickness, death, fighting, and crime. Sometimes it seems like it's all too much to handle. We can feel overwhelmed by all of the bad stuff.

But we're not alone. Jesus knows what it's like to live in a fractured and hurting world. When He came to earth to live as a human, He experienced suffering too. He even said in Matthew 16:33, "Here on earth you will have many trials and sorrows." The good news is that Jesus has already saved us from it. He says we can take heart because He's overcome the world. And someday in eternity, we will be together with Him, and there will be no more suffering—only joy.

So be encouraged that whatever hard things you are facing are temporary. They won't last forever. The Apostle Paul says in Romans 8:18 that we can't even begin to compare our present suffering to the good things God has waiting for us. What a promise that is!

➡ **ACTION POINT:** Is there any struggle you're feeling discouraged about today? In your journal, write today's verse. Then spend some time asking God to comfort your heart with His Truth from His Word.

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APRIL 7





The Early Church



All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had...For instance, there was Joseph...He sold a field he owned and brought the money to the apostles.

{ Acts 4:32, 36, 37 }



The early church we read about in the book of Acts is known for sharing everything they had. They were all called to care for each other in different ways. For some people, like Joseph, this meant selling a whole field and giving the money to the church! For others, it might have meant making a big dinner for lots of people!

What's so cool about this is that they were content or happy to live in obedience and sacrifice. They didn't need all of the extra stuff. They didn't need their fields, homes, or, for some of them, even their families. The Lord provided for them as they preached the gospel to others in their cities.

Living sacrificially and obediently can be scary sometimes. It might not even look so smart. (For example, when Noah built an ark in a place where it never rains.) But when we are doing what the Holy Spirit calls us to do, we'll see the Lord provide for us and work in really awesome ways!



ACTION POINT: Read Acts 2. Talk about how the Holy Spirit is active in your life, and find ways to give to your church.



NOLI GARRETT is a former member of the True Girl team. She was also a contributor to our most recent Bible study, Miriam: Becoming a Girl of Courage. She loves seeing girls get to know the heart of Christ.



APRIL 8



Famous Last Words

*When Jesus had tasted it, He said, "It is finished!"
Then He bowed His head and released His spirit.
{ John 19:30 }*



You've heard of Albert Einstein, right? Often, he's the one people refer to when they think of the "smartest person ever." Einstein did all sorts of important things! One odd thing about his death is that nobody knows his last words. When he died in a hospital in 1955, he spoke something in German. Unfortunately, the nurse who was with him didn't understand German.

The last words someone speaks are usually important. Jesus' last words were no exception. He said a few things while He hung on the cross in the moments before His death. But maybe one of His most well-known sentences is, "It is finished." In Greek, this means: *It's the end. I've reached my goal. It's accomplished. Complete. Made-Perfect.*

It was an announcement that what Jesus had come to do was done. He came to die on the cross so humans could have eternal life, and that's exactly what He did. God's perfect plan of salvation through His Son, Jesus, was completed.

One cool thing about Jesus' last words, "It is finished," is that it didn't mean the end. It meant it was just the beginning for you and me and everyone else who believes in Him.

➡ **ACTION POINT:** Find a photo of Einstein. Do you think he used hairspray, or did his smart brain make his hair stand up? Just for fun, style your hair like his! Take a silly picture and thank God for eternal life.

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. www.mytruegirl.com



APRIL 9





Sacrifice Is an Act of Worship



And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him.

{ Romans 12:1 }



When Hannah Taylor was eight years old, she saw a homeless man. Her heart was filled with compassion that grew into a passion to help people like him who had no home and no food. So she asked herself, “How can I help and make a difference?”

With time, she started what’s now the Ladybug Foundation. It’s a charity that raises money for homeless shelters, soup kitchens, and food banks all across her home country of Canada. Hannah used her talents and sacrificed many things to make this happen. One thing she gave of was her time.

As Christians, God calls us to give up or sacrifice things like our talents, passions, or time to help others, just like Hannah did. We do this to worship and bring glory to God.



ACTION POINT: What’s one way this week that you can sacrifice your time to help others for God’s glory?

EMMA ARBLASTER is a current student-athlete at Liberty University where she is studying Exercise Science. She is from Pennsylvania and loves anything sports and outdoors!



APRIL 10



The Trouble With King Saul

What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to His voice? Listen! Obedience is better than sacrifice.

{ 1 Samuel 15:22 }



Have you ever *kind of* obeyed? I have! If my mom told me to clean my room, sometimes I'd make my bed and shove everything else into a big pile. That's not obedience. It's rebellion. When God—or your mom—asks you to do something, do it exactly as you're told. That's obedience.

In one Bible story, King Saul had a hard time obeying God. Worse yet, he tried to explain away his disobedience as “sacrifice.” You see, the prophet Samuel gave Saul a message from God. He told Saul to fight the Amalekites—an evil group of people who opposed God—and destroy *everything* they owned. Crops, livestock, everything. But when Saul's army attacked, they only got rid of the not-so-great livestock and crops. They wanted the good stuff for themselves.

When Samuel confronted Saul about his disobedience, Saul didn't get it. He said, “I did obey God. I did kill everybody, except for the king and I only kept the best animals to sacrifice to the Lord your God.”

God is pleased by our obedience. It doesn't mean much if we try to bring Him sacrifices of service without being in obedience. We need to obey God.

➡ **ACTION POINT:** Are you obedient? Or do you try to explain things away? Go to your mom and confess if you decide you're struggling with rebellion. Ask her to forgive you and pray together for God to forgive you.

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*Today's encouragement is an adapted excerpt from The One Year Mother Daughter Devo by DANNAH GRESH and JANET MYLIN. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



APRIL 11





# Restore Me



*The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.*

{ Psalm 51:17 }



**H**ave you ever done something so terrible you thought it was unforgivable? King David did. He had committed a terrible sin. David was crushed for the bad thing he had done. He saw no way to make himself right before God.

When your heart is broken, God will not reject you. You are experiencing a beautiful gift from God. It's called repentance. To repent is to turn away from the bad and turn toward the good. In Lamentations 5:21, the people realized only God could turn them back to Him. They cried out, "Restore us, O LORD, and bring us back to you again! Give us back the joys we once had!"

And when God restores your broken heart, He also restores assurance of His forgiveness. "But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness" (1 John 1:9).



**ACTION POINT:** How might God be turning you back to Him? If there's something you feel bad about, repent and read Psalm 51.

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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 aged six and up. [thegreatflip.com](http://thegreatflip.com)*



APRIL 12



# A Taco Gift of Love

*We love each other  
because He first loved us.*

{ 1 John 4:19 }



**T**aco Tuesday is practically a holiday at my house. We love tacos so much that there usually isn't much left. There might be just enough for one person the next day.

And when there is and the next day comes, all I can think about until dinnertime is those leftovers. My stomach craves a taco with cheese and a big dollop of sour cream. But here's the problem: I'm not the only one in the family who's been thinking about tacos since breakfast. My husband has been too!

So I have a choice. I can fight for the taco leftovers that I really, *really* want, or I can let my husband have them. What do you think I pick? That's right—I give them to my husband! Who knew tacos could be a gift of love? And when we demonstrate our love to others through words, gifts, or even tacos, we show them the love of Christ, who loves us and gave His life for us.

 **ACTION POINT:** Do something to show someone the love of Jesus today. You could give them a gift, make them a card, or do an act of kindness.

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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)*



APRIL 13





# Living Sacrifice



*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.*

{ Psalm 51:17 }



**S**acrificing...ouch! It's super hard to give up what we want and let go of our comfort for someone else. It's much easier to be selfish.

Yet God wants us to be a "living sacrifice." He asks us to offer everything we have to Him: our body, mind, spirit, and emotions. But if we struggle to give the last cookie to a friend, how can we surrender everything to God? It sounds super, SUPER hard!

Here's what makes it easier: thinking about God's mercy. It's His kindness that sent Jesus to sacrifice Himself on the cross. When we remember that Jesus died to forgive our sins so we could live with Him in heaven, our sacrifices don't feel so big.

And when God asks us to give up things, He does it in His mercy too. We can trust that He will never ask us to sacrifice **ANYTHING** simply to make us suffer. Every time we sacrifice, it makes us more like Jesus. Plus, God grows good things in our hearts as we do—like compassion, generosity, and love. So let's give our all to God and offer ourselves as living sacrifices to Him!



**ACTION POINT:** Ask God what He wants you to sacrifice for Him today? If it feels too big or too hard, remember His mercy.



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APRIL 14



# Roosters

*Again Peter denied it.  
And immediately a rooster crowed.*  
{ John 18:27 }



**C**ock-a-doodle-doo!

If you live near someone who has a rooster, that may be the first sound you hear in the morning. Roosters are known for boldly proclaiming to the world that the day has started. And with each morning, we get a fresh start.

Jesus knew He was going to die for us. The night before, He told Peter that he'd deny knowing Christ three times before the rooster crowed the next morning. Peter probably didn't believe Jesus. He loved Jesus and thought that he would stick by Him no matter what happened. But, Peter did deny knowing Jesus three times: to a servant girl (John 18:17), some men by a fire (John 18:25), and a servant of the high priest (John 18:26–27).

And then...*Cock-a-doodle-doo! Cock-a-doodle-doo!*

After refusing to admit that he knew Jesus three times, Peter needed a fresh start. Good thing for him, Jesus was about to die for us so that we could all have a fresh start. Psalm 30:5 says, "For His anger lasts only a moment, but His favor lasts a lifetime! Weeping may last through the night, but JOY COMES WITH THE MORNING!" Every morning is like another fresh start.

 **ACTION POINT:** Do you need a fresh start? Today is the day. Confess your sin by writing it in your journal and rejoice that Jesus died for you. You have a fresh start.

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*Today's encouragement is an adapted excerpt from The One  
Year Mother Daughter Devo by DANNAH GRESH and  
JANET MYLIN. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



APRIL 15







# What Is Calvary



*When they came to a place called The Skull [Calvary],  
they nailed Him to the cross. And the criminals were  
also crucified—one on His right and one on His left.*

{ Luke 23:33 }



**T**he word *Calvary* appears in many of the songs we sing in church. What's it mean? Basically, Calvary refers to the name of the hill where Jesus was hung on the cross to die.

It was called "The Place of the Skull." Some believe it was called that because it was a place of execution and there were many skulls and bones that covered it. Some believe there were many rocks there that were bleached by the sun causing them to resemble skulls. And others say there's a possibility that from a distance something about the shape of the hill actually looked something like a giant human skull. Freaky-deaky, huh?

One thing is definitely true about Calvary: It wasn't pretty. When Jesus stumbled up the hill, the only beautiful thing that surrounded Him was His great love for every human, including you.

Because of Calvary, we have the opportunity to receive God's free gift of eternal life with Him.

Because of Calvary, I know my sins are forgiven.

Because of Calvary, I'm pure and clean.

Because of Calvary, I have access to His power to live a victorious life.

Because of Calvary, hope cannot be taken away from me...or you.



**ACTION POINT:** Sing your favorite worship song that talks about Calvary or the death and resurrection of Jesus.

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*Today's encouragement is an adapted excerpt from The One  
Year Mother Daughter Devo by DANNAH GRESH and  
JANET MYLIN. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



APRIL 16



# Lambing

*John saw Jesus coming toward him and said,  
"Look! The Lamb of God who takes away the sin of the world!"*  
{ John 1:29 }



**A** New Zealand sheep farmer had a problem. One of his ewes, or mama sheep, died while giving birth. (When an ewe gives birth, shepherds call it lambing.) He had a lamb which urgently needed to eat. That same night another ewe grieved her newborn that had died. The solution seemed simple. The farmer took the orphaned baby to the sad mama. But the moment she smelled it, she rejected it. Then he had another idea.

Taking the lifeless lamb, he removed its skin and covered the orphaned lamb with it. He brought the baby to the mama. As soon as she smelled this motherless lamb, she recognized it as her own and began to mother it.

On the first Easter, Jesus died. As the Lamb of God, Jesus takes away the sins of the world. Anyone who accepts this and seeks forgiveness from Him is covered by His death. So, when God the Father sees us He doesn't see our sin. He sees the covering of Jesus' death over us.

This Easter many people will realize that the Lamb of God solves the problems in their lives. He died as their substitute and rose again to take away their sin.

 **ACTION POINT:** Tell your mom or grandma about lambing. Talk about what you both believe about Jesus as the Lamb of God.

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APRIL 17





# Living Like Jesus



*And what do you benefit if you gain  
the whole world but lose your own soul?*

{ Matthew 16:26a }



A few weeks ago, I sat in my grandma's funeral and listened to story after story about her fruitful life. Afterwards, I went and sat in her room – contemplating (big word for thinking and reflecting \*smile\*). I looked around at everything she loved and suddenly it hit me. She took nothing with her! None of the fun trinkets Grandma Linda gathered on her dresser had any eternal value. She could have been the world's greatest ruler, smartest genius, best singer, or hardest worker; yet, none of that would have changed her eternal destiny. What mattered was that she loved Jesus and lived like Jesus.

Jesus' entire life was a sacrifice – therefore, a life of sacrifice is what we are called to. In our crazy world, living with this Kingdom perspective can be tricky – especially when resolutions, goals, and dreams are determined by what WE want to do rather than what we get to PARTNER with God in. Let me encourage you – the glories of this life don't last! Invest in the heavenly and live sacrificially. This life was not promised to be easy, but rest assured, there is eternal reward.



**ACTION POINT:** Grab a jar and some small pieces of paper. Then, write out some practical ways you can live sacrificially. Every once-in-awhile, grab one out and do what the paper suggests! You're on your way to making some great sacrificial habits!

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*HILDSY MARIE PETROSSIAN is a part of the True Girl Tour Team and her first book, a doodle devotional called, "Leave A Little Sparkle Wherever You Go" just came out last year! Fashion is one of her passions and sparkles are her favorite color!*



APRIL 18



# Even to the Cross

*"Abba, Father," He cried out, "everything is possible for you.  
Please take this cup of suffering away from me.  
Yet I want your will to be done, not mine."*

{ Mark 14:36 }




I knew I was supposed to talk to her. Everyone in the class had iced out this girl because she seemed "strange." She sat by herself each day, and I felt like I should say something, ANYTHING—but I didn't.

It's not that I was Miss Popular, but I had a few friends. I knew that if I was seen with her, they might ice me out too. I let the fear of not being liked and the anxiety that comes with standing up for what's right overrule my obedience to God's call to show love and kindness to everyone.

I love today's passage because it's an honest and vulnerable moment in Jesus' life. He's getting closer to death, and He's afraid. But the key is that He doesn't let His fear or emotions overrule His obedience. He chooses to stand firm in the will of God. He sacrifices Himself, feelings and all.

Now, my situation definitely doesn't compare to going to the cross to provide salvation for all humanity—and your's probably doesn't either—but we can still learn to be faithful despite our fear. We can choose to sacrifice our will to be obedient to God.

 **ACTION POINT:** Is there a situation where you feel God calling you to do something hard but right? Write down every emotion you feel about it. Then ask Jesus to help you sacrifice those feelings and choose obedience the way He did.

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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



APRIL 19





Overachiever



This is real love—not that we loved God, but that He loved us and sent His Son as a sacrifice to take away our sins.

{ 1 John 4:10 }



Have you ever taken a personality test? My results always say I'm an "achiever." I like to accomplish tasks and do good work. I feel better about myself when I do the right thing or manage a big job.

It's great for making sure a True Girl Bible study live stream goes well or getting the design of this devo book to the printer on time. But when it comes to my relationship with God, things can get complicated. I often rely on my strength and actions to feel good about it.

One of the most amazing things about the gospel is that there's nothing we can do by ourselves to have a relationship with God. No amount of chores, A+ test grades, or being nice to our siblings can do it. Only through Jesus can we achieve salvation.

Did reading that feel like a weight lifting off your chest, or did it stress you out? If it stresses you out, you might be an achiever like me. But when we think that our actions or good behavior have anything to do with our salvation, it takes away from the actual sacrifice that Jesus made for us on the cross.



ACTION POINT: STOP! Today your action point is to do nothing except take a moment and thank Jesus for His sacrifice. If you haven't accepted the gift of salvation before, talk to your mom or another adult about how you can.

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



APRIL 20



# Suffering is Sacrifice

*For God bought you with a high price.  
So you must honor God with your body.*  
{ 1 Corinthians 6:20 }



**W**illiam Tyndale was a scholar who lived in 16th-century England. At the time, the Bible had never been printed in English. So only the richest people who knew multiple languages could read it for themselves. Tyndale knew how important it was for followers of Jesus to dig into the Word, so he sought to change this. Using his knowledge of Hebrew and Greek (the languages the Bible was originally written in), Tyndale began to translate portions of the Bible into English.

Many church leaders hated Tyndale and told him he couldn't print the Bible in English. They were afraid if "common" people read it, they'd interpret it differently than the leaders did. So Tyndale secretly published Bibles for years while they tried to find and kill him. Eventually, he was caught and burned at the stake. But Tyndale's translations did end up being included in the first Bible ever printed in English.

You see, Tyndale knew his life was bought with a price. He never gave up honoring God with his entire life—even if it meant death—because he truly believed Jesus made the ultimate sacrifice for him.

➡ **ACTION POINT:** Think about someone in history who loved God so much they were willing to sacrifice their life. Journal about their story. Maybe it was a missionary or Bible character. If you can't think of anyone, ask your mom for help!

*CASSIE BURTON is a former cast member of the True Girl team.  
She loves sharing God's word.*



APRIL 21





# New Life



*But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him and by his wounds we are healed.*

{ Isaiah 53:5 }



**D**o you have a least favorite season of the year? I'm not the biggest fan of winter. The bitter cold, the gray sky, and the empty tree branches do *not* fill me with joy.

I prefer spring. It's when everything brightens up, and new life returns to the trees and plants! Sometimes in the middle of winter, it seems like the darkness and cold will never end. But somehow, spring always manages to come!

When Jesus died on the cross for our sins, He stayed in the tomb for three whole days. His disciples, friends, and mother mourned. They thought His death would last forever. (It was way worse than waiting for winter to end!) But three days later, Jesus rose from the dead and defeated sin once and for all. The darkness and pain that seemed like it would never end were over, and Jesus was alive again!



**ACTION POINT:** When you see signs of spring's arrival, think about the sacrifice that Jesus made. His death and resurrection are the reason we now have new life!

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APRIL 22



# It Costs How Much?!

*He Himself is the sacrifice that atones for our sins  
—and not only our sins but the sins of all the world.*  
{ 1 John 2:2 }



It's summer and 90° outside. A 9-year-old girl walks into the corner store and grabs her favorite popsicle. Buying it all the time, she opens it and takes a lick as she heads to the register. Once there, she pulls out her dollar bill only to be told that it's now \$1.50.

It was me. I was the girl. There I was standing with a debt I couldn't pay, and the store clerk wasn't too happy at all.

On a much larger scale, this is kind of what we're like before we accept the gift of salvation. We have the debt of sin that we cannot pay, and God—being holy—can't have sin in His presence. So how can we ever be with Him? We're kind of like I was, stuck at the register.

But God, being loving and merciful, sent His son to pay that debt we couldn't pay. Jesus sacrificed His life as payment for our sins so that we can be in the physical presence of God one day. All we have to do is admit our sin, believe what Jesus did for us, and accept Him into our hearts. Only then is our debt paid.

➡ **ACTION POINT:** Is your debt paid? Have you accepted Jesus into your heart? If you haven't, talk to a trusted adult. If you have, pray for those who haven't yet. Ask God to give you opportunities to share Jesus with them.

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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)*



APRIL 23







# A Perfect Fit



*And I know it is important to love Him with all my heart and all my understanding and all my strength, and to love my neighbor as myself. This is more important than to offer all of the burnt offerings and sacrifices required in the law.*

{ Mark 12:33 }



**D**oes your family care for any foster kids? Or maybe you have a friend whose family does? I remember when our family welcomed our first foster child—a little two-year-old girl named Serenity.

We had so many mixed emotions as we accepted her into our home and made her part of our family. We knew our lives were about to change, and we'd all need to make sacrifices. But we also knew we could trust God. And that, as Mark 12:33 says, He wanted us to love our neighbor as ourselves, which was more important than any sacrifice we'd ever need to make.

We ended up adopting Reni (as she has always called herself). She's a bright light that brings laughter and joy to our family every day. And the sacrifices we've made over the years are no comparison to the ultimate sacrifice that Jesus made for us. Every day, we thank God for helping us follow Jesus' example and make the sacrifices that led to a love beyond anything we ever imagined.



**ACTION POINT:** Have your mom call the local foster agency and ask if they could use any donations. Then see if you have any toys that you could donate. You never know what big impact a small sacrifice could make!

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*KATHY RIDENOUR is the discipleship curriculum coordinator for True Girl. She lives with her husband, daughters, and two bunnies. She loves music, camping, and spending time with family and friends. [mytruegirl.com](http://mytruegirl.com)*



APRIL 24



# True Generosity

*And don't forget to do good and to share with those in need. These are the sacrifices that please God.*

{ Hebrews 13:16 }



**D**id you know that Christians are some of the most generous people in the world? We're used to giving things away and donating. You might even go through your stuff several times a year and get rid of what you don't need! So when you read today's verse, you may feel confused. How could someone forget to do good and share? Why is that considered a sacrifice? Those are simple things we're taught to do our whole lives!

Well, did you know that even though we donate a LOT, most of it is useless? It's estimated that over 60% of donations after a crisis cannot be used. The items given are either in bad condition, expired, or not relevant to the needs. Even though we're used to giving, we often give our leftovers. When we do that, it's not a sacrifice.

God wants us to give Him (and others) our very best. What does that look like? Maybe it means giving up your Saturday to volunteer or delivering a meal to a family having a hard time. Doing good and sharing with those in need means giving genuinely from your heart in a way that truly fills the needs of others.



**ACTION POINT:** Find a cause you'd like to support or a family that needs help. Ask them how you can best meet their needs right now, and give sacrificially to 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 live stream Bible studies! [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*



APRIL 25





# Time to Study



*Live a life filled with love, following the example of Christ. He loved us and offered Himself as a sacrifice for us, a pleasing aroma to God.*

{ Mark 12:33 }



**W**e had the biggest sixth-grade science test coming up. It was the kind of test that makes you sit up in the middle of the night and recite the parts of a cell to make sure you didn't forget them while you were dreaming.

I felt pretty pleased with the amount of time I'd studied. I was happy to go home and chill. That's when my friend asked me to stay after school and help her study. I was a bit bummed, but I stayed and helped her because she was my friend, and I loved her.

The hardest part of love is the level of sacrifice it requires. We tend to want to do what's most comfortable for us. Our natural desire is to make sure our needs are cared for before others. But when we begin living for Jesus, we're called to do the exact opposite. We're asked to show the sacrificial love that He first showed us.

Loving sacrificially is a step on the journey of sanctification—becoming more like Christ. When we begin to love others and put their needs before our own, it's a clear sign that we're following Him and growing in His example.



**ACTION POINT:** Do you show sacrificial love in your relationships? If so, write down some examples and thank God for helping you love the way He does. If you don't, think of three ways you can and ask God to help you.

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APRIL 26



# Thank You, Jesus

*Since He did not spare even His own Son but gave Him up for us all, won't He also give us everything else?*

{ Romans 8:32 }



**Y**ou know what? I don't always understand God. When He asks me to give something up or sacrifice, I sometimes complain and whine and make excuses. But when I do make those sacrifices for God, He always honors them in ways that are better than I could have imagined.

Giving something up can be scary, but you can trust God. He wouldn't have you give up something if He didn't have something better for you. What if He asked you to spend more time reading your Bible rather than watching TV? You'd have a deeper relationship with Him. Or what if God asked you to quit hanging with the cool kids and spend time with somebody who needs a friend? It could turn out to be the best friendship you've ever had.

Jesus is the greatest example of sacrifice the world has ever seen. He sacrificed His life for you because He loves you so much. He gave up everything to be with you. So the next time God asks you to let go of something, think of Him and say, "Thank you, Jesus!"

➡ **ACTION POINT:** Talk with your mom about what you are willing to sacrifice for God and write it in your journal. When you see what that something better is that God gives, come back to that page and write it down.

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APRIL 27





# How Much Does It Cost?



*But the king answered, "No, I will pay you for it. I will not offer to the LORD my God sacrifices that have cost me nothing."*

{ 2 Samuel 24:24 }



**Y**ou might have heard the saying, "You get what you pay for." It means the price of something is often based on its quality. The higher the price, the greater the quality. I've learned this lesson more than I'd like to admit, especially when it comes to what I wear. I'd buy "cute" clothes or shoes because they were cheap, but they wouldn't last very long. One wash or a couple strolls on the pavement, and that was it—they fell apart! I eventually realized that if I wanted my stuff to last, I'd need to spend more on it. Good quality was going to cost me something.

That's how King David felt about his sacrifices to God. He was being offered something of great worth for free, but he wanted to pay for it because he was giving it to God. David wanted to express how valuable God was to him. He wanted his sacrifice to be costly.

Even though I buy clothes and shoes that last longer now, there's nothing wrong with a good bargain for material things. But what we offer God should always be the richest our hearts have to give.



**ACTION POINT:** Read about the poor widow that sacrificed greatly in Mark 12:41-44 and Luke 21:1-4. Find other people in the Bible who made costly sacrifices to the Lord.

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APRIL 28



# A Sincere Praise

*Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to His name.*  
{ Hebrews 13:15 }



**M**y mother once quoted to me, “say what you mean and mean what you say.” I understood that as, say what you believe and follow through on what you say.

In Hebrews 13:15 it talks about giving a continual sacrifice of praise to God. That means we as children of God, with all our hearts and souls, must continuously speak praises to our God. There may be moments when you're angry or sad or just don't feel like giving praises to God, but do it anyway because there is power in your praise when it's sincere and comes from your heart. It can help you through that anger or sadness.



**ACTION POINT:** Have your daughter take a moment and give God praise for the day. Accompany her in it whether that's yelling, singing, jumping, and/or dancing. Encourage her in how she offers her sacrifice of praise to God.

*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.*



APRIL 29





# Jesus Our Hero



*For even the Son of Man came not to be served but  
to serve others and to give His life as a ransom for many.  
{ Mark 10:45 }*



**D**o you know anyone who's a hero? A hero is someone courageous, brave, and who sacrifices for other people's good.

There's a part in today's Bible verse that says Jesus came "to give his life as a ransom for many." But we don't always understand what the word ransom means in this verse. So let's look at what it means in Greek, the language a lot of the New Testament was written in. The word ransom in Greek is the word *lutron*, which means a payment that releases someone from slavery or debt.

You and I were slaves. And because of our sin, we owed a debt to God we couldn't pay. That's why we needed Jesus to be our hero and ransom us! What a sacrifice Jesus made out of love for us. With His gift of salvation, He bought us freedom. He's our hero!



**ACTION POINT:** Draw a picture of Jesus as our hero. Then praise Him for His greatness and the freedom He's given you.

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*MARLENE LUNA is the director of Chica Verdadera (True Girl) in the Dominican Republic and the mom of two girls. She loves to see the beautiful things God can do. [puralibertad.org](http://puralibertad.org)*



APRIL 30





# Let's Worship!

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

These devos are written by Dannah Gresh, Staci Rudolph and other writers we want to introduce you to, including: Emma Arblaster, Laura Booz, Aubrey Brush, Cassie Burton, Noli Garrett, Eileen King, Marlene Luna, Sara Luna, Esther Maas, Shani McKenzie, Arlene Pellicane, Hildsy Marie Petrossian, Amber Pike, Benita Rannie, Kathy Ridenour, Rhonda Rudolph, Jody Token, Lisa Yabra and Yancy.

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

JOHN 8:31,32

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