



CLAP YOUR  
HANDS &  
SHOUT FOR  
JOY!

BE OF  
GOOD  
CHEER!



BE COURAGEOUS!

True Girl

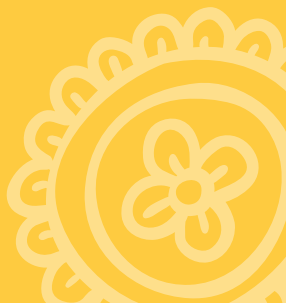
MARCH 2022



CLAP YOUR  
HANDS &  
SHOUT FOR  
JOY!

MARCH 2022

MAKE A  
JOYFUL  
NOISE!



MARCH 2022

# Worship—full Hearts

Listen to the March 2022 True Girl  
MomCast featuring Dannah Gresh,  
Janet Mylin, and

Shari McKenzie to learn how to

- ♥ encourage continued worship in your daughter's heart after she leaves church.
- ♥ extend worship into your everyday life.



MOM+  
DAUGHTER  
DATE

## Hi Mom!

Nature is beginning to thaw and flowers are trying to bloom. My hope is that you are springing into action and answering the call to plant Truth in your daughter's heart. Truth that will stick with her through each season of life.

This month, we're helping you plant a desire to worship—not just the habit of singing—into her life. Does your daughter know that worship is not the same as singing?

We often get caught in the snare of thinking that it's those isolated moments during a church service when our hands and voices are lifted to the Lord. While some times of worship should be set apart to include music, the truth is that worship is a lifestyle. Our conversations, daily behavior, social media posts, spending habits and everything else we do either makes God's good work in us known. Or not.

And teaching this to our girls begins with us! Whether we're cleaning our homes to host guests or helping our children with their homework, everything we do is an opportunity to make His glory known to the world through our Spirit filled living.

Sing to the Lord, for He has  
done wonderful things.  
Make known His praise  
around the world.

ISAIAH 12:15

We sing to the Lord in response and recognition of the wonderful things He's done and will do. Things He does in us and through us as we live worshipfully in our everyday lives. Our very lives should sing to the Lord far before our mouths do.

Dive into worship this month with your girl. Lift your voices together and praise God for the things He's done. Open His Word and thank Him for the way He reveals Himself and show His glory to the world as you live by His Spirit. It's time to cultivate worshipful hearts that extend beyond 11 o'clock service.

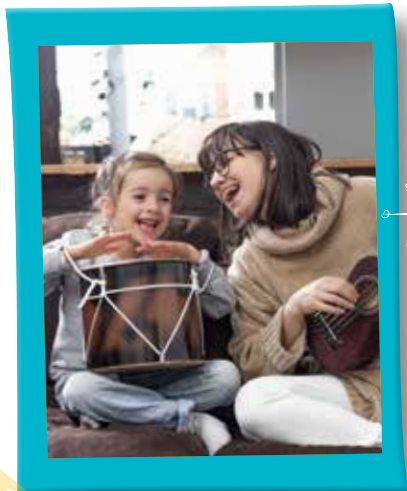


STACI RUDOLPH  
LEAD TEACHER



# Preparing for Your March Mom + Daughter Date

## LIVING A LIFE OF WORSHIP



### SUBJECT:

Lives That Sing God's Praises

### SETTING:

Your home

### MATERIALS YOU'LL NEED:

Tambourine or other musical  
(rhythmic) instrument

Notepad

Your Bibles

This month's mom+daughter connection experience is all about your daughter learning to live worshipfully every day of the week. As promised, we've done most of the planning and thinking for you to have a formative connecting conversation with your girl.

Create a fun, peaceful space in your home. The kind that's just right for diving into God's Word, meditating on His goodness, and singing praises to His name.

## 1 Read Isaiah 12:5 with your daughter.

And discuss these questions.

- ♥ Why is God worthy of our worship?
- ♥ Who has the opportunity to hear about God when we worship?
- ♥ How do we worship? What does it look like?



## 2 Watch Staci's coaching video.

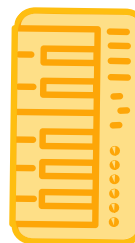
This will help you start the conversation with your daughter about worship and how it extends to every aspect of our lives. You'll learn about how everything we do through God's Spirit is worshipful to Him.

## 3 Learn how to live worshipfully.

Worship helps us live grounded, thankful, and courageous lives in Christ. When we tune our hearts to notice the wonderful ways in which God is moving every day, we experience true joy and are propelled to further trust the Lord and move confidently in the direction He calls.

Help your daughter pinpoint areas in her life where God is doing wonderful things that should propel her to worship Him and make His praise known. Maybe ask her these questions to start the conversation:

- ♥ What's one thing you've seen God do lately in your life or someone else's?
- ♥ Are there any things God's done recently or in the past that you didn't really take notice of and worship Him for?
- ♥ How can we share the goodness of God and the amazing things He's done with the world?



## 4 Write a worship song together.

Grab your favorite notebook, your tambourine, your Bible, and a glass of water for those pipes. Don't be afraid of this task! It doesn't have to be perfect or sound any kind of way. Whatever you create for the Lord is beautiful and worshipful to Him.

Start off by praying and asking the Lord to guide your heart as you create. Then, put the pen to the paper! If you need an idea of how to write a song based on what God has done in your life, read Exodus 15 where Moses and Miriam worshipped God for helping them cross the Red Sea!

When writing, make sure you include lyrics that worship God, both in spirit and Truth. "In spirit" lyrics describe what the Lord is doing in your heart personally. These are lines linked to your unique experience and creativity. They aren't taken directly from scripture but are backed by the connective presence of the Holy Spirit within you and flavored by God's gift of creativity given to you. Lines like "My heart is filled by your love like the sun overwhelms the sky."

"In Truth" lyrics sing the Lord's words back to Him. Adding a verse like Psalm 63:4 "I will praise you as long as I live, lifting up my hands to you in prayer" would be an example of pulling from the Truth of God's Word for your song. Next, you'll use your tambourine to create a rhythm. Create the melody with your voice. If you own any other musical instruments, feel free to use them as well!

P.S. If the idea of writing a song scares you, just call it a worship poem and recite it. No pressure, just worshipful fun!

I can't wait to hear your songs! Be sure to post them to Instagram or Facebook and tag True Girl or Dannah Gresh.



mytruegirl.com



# Getting Started

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



1

## Watch the coaching video.

This month, we're talking about worship. What is worship? Why do we worship God? What are the different ways we can show worship?

2

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

This paper in your hand contains all the instructions you need for a simple mom + daughter date! It's time to get creative together this month! You'll be discussing worship, and then you'll put your heads together to come up with a worship song of your very own.

3

## Schedule your date!

This date will take at least an hour to complete. It may take a little more time if you really get in the creativity zone! Before you start writing, you'll watch this month's coaching video.

4

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

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



DANNAH GRESH'S  
**TrueGirl**  
**Pajama Party**  
TOUR

THE TRUE GIRL TOUR IS  
GETTING BACK ON THE ROAD!

We hope to see you at a show in your area soon! For tour dates and more information, go to:

[mytruegirl.com/events](http://mytruegirl.com/events)

