



True Girl

# Daily Devos



DAILY DEVOTIONS FOR

MAY &  
JUNE



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*



# Love Equals Obedience



*If you love me,  
obey my commandments.  
{ John 14:15 }*



I love my horses. But many things I do for them aren't fun, like mucking their dirty stalls and getting up to feed them on dark winter mornings. Or leaving my cozy writing chair on a rainy night to go to the barn and make sure they're safe. But I sacrifice for them because I love them.

That's kind of like Jesus in a small way. He loves me. And you. That's why He sacrificed His life for us.

Do you know what He wants in return? Love. Do you know how we show love? Obeying His commands. Being kind, truthful, and helpful are things we do in obedience to His commands in the Bible. Love equals obedience.

Sometimes when I want to play with my horses, I can tell they don't feel like it. Instead of putting their head into the halter, they prance off naughtily. I gently follow with the halter held up, inviting them to obey me. Nine times out of ten, they'll eventually hang their head, start licking their lips, and walk towards me. Then, they put their head right into the halter.

And I feel loved!

Let's love Jesus like that today. Let's obey Him!

➡ **ACTION POINT:** Rewrite John 14:15 onto a sticky note and put it up where you'll see it often. Let it help you remember that the way you show God love is by obeying Him.

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with her horses. Trigg is a Tennessee Walker. Truett is a half-Arabian. [mytruegirl.com](http://mytruegirl.com)*



MAY 1



# Say Goodbye to Stinkin' Thinkin'

*We capture their rebellious thoughts  
and teach them to obey Christ.*

{ 2 Corinthians 10:5b }



**A** few years ago, I let my thoughts run wild. I couldn't stand the way my face looked, hated how my voice sounded, and my body wasn't what I wanted it to look like. Because of this, I didn't want to leave my house for three months!

I allowed my thoughts to take ME captive instead of taking THEM captive. My momma calls this *stinkin' thinkin'*!

Our thoughts change us from the inside out, which is why the Bible tells us not to lean on our own understanding (Proverbs 3:5). We're to set our minds on the things of heaven (Colossians 3:2) and be transformed through the renewing of our minds (Romans 12:2). We need to retrain our brains to obey God's Word because He knows what's best.

How do we do that? We teach our thoughts to "obey Christ" by replacing them with something else so that there's no empty room for tricky lies to sneak back in! Philippians 4:8 is a great guide on how to rewire our stinkin' thinkin': "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about the things that are excellent and worthy of praise."

➡ **ACTION POINT:** Write down or draw a lie you believe. Then, choose a Bible verse to memorize that speaks truth over that lie! When stinkin' thinkin' starts, choose God's truth instead! Let's make our thoughts obedient to Christ through Christ!

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*HILDSY MARIE PETROSSIAN is on the True Girl tour team, and author of Leave A Little Sparkle Wherever You Go. Sweat suits are her go-to, and sparkles are her favorite color! [leavealittleparkleministries.com](http://leavealittleparkleministries.com)*



MAY 2





# Turning Around



*Prove by the way you live that you have repented of your sins and turned to God.*

{ Matthew 3:8 }



**W**e all sin by disobeying God sometimes, right? I do. You do. We all do. None of us live perfectly. So what do we do when we don't obey? What do we do after we sin?

Well, the Bible tells us to repent. In Hebrew—the language most of the Old Testament was originally written in—the word *repent* is actually the word *shuv*. The word *shuv* means to “turn around.”

Here's the picture: You sin. In other words, you choose to disobey and walk *away* from God. When you repent, you *turn around* and start walking in the opposite direction. Instead of walking *away* from God, you walk *toward* God. You choose to obey.

So, if you're feeling sad today because you've disobeyed, repent. Make it right by acknowledging your sin before God and telling Him you are sorry. Then, get up, walk away from your sin, and begin to walk with Him again—this time, seeking to obey.

➡ **ACTION POINT:** Take a piece of paper, write “God” on one side, and put a sin you struggle with on the other. Draw a picture of yourself turning away from sin and walking towards God. Write the words “Repentance = Turn Around.”

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



MAY 3



# Little obedience to Big obedience

*My son, obey your father's commands, and don't neglect your mother's instruction. Keep their words always in your heart. Tie them around your neck.*

{ Proverbs 6:20-21 }



**D**o you feel like obeying God is harder than it sounds? I have felt that way too. I remember hearing messages on obedience in Sunday school and thinking, "How can I even obey when I'm not sure what God is telling me to do?"

But then I got the opportunity to study Proverbs 6:20-21. It helped me realize that obeying God doesn't always look like jumping on the next plane out of the country to become a missionary or donating all my favorite clothes. It often means doing smaller things like listening to my parents and honoring them.

If you're being raised in a Christian home and your parents are following closely with Jesus, they have your best interest in mind! So one of the best ways to obey God is to obey your parents. By cleaning your room when they ask, you are obeying God. When sharing with your brothers and sisters, you are obeying God!

As you try to act in obedience to God with your whole life, start small by obeying in your own home.

➡ **ACTION POINT:** Spend some time thinking about whether or not your actions at home have been obedient to God. Are you obeying your parents? How can you do better at honoring them?

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*ABBY GALLIANO was an original member of the True Girl Pajama Party Tour. She loves reading and drinking Chai lattes!*



MAY 4





# Stubborn Mule



*The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control."*

{ Psalm 32:8-9 }



I am the mother of two sets of twins. Yep. Two! When my oldest set of twins was about three years old, we took a trip to a local farm with a group of friends.

We weren't there for very long before my daughter Leah ran over the hillside away from the group. My other daughter Abby was investigating and about to drink from a very large bottle that the farmers used to feed all of the baby calves.

I was embarrassed! I quickly buckled them into our stroller, where they would be safe, and I could watch over them. They were not yet mature enough to control themselves, so I needed to use restraint to help them.

I share this story with you to help you better understand Psalm 32:8-9. God tells us not to be like a stubborn mule that needs to be controlled by a bit and bridle in its mouth. (Or like two preschoolers who need to stay in their stroller!) Instead of digging in our heels and going in the direction of our own will, He wants us to spend time with Him, trusting Him and allowing Him to lead us!

➡ **ACTION POINT:** Let's create some art! Try drawing out the scene from Psalm 32:8-9. While you are sketching, spend some time with God in prayer.

*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)*



MAY 5



# A Bit in My Mouth

*Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way. We can make a large horse go wherever we want by means of a small bit in its mouth.*

{ James 3:2-3 }



**M**y horses, Trigger and Truett, are my good friends. They're also very naughty sometimes. Today when I turned my back to feed the goats, the big boys decided it was a chance to escape. Ugh!

Do you know when my horses are always well behaved? When I put bits in their mouths! The bit is a piece of metal, and it puts pressure on their tongue, mouth, face, and head to remind them to be obedient and submit to my instructions.

I think I need a bit in my mouth! The Bible tells me my language is supposed to be kind, wise, and self-controlled, but it is not always like that. James 3 reminds us that we should be able to control our tongues. After all, we can control enormous horses.

Maybe we do have a bit. Perhaps it's our Bibles. And I'm pretty sure I need to "put mine on" more often! I'm so thankful that Jesus died on the cross for my sins. Even the ones I commit with my tongue!

➡ **ACTION POINT:** Do you need a bit for your tongue? Or are you always kind, wise, and self-controlled when you talk? Write a prayer asking Jesus to help you be obedient in how you speak.

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DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with her horses. Trigg is a Tennessee Walker. Truett is a half-Arabian. [mytruegirl.com](http://mytruegirl.com)



MAY 6







# Honor and Obey



*Honor your father and mother. Then you will live a long,  
full life in the land the LORD your God is giving you.*

{ Exodus 20:12 }



**G**rowing up as the youngest child, I always felt like someone was telling me what to do. “Don’t ride your bike there!” “Don’t say that!” “Don’t do that!” I had more orders coming at me than a McDonald’s drive-thru.

My parents were the primary order givers. They’d instruct me to do homework, clean my room, brush my teeth, and do many other things. It seemed like they just wanted to boss me around, but now I realize what they told me was for my good. After all, if I didn’t brush my teeth, I probably wouldn’t have any now!

Obedience is hard because it calls us to admit that we’re not the boss and don’t have the best solution for every situation. It invites us to put aside our answers and submit to the instruction of someone wiser.

God has placed our parents in our lives to raise and guide us in wisdom. Honoring them the way He calls us to means respecting them and being obedient to their instructions. It shows God that you honor Him as well since He is the one who originally gave the instruction.

➡ **ACTION POINT:** Do you tend to think you know better than your parents? If you regularly obey them, good job! Keep it up! If you struggle with this, ask God to help you honor 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)*




MAY 7



# Why Do You Want to Know?


*I am the LORD your God, who rescued you from  
the land of Egypt, the place of your slavery.  
{ Exodus 20:2 }*



 **H**ow should you respond if a friend asks you, “If I disobey my parents, will I go to heaven?” If you say, “A Christian should never disobey her parents,” she may slide into shame and guilt. But if you answer, “It’s okay because God always forgives,” your friend might think it’s alright to disobey.

Right before God gave the Ten Commandments to the Israelites to obey, He reminded His people of all the amazing things He did for them because He loved them so much. God loves your friend—and you—so much that He sent Jesus to rescue you both!

So, what’s the best response you can give your friend? Ask her, “Why do you want to know?” Then remind her how much God loves her and that we obey God not to earn His love but because we already have it. And, if you find yourself struggling with obedience, too, try to recall all the amazing ways God loves you.

 **ACTION POINT:** Are you having a hard time obeying in some area? Maybe listening to your parents is hard. Take some time to reflect on God’s great love for you, and ask Him to help you obey.

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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 age six and up. Request a free video at [thegreatflip.com](http://thegreatflip.com).*



MAY 8





# My Clingy Little Dog



*So Abram departed as the LORD had instructed, and Lot went with him.*

{ Genesis 12:4a }



**M**y Miniature Schnauzer, Poncho, is pretty obsessed with me! When I get home from working with True Girl all day, she can't contain herself. She cries little whimpers of joy and won't stop until I let her give me one little wet kiss on the tip of my nose.

And Poncho will do anything I tell her to do without hesitation.


*"Poncho, let's go outside!"*

*"Poncho, let's take a nap!"*

*"Poncho, let me dry your feet!"*

And my personal favorite, "Poncho, let's spend time with Jesus!" She immediately runs to my bed because that's usually where I open my Bible and pray at the beginning of the day.

In Genesis 12, God told Abram (later named Abraham) to leave everything familiar and go to a land He would show him. And that's exactly what Abram did. Verse 12 says, "So Abram departed as the LORD had instructed." The blessings that followed that one act of immediate obedience are found throughout Scripture!

 **ACTION POINT:** Find someone older than you who seems to live a life of obedience to God. Ask them to tell you their story of growing in that kind of faith.



*JANET MYLIN is an author and True Girl lead teacher.  
She loves to study the Bible and she also likes  
a really good Sunday afternoon nap.*



MAY 9



# Take the Garbage Out —It's Worth It!

*Confess your sins to each other and pray  
for each other so that you may be healed.*

{ James 5:16a }



I don't like taking out the garbage. It stinks, and I just don't want to deal with it! But every time I drag that trash can down to the curb, someone comes and takes my garbage away—no questions asked. Amazing, right?

But what would happen if you refused to take out the trash and instead hid it under your back deck? The stench would only grow, and you'd be SURE to get the stink eye from ALL the neighbors!

Sin is like stinky garbage that accumulates in our hearts. But God tells us to confess our sins to each other so our hearts can be healed. It can feel hard or scary to bring our mistakes into the light, but sin is not something you want to let pile up inside of you.

Let God come and take all that garbage away, so you can have a clean heart!

➡ **ACTION POINT:** If there is a sin in your heart, confess to your mom or another wise woman in your life today so that you can experience healing.

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*SARAH GIORDANO, True Girl Road Manager, is a Maryland native (although she doesn't care much for crabs). She loves blogging, rock climbing, and is always down for a taco. [storieswithpower.com](http://storieswithpower.com)*



MAY 10





# Blind Obedience



*It was by faith that Abraham obeyed when God called him to leave home and go to another land that God would give him as his inheritance. He went without knowing where he was going.*

{ Hebrews 11:8 }



**H**ave you ever asked why you need to obey a certain rule? Or maybe you want to know what you'll get for being obedient?

Obedience is like a mystery because it takes faith to obey God! We rarely get all of the answers before we choose to do what God asks. But we can trust that obedience is always for our good and always brings blessings.

That's why Abraham is the faith patriarch or faith father. He obeyed God and left his house. To go where? HE HAD NO IDEA. But Abraham followed anyway.

Is there something that's hard for you to be obedient in? Maybe it's being kind to a classmate who's been mean to you. You might not see what God can do through your kindness or how it will bring blessings. But like Abraham, you can follow God, even when you don't know the outcome.

In the end, God gave Abraham SO much. He gave Abraham as many descendants as stars in the sky. Can you count the stars? Me neither! That's how much God wants to bless you when you obey.

➡ **ACTION POINT:** Today, think about an area where it has been really hard for you to obey God. Then write "I will obey God in \_\_\_\_\_" and draw stars all around it to remember the blessings you will receive from doing it.

LISA YABRA serves in the Dominican True Girl Ministry: Chica Verdadera. She's been a teacher in both the American and Dominican True Girl tour. Learn more about her at [puralibertad.org](http://puralibertad.org)



MAY 11



# Obedient Hearts

*Guard your heart above all else,  
for it determines the course of your life.*

{ Proverbs 4:23 }



**W**hen I was six years old, I made an ambitious decision: I would live a perfect life for one whole day! This meant no disobeying my parents, no sister arguments, and no mean thoughts. I tried so hard for about twenty minutes, but it was way harder than I imagined! Even my greatest attempts couldn't keep me from sinning.

My head wanted perfection, but my heart was dirtied by sin. Can you relate?

Everything we believe in our hearts is reflected on the outside. And because our hearts are sin-sick, the way we obey is affected by sin.

I've always thought of "obedience" as listening to my parents and obeying my teachers. Although those are very important, I owe my first obedience to God. He is very clear in the Bible about how He wants us to live.

When we obey all that Scripture instructs us first and let its Truth fill our hearts, living in daily obedience to others falls right into place. No, we won't be perfect until reaching our heavenly home, but as we grow in spiritual maturity, our hearts will grow closer to Christ's.

➡ **ACTION POINT:** The Ten Commandments, found in Exodus 20:2-17, are a great place to learn about guarding your heart. Read through them and create an "obey" poster. Draw or write a few ways you can protect your heart by obeying God.

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*HILDSY MARIE PETROSSIAN is on the True Girl tour team, and author of Leave A Little Sparkle Wherever You Go. Sweat suits are her go-to, and sparkles are her favorite color! [leavealittleparkleministries.com](http://leavealittleparkleministries.com)*



MAY 12





# Back on Track



*Even though Jesus was God's Son, He learned obedience from the things He suffered.*

{ Hebrews 5:8 }



I love to run and look forward to running every day. It makes me feel better after a long day of school or wakes me up early on summer mornings to join my track team for practice. My year revolves around the different track seasons: cross country, indoor track, and outdoor track.

If you haven't gotten the gist already: I LOVE RUNNING! But I tend to get hurt easily. Injuries mean I often need to miss some of my practices, or even worse yet, miss some of my track meets. It is difficult for me not to do something I enjoy so much. Sometimes I wonder why I get injured regularly and go through many tough times.

That's where God really comes in. When times get difficult, that's when I need to turn my focus to God and spend more time in His Word. As Hebrews 5:8 states, it is often through our suffering that we learn to be obedient and rely on God. When I remember to focus on God rather than all of my problems, He helps me persevere, get on my feet again, and get back on track!

➡ **ACTION POINT:** The next time you're going through something difficult, read your Bible and spend time with God. Find a verse that reminds you God is always there, and write it on a sticky note to remind yourself of God's love.

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*ABBY RIDENOUR is a high school student who loves to run, ski, do musical theatre, and make people laugh! She loves spending time with family, friends, and her bunnies.*



MAY 13



# Formula for Obedience

*But don't just listen to God's word. You must do what it says.  
Otherwise, you are only fooling yourselves.*

{ James 1:22 }



**O**ut of all the sciences I took in high school, my least favorite was chemistry. I mean, different things coming together to form something else is kinda cool, but I DIDN'T like the fact that we had to use formulas to get results. Think about it. If you used the wrong chemical, something could explode! That was kind of scary. I also didn't understand how I could use chemistry in my everyday life if I wasn't going to be a chemist.

But, one thing about chemistry I DID like was that if you mixed the chemicals correctly, they produced exactly what they were supposed to. We could make things bubble up or change color, which was awesome! I once read that obedience is a formula: hear + trust + submit + surrender. We HEAR God's Word, TRUST what He says, SUBMIT to His direction, and SURRENDER to His will. Each of those things is good by itself, but when you put them together, you get the best result—OBEDIENCE!

Even if you don't want to be a chemist when you grow up, there is still a formula you should follow every day—the formula for obedience. You'll always get a great result!

➡ **ACTION POINT:** Find a scripture and apply the obedience formula to it. Hear what God is saying in that scripture, trust His Word, submit to what He shows you, and surrender what you want for what He wants.

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



MAY 14







# Keeping in Step



*Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.*

{ Galatians 5:25 }



I love to take walks with my three girls. When my daughter Teal was younger, she would try to stay in step with me. Because her legs were shorter than mine, Teal would “hop step” to get back in pace with momma.

What a great picture of our verse! When walking in obedience, God knows we will stumble, but He loves when we quickly “hop step” back in stride with Jesus.

Circle the three letters in the middle of OBEDIENCE. Now, underline the middle letter in DIE? To keep in step with God's Spirit, we will daily have times to “DIE to I”—or stop going our own way and get back in step with Him.

And, as my grandmother's favorite hymn says, “When we walk with the Lord in the light of His Word, what a glory He (shines) on our way...There's no other way to be happy in Jesus but to trust and OBEY.”

➡ **ACTION POINT:** Go on a walk with your mom. Repeat today's verse several times out loud together in rhythm with your steps. Practice keeping in step with her. Then, do the same with Jesus all day long—keeping in step through obedience.

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*KIM WIGGINTON is a Chalk Art Speaker, Director of HeART of Womanhood, and on staff with Fellowship of Christian Athletes. She enjoys creative arts, athletics, sunshine, smiles, and God's Word! [heartofwomanhood.org](http://heartofwomanhood.org)*



MAY 15



# Extra Credit

*Remember, it is sin to know what you ought to do and then not do it.*

{ James 4:17 }



One day in class, I suddenly became thankful for the Bible verses my mom had me memorize. We had just finished an assignment, and our professor said, “You did a great job! I should give you extra credit...but I’m not going to.”

A verse popped into my head, and I slyly raised my hand. “Excuse me, professor? Doesn’t James 4:17 say that if you know you should do something, but then you don’t do it, it’s pretty bad?” Let’s just say, we got the extra credit!

It’s a funny memory, but the verse makes a good point. Disobedience doesn’t always look the way you think it does.

It’s obviously disobedience not to clean your room after your mom asks you to. But when you know you should talk to the new girl, and you don’t...it may also be disobedience. Sure, you probably weren’t mean to her, but God might have given you an opportunity to befriend her!

When we know we should do something good, it’s a chance to walk in the good plan God has for us. So the next time you feel the nudge to do something good, do it!

➡ **ACTION POINT:** Do you have any memories of a time a Bible verse helped you in a practical—and maybe funny—way? Share it with your mom. Then pray for the wisdom and courage to do what you know you should.

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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)*



MAY 16





# Forgiving Is an Act of Obedience



*I am confident as I write this letter that you will do what I ask and even more!*

{ Philemon 1:21 }



**W**hat would you do if your BFF suddenly stopped talking to you and never returned something you let her borrow? I'd cry all day and tell my mom about it!

But then, she surprises you years later by writing a letter and asking for forgiveness. Would you accept her apology?

Something like this happened to a man in the Bible named Philemon. Onesimus, who he trusted, robbed him and fled. But God, in His perfect plan, allowed Onesimus to hear the gospel and repent. So the Apostle Paul sent Onesimus back to Philemon with a letter. What a surprise for Philemon! Paul trusted that Philemon would forgive Onesimus since he knew that Philemon's love for and obedience to the Lord was great.

Even if your BFF has never betrayed and rejected you, there's probably someone you can think of who has mistreated you. And while forgiveness doesn't mean you have to trust that person again, God wants you to obey Him and forgive even when it's hard. So instead of listening to your feelings and holding a grudge against someone who hurts you, you can show God's love through your obedience—just like Philemon did.

➡ **ACTION POINT:** What are you known for among your friends? Is it your obedience to God?

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MASIEL MATEO is a digital marketing specialist currently collaborating with the True Girl Pajama Party Tour. She loves singing and cooking. She lives with her mom in the Dominican Republic.



MAY 17



# Obedience Is Courageous

*Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do.*

{ Joshua 1:7 }




**T**he verse above are the words God spoke long after He'd rescued His special people, the Israelites, from slavery. It was finally time for them to go into a special piece of land that they called the Promised Land.

But, there was one problem...the land was full of giants! (Think Goliath-sized guys!) Yikes! Who wouldn't be afraid of people like that?

God tells them, "Be strong and very courageous."

It probably doesn't surprise you that God's people had to be strong and courageous. But what did you think when you read that they also needed to obey? When God tells someone in the Bible to be courageous, it often comes with this encouragement to be obedient. Courage requires obedience because, otherwise, we might chicken out. Courage looks more like faithful obedience to God than doing extraordinary things.

If you want to be a girl of courage, start small. Choose to obey God in the little things, no matter how hard it may be.

 **ACTION POINT:** What kind of giants are you facing? And how does God want you to be obedient in your situation? Write about it in your journal.

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*Today's encouragement is an adapted excerpt from  
Miriam: Becoming A Girl of Courage by DANNAH  
GRESH. Get a copy at [mytruegirl.com](http://mytruegirl.com).*



MAY 18





# Our obedience in Radical Love



*He humbled himself in obedience to God  
and died a criminal's death on a cross.  
{ Philippians 2:8 }*



I'm not going to lie. I have two older brothers, and we've gotten into plenty of arguments over the years. There are some days it's been hard to show love to them.

Jesus had brothers too, but He didn't have the same problem with showing them love. He's perfect, and during His time on earth, He loved others even through hard conversations and disagreements. Jesus not only showed love, but He demonstrated *radical* love, which is selfless and sacrificial!

He showed this love through His *obedience* in putting Himself aside and dying a criminal's death on a cross so that our sins can be forgiven. Now *that's* radical love!

We aren't perfect like Jesus. But we can look to His example and how He models perfect obedience for us through His radical love. We can be obedient and love when we may not feel like it—including those times our brothers call us a mean name! When we do, we're mirroring Jesus' obedience to love others radically, and we point them to Him!

➡ **ACTION POINT:** How can you be obedient in showing radical love to someone today? Make a list of a few ideas.

*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!*



MAY 19



# Close Your Eyes and Open Your Ears

*Your own ears will hear him. Right behind you a voice will say,  
"This is the way you should go," whether to the right or to the left.*

*{ Isaiah 30:21 }*



**T**ake one step to the left!"  
"Step over something that's about a foot tall!"  
"Squat down!"

"Walk backward three small steps!"

My oldest daughter, Lucy, was helping me get through an obstacle course. But there was one catch: my eyes were closed! In fact, I was blindfolded, but Lucy could see the whole course.

This team-building activity was part of an event we attended. I was a little nervous, to begin with, but we soon realized the best way for Lucy to give me instructions was to get really close and speak clearly right into my ear from behind me. If she yelled, I would get flustered and make mistakes. But if she spoke calmly, I stayed calm.

My mom always used to quote Isaiah 30:21 when I was younger. I can't help but picture it like God is right behind me, just like Lucy was, speaking clear, calm directions into my listening ear.

God knows what He's doing and where He wants us to go. Even if sometimes we feel like we're wearing a blindfold in a team-building activity, we don't need to be afraid as He leads us!

 **ACTION POINT:** Play the blindfold obstacle course game with someone in your family. Take turns guiding each other through simple obstacles—just be careful!

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*JANET MYLIN is an author and True Girl lead teacher.  
She loves to study the Bible and she also likes  
a really good Sunday afternoon nap.*



MAY 20





# The “Obedience Ice Cream” Lesson



*If you fully obey the LORD your God and carefully keep all His commands that I am giving you today, the LORD your God will set you high above all the nations of the world. You will experience all these blessings if you obey the LORD your God.*

{ Deuteronomy 28:1–2 }



**O**ne day, my dad asked my siblings and me to go to the grocery store with him. I didn’t really want to go, but I decided to obey him. I was the only one who did. After we finished shopping, my dad decided to get ice cream—and not just from any ice cream shop, but from my favorite place! I would not have been blessed with ice cream if I hadn’t obeyed!

Deuteronomy 28 shares what happens when we obey God’s commands: we are blessed! It says that God will set us high above the nations, which is a fancy way of saying that we will have honor and respect. This chapter gives a list of other ways God blesses us when we choose to obey.

Now, don’t get me wrong, sometimes our obedience will not be easy, and we won’t necessarily feel great about it. But, in the end, it will always be good for us. And, you better believe that God will always find a way to bless us. It might be with peace, a clear conscience, or good things like your favorite ice cream!

➡ **ACTION POINT:** Read through Deuteronomy 28 and discover all the blessings God has promised to those who obey His commands. Then share with your mom other ways you have seen God bless you when you have obeyed.

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HEPHZIBAH LOUISE RAMIREZ is part of the True Girl cast and lives in the Dominican Republic, with her family, two cats, and a dog. She loves dancing, singing, writing, and adventures. [hephzibahramirez.wordpress.com](http://hephzibahramirez.wordpress.com)



MAY 21



# Command and Promises

*Stay on the path that the LORD your God has commanded you to follow. Then you will live long and prosperous lives in the land you are about to enter and occupy.*

{ Deuteronomy 5:33 }



**R**emember when Moses led the Israelites out of Egypt and into the Promised Land? That was not an easy task, leading thousands of people through the wilderness!

This verse, Deuteronomy 5:33, comes right after God gave Moses the Ten Commandments. You know...the ones that tell us not to lie or steal or kill.

What comes before this verse is really important: God had given Moses and the Israelites an outline for how they should live, but it came with a promise! These rules weren't meant to make the Israelites feel scared, or like they couldn't do anything fun. Living in God's light allowed them—and us—to *live long and prosperous lives!*

God is not like an angry teacher that yells all the classroom rules at us. He is kind and gentle, and His commands come with beautiful promises if we are willing to obey them!

➡ **ACTION POINT:** Ask your parents or grandparents how they have seen God work in their lives after they've obeyed Him.

*ABBY GALLIANO was an original member of the True Girl Pajama Party Tour. She loves reading and drinking Chai lattes!*



MAY 22







# You Can Do It!



*I can do everything with Christ who gives me the strength that I need.*

{ Deuteronomy 28:1-2 }



**G**od can do anything. In fact, God made Abraham a father at the age of 100! That's a miracle. It's an even greater miracle that his wife Sarah's body was able to have a baby at that age. Every baby born is a miracle, but creating one with two old bodies is a lot harder than it is with two young bodies!

But Abraham and Sarah's miracle didn't stop with having a baby. Now, they had to raise the baby as old parents. How did they do this? In obedience! Day by day, they were given strength by God to obey Him.

Some people read Philippians 4:13 and think it is about God giving us strength to do extraordinary things. But it's really about the strength to obey. You see, Paul wrote that verse when he was in prison for being a Christian. He was saying: God is giving me great strength to obey Him in a hard place!

He'll give you strength to be obedient in your hard places, too!

➡ **ACTION POINT:** What hard thing are you facing right now? Write a prayer in your journal asking God to give you strength to be obedient in that place.

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



MAY 23



# Sit, Winston, Sit!

*How joyful are those who fear the LORD  
—all who follow His ways!  
{ Psalm 128:1 }*




**W**e have a big, fluffy, 90-pound Goldendoodle named Winston. When he was a puppy, we trained him to sit and stay. Just the other day, I told him to sit. He just stood there. I stared at him, and he stared at me. Very slowly—and I mean soooo slowly—he started moving, lowering himself until he was finally in the sitting position.

He was obedient...but it took him a long time to do what I said!

Today's Bible verse encourages us to obey God with energy and happiness. There is no need to move at a snail's pace when it comes to doing the right thing. Following what God says brings joy. He is the best master.

You might wonder what it means in this verse to "fear the LORD." Does that mean you have to be scared of God because He's out to get you? No, not at all! The fear of the Lord is about taking God seriously, respecting that He is God and you are not. And that is a good thing!

 **ACTION POINT:** When your mom asks you to do something you don't really want to do (like clean your room or help with the dishes), do it right away with joy. Obeying your parents is one way to obey and honor God.

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



MAY 24





# Obedience Is Better Than Sacrifice



*But Samuel replied, "What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to His voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams."*

{ 1 Samuel 15:22 }



**T**here I was, speeding on my bike to get home after my mom had repeatedly told me to be in before dark. When I arrived, I put my bike away, ran to the kitchen, and washed dishes. I figured if my mom caught me doing something good, she'd forget I missed curfew. When she saw me, she thanked me and then kindly told me I couldn't ride my bike for the next week. She appreciated my help, but she wanted my obedience more.

In 1 Samuel 15:22, Samuel reminds the Israelites that it's better to do what God asks rather than try to appease Him with animal sacrifices.

We may not be using the fat of rams as our replacement for obedience, but we're sometimes guilty of trying to please God with the things we choose rather than obeying Him in the ways He's requested.

Maybe we don't listen when He tells us to share Him with someone at school and instead try to make Him happy by serving more at church. Doing good things for the Lord is awesome, but what's better is doing what He asks when He asks us to do it.

➡ **ACTION POINT:** Use your journal to check in with God. Ask Him to show you any ways you've chosen to do good things instead of being obedient to a specific command He's given. Ask Him to help you choose obedience over sacrifice.

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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)*



MAY 25



# Loads of Laundry

*We know we love God's children if we love God and obey His commandments. Loving God means keeping His commandments, and His commandments are not burdensome.*

{ 1 John 5:2-3 }



**A**s I walk into our laundry room, I let out a big sigh and ask out loud, "How can we have so much dirty laundry? The basket was empty last night!" As I start sorting the clothes, I remind myself that we have seven people in our family, making it seem like laundry is always a never-ending chore.

Do you ever get frustrated with having to do chores? Maybe you are asked to make your bed every morning or help clear the table after dinner? These chores may seem like a nuisance at the time, but they are actually teaching you to take good care of what God has given you.

As I read 1 John 5:2-3, I am reminded that God has given us the commandment of obedience and that commandment should not feel like a burden, but rather something we enjoy doing. By doing our chores and being obedient, we will grow closer to God and show our love for what He has given us.

➡ **ACTION POINT:** Next time you're asked to do a chore, instead of grumbling, turn on worship music and sing praises to God as you work. It'll make the tasks seem less burdensome, and you'll grow closer to God at the same time!

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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)*



MAY 26





# Forgiveness Is Hard



*Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

{ Colossians 3:13 }



**O**ne year on my birthday, all of my friends had a party. Awesome, right? Except that this party wasn't for me. I wasn't even invited to the party, but they made sure I knew it was happening. Some of my best friends in the world were treating me horribly, for no reason!

I was hurt—and mad! As I dealt with this betrayal, I knew what God wanted me to do...forgive.

I told God, "No." My former friends had treated me wrong and never even apologized. Why should I forgive them? But again, God told me to forgive. After some more time and a few more no's, I was obedient to God. I truly forgave them.

Why? Not because they apologized or deserved it, but because as a believer in Christ, I needed to be obedient to Him and forgive others just as He forgives me.



**ACTION POINT:** Take some time and reflect. Do you need to be obedient to God and forgive some people in your life?

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



MAY 27



# When Is It Okay to Disobey?

*But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.*

{ Daniel 1:8 }



Let's be real. After already reading quite a few of the devos this month, you prooooobably get the point, right? Obedience is good! You should obey God and your parents. But, if you're anything like me, you're wondering, "Is it ever okay to disobey? If so, when?"

This question can get complicated really fast, so I'm just gonna break it down into bullet points. It might be okay to disobey if someone tells you:

- To disobey God
- To keep a harmful secret
- To do something you know isn't right

So once you've decided it's okay to disobey, how should you do it? Well, let's take a look at our verse today to see how Daniel reacted in his situation. He was in captivity in Babylon, and the king wanted him to eat food he knew he shouldn't. Instead of causing a big and yelling at the king...he simply trusted God and asked a question.

He was determined. He was respectful. He honored God with his actions. And, if you read the rest of the story, you'll see that God worked the situation out for Daniel's good!

➡ **ACTION POINT:** Are there any situations in your life where you feel like you need to disobey? Talk to your mom about how you can do it in a way that allows you to stand up for what's right while honoring God!

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](https://mytruegirl.com/onlinebiblestudies)



MAY 28





# Obedience Is Good!



*And now, just as you accepted Christ Jesus as your Lord,  
you must continue to live in obedience to Him.*

{ Colossians 2:6 }



**W**e were in the middle of wild Africa, and the sign we just passed read, “Stay in your vehicle at all times.” Did I mention our car had just stopped running? We waited for almost an hour, and no one drove by. We called 911, but we were so far out in the boonies that we kept losing cell service.

“I’m getting out, and I’ll walk to the nearest camp,” said my husband Bob after another hour ticked by.

“No,” I begged him to stay. “We have to obey those signs. Someone will find us.”

Finally, a man *did* drive by. And he helped us.

Later that day, we found out how wise it had been that we’d obeyed the signs. A hungry lion had been spotted near the place we’d broken down just that morning. Bob would have been in terrible danger if he’d have gone walking off. Obedience is good.

God’s Word tells us that we must continue in obedience to Jesus Christ. It’s not always easy, but it’s always good.

➡ **ACTION POINT:** Can you think of a time when obedience kept you safe? Tell your mom about that memory. (Or about my frightening event in the African jungle.)

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with horses, llamas, and fainting goats. [mytruegirl.com](http://mytruegirl.com)*



MAY 29



# One for All

*Because one person disobeyed God, many became sinners.  
But because one other person obeyed God, many will be made righteous.*  
{ Romans 5:19 }



I was very frustrated in elementary school when one of my teachers made the whole class miss recess because of the bad choices of one student. It felt so unfair!

Sometimes I also feel pretty frustrated when I think about how Adam and Eve's choice to disobey God in the garden affected the rest of humankind for all time. Talk about unfair! However, when I really stop to think about it, I realize that each of us has chosen our own way over God's way. We *all* deserve punishment.

But, because of *one* person—Jesus, the perfect Son of God who never sinned—we ALL have the opportunity to be made right with God despite our disobedience. Because Jesus obeyed God, He saved us from the eternal punishment of sin. We don't deserve His mercy and grace, but He freely gives it to us.

Salvation allows us to be free from the eternal punishment of our sin. Each day, we have the opportunity to obey and honor God by choosing His way over our own.

➡ **ACTION POINT:** Take time to thank Jesus for being the one who obeyed to make us righteous. Then, look for opportunities to practice obedience and to show honor to Him.

*JULIE HARNER loves being a wife to Gary and a mom to three amazing kids. Julie enjoys taking hikes with her family and her yellow Labrador, Teddy.*



MAY 30







# I'm Thirsty



*But those who drink the water I give will never be thirsty again.  
It becomes a fresh, bubbling spring within them, giving them eternal life.*

{ John 4:14 }



**H**ave you ever been “dying” of thirst? Maybe you’ve felt like you are *still* thirsty no matter how much you drink. Today’s verse about water is something Jesus told the woman at the well. This woman was brave and obedient. She did exactly what Jesus asked her to do.

First, Jesus gave her the simple task of getting Him a drink of water. She did! And when He saw her obedience, He gave her a much bigger task. He used water to explain to her that He is the Living Water, and those who drink of Him will never thirst again. Then He told her to go and tell others about this Living Water.

The woman at the well sees that Jesus is the Messiah and the Son of God, and that eternal life is found through Him. And guess what she does? She listens and obeys.

And do you know what is amazing about this? God used her to bring others to meet Jesus face to face. Because of her obedience, many lives were saved! Did you know that you too can be brave, obedient, and bring others to Jesus?

➡ **ACTION POINT:** Think about someone you can bring to Jesus. Look for ways you can tell them about Him, and ask God to give you opportunities and boldness to be obedient and do so.

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*COURTNEY BULLARD has 59 daughters! Two of them live with her in Oklahoma and 57 of them live in Ghana, Africa, at The Pearl House. Courtney hopes for many more! [thepearlhouse.org](http://thepearlhouse.org)*



MAY 31



# Bible Boot Camp!

*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.*

{ 2 Timothy 3:16 }



**W**hat is the Bible? Who wrote it? How do we know it's true? It's time for Bible Boot Camp!

The Bible is the most important book ever written. It's a record of how God created the earth and sent His son Jesus to save us from our sin. It gives us practical examples and rules for how God wants us to live our lives today.

The Bible is made up of 66 smaller books. We call the first 39 the Old Testament. The remaining books make up the New Testament.

Second Timothy says every word in the Bible is inspired by God. That means God spoke to the writers through their hearts and minds and told them what to write. Some of the writers were friends with Jesus when He was on the earth. God's Spirit helped them to remember important details to record His life.

We know it's true because there are many events predicted in it that have come true. And that's just one reason. I hope you'll join us this month for Bible Boot Camp! We want you to know as much as you can about your Bible!

➡ **ACTION POINT:** What is the Bible? Take a stab at telling your mom the answer to that question today!

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*DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with horses, llamas, and fainting goats. [mytruegirl.com](http://mytruegirl.com)*



JUNE 1





# The Most Powerful Weapon You Have



*Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.*

{ Ephesians 6:17 }



**D**o you know the story of when Jesus was in the wilderness, and the devil tempted Him? It's found in Matthew 4. The devil comes and tempts Jesus three times to sin, and three times Jesus answers the devil by quoting the Bible.

Think about it. Jesus is the Son of God with limitless power at His disposal. As for Satan, he is an incredibly powerful being himself (although way less powerful than God, thankfully). These two are fighting, but they don't use their fists, swords, or guns. Satan fights using his most powerful weapons—trickery, deception, and lies. He even uses a Bible verse at one point!

Jesus fights back with the most powerful weapon on the planet—the Word of God. He doesn't bash Satan over the head with it. Jesus doesn't yell in his face. He just quietly, but earnestly, speaks the Scripture. And then He lives the Word of God out by obeying it.

➡ **ACTION POINT:** What's a struggle you're having? Maybe it's telling the truth, getting angry, or using unkind words. Look up a Bible verse about that struggle. Memorize it, and the next time you're tempted, pull out your Sword and fight back.

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



JUNE 2



# Fading Flowers

*The grass withers and the flower fades,  
but the word of our God stands forever.*

{ Isaiah 40:8 }



**W**hen my sisters and I were little, my dad surprised us with flowers on our birthdays, Valentine's Day, Easter, and other special days. We loved nothing more than to run downstairs and see a beautiful bouquet sitting in a vase on our kitchen counter!

However, we would slowly watch the petals wither as the days passed. Those feelings of joy that we had as we ran down the stairs were quickly replaced by feelings of sadness that our beautiful flowers were dying. We were disappointed because we were let down by something we had been excited about.

Want to know the good news? God's Word doesn't let us down. Not ever. This verse in Isaiah is powerful because it's a realistic example of just how steady God is. His Word—the Bible—doesn't change. It doesn't fade, and it never returns without doing what it says it will do! It is something you can cling to in times of trouble.

 **ACTION POINT:** Ask your mom about a time when she was disappointed or let down by something and how she turned to God.

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*ABBY GALLIANO was an original member  
of the True Girl Pajama Party Tour. She  
loves reading and drinking Chai lattes!*



JUNE 3





# Too Much Information



*And the people of Berea were more open-minded than those in Thessalonica, and they listened eagerly to Paul's message. They searched the Scriptures day after day to see if Paul and Silas were teaching the truth.*

{ Acts 17:11 }



**D**id you know the average human brain processes almost seventy-four gigabytes of information EACH DAY?

That's like the amount of information in over thirteen movies, a few books, and LOTS of social media posts. With that many messages flooding our brains, it can be difficult to figure out what's worth listening to. And, once we decide what is, we have to determine if it is true.

In Acts 17, the Bereans learned about Jesus from Paul and Silas. They were eager to hear what these two men had to say. But they didn't just take their word for it. They dove deep into the Scriptures to make sure what they were hearing was true. This wasn't an easy task! They didn't have multiple Bibles in their homes or access to Google. They came together and shared the copies of Old Testament Scriptures in their community. But they were committed to the truth, whatever it took.

As you process all the information coming at you, there are probably many different people telling you things about Jesus and the Bible. Thankfully, you have more tools and resources than the Bereans to help you dig deep and find out who's teaching the truth!

➡ **ACTION POINT:** Have you heard any messages lately that you aren't quite sure are true? Ask your mom to help you search your Bible to see what God says about those topics.

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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)*



JUNE 4



# Sweeter Than a Box of Chocolates

*They are more desirable than gold, even the finest gold.  
They are sweeter than honey, even honey dripping from the comb.*  
{ Psalm 19:10 }



If I were to write a poem about my love for the Bible, I think I'd compare it to a box of chocolates. When I open a box, each piece is filled with a delightful flavor like caramel or almonds. They melt in my mouth and bring joy with every bite.

Every time I open the Bible, I receive God's law (His directions and rules for life) and His gospel (what Jesus did for us on the cross). Every story points me to Jesus, and every word reveals His love for me and announces the forgiveness of my sins.

I'm not the only one to compare the Bible to something else. David compared his love for the laws of the Lord to honey. Have you tried honey right from the honeycomb? It doesn't get much sweeter than that. It might be even better than a box of chocolates! No matter what side of the honey vs. chocolate debate you pick, one thing is for sure: God's Word is even sweeter!

➡ **ACTION POINT:** What are a few of your favorite things? Write a poem comparing God's Word to your favorite things.

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



JUNE 5





## But You Said...



*"But you promised me, 'I will surely treat you kindly, and I will multiply your descendants until they become as numerous as the sands along the seashore—too many to count.'"*

{ Genesis 32:12 }



**H**ave you ever felt nervous to see someone because you thought they might be mad at you? Me, too! Jacob and Esau (pronounced like *EE-saw*) were twin brothers in the Bible. Jacob tricked Esau out of something very special, and Esau was mad. Like, more furious than maybe you've ever been in your whole life!

Years later, Jacob was scared because he was going to see Esau again. He was sure his brother would still be very angry. So Jacob prayed. In his prayer, he spoke out a promise God gave him years earlier. He chose to believe God's words to him when he was afraid! (Spoiler alert: Esau hugged Jacob and didn't hurt him at all!)

God's Word is powerful to help us when we are fearful. When you're going through something hard, you can find a scripture to pray to God. Speaking His truth in the middle of scary things will make your faith stronger and help you fall more in love with God's Word.

➡ **ACTION POINT:** Think of one hard thing you're going through right now. Find a Bible verse you can pray to God when you get nervous about that situation.



*JANET MYLIN is an author and True Girl lead teacher.  
She loves to study the Bible and she also likes  
a really good Sunday afternoon nap.*



JUNE 6



# Armor Up!

*I have hidden your word in my heart,  
that I might not sin against you.*

{ Psalm 119:11 }



once visited a museum filled with armor. There were ancient helmets, boots, belts, gloves, shields, and breastplates. Each piece was designed to be DEFENSIVE. They were carefully made with strong metal to protect the person wearing them. (Just like goalies defend the net in soccer!)

But, as I looked around, one piece of armor was different from the rest—the sword. Swords are OFFENSIVE, which means they can start a battle and be used to fight against an enemy to defeat them. (Like the soccer players who score the goals.) With swords, battles are won!

Pause for a minute! Read Ephesians 6:10–17. What does the Bible say is our spiritual sword? The Word of God!

With God's Word, we fight our battles against Satan. The world is full of lies that can be confusing, but if we know what the Bible says is true, we can stand up to them. Memorizing Scripture is one of the best ways to fight lies because hiding God's words in our hearts is like arming ourselves for spiritual battle. That is why knowing what the Bible says is so important!

➡ **ACTION POINT:** What is one lie the world tells us? Pick up that sword and memorize a Bible verse that shares the truth about it. Sometimes when I memorize, making up a song or writing out the verse helps me remember it.

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*HILDSY MARIE PETROSSIAN is on the True Girl tour team, and author of Leave A Little Sparkle Wherever You Go. Sweat suits are her go-to, and sparkles are her favorite color! [leavealittleministry.com](http://leavealittleministry.com)*



JUNE 7







# How We Love God



*Love means doing what God has commanded us,  
and He has commanded us to love one another,  
just as you heard from the beginning.*

{ 2 John 6 }



**D**o you have any siblings? I have a brother and sister. There have been times when they're so annoying. They have taken my toys away or gotten me in trouble with my mom or dad. Maybe your siblings have done that kind of stuff too.

Sometimes it can be hard to love others, especially our siblings, when they irritate us. But did you know that you can show God love through your behavior towards them? It's true!

Second John 6 is a tool that tells us how to show our love to God, and it is through following what His Word has said from "the beginning."

Love is the main building block of the Bible. To walk in love as God instructs us requires we *do* what He commands, and that's to care for others well through our behavior. So even though my siblings annoy me sometimes, I keep showing them love through my actions. You can do the same.



**ACTION POINT:** Show love to someone today by giving them a scripture and encouraging them.

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



JUNE 8




# When You Can't Find the Words

*"We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments."*

{ 2 Corinthians 10:3-4 }




 **D**ear God, um, I don't really know how to, like, pray for this thing, so like, I guess, just, you know, do something. Like change stuff and make it better and... um...um, Amen, I think."

Have you ever prayed like this before? Sometimes when we have something really big to pray about, our words get jumbled up. I've learned about a secret weapon God's given us. Well, it's not really a secret, but it's so amazing and powerful, it's like finding a buried treasure! I can take what the Bible says and turn it into prayers! And so can you!

Second Corinthians 10 talks about how the weapons Christians use to fight evil aren't the same weapons the world uses. For instance, if a girl who doesn't love Jesus gets hurt by someone, she may think the best way to handle that hurt is to hurt that person back and make her feel terrible for what she did. But if a Christian is hurt by someone, she can go to the Bible to find out what to do.

The Bible is one of the greatest weapons we have! God's Words show us what to do in tough situations, and they are also always the right things to say when you pray. When I don't know what to pray or how to pray, I take God's words and make them my prayers. Go ahead and give it a try!

 **ACTION POINT:** Think of a time when someone may have hurt you. Use God's Words to help you pray for that person. If you are having trouble, grab your Bible and find a verse that will help you know what to do!

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

JUNE 9





# God's Word Is Eternal



*Each time Jehudi finished reading three or four columns, the king took a knife and cut off that section of the scroll. He then threw it into the fire, section by section, until the whole scroll was burned up.*

{ Jeremiah 36:23 }



**H**ave you ever gotten a bad grade on a test and wished you could destroy it so your mom or dad wouldn't see it? It's tempting to want to get rid of the things we don't like. That's what King Jehoiakim of Judah tried to do.

He wasn't following God or leading God's people well. So God spoke to the prophet Jeremiah, giving him a warning for King Jehoiakim. When King Jehoiakim heard God's message, he cut the scroll up into pieces and tossed it into the fire. He didn't like what God had to say, so he destroyed it—at least, he thought he did. God told Jeremiah to write the message and deliver it again to the king. God's words couldn't be destroyed!

Even today, people try to destroy God's Word. Sure, books made of paper can be burned, but God's Word remains. The message inside is just too important!

➡ **ACTION POINT:** Read the story of King Jehoiakim and the scroll in Jeremiah 36. Can God's Word be truly destroyed?

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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)*




JUNE 10



# Prayer That Doesn't End

*Never stop praying.*  
{ 1 Thessalonians 5:17 }



Every sport has its own set of fundamental rules and techniques. Basketball, my favorite sport, calls for the basic knowledge of dribbling, defending, and shooting. When I played, we'd do all kinds of drills to develop these skills, and it made our team stronger when it was time for a game.

As Christians, we have key fundamentals to develop too. The Bible gives us skills to practice that keep us growing in Jesus and becoming more like Him each day. Prayer is one of the most important fundamentals.

Paul reminds us that we are called to pray nonstop. This doesn't mean that we have to stay in our prayer corner every day, though. While it's important to set apart a special place for quiet time and prayer with God, we have to remember that we should welcome the opportunity to talk to Him no matter where we are. He's always available and wants to be invited into each moment of our lives.

When we pray, we're able to not only check in with God and share our needs with Him, but more importantly, we get to hear from Him. Prayer is a conversation with God that should never stop.

➡ **ACTION POINT:** For the next week, see how often you can invite God into the moments of your life through prayer. Maybe you pray and hear from Him while doing the dishes, cleaning your room, or between classes at school.

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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)*





# It Just Takes Time



*The seed that fell on good soil represents those who truly hear and understand God's word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!*

{ Matthew 13:23 }



**D**o you remember when you first started learning to read? How easy was it? Could you pick up just any book and read it? Did you ever get frustrated and discouraged?

Now, look at how reading is easier than when you first started—and sometimes it can actually be fun!

Did you know reading and understanding the Bible is just like that? It takes time and effort. You can't expect to pick up the Bible and have it all just make sense. Just like riding a bike, swimming, or reading, understanding the Bible requires effort and patience.

So why study the Bible? Well, because the Holy Spirit needs something to work with. When you put the Word of God in you by learning about it, it can flow out of you towards others. And the more you put into it, the more can come out. Trust me. It's worth it.

➡ **ACTION POINT:** Tell a parent something that was hard but worth learning. Share why you're glad you didn't quit. Now think of one more hard thing you'd like to learn. Pray together and ask God to help you not give up.

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



JUNE 12



# On My Lips

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

{ Joshua 1:8a }



I can't roll my tongue into a taco or wiggle my ears. But I can take my top lip and curl it in one direction and my bottom lip and curl it in the opposite direction. So it looks like my lips make a diagonal tic-tac-toe on my face. It's pretty cool. Maybe I can show it to you one day.

But you know what is even more impressive? A girl who keeps the Bible on her lips. (No, I'm not talking about someone who balances a Bible on her face!) I mean someone who loves talking about Jesus and God's Word.

Today's verse says to meditate day and night on the Book of Instruction (the Bible). That doesn't mean you have to sit still all day with your eyes closed. *Meditate* means you think about something more than once. You think about it over and over again. When you're thinking about the Bible, it makes sense that you will also talk about the Bible.

It's hard to talk about something you don't know much about. That's why you can make it a habit to read the Bible every day!

➡ **ACTION POINT:** Make a funny face using your lips in a silly way and show your mom. Ask her to show you a silly face. Let this be your little code to keep the Word of God on your lips.

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



JUNE 13





# Church Without Walls



*"The second is equally important: 'Love your neighbor as yourself.'  
No other commandment is greater than these."*

{ Mark 12:31 }



**W**hat does our pastor mean when he says we should be a church without walls?" asked my daughters Maddie and Katie early one Sunday morning. I explained that it means we are to be "doers of the Word" (James 1:22), not just people who go to church on Sunday mornings and only hear the Word.

One way that the Bible teaches us to be "doers of the Word" is to love our neighbors as ourselves. In Mark 12:31, when Jesus was talking about God's commandments, he stated, "The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

But how do we love our neighbors? What if we don't even know their names? It can be as simple as leaving a note in their mailbox to let them know we're thinking about them or shoveling their sidewalk after a snowstorm. As a family, we have even surprised our neighbors by leaving boxes of donuts on their porches for a Sunday morning treat!

Be creative and have fun! As followers of Christ, we want our neighbors to know we love them and, more importantly, they are loved by Christ!

➡ **ACTION POINT:** As a family, create a list of ways to show your neighbors love. Try to complete and cross off one idea each month. Make it your goal to complete as many as possible by the end of the year.

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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)



JUNE 14



# Roots That Dig Deep

*But blessed are those who trust in the LORD and have made the LORD their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.*

{ Jeremiah 17: 7-8 }




**W**hat is the purpose of a tree's roots? Most of the time, you can't see them, so they don't really add any beauty to a tree.

One of my science teachers once taught me a really neat lesson about these hidden limbs. He explained that roots are what feed the tree. The roots take nutrients (the good stuff that helps living things have energy) and give them to the trunk so that it stays alive. When winter comes, and the tree starts to wither, the nutrients fight for the tree to stay alive!

In this verse, Jeremiah compares our trust in God to roots. He says that by rooting our lives in God, we are watered and can have life! Just like how the nutrients keep the tree alive in winter, we don't have to be afraid of the hard parts of life because God is with us!

How do we grow roots in God? A great way to start is to spend time with Him. Reading the Bible, praying, going to church, and talking to others about Jesus are all ways to learn to trust Him and grow your roots a little deeper!

 **ACTION POINT:** Go outside and see if you can examine some tree roots. How deep do you think they go? Then talk to your mom about how you will continue growing your own roots today!

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*REBECCA BARKER is a high schooler who describes herself in three words: Disney, skating, and theater. Above all, she loves to read her Bible and find the treasures it contains.*



JUNE 15







# The Wild Case of the Donkey Thief



*Who gives the wild donkey its freedom?  
Who untied its ropes?  
{ Job 39:5 }*



**Y**ou're probably wondering what in the world we're going to talk about today based on the verse above. What could I possibly have to say about donkeys?

Honestly? I have nothing to say about this verse. It was completely random. But I picked a random verse for a reason, and that is context.

"What is context?" you ask. Context is information surrounding the individual sentence that gives you the whole story instead of a little piece. It's important in most forms of communication, but it is especially important when it comes to the Bible!

Without context, this verse could be Job asking who let his donkey out. But if you take the time to read the verses around it, you see that God is giving Job a stern talking to after he questioned why God allowed bad things to happen to him. It's an intense passage and the context matters!

There are 31,102 verses in the Bible, and we pull them out and use them one by one quite often. But sometimes, when we do this, we can use them out of context and twist their meaning into something different from what the author was originally trying to say.

➡ **ACTION POINT:** This week, give yourself a Bible Basics Boot Camp challenge! Try to spend a few extra minutes each day reading the verses that surround your devo verse of the day so you can understand the full context.

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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)*



JUNE 16



# Something Good Is Rising

*Give us today the food we need.*

{ Matthew 6:11 }



**M**y mom was raised on a farm with eleven brothers and sisters. Now that's a full house! She remembers waking up every morning to the smell of homemade biscuits rising. "When I smelled the bread, I knew that something good was coming!" The Bible is the spiritual bread we need today. Like those yummy biscuits, God has something good prepared just for you every day!

Did you know that all you really need to stay alive is bread (when made from fresh whole ingredients) and water? No wonder Jesus is called our Bread of Life and Living Water!

So, take a moment to breathe deeply before you rise. You may not smell biscuits, but you can thank God that the daily bread of His Word is rising to nourish you for the new day. As you eat God's spiritual breakfast, let His bread rise up inside you so you can feed others with His Truth.

➡ **ACTION POINT:** Bake something (or go to a bakery). Let the smells remind you of God's Truth that His Word has "something good rising" for you every day! Why? Because Jesus has risen for you! (Enjoy John 6:35 as another spiritual snack!)

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*KIM WIGGINTON is a Chalk Art Speaker, Director of HeART of Womanhood, and on staff with Fellowship of Christian Athletes. She enjoys creative arts, athletics, sunshine, smiles, and God's Word! [heartofwomanhood.org](http://heartofwomanhood.org)*



JUNE 17





# Living HIS Truth



*...teach them your word,  
which is truth.  
{ John 17:17b }*




**Y**ou do you!" "Follow your heart!" "Go live your truth!" Have you heard these sayings before? They sound cute and innocent, but really, they're harmful.

Imagine you can drive, and the speed limit sign says 60 miles per hour. But you decide you're going to go 100 miles per hour instead. The police pull you over and say you were speeding but tell you it's okay because you were "living your truth." Think about how quickly the world would get out of hand without rules!

Now I know that's a silly little story, but there is a lot of seriousness behind how we view truth. The Bible says that God's Word is Truth, but it also says that humans have traded the Truth of God for a lie. Instead of trusting that God knows what's best, we have taken the job of truth-telling into our own hands. But the reality is that truth doesn't change based on who we are or what we believe.

When we allow God to define truth, the false freedom we once experienced will fade away, and true freedom will be ours! "Then you will know the truth, and the truth will set you free" (John 8:32).

 **ACTION POINT:** What is one way the world has been changing God's Truth? Draw a "truth stop sign" and hang it somewhere where you'll be reminded to stop and remember God's Truth instead of the world's lies!

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*HILDSY MARIE PETROSSIAN is on the True Girl tour team, and author of Leave A Little Sparkle Wherever You Go. Sweat suits are her go-to, and sparkles are her favorite color! [leavealittlesparkleministries.com](http://leavealittlesparkleministries.com)*



JUNE 18



# It's Always Working

*Therefore, we never stop thanking God that when you received His message from us, you didn't think of our words as mere human ideas. You accepted what we said as the very word of God—which, of course, it is. And this word continues to work in you who believe.*

{ 1 Thessalonians 2:13 }



In 1 Thessalonians 2:13, Paul tells those he's writing to that God's Word continues to work IN those who believe. Paul taught them God's Word, and they received it and believed it. Faith in God's Word makes His Word work in us.

Hebrews 4:12 calls the Word of God alive and powerful. That means God's Word does something! There's a song I love called "Way Maker." In one version, the singer says: "Even when I don't see it, You're workin'. Even when I don't feel it, You're workin'." That's my favorite part. It reminds us that even when things don't look like it, God's Word is still working in us and through us.

We don't always "feel" God, and sometimes we think He's not there. But, when we have His Word planted in our hearts, He's always working within us.

➡ **ACTION POINT:** What is something in your life you want to see God working in? Find verses about it with your mom and meditate on those scriptures. Write down when you start seeing God's Word working. Then, PRAISE Him!

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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 splendid children. [mytruegirl.com/onlinebiblestudies](http://mytruegirl.com/onlinebiblestudies)*



JUNE 19





# His Word Is Delightful!



*But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.*

{ Psalm 1:2-3 }



**H**ave you ever opened a gift and been so excited that you couldn't help but smile? Maybe you even let out a shout of joy! That feeling is called delight.

Psalm 1 tells us that when we meditate on Scripture, we can experience that same delight. Like a gift, God has wrapped His desires for us into His Word.

We can meditate on the law of the Lord by reading the Bible. To meditate, we must pay attention to the Word and think deeply about it. When we do, our spirit will become like a plant soaking up water, growing, and becoming healthier.

And good things will start to come out of us like love, joy, peace, and kindness! You may recognize those as some of the fruit of the Spirit (Galatians 5:22-23). It's because these are the spiritual fruits that we can grow if we meditate on God's Word.

➡ **ACTION POINT:** What is one verse from the Bible that brings you delight? Write it down and post it somewhere so that you will see it often. Pay attention to it and think about it often so that your spirit bears good fruit.

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SARAH GIORDANO, True Girl Road Manager, is a Maryland native (although she doesn't care much for crabs). She loves blogging, rock climbing, and is always down for a taco. [storieswithpower.com](http://storieswithpower.com)



JUNE 20



# Plug into God's Power


*For I am not ashamed of this Good News about Christ.  
It is the power of God at work, saving everyone  
who believes—the Jew first and also the Gentile.  
{ Romans 1:16 }*



**H**ave you ever used an electrical appliance such as a toaster or hairdryer? What happens if it's not plugged into a power source? That's right—it doesn't work!

To power an appliance, you have to plug it into an outlet. To get God's power, you need to plug yourself into the Bible. That means reading it regularly, meditating on it, and hiding it in your heart by memorizing it.

The Bible is God's Word that teaches you about the forgiveness of sins and delivers faith and lasting power. The Bible reveals the gospel, which means the good news of Jesus' life, death, and resurrection—for you!

 **ACTION POINT:** Every time you plug an appliance into an outlet, remember to plug yourself into God's Word each day to receive His power. Start today by memorizing a Bible verse that fills you with power.

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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 age six and up. Request a free video at [thegreatflip.com](http://thegreatflip.com).*



JUNE 21





# SOAP



*And you will know the truth,  
and the truth will set you free.*

{ John 8:32 }



**W**hen I was first learning to study the Bible, it was a little tricky and confusing for me. My leader at church taught me the SOAP method, which gave me a structure to follow and allowed me to dive deeper into God's Word.

SOAP is an acronym. Each letter stands for one word. Let's walk through each letter of the SOAP method using John 8:32:

**S** stands for Scripture. For John 8:32, you would simply write, "And you will know the truth, and the truth will set you free."

**O** is for observation. What about the verse stood out to you? What is the author saying? For me, the words *truth* and *free* stood out. I think John is talking about how spending time in God's Word will set you free.

**A** stands for application. For this step, you apply what you learned from the verse to everyday life. For John 8:32, I know that studying God's Word every day instead of turning to the world for answers will help me through hard situations.

**P** is for prayer. Pray to God about what you learned and ask Him to help you use it throughout your day.

➡ **ACTION POINT:** Grab one of your favorite verses and your journal! Try the SOAP method, and see what God wants to teach you!

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*LEAH RIDENOUR is a high school student who loves musical theatre, volleyball, skiing and spending time with family. She enjoys helping our team to pack the True Girl subscription boxes!*



JUNE 22



# What Do You Need to Change?

*Josiah was eight years old when he became king, and he reigned in Jerusalem thirty-one years. His mother was Jedidah, the daughter of Adaiah from Bozkath. He did what was pleasing in the LORD's sight and followed the example of his ancestor David. He did not turn away from doing what was right.*

{ 2 Kings 22:1-2 }



In the history of the Jews, it is rare to find a king who obeyed God completely. Josiah was only eight years old when he began to reign, so he was likely guided by godly influences during the beginning of his rule.

By the time he was twenty-six, he had decided to repair the temple of God. That's when something was discovered that had been long forgotten. He found a scroll that contained a piece of the Bible.

Josiah read that piece of the Bible, and his heart was broken. Do you know why? He read the rules God had given to His people and realized that no one was obeying them. He tore his robes in despair and then began to change how everyone in his nation was living.

So many people today own Bibles, but they are unaffected when they read them. Every time we crack ours open, it should cause us to take immediate action to change our lives and live in obedience to God.

➡ **ACTION POINT:** Is there something you have read in the Bible that made you realize you were not obeying God? What is it? Talk to your mom about what you need to do to obey God.

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



JUNE 23







# Eat My Bible???



*He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the LORD.*

{ Deuteronomy 8:3b }



**F**un fact: I lived in Ukraine as a missionary for about two years when I got out of high school. (Ukraine used to be a part of Russia.) I loved many things about living there, but one thing I will always remember is THE BREAD.

I couldn't wait to stand in line at the little grocery store, hoping to get my hands on a fresh, warm loaf of the most perfect bread in the world. (Don't tell anyone, but many times I would eat the whole loaf myself!)

As wonderful as those memories are, I know that bread isn't the only thing I need to have a great life. In fact, Deuteronomy 8:3 is so clear to tell us that what we *truly* need to really live is God's Word!

How do we "eat" Scripture? We read it, listen to it, write it down, memorize it, pray it, sing it, and think about it! When we live on God's Word, we will be more satisfied than I ever was eating that Ukrainian fresh-baked bread!

➡ **ACTION POINT:** The next time you eat bread, or any food, say this little prayer, "God, help me to love eating Your Word as much as I love eating this food!"

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*JANET MYLIN is an author and True Girl lead teacher.  
She loves to study the Bible and she also likes  
a really good Sunday afternoon nap.*



JUNE 24



# Apple Pie with Tuna Fish

*But don't just listen to God's word. You must do what it says.  
Otherwise, you are only fooling yourselves.*  
{ James 1:22 }



**M**y daughter loves to bake yummy treats for our family. But what would happen if she read a recipe for a delicious dessert and then ignored the instructions? What if she just mixed a bunch of random ingredients together that weren't even in the recipe? Do you think the result would taste anything close to how it is supposed to? Not likely. We can't make an apple pie with a can of tuna fish!

God has given us His Word to provide wise instructions for us to live an abundant life and share in a meaningful relationship with Him. When we carefully follow these instructions, it helps us to know the perfect "ingredients" God desires to fill our lives with. We better understand how to bring Him honor and glory.

But if we simply listen to God's Word at church or during our devotions and then live in an entirely different way, we will miss the opportunity to truly savor His blessings and participate in His purpose and plan.

➡ **ACTION POINT:** Use a recipe and make a dessert with your mom. Notice how important it is to follow the instructions. As you bake, ask God for help to remember not just to read His Word but to do what it says!

*JULIE HARNER loves being a wife to Gary and a mom to three amazing kids. Julie's favorite desserts include apple crisp (with ice cream), pumpkin roll, and chocolate chip cookies.*



JUNE 25





# Starry Night



*The LORD merely spoke, and the heavens were created.  
He breathed the word, and all the stars were born.*

*{ Psalm 33:6 }*




**O**ne night, I was out of town on vacation. Suddenly, there was a massive power outage. So, I went outside to look up at the sky and saw the starriest night I'd ever seen. It was breathtaking!

What are stars made of? Well, since this is not a science lesson, we'll have to save that question for later. What's more important is who created them? The Bible says they were made by the WORD of the Lord. And His Word didn't stop with the stars, but also created the heavens and the earth!

Can you make a star with your words? Nope, me neither! Imagine how powerful the Word of the Lord is. And, that same power that created stars rests in the WORDS of our Bibles.

Where is your Bible? Find it and think about how important and powerful it is. The words in it can create AMAZING things inside of you, as big and beautiful as the heavens and stars in the sky. But even more importantly, they can transform you to be more like the Maker of the stars!

 **ACTION POINT:** Do you take the power the Bible has for granted? Draw a Bible with stars coming out of it and write: "His Word is powerful." Hang it where it can encourage you to read your Bible daily.

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*LISA YABRA serves in the Dominican True Girl Ministry: Chica Verdadera. She's been a teacher in both the American and Dominican True Girl tour. Two of her favorite things are her Bible and chocolate chip cookies. Learn more at [puralibertad.org](http://puralibertad.org).*



JUNE 26



# You Can Enjoy Reading the Bible!

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

{ Psalm 119:105 }



**G**od saved me when I was fourteen years old. On my fifteenth birthday, I was baptized! But I didn't have a strong desire to read the Bible. I found it boring.

But a few years later, God caught my attention with today's verse. Suddenly, I understood that I needed God's Word to guide me in making decisions. So I started reading little by little, even when I didn't feel like it. If you're struggling to read the Bible too, here are steps that helped me:

- Pray! We need God to help us understand what He wants us to learn and do.
- Ask your mom to get you a version of the Bible you can easily read like the NLT. It's the same one I used!
- Get highlighters and a journal! It's fun to draw or doodle what you learn and to write down what you don't understand so you can later ask your mom or youth leader for help.
- Remember that God's Word is THE BEST BOOK you can ever read! It has stories filled with drama, love, and action. And the best part is that you get to know God better while reading it!



**ACTION POINT:** Grab your Bible, journal, and a highlighter! As you read through the Bible, doodle some of the verses. Also, ask your mom to explain any that are confusing to you. Most of all, just have fun!

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*MASIEL MATEO is a digital marketing specialist currently collaborating with the True Girl Pajama Party Tour. She loves singing and cooking. She lives with her mom in the Dominican Republic.*



JUNE 27





# Are You Listening?



*Then I heard the Lord asking, "Whom should I send as a messenger to this people? Who will go for us?" I said, "Here I am. Send me."*

{ Isaiah 6:8 }



**H**ave you ever listened to the song of a chirping bird? Or the wind running through the leaves of trees, causing them to clap? How about the crashing of thunder? Or the calming softness of an ocean wave?

It's amazing how these things in nature listen and respond to God when He calls! They are His creation, and they know Him. They remind us that before we can listen and respond to God, we first have to know Him.

We can learn and get to know God through reading the Bible! The Bible is His Word and is a letter to us. We read His word to know Him better, grow in our relationship with Jesus, and listen to the calling of God.

We can KNOW and HEAR God through His living and breathing Word! Are you willing to listen? How will you respond?



**ACTION POINT:** I challenge you to pray, "Lord, help me hear you through your Word and help me reply, 'Here I am!'"



*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!*



JUNE 28



# Turn the Music Up!

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


{ John 5:39 }



It was Christmas in the 1990s. I blasted music from my brand new CD player as I zipped around on my new rollerblades. Both were gifts, and I was in heaven. Thankfully, I had also been given some CDs for Christmas that year. After all, a CD player without any CDs would be pretty useless! (If you don't use CDs, just ask your mom. She remembers those days!)

Like a CD player without a CD, Scripture without Jesus is useless. In John 5:39, Jesus tells the Jewish leaders that the Scriptures have no authority on their own. They only point to Him.

Scripture exists to play the song of Jesus into the world. When we allow God's Word to play the sweet music of Jesus into our daily lives, it has the power to change us to be more like Him.

 **ACTION POINT:** Make a bookmark to use in your Bible that reads: *How does this Scripture point to Jesus? If you have a hard time answering it on your own, ask a parent, mentor, or Sunday School teacher to help you.*

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*EMILY SCHERER was a children's ministry director before she became a mother. She loves to run, read, and take adventures. Emily is passionate about encouraging kids to turn toward Jesus.*



JUNE 29





# Mirror, Mirror on the Wall...



*"For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like."*

{ James 1:23-24 }



Imagine there was a church where all the people were on their knees, including the pastor, and he began to speak to them. He says, "I've discovered something amazing! I have legs!" He shakily stands up and shows everyone how to walk and then says, "You have legs too! Try to stand up!" The people are scared and nervous, but they help each other stand up and are very happy to discover their legs!

The pastor prays, "Dear God, thank you for our legs! Help us use them every day to serve you. Amen." But as the people leave, they drop down on their knees again and scoot out.

Today's verse says that people who read God's Word and don't obey it are just like a girl who looks in the mirror and then forgets what she looks like. Or maybe the girl learns from the Bible that God wants her to do something and she gets excited about it, tells other people, but never actually does it – just like the people in that church who wouldn't keep using their legs.

If God tells you something, it's a good thing. His Words are meant to make you more like Him!

➡ **ACTION POINT:** Look in a mirror for two seconds. Now, tell your mom what you look like. Tell her your hair and eye color. Wouldn't it be silly if you glanced in the mirror and then totally forgot what you look like? Let's promise not to be like that when we "glance" at God's Word.

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



JUNE 30












# Hold Yer Horses!



These True Girl Daily Devos were written to help you remember that God's way is always the best way! Each day you'll read one verse and some fun thoughts about it. At the end of each, you'll find an action point you can use to live out what you discover!

These devos are written by Dannah Gresh and other writers we want to introduce you to, including:

Emma Arblaster, Rebecca Barker, Aubrey Brush, Courtney Bullard, Abby Galliano, Sarah Giordano, Julie Harner, Masiel Mateo, Shani McKenzie, Janet Mylin, Hildsy Petrossian, Arlene Pellicane, Amber Pike, Hephzibah Ramirez, Benita Rannie, Kathy Ridenour, Leah Ridenour, Staci Rudolph, Emily Scherer, Jody Token, Erika VanHaitsma, Kim Wigginton, Lisa Yabra.



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