



TrueGirl

# Daily Devos

DAILY DEVOTIONS FOR

JULY &  
AUGUST

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*



## Your Worry Alarm

*Don't worry about anything; instead, pray about everything.  
Tell God what you need, and thank Him for all He has done.  
Then you will experience God's peace...  
{ Philippians 4:6-7 }*



**D**o you ever lay awake in bed at night and think crazy thoughts? *Did I study long enough to pass my test tomorrow? Did I put my computer charger in my bag so I won't forget it? Will I get home in time to let Moosie out to...you know...go?*

Sometimes I think worrisome thoughts give birth to each other.

Well, guess what they're supposed to give birth to? PRAYER!

Philippians 4:6-7 says not to worry about anything but to pray about everything.

What if we started to think of our worry as an alarm clock signaling that it's time to pray? Just like an alarm clock wakes us up in the morning, our worry should act as a reminder to pray. If you tell God what you need and thank Him for what He has done, you'll give birth to peace instead of more worrisome thoughts!

Trust me! I've tried this. It works.

➡ **ACTION POINT:** The next time you start to feel afraid or worried, think of it as a worry alarm clock. It's telling you to talk to God! So, do just that!

*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 twenty animals. [mytruegirl.com](http://mytruegirl.com)*

JULY 1

## Peace in Every Storm

*...God's...peace...exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.  
{ Philippians 4:7 }*



**A**bout 800 tornadoes touch down in the United States every year. Twisters are extremely dangerous, and you need to take cover if one heads your way, but did you know about the eye in the center of it? It's a place in the middle of a circular storm that's relatively peaceful.

A couple of people have experienced actually standing in a tornado's eye. In 1928, a twister was coming toward Will Keller's house in Kansas. He stayed outside to observe the violent storm. (I'm not sure that was a great idea.) Somehow he managed to hold his ground as the tornado surrounded him. When he was in the center of it, he noticed everything was still. Isn't it magnificent that something so destructive could have a place of total stillness in its middle?

I think that's a lot like God's peace. His peace doesn't promise there won't be storms or hard times in our lives. But God does promise strength during any circumstance. Philippians 4:7 tells us that God's peace is still there when we don't understand what's going on. It also says that His peace guards our hearts and minds in Christ Jesus. Even in the storms of our lives!

➡ **ACTION POINT:** What storm are you facing right now? It doesn't have to be a real tornado for you to experience God's peace. Write a prayer and ask God to help you experience Him in the middle of your problem.

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

JULY 2



## Crashing Waves of Peace

*Now may the Lord of peace Himself give you His peace at all times and in every situation. The Lord be with you all.*

{ 2 Thessalonians 3:16 }



**H**ave you ever gotten sad news? I remember the day my dad died. I was visiting my son at his home just a few minutes from the beach. After hearing the news, we were both so sad and cried together for a long time, but we decided to keep our plans and head to the beach.

My sadness didn't leave on that beach, but I always feel God's presence and peace more deeply when I'm there. There's something about listening to the waves crash as they come in to gently lap at my feet, or looking out towards the ocean as I walk in the sand. Those things give me peace and make me think all's right with the world even when it isn't.

I'm amazed that no matter how stressed or overwhelmed I am, I only need to hear or see those waves, and I'm at peace. And on that day when I got the sad news, I knew, without a doubt, that God was with me. I heard Him in the waves and felt Him all around me. His peace was with me.

➡ **ACTION POINT:** Is there a place or a sound that makes you forget about something stressful going on in your life and brings you peace? Think about what it is and share it with your mom or write it in your journal.

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

JULY 3

## Listen Up!

*I listen carefully to what God the LORD is saying, for He speaks peace to His faithful people. But let them not return to their foolish ways.*

{ Psalms 85:8 }



**Y**up, that's it...easy...good! Just like that!" My dad usually said this as he taught me carpentry skills. My family owned a construction company, so I spent lots of time helping on different job sites. I loved it!

There were lots of rules on the site. Listening carefully was an extra important one. If you were learning to use a new tool or someone was warning you to move out of the way quickly, but you weren't listening, it could result in injury.

This memory helps me as I practice listening to God. If I think of God as the contractor, the world as His job site, and me as His visitor, I realize it's important for me to carefully listen to navigate the site. When we faithfully seek God and desire to listen to Him carefully, we safely learn and grow.

➡ **ACTION POINT:** Are you a good listener? Ask your mom or the adult you live with if they think you listen well. If you are, keep it up! If you're not, spend some time asking God to help you listen to Him better and your parents too! After all, He's the one who put them in charge of you to keep you safe as you grow.

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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)*

JULY 4





## Bring It to Jesus

*Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest."*

{ Matthew 11:28 }



**W**hen you feel sad, worried, or stressed, who is the first person you talk to about your feelings? I told my mom anything and everything that was on my mind. Whether it was my latest crush on a cute boy I met in Sunday school, the mountains of homework I had to do that day, or something else I was worried about, sharing those things with her made me feel better.

But before I could start sharing what was going on, she would always ask: "Have you talked to God about it yet? Because if you haven't, you should go talk to Him first." And so I would! Because of my mom, I try to make Jesus the first person I talk to whenever I have something to share.

God wants us to tell Him what's going on in our lives. Whether we are happy or sad, full of joy or worry, He wants to know. Jesus said, "Come to me all of you who are weary and carry heavy burdens, and I will give you rest." If we bring our worries and fears to God, trusting that He is in control, we can find peace and rest in Him!

➡ **ACTION POINT:** The next time you're worried about something and struggling to find peace, take it to Jesus first. Go to a place where you can be alone with God and tell Him all about it! He wants to hear from you.

KINDRA STANTON is passionate about teaching women and girls about God's Word. She loves making music with her husband, drinking coffee, and reading good books! Find her on Instagram @kinda\_kindra.

JULY 5

## Enjoy Today Because God's in Charge of Tomorrow!

*"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."*

{ Matthew 6:34 }



**I** am a planner! I love to know exactly what will happen and when it will happen. But sometimes, I plan WAY ahead, and it can leave me disappointed when things don't go exactly as I expected.

Planning has also kept me from enjoying the right-now moments because I'm too focused on what I will do tomorrow. I often look back and wish I would have enjoyed the moment more.

Right now, I'm currently on tour with True Girl. The other day, I caught myself thinking and wondering what I would do after the tour. My mind started going to different places, and my heart filled with anxiety. I had to stop myself and pray about it. I asked God to help me enjoy the present and give me the confidence to trust Him with the future. I wanted to truly enjoy each moment on tour.

I also started reciting Matthew 6:34, where Jesus tells us to not worry about tomorrow, for tomorrow will bring its own worries! He is telling us to enjoy TODAY and what we're currently doing at the moment.

➡ **ACTION POINT:** Is there anything that's preventing you from enjoying the present? Pray about it and give it to God. Then, write down Matthew 6:34 somewhere where you can read it every day!

JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She loves taking long walks with Mango, her fluffy puppy, and contemplating nature.

JULY 6





## Peace Is Our Umpire

*And let the peace that comes from Christ rule in your hearts.  
For as members of one body you are called to live in peace...*

{ Colossians 3:15 }



**D**o you have siblings? I'm a mom to three daughters. Even though my girls are close, they still argue. (If you have a sister or brother, I'm sure you get it!) Sometimes I feel like an umpire between competing sports teams. (Your mom may get this one!)

Since our family learns Scripture verses for skills needing "practice," Matthew 5:9 was a perfect verse. It says, "Blessed are the peacemakers..." Each time arguments began, my girls simply quoted their verse. However, one day I heard one daughter say, "peacemakers." Then another said louder, "NO! I'M THE PEACEMAKER!" Yep. They argued about being peacemakers!

As an umpire-mom, I called a "timeout" on that play and coached them with God's truth that we are not on opposing teams. Together we team up with Jesus against our opposing enemy—the devil. When peacemakers fight *for* not *against* each other, everybody wins!

Colossians 3:15 coaches us to "let the peace of Christ rule in our hearts..." The word **RULE** means "to umpire." Inviting the Prince of Peace (Jesus) to be the Umpire of our hearts and homes is the game-changer for peacemaking!

➡ **ACTION POINT:** How can your family fight for not against each other? If you are like us and need to practice peacemaking, read these verses and choose one to learn by heart: Matthew 5:9, Romans 12:18, Hebrews 12:14, or Colossians 3:15.

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

JULY 7

## Talking to Tornadoes

*When Jesus woke up, He rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Then He asked them [the disciples], "Why are you afraid? Do you still have no faith?"*

{ Mark 4:39-40 }



**I** was eleven years old when I finally made it to "the Happiest Place on Earth." Yup, Disney World! My family had an exciting day riding rides, visiting EPCOT, and taking pictures with Disney characters. As we were winding down in our hotel that night, a warning came across the TV: **TORNADO ALERT!**

We were all shaken up. Not only were we worried about the tornado, but we were also on a higher floor of a tall hotel. As we scrambled to prepare for this possible emergency, my mom stopped us. She said, "Let's pray." She told the tornado to go away in Jesus' name and asked God for His peace and protection. After that prayer, we calmed down and enjoyed some family time, eventually falling asleep together in one bed.

The tornado never came, and I learned a valuable lesson. We can command peace in our lives through the power of Jesus. When things seem crazy around us, we can pray for peace. God can bring that peace in many different ways. We just need to have faith that He will.

➡ **ACTION POINT:** Draw a before-and-after picture of you commanding a storm to stop in Jesus' name. It could be rain turning into sunshine or a tornado shrinking. Remember that the One who calms the storm lives inside of you.

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

JULY 8



## Jesus' Best Gift for Hard Times

*"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."*

{ John 14:27 }



**W**hen Jesus was close to leaving His disciples, He promised them a gift: peace. But after Jesus made this promise, a lot of "un-peaceful" things happened. The disciples were scattered, and Jesus died and was buried. How could the disciples not be troubled or afraid when their friend was being crucified? Why would Jesus ask them not to be?

I think it's because He *knew* the situation wouldn't be easy. It is easier to choose and experience peace when things are going great. But when things are difficult and confusing, peace seems harder. Jesus knew that the disciples would need the only thing that could keep them from being troubled or afraid: peace of mind and heart.

Peace allows us to stand firm even when situations are hard. And it is a gift that the world didn't give us, so the world can't take it away. So, when you're going through confusing or difficult times, remember the gift of peace is God's to give. It is for your feelings and thoughts, and it is forever yours.

➡ **ACTION POINT:** Talk to your mom about past situations where you didn't feel peace. Then talk about if there are present situations where you need peace. Pray together that God will give you His gift of peace.

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HEPHZIBAH LOUISE RAMIREZ was a part of the Spring 2022 Pajama Party Tour east and lives in Santo Domingo, Dominican Republic. She loves dancing, singing, writing, and living new adventures. [hephzibahRamirez.wordpress.com](http://hephzibahRamirez.wordpress.com)

JULY 9

## Step-By-Step Peace

*Those who love Your instructions have  
great peace and do not stumble.*

{ Psalm 119:165 }



**T**here I was, holding my new viola on the first day of orchestra practice. I was so nervous! How would I hold the bow?? What if I dropped it?? All sorts of thoughts were going through my mind.

When my teacher walked in, she sensed how nervous we orchestra members were. She began to calm us by taking us step by step through what to expect as we learned our instruments. As she spoke and addressed some of my fears, I became calmer by the second. Her instruction was clear and provided stability for me.

The instruction God gives me in His Word has the same effect on my everyday life. When I first look at problems, I can become scared and overwhelmed. But when I remember God's instructions for handling life and whatever it throws my way, I'm calmed. I know that His Word is true and can be trusted.

We have a choice to make each day: Are we going to be overwhelmed and anxious about what we encounter? Or will we experience great peace by choosing to love and trust what God has shared with us in His Word?

➡ **ACTION POINT:** Are you anxious about anything? Find some verses where God provides instruction to help you handle the problem and ask Him to help you trust His Word. Choose to love God's instruction and thank Him for the peace it brings.

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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)

JULY 10





## Broken Shoes Can Save Your Life!

*Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.*

{ Psalm 46:10 }



**O**ne of my teachers once told me the true story of a businessman on the morning of 9/11. He had a meeting at the World Trade Center on that unforgettable day. He woke up earlier than usual and chose his best outfit. But as he walked to work, his shoe broke. He was extremely mad, not just because of his expensive shoes, but because he would arrive late for this important meeting. He headed to the closest shoe store. After buying new shoes, he realized how very late he was. As he walked as fast as possible, he saw an airplane crashing into the building where he would have been for his meeting.

Imagine how he must've felt at that moment! See, what he didn't know was that God was saving his life. God still knew this man had a purpose here and did what was best for him.

What about you? How do you react when things don't go the way you planned? When you know your God, you can have peace trusting that He knows what's best for you! It's not about the what but the Who!

➡ **ACTION POINT:** Write a note thanking God for how He has saved you from things you don't even know about. Remind yourself to have peace when things don't go your way because they're still going God's way — which is the best way.

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. Find out more at [puralibertad.org](http://puralibertad.org).

JULY 11

## Solved by Sunset

*Dear brothers and sisters, I close my letter with these last words: Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you.*

{ 2 Corinthians 13:11 }



**M**y sisters and I used to bicker constantly. "Who took my hairbrush?" "That's MY t-shirt!" "I get to pick the show now!" If you have siblings, you know how it is. But my mom always told us that we could never fall asleep angry. She was incredible at sitting us down after we argued so that we could apologize to one another before we went to sleep.

Do you sometimes go to bed when you are still upset at someone in your family? Do you find yourself still angry as soon as you wake up? Even though resolving conflict before you go to sleep may sound silly, it helps you to be able to communicate and not stay mad the next day.

If you aren't at peace with your siblings and parents, how can you be at peace with your friends? Today's verse tells us to "live in harmony and peace" with everyone in our lives. To do that, we need to start with our own family!

➡ **ACTION POINT:** Don't let the sun go down on your anger! When you feel angry or upset, tell your mom or dad and ask them for help to resolve the situation.

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

JULY 12







{ Titus 1:4b }

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

## Giving Your Fears to God

{ 1 Peter 5:6–7 }

**➔ ACTION POINT:** Grab a piece of paper or your journal. Write down some things that have made you feel nervous lately. Once you do that, stop and ask God to help you give all of your fears to Him.

*JULIA WILLIAMS was part of the True Girl Spring Tour 2022. She lives in Dayton, Ohio, and loves to share the word of God with her students back at home.*

JULY 13

JULY 14





## Your Own Personal Peace River

*Oh, that you had listened to My commands! Then you would have had peace flowing like a gentle river and righteousness rolling over you like waves in the sea.*  
 { Isaiah 48:18 }



**D**id you obey today?  
 When I was writing a book titled *Lies Girls Believe and the Truth That Sets The Free*, I asked tween girls if they had trouble obeying. A whopping 97% said, “Yes!”

Do you know that God’s Word commands you to obey your parents? Ephesians 6:2 says that you’re supposed to obey your father and mother and that when you do, things will “go well for you.”

Hmmm...I wonder if that includes having “peace flowing like a gentle river?”

I think sometimes we try to do selfish things for ourselves to get rid of worry and anxiety. We try exercising, listening to relaxing music, or just hanging out to feel better. Those things aren’t bad, but God’s Word challenges us to listen to God’s commands, and then we will have peace.

So, let me ask again: did you obey today?

➡ **ACTION POINT:** If you did not obey your mom or dad today, ask God to forgive you. And then go ask your parents to forgive you. Your peace river will start to flow!

*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 twenty animals. [mytruegirl.com](http://mytruegirl.com)*

JULY 15

## For God’s Good

*And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.*  
 { Romans 8:28 }



**S**ometimes life doesn’t go the way you want. Your friend stops being your friend. Your family moves. You don’t make the team. Or, even worse, someone you love gets really sick.

I remember a time when I asked God “why” a lot. I didn’t get the part in the play. The theater company I applied to work at didn’t hire me. I felt like I wasn’t good enough, and I was sad.

But God causes everything to work together for His good. I wasn’t supposed to work at that theater. It wasn’t because I wasn’t talented. It’s because that wasn’t God’s plan for me. He had something better in store.

Sometimes I still ask God, “Why?” But I try to have peace knowing that God has a plan for me—and it’s a really good plan!

➡ **ACTION POINT:** Think about the times in your life when something not-so-good happened. What good was God doing through the not-so-good?

*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)*

JULY 16



## Christmas in July

*For a child is born to us, a son is given to us. The government will rest on His shoulders. And He will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*

{ Isaiah 9:6 }



**H**ave you ever considered hosting a “Christmas in July” party? When I read this Bible verse, it reminds me that peace is more than a feeling to pursue. Peace is a gift to be received. “For a child is born to us, a son is **given** to us.”

Decorate an outdoor tree, sing Christmas carols, read the Christmas story in Luke 2, and make homemade ornaments, popcorn garlands, and glitter pinecones. Make Jesus, the Prince of Peace, the center of your celebration!

Think about it - Jesus came so we can experience His peace all year round, not just in December. So why not celebrate the Prince of Peace this summer?!

➡ **ACTION POINT:** What is your favorite Christmas carol? Mine is “Go Tell It on the Mountain.” Find a Christmas carol that talks about Jesus being the Prince of Peace and sing it at your party.

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

JULY 17

## Cardiolo—What?

*Though good advice lies deep within the heart, a person with understanding will draw it out.*

{ Proverbs 20:5 }



**W**hen we adopted our daughter, Eve, from China, we knew she had a problem with her physical heart. We didn’t know if it was a simple or more serious problem. And there was only one way to find out: We had to take her to a cardiologist. That’s what you call a heart doctor.

The cardiologist used different machines and tools to hear and see Eve’s heart. After lots of tests, the doctor told us the problem in her heart was a small thing, not a big thing. What a relief! But we wouldn’t have known that if we hadn’t taken her to someone who had a gift for looking at hearts.

Sometimes it’s hard to know what’s going on inside of us. It can be helpful to talk to someone who knows more about that kind of thing than we do. It’s like today’s verse says, counselors, mentors, and wise people can help us draw out (or find) the understanding we need.

➡ **ACTION POINT:** If you’re overwhelmed by your big feelings and need peace, talk to your mom. Ask her if she thinks you need a little extra help figuring out what to do with those feelings and pray together about that.

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

JULY 18



## It Is Well

*I have told you all this so that you may have peace in Me.  
Here on earth you will have many trials and sorrows.  
But take heart, because I have overcome the world.*  
{ John 16:33 }



**W**hen I was little, my grandmother and I would sing a hymn called, "It Is Well With My Soul." If I felt down, that song would always make me feel better. And a few days before my grandmother died, I sang the song to her. It starts like this:

"When peace like a river attendeth my way  
When sorrows like sea billows roll  
Whatever my lot, Thou hast taught me to say  
It is well, it is well with my soul."

Fancy words, right? The writer of this hymn, Horatio Spafford, was saying that no matter what, even if he's really sad or upset, he is at peace because God is with him. See, Horatio had experienced a terrible loss. His children passed away in an accident, and then the Lord led him to write this song.

When someone we love is sick or passes away, sometimes we struggle to understand it. But, God's Word tells us His peace exceeds our understanding. Exceeds means "greater than." God's peace is greater than what we know. Even when we don't have all the answers, God will still give us peace.

➡ **ACTION POINT:** Have your mom help you look up the hymn, "It Is Well With My Soul," and sing it together. Then, talk about the areas where you need God's peace to be greater than what you understand.

## You Are Never Alone!

*You go before me and follow me. You place  
your hand of blessing on my head.*  
{ Psalm 139:5 }



**H**ave you heard the saying, "Keep calm and carry on"? Where I live, I've not only heard it, but I have seen many versions of it. "Keep calm and sparkle," "Keep calm and read books," "Keep calm and be 100% fabulous," and "Keep calm and eat cake" (which is my favorite).

So how do we "keep calm" when things can get a little crazy? Or when we worry or get scared? Or when we are upset or friends hurt our feelings? God says that He leaves His peace with us. So if we have Jesus in our hearts and He is the boss of our lives, He says He can give us peace NO. MATTER. WHAT. Peace is when we know God is right by our side always. Pretty comforting, right?

Psalm 139 talks about how God goes before us, is behind us, is next to us, and is within us. There is nowhere we can go to escape His presence. And it's not in a creepy way. We WANT Him to be with us always. He knows us better than anyone, even ourselves, and chooses to be with us.

➡ **ACTION POINT:** Find a place where it's quiet and there are no distractions. Close your eyes and picture Jesus in the room with you. What does He want to say to you? Talk to Him. He is listening.

COURTNEY BULLARD lives in Oklahoma with her two daughters, two Pomeranians, and one hubby. She also has 57 daughters in Ghana, Africa! She loves dance parties and anything chocolate. [thepearlhouse.org](http://thepearlhouse.org)

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JULY 19

JULY 20





## Your Peace Prescription

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

{ Galatians 5:22–23 }



**O**K, let's pretend you are at your doctor's office. You have a rash you can't stop itching, a headache that won't stop throbbing, and a mind that won't sleep at night. He thinks for a minute and then writes a prescription. It reads:

**Medication:** PEACE

**Dosage:** Take every second of every day for the rest of your life.

**Possible Side Effects:** No more worry.

Peace is a cure for worry. Galatians 5 tells us that the Holy Spirit of God produces it in you. You cannot make yourself peaceful no matter how many bubble baths or foot rubs you get! Lasting peace comes from God. It's not something we can figure out or completely understand, but it's there for us always—if we choose to take it.

How do you take it? You pray instead of worrying. Think of God as your Great Physician to cure whatever ails you. Tell Him what your symptoms are. Your visit with God might sound like this: "Dear God, today I need help with my math test. Math is really hard for me, and I am worried that I won't get a good grade. Please help me. In Jesus' Name, Amen!"

➡ **ACTION POINT:** Grab your prayer diary and write out a "visit" with your Great Physician. Tell Him what you're worried about, and let Him produce peace in your heart.

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

JULY 21

## Bullies or Peace?

*Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.*

{ Philippians 4:9 }



**T**here was a girl in school who was three years older than me and always found a way to bully me. All of my friends were afraid of her and didn't try to stop her or say anything. I felt so alone.

Have you ever felt that way? We live in a world full of mean girls, bullies, and friends who let us down. Is it possible to find peace in such a world? Absolutely.

Although we often try to find peace and comfort in all sorts of things—friends, family, sports, technology, food, or popularity—there is only one sure thing that will give us the kind of peace we need. Our relationship with God. The peace that He promises us is ours even in our darkest, most anxious moments. He never leaves us nor forsakes us (Deuteronomy 31:6), and He doesn't want us to live with anxiety, stress, and worry. Even when we face mean girls or friends who disappoint us, God's peace will protect us and keep us strong in Him.

➡ **ACTION POINT:** Write what you are worried or anxious about in your journal. Then create a list of things you are thankful for to replace those worries and anxieties.

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

JULY 22





## Spoiler Alert

*Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!*  
{ Acts 16:25-26 }



**W**hew! Today's verses just dumped you in the middle of a pretty intense scene, didn't they? If you're like me, you're probably a little annoyed about the cliffhanger there at the end. What happens next?? Does everyone escape and make it out of prison? Speaking of prison, why were Paul and Silas there in the first place? And they were...singing? A lot is going on here.

You can check out the whole story in Acts 16 if you want to know what landed them in jail, but we're going to focus on the part that happens in the middle of the chaos. While Paul and Silas were in prison, they were calm, cool, and collected. They knew that this situation was much bigger than they were. They trusted God's plan and remained calm despite a pretty scary experience!

In fact (spoiler alert), they knew that God put them there to share the Gospel with the prison guard. So when their chains fell off, they didn't coordinate a big jailbreak. Instead, they kept everyone there so the guard wouldn't be punished. Then, they told him about Jesus, and his whole family was saved!

➡ **ACTION POINT:** Create a playlist of worship songs that bring you peace during tough times. Ask your mom to add a few songs, too! Listen to it when you feel yourself getting anxious or scared.

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

JULY 23

## Would the Owner Please Come Forward?

*The LORD gives His people strength.  
The LORD blesses them with peace.  
{ Psalm 29:11 }*



**H**eath bars are my favorite candy. There's something about toffee covered in delicious milk chocolate and the way they...well, I think you get the picture. I LOVE Heath bars.

So, imagine my joy when I saw one sitting right on the kitchen table. I reached for it but thought I better make sure it didn't belong to anyone else. I began to make my rounds.

After hearing "not mine" from my sister, brother, and dad, I searched for the last person it could belong to: my mom. When I found her, I asked, "Is this yours?!" She looked my way and sweetly said, "Nope. It's yours. I bought it for you."

I'd been searching high and low for the owner of that Heath bar, and wouldn't you know it belonged to me all along.

Sometimes, that's how we are when it comes to peace. We start looking to other things (activities, friends, achievements), believing they own peace. We forget that the Lord is the true owner of peace, and He's already given it to us. We have it! All we have to do is choose to believe that and ask God to help us enjoy it.

➡ **ACTION POINT:** Do you have trouble living in the peace Jesus gives you? Write some verses from this month's devotionals on note cards. Hang them on your walls, mirror, and anywhere else to remind you of the peace you have in Jesus.

*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)*

JULY 24





## The Horizontal Peace Challenge

*Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone.*

{ Romans 12:16–18 }



**T**oday's verse talks about being at peace with those around us. It's saying that we need to do everything we can to fix our relationships with others. We call this "horizontal" peace. We want to make sure that after our relationship with God is whole (which we call "vertical" peace) that our relationships with others are whole too.

So you're probably wondering what the Horizontal Peace Challenge is. That's a great question. It is the discipline or habit of asking ourselves if we are at peace with those around us. It is an ongoing or never-ending task that we have to do as we live life in community with others.

Maybe making peace means asking for forgiveness or forgiving one of your siblings or friends. Perhaps being at peace looks like having a conversation with your mom or dad about a situation. Whatever it means for you, make sure you do what you can to be at peace in that relationship. And do you want to know what the best part is? After you do what you can, the rest of it is up to God.

➡ **ACTION POINT:** It's your turn to put this challenge into action. Ask yourself: Is there anyone who I'm angry with? Do I need to ask someone for forgiveness? Write down a plan on how you can make peace with them.

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JULY 25

## Peace in the Unknown

*In peace I will lie down and sleep,  
for You alone, O LORD, will keep me safe.*

{ Psalm 4:8 }



I used to be afraid of sleeping in the dark. I would always have music playing in the background and a light on. I did that for years! Until one day, my mentor told me that one of the first things that happened to her when she came to know Christ was being able to sleep with her lights off. It made me think that I could do the same. I then stumbled on Psalm 4:8. I started asking God to give me peace to sleep in the dark.

The first night I tried, it was so difficult. My heart was racing, and I couldn't fall asleep. I sang and prayed. I moved around and ended up turning the light on. It took time, but I could finally sleep with the lights off. It was a trust exercise for me!

Turning the lights off might seem silly, but it helped me trust God more. The darkness at night resembles the unknown and things I can't control. Resting in the unknown can only come from having peace that God is always in control—even when I can't see. In His arms, I am always safe.

➡ **ACTION POINT:** What is one area in your life where it is hard for you to have peace in God? Pray and ask Him to give you His peace in that area.

JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She loves taking long walks with Mango, her fluffy puppy, and contemplating nature.

JULY 26



## Peace in His Promises

*For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for His glory.  
{ 2 Corinthians 1:20 }*



**H**ave you ever made a promise and had to keep it? If so, you know a promise is binding. It is to be kept in confidence and trust.

The Hebrew word for "promise" has root meanings of confidence, trust, and **peacefulness**.

We read in God's Word that He promises many things. He promised Abraham that he would have a son in his old age. God promised Noah that a flood would overtake the Earth. And God promises us that He's coming back again! Through reading these examples, we know that God is a promise keeper, and He will fulfill every one of His promises.

As God made promises to Abraham and Noah, God has made promises to **you**. Promises to hold you, protect you, and provide for your life.

We can have eternal confidence, trust, and **PEACE** in His promises.

➡ **ACTION POINT:** Do you know the promises of God? I encourage you to search in God's Word and list them!

*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!*

JULY 27

## Perfect Peace

*You will keep in perfect peace all who trust in You,  
all whose thoughts are fixed on You!  
{ Isaiah 26:3 }*



**H**ave you ever had a sticky feeling? You know, one that just won't go away? I know I have. You don't know how it got there or why you're feeling the way you are, but it's there. And it's stealing your joy and peace.

Even though sticky feelings are not fun, sometimes they can be good because they show us something is wrong. Sometimes sticky feelings let us know that a sneaky little lie has crept into our brains and is telling us something that is totally not true!

So how do we get rid of those pesky lies? Well, let's take a look at our key verse for today. Go read it now if you haven't already.

Who does God give peace to? All who choose to trust Him and fix their thoughts on Him!

Not sure how to do that? Go to the Bible. Find something true about you and true about God, and write those things down! When we replace the lies with truth—especially truth about God—that's when we can fix our minds and hearts on Him and find peace.

➡ **ACTION POINT:** The next time you have a sticky feeling, write down your thoughts. Which ones are true or helpful? Which ones aren't? Cross out the ones that aren't, and write down a true or helpful thought for what you crossed out.

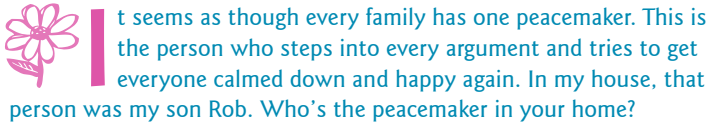
*KINDRA STANTON is passionate about teaching women and girls about God's Word. She loves making music with her husband, drinking coffee, and reading good books! Find her on Instagram @kinda\_kindra.*

JULY 28






{ Matthew 5:9 }



According to the Bible, a person who “works for peace” isn’t just someone who keeps two people from being mean to each other. A peaceful person isn’t someone who’s just quiet and smiles knowingly all the time. A peacemaker is a person who has received peace from God and passes it on to others.

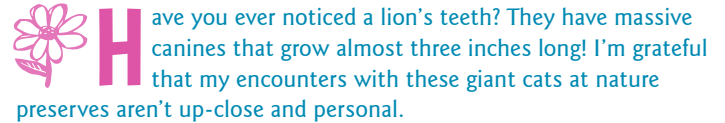
The peace you have in God was meant to be shared. You can bring peace into situations at school and in your family. You can be a peacemaker.

 **ACTION POINT:** Think of some words of peace your family or friends could use right now. Write them down and give them to the family member or friend who needs them.

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


# The Lion's Den Sleepover

{ Proverbs 16:7 }



Daniel wasn't so lucky. Daniel 6 says he spent a night in a lion's den while in Babylonian captivity. A rule was created saying people could only pray to the king. But Daniel trusted the one true God and kept praying to Him. He was thrown in the lion's den as punishment.

Yet, Daniel didn't seem afraid. It's because he trusted God and knew he'd done the right thing in still praying to Him. The next morning, Daniel was still alive and said, "My God sent his angel to shut the lions' mouths so that they would not hurt me" (Daniel 6:22). God had made even Daniel's enemies—those hungry lions—at peace with Him!

 **ACTION POINT:** You won't be thrown in a literal lion's den for your faith, but maybe there's someone who makes fun of you for following Jesus. Pray for this person, asking God to give you wisdom on having peace with them.

*ASHLEIGH SLATER is an author and editor whose favorite snack is Pirate's Booty. She loves to spend time with her husband, four daughters, and their two cats. [AshleighSlater.com](http://AshleighSlater.com)*



## Hold the Eggs, Please

*Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.*

{ Romans 5:1 }



**O**ne summer, I went to Florida with my family to visit my aunt and cousins. It was so much fun! We swam, caught lizards, and did lots of other cool things.

My cousin and I decided to prank the neighbor next door one night. We got a carton of eggs out of the fridge and threw them at his house. They landed on the roof, sides, and then a window! I instantly knew we'd chosen the wrong thing to do.

Before I knew it, the neighbor was pounding on our front door. My dad opened it and was confused about why the neighbor was so angry. After he heard what we'd done, he offered to have the eggs cleaned off the roof and other areas of the house. He also had us apologize to the neighbor. He made peace with the person we had offended.

This verse reminds us that Jesus made peace with God on our behalf. Our sin offends God and separates us from Him. But through Jesus' sacrifice, we're redeemed to a peaceful relationship with God. When God looks at us as followers of Jesus, He doesn't see our sin. He sees His Son.

➡ **ACTION POINT:** Have you been brought into a peaceful relationship with God by accepting Jesus as your savior? If you haven't, talk to your mom or a trusted adult to see if it's the right time to accept Jesus as your savior.

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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)*

JULY 31

## Imitate the Right Influencers

*And you should imitate me, just as I imitate Christ.*

{ 1 Corinthians 11:1 }



**P**lease don't send me back," cried Preena, a seven-year-old girl who'd fled the Hindu temple. She'd be beaten or perhaps killed if she was taken back there, where she served as a *Devadasi*. Girls as young as five worked as slaves for Hindu gods.

Keeping Preena meant Amy Carmichael could be charged with kidnapping and sentenced to prison. But how could she turn her away? Maybe this was why God had led her to India in the first place.

Amy had every reason to never leave Ireland. A debilitating battle with pain sometimes caused her to collapse. It took weeks in bed to recover when it happened. But God had called her to be a missionary.

The wind blew Amy to India, where her health would benefit from sunshine. She became one of the world's first women to rescue girls from slavery. She became *Amma*, or mother, to hundreds of Indian girls during her fifty-three years in India. Amy faced her suffering like Jesus faced His. So, I can imitate her because she imitated Jesus.

There are lots of people who are worldly influencers. But I want to encourage you to follow worthy imitators of Jesus. I hope you will!

➡ **ACTION POINT:** Do you have a favorite missionary that you like to read about? Talk to your mom about that person. Discuss how they imitate Jesus in the way they live.

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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 twenty animals. [mytruegirl.com](http://mytruegirl.com)*

AUGUST 1





## The Imitation Game

*Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.*

{ Proverbs 22:24-25 }



**H**ave you ever spent enough time around someone that suddenly you notice you've started talking like them? I have. When I made a new friend from Texas, "you all" became "ya'll." After our family hosted a British soccer coach for the summer, "soccer" became "football."

My mom was always the first to notice when someone else rubbed off on me. Sometimes she would encourage me to spend less time with certain friends if she saw the habits I was imitating weren't good. It was so *frustrating* to me, but looking back, I'm thankful!

The people we spend time with can influence us to be better or worse. Sometimes it's easy to spot a bad influence. Maybe you have a friend with a hot temper like the person in Proverbs 22, and you know not to spend too much time with them. Other times, you might need someone wiser to help you identify a friend who isn't good for you.

Guess what? Your mom or another role model in your life has been your age before and understands the friendship challenges you're facing. Talk to them about your friends and ask if they see any that you shouldn't be imitating.

➡ **ACTION POINT:** Challenge your mom or role model to an imitation game like HORSE (at the basketball court) or Simon Says! After you play, ask for her advice about which friends are a positive influence.

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

## Set the Example

*In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.*

{ Matthew 5:16 }



**D**id you know that people are watching you? Looking up to you? Copying the things you do? I don't know about you, but I'm the oldest kid in my family. I have four younger brothers and one sister. My siblings liked to copy the things I did. Even though they might not have admitted it, I know they looked up to me and wanted to do what I did. Sometimes I was a good example, and other times...well, not so much.

What kind of example do you set for your siblings, friends, or others who might be watching?

As believers in Jesus Christ, you and I have a responsibility to live in a way that points others to Jesus. Our key verse for today tells us to let our good deeds (or the way we live) shine like a light in the darkness so that others can see Jesus and praise His name! How can you set a good example in how you live today?

➡ **ACTION POINT:** If your friends lived exactly how you do, would they become more like Jesus? Are there areas where you aren't setting a good example? Ask God to forgive you and help your life point others to Jesus.

~~~~~  
*KINDRA STANTON is passionate about teaching women and girls about God's Word. She loves making music with her husband, drinking coffee, and reading good books! Find her on Instagram @kinda\_kindra.*

AUGUST 2

AUGUST 3



## Special Delivery

*Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of His body, the church.*

{ Ephesians 4:15 }



**O**ne summer, I was waiting for a package with some cool pieces for my turtle tank to arrive. I kept an eye on the front door around noon each day. That's when the packages usually came. One day, I saw the delivery guy jogging to the door with a box I knew had to be for me. I was so excited!

As he reached the door, I watched him toss my package onto the porch with a loud thud. When I went outside to grab it, I noticed that the sides were torn and raggedy! What kind of service was this?!

When I opened the package, most of my items were fine, but the delivery had upset me. It distracted me from appreciating the things I was once so excited about receiving.

The same can be true when we share Jesus with others. If our delivery is rough and unkind, we can discourage people from receiving the truth we're sharing. We have to be loving and patient rather than argumentative and forceful.

As followers of Jesus, we aren't called to win arguments. We're called to love people well. When we lovingly deliver truth, we represent God better and more fully.

➡ **ACTION POINT:** Do you deliver God's truth in a way that reflects His loving and patient character? Or are you a bit argumentative in your approach? Take some time to ask God to help you be a good messenger of His truth.

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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)*

AUGUST 4

## Older Doesn't Mean Wiser

*A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.*

{ Proverbs 27:12 }



**I** once became good friends with a girl who was a couple of years older than me. I felt so special hanging out with someone older and cooler than me. So I ignored that she constantly encouraged me to do things I didn't feel right about.

My desire to please her was so strong that I went along with her. I knew that my choices were not right and could have terrible consequences, but I ignored my conscience and my mom's wise warnings. It took a few years and some bad decisions for me to break off this unhealthy friendship.

God placed wise people in my life—like my parents and another friend—who warned me about being too influenced by this friend. But for a long time, I did my best to ignore them and do my own thing. I wish I had listened to them sooner, but I am glad that I learned that recognizing and staying away from danger is much better than suffering the consequences.

➡ **ACTION POINT:** Are you blindly choosing what feels good and hoping for the best, or are you making wise choices based on what God says? Ask God for wisdom in choosing friends and for godly influences to speak into your life.

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*SARAH CODNER loves seeing Bible stories come alive to young children. She enjoys hiking, game nights with friends, and eating chocolate chip cookies.*

AUGUST 5





## I'm Watching You!

*So I urge you to imitate me.*  
{ 1 Corinthians 4:16 }



**D**o you listen to how your mom or dad speaks to others or watch how they act when they're frustrated or sad? I observed my mom and dad a lot. As I watched them, I wanted to do things I saw them doing. I listened to how they talked to each other and their friends. I watched when they were happy, sorrowful, or angry. What I noticed the most was how they treated each other and those around them. But what I didn't realize was how much they influenced me and how I imitated them.

Just like my mom and dad influenced me, the Bible reminds us that as we follow Jesus, we can influence others through our words and actions. In today's verse, the Apostle Paul tells his readers to imitate him just as he imitates Christ.

Even if we don't realize it, others are watching us. Our siblings, friends, and classmates observe what we say and how we act. We need to show compassion and concern, letting others know that we really care about them instead of focusing on ourselves. When we listen and show interest in their problems, we're demonstrating to them the love of God.

➡ **ACTION POINT:** Be a good example of a person whose life has been transformed. Seek to influence others and point them to Jesus. Write a list in your journal of how you can influence others by your actions or words.

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

AUGUST 6

## A Hero Without A Cape

*She must be well respected by everyone because of the good she has done. Has she brought up her children well? Has she been kind to strangers and served other believers humbly? Has she helped those in trouble? Has she always been ready to do good?*  
{ 1 Timothy 5:10 }



**I**want to be a hero. I want to save the day, stop the villain, and rescue those in peril. But most days, I can barely find my sneakers, much less a hero's cape.

As it turns out, cape owning and building leaping are not hero requirements. The Bible says a woman who is known for other things like being a good mom, taking care of strangers, and helping those in trouble is the kind of woman who deserves respect.

Consider the Wesley brothers, John and Charles, who were great preachers and hymn writers. Where did their love for Christ come from?

Enter the undercover hero of this story—their momma! She may not have worn a cape, but Susanna Wesley is certainly a hero. Susanna depended on Jesus. She took responsibility for her children's souls. When she needed time alone with God, Susanna sometimes pulled her apron up over her head—a clear cue to her children to leave their mom alone. Susanna wasn't hiding under her smock for “me time” but to pray for herself and her family.

If you ask me, those prayers worked. (And I guess she kinda had a cape after all!)

➡ **ACTION POINT:** Is your mom respected for the good things she does? Is she doing a good job raising you? If so, you might be living with a 1 Timothy 5:10 hero! Write her a note telling her that you respect her!

*Today's devo is adapted from (Un)remarkable: Ten Ordinary Women Who Impacted Their World for Christ by ERIN DAVIS. It's a collection of biographies of women whose lives said, “It's about Jesus!” [reviveourhearts.com](http://reviveourhearts.com)*

AUGUST 7



## Be an Influencer

*Dear friend, don't let this bad example influence you. Follow only what is good. Remember that those who do good prove that they are God's children, and those who do evil prove that they do not know God.*

{ 3 John 1:11 }



**A**s nervous students stepped off buses at summer camp, my job was to check in the girls. Each camper picked up her room key, t-shirt, and Bible. Next, they wrote their names on sticker tags after the pre-printed words, "Hello, I am..." That's when it happened. One camper's name tag read: "Hello, I am... PEER PRESSURE!"

From the beginning of camp, she decided not to be *influenced BY* bad examples but to follow "what is good." As a *Christ-influencer OF* her peers, she embraced the truth that influence is part of our God-given identity! It's who I AM. It's who YOU ARE!

With Jesus as your #1 Influencer, you can live as a godly "True Girl" influence for others *not to sin*, rather than being pressured by peers *to sin*. And you know what? Most of your peers want to do what's good and God-honoring. They just need a positive influencer like you to follow!

➡ **ACTION POINT:** Read Ephesians 4:14-15 and make your own name tag that reads, "Hello, I am Godly Peer Pressure." Put it on your mirror, dresser, or your bedside table. Then, step out as a confident influencer.

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, God's Word, and God's girls! [heartofwomanhood.org](http://heartofwomanhood.org)

AUGUST 8

## Eyes on the Prize

*You were running the race so well. Who has held you back from following the truth? It certainly isn't God, for He is the one who called you to freedom.*

{ Galatians 5:7-8 }



**H**ave you ever run a race before? It can be pretty exhilarating! In a race, one key thing that a runner needs is *focus*. Focus helps them stay in the zone and keep their mind on the finish line. Mental training can be as important as physical training, especially for a long race. You don't often see marathon runners get distracted when they run past a Dunkin' Donuts, do you?

In Galatians 5:7-8, Paul wonders what influence has negatively impacted the Christians in Galatia—a church that had previously been following Jesus so closely! He noticed they had taken their eyes off the freedom God had called them to and challenged them to examine who they were listening to and believing instead.

We hear a lot of distracting voices each day. They may come from our friends, teachers, or the movies we watch. The list is nearly endless. Did you know that you see over 550 advertising messages each day? That's about one EVERY MINUTE. But it is possible to keep focused on following the truth! You might just need a little more mental training (which comes from things like reading these devos or using your memory verse cards).

➡ **ACTION POINT:** What, if anything, is holding you back from following the truth? Spend some time praying, journaling, or talking to your mom about what you can do to reduce the influence so you can keep your eye on the finish line!

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](http://mytruegirl.com)

AUGUST 9



## Leading for the Right Reasons

*"Commit your actions to the LORD,  
and your plans will succeed."*

{ Proverbs 16:3 }



I have always loved being the leader of anything, whether as captain of a team or leading my friends in devotionals every day. But sometimes, I am more focused on my plans of impressing others than I am on being a good leader.

One day, I was leading worship at school. My goal was to be the best singer. As I was on stage, God reminded me of Proverbs 16:3. I realized I wasn't leading worship to praise God. Instead, I was doing it to impress others. My plan as a leader wasn't committed to God or meant to honor Him.

God has given us all the ability to be leaders, whether for a group project, on student council, or leading younger kids at church. It is easy to lose focus on what God wants us to do as leaders. But we can ask Him to help us use our words and actions to glorify Him as we lead others to follow Him.

➡ **ACTION POINT:** How can you lead well with the things you say or do? Whenever you influence others, ask God for guidance and wisdom.

*JULIA WILLIAMS was part of the True Girl Spring Tour 2022.  
She lives in Dayton, Ohio, and loves to share the word  
of God with her students back at home.*

AUGUST 10

## Fighting Slander Through Scripture

*Keep your conscience clear. Then if people speak against you,  
they will be ashamed when they see what a good  
life you live because you belong to Christ.*

{ 1 Peter 3:16 }



Have you ever been hurt by your friends' words about you? Have you ever questioned whether or not the bad things they say about you are true? Because I have!

I was pretty seriously bullied by a few girls who were once my friends. At one point, almost every person I went to school with believed the lies about me. I felt so alone. One day, I was eating dinner with my mom and talking to her about how I didn't want to go to school anymore. She looked at me and said, "Abby, are the things they are saying true?" I looked at her confused and said, "No, of course not." She put her fork down and said, "The lies they make up about you say a lot more about them than they do about you."

The great thing about serving the Lord and striving to be more like Jesus is that you don't have to worry about what others think. Of course, there may be moments where you mess up and sin. But if people ever say bad things about you, you can know that they are not true!

➡ **ACTION POINT:** When you are worried about what others may say or think about you, find Scripture to combat those lies and remember what Christ has done for you!

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

AUGUST 11



## To Lead Is to Serve

*And since I, your Lord and Teacher, have washed your feet, you ought to wash each other's feet.*

{ John 13:14 }



**H**ave you ever washed someone's feet? It's kinda gross—especially if the feet are dirty, smelly, or sweaty. The practice of foot washing was originally an act of hospitality in Middle Eastern homes, performed for guests by a servant or the wife of the host. But, in John 13, we see Jesus washing His disciples' feet.

You'd think the disciples would have washed Jesus' feet. After all, Jesus was the leader. But, instead, Jesus modeled a new way of leadership. He led humbly and selflessly. He could've commanded His disciples to serve Him, but instead He served them.

Next time you are put in charge as the leader, how can you be a servant leader? Instead of using it as opportunity to boss people around or make them serve you, serve with them to accomplish your goals.

➡ **ACTION POINT:** How can you be a servant leader? How about washing your parents' feet? Or planning a service project? Make a list of ideas and put one into action this week.

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

AUGUST 12

## The Runaway Prophet

*I knew that You are a merciful and compassionate God, slow to get angry and filled with unfailing love. You are eager to turn back from destroying people.*

{ Jonah 4:2 }



**W**henever the prophet Jonah's mentioned, so is a great fish. It's not every day a man becomes fish food and lives to tell about it. But did you know that Jonah's story starts with him running away from God?

God had instructed Jonah to deliver bad news to the evil city of Nineveh. But Jonah didn't want to. So he took a boat in the opposite direction.

Yet God didn't let Jonah off the hook. Cue a storm, a man overboard, and a great fish. The result? The runaway prophet ended up in Nineveh. Jonah's words influenced the people to repent, and God showed them mercy. But Jonah didn't think they deserved God's mercy.

Perhaps there's someone you know who doesn't seem deserving of God's kindness. Jonah's story reminds us that God has enough mercy for everyone. If we listen when God says go, we can influence others to receive it.

➡ **ACTION POINT:** Read the book of Jonah. Draw a timeline of his story. Start with God asking him to go to Nineveh and end with Jonah and the withered plant. Be sure to include the storm, big fish, and people repenting.

ASHLEIGH SLATER is an author and editor whose favorite snack is Pirate's Booty. She loves to spend time with her husband, four daughters, and their two cats. [AshleighSlater.com](http://AshleighSlater.com)

AUGUST 13



## Don't Follow the Money

*Trust in your money and down you go!  
But the godly flourish like leaves in spring.*

{ Proverbs 11:28 }



**M**argaret Layne of England passed away when she was 89 years old. At her death, she owned a \$564,000 house and a \$161,000 trust fund. Who did she leave her small fortune to? Tinker—a stray cat she befriended.

Ms. Layne seems to have trusted in her money. Lots of people do. Some people believe if they have a lot of money, nothing can harm them. They surround themselves with stuff, and that's where their security is.

Money's a necessary thing. It's important to work hard and make sure your needs are provided for. Money isn't bad. Loving and trusting money is the danger. The Bible talks about that very problem. "For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows" (1 Timothy 6:10).

The love of money will tempt people away from their faith in God. When money becomes a person's passion, they become willing to do anything to get it, and they always want more.

When you select people to be like, make sure they use money to love and serve God rather than loving the money itself.

➡ **ACTION POINT:** We show we have a proper view of money by using it for God's kingdom. Could you use some of yours to help someone or donate to a Christian ministry? It reminds you money is for serving and loving God!

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

AUGUST 14

## He Said, She Said

*The godly give good advice to their friends;  
the wicked lead them astray.*

{ Proverbs 12:26 }



**I**t was happening again. I was in class, and the same girl was whispering and glancing at me with a smirk. One friend suggested I confront her in front of everyone. Make a big deal and embarrass her so she'd never bother me again.

But a friend from youth group suggested something different. She encouraged me to talk to her. She thought that maybe we'd had miscommunication that we needed to work through. I decided to give her suggestion a shot.

The next day, I had a conversation with that girl, and miscommunication was the cause of our problem. Can you imagine if I'd taken my other friend's advice?

Taking advice from the right people is important. Their suggestions can either help our situation or make it worse. One way to find out if you're listening to the right person is to check and see where their advice is coming from. Is it someone who doesn't know Jesus and is trying to guide you based on their desires and feelings? Or is it coming from someone who IS following Jesus and led by His desires and feelings? If you have the right source, the right advice won't be far behind.

➡ **ACTION POINT:** Use your journal to answer: Am I a friend who gives godly advice? Do I have friends who give godly advice? Next, ask God to help you both give and receive advice that has Him as its source.

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)

AUGUST 15





## Start Now!

*Don't let anyone think less of you because you are young.  
Be an example to all believers in what you say, in the  
way you live, in your love, your faith, and your purity.*  
{ 1 Timothy 4:12 }



**H**ave you ever believed that you need to reach a certain age to make an impact? Sometimes it's easy to think, "I'm too young to be an example to others." But that's not true! You can influence those around you no matter what age you are!

The Bible tells us in 1 Timothy 4:12 not to think less of ourselves because we're young. Paul was telling Timothy this because Timothy had great responsibility at a young age. Paul didn't want Timothy to doubt himself because he was young. Instead, Paul tells Timothy to be an example to all believers in how he speaks, lives, loves, and in his faith and purity.

So whether you're seven or twelve, or somewhere in-between, you can influence others today! You don't have to be older to have an impact. All you have to do is live according to what the Word of God tells you. Don't ever underestimate yourself. Live like Christ, and others will see Him through you!

➡ **ACTION POINT:** Who could you influence right now? What will you do so they can see Christ through you? Pray about it and ask God to show you what He wants you to do and how!

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*JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She loves taking long walks with Mango, her fluffy puppy, and contemplating nature.*

AUGUST 16

## How's Your Breath?

*Let your conversation be gracious and attractive  
so that you will have the right response for everyone.*  
{ Colossians 4:6 }



**I**nfluence, now that's a big word! Did you know that influence means you can affect someone else's character, development, or behavior? Say what?! That's right. So how do you influence someone? One way is through your words.

Scientific studies tell us that girls have twice as many words to say as boys do daily. That means we need to be careful what comes out of our mouths since we have a lot to say! It's easy to speak words that can hurt others and damage the way people who don't know Jesus view how Christians should treat them. One piece of advice: Before you say anything, ask yourself, "If Jesus was sitting next to me, would I say what I'm about to say?" If the answer is no, then you shouldn't say it. Because the truth is that Jesus IS with you through the Holy Spirit.

You have the opportunity to encourage, inspire, and bring a smile to someone's face by what you say to them. And your words will have a lot of influence in drawing others to Jesus as you show His love to them!

➡ **ACTION POINT:** Ask God to place someone in your heart who needs a little encouragement. Write them a letter and let them know how special they are, a great quality you see in them, or how you are praying for them.

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*COURTNEY BULLARD is from Oklahoma. She has two pre-teen daughters, two fluffy Pomeranians, and one God-lovin' husband. God told her to start a home in Ghana for girls your age! [thepearlhouse.org](http://thepearlhouse.org)*

AUGUST 17



## Wisdom Walks

*Walk with the wise and become wise;  
associate with fools and get in trouble.*  
{ Proverbs 13:20 }



I remember walking to the grocery store once a month with my grandfather. You see, my grandfather, Papa, didn't drive. He knew how, but he preferred walking. Walking allowed him to take in all the sites and people around him. Instead of getting to his destination quickly, as driving would have, Papa enjoyed taking his time. There was not one person we'd walk by that he wouldn't say hi to.

What I really loved about our walks was that he'd always deposit some godly wisdom into me. Sometimes, it would be what he spoke, but I'd often learn from just watching what he did and how he treated people.

To this day, I say hi to almost everyone I pass by. Those walks with Papa taught me that a simple hello could make someone feel seen. It taught me that life isn't about getting to the destination quickly, but about those stops we make along the way.

➡ **ACTION POINT:** Next time your mom has somewhere to go close by, ask her if you can walk there together. While you walk, say hi to those who pass by and take in the wonder of God's creation.

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

## Nice Glasses

*I am a friend to anyone who fears You—anyone  
who obeys Your commandments.*  
{ Psalm 119:63 }



I went shopping for new eyeglasses and brought my daughters along to help me pick a pretty pair. The salesperson helped me narrow it down to three pairs. "Oh, that one looks very good on you!" he said about a blue pair I would have never really picked on my own. My girls agreed and I bought them. Come to think of it, my new glasses kind of look like the glasses I used to wear in elementary school—forty years ago!

The salesperson influenced me to buy those glasses because I figured he knows a lot about eyeglasses. I trusted my girls because they have a good sense of style.

Our family, friends, teachers, and pastors influence our lives, not just about what we wear, but also about what we think and believe. It's important to choose friends who fear God (that means to respect God, not to be afraid of Him). Today's verse reminds you to choose who influences your life wisely—and you might want someone with good taste to help you pick out your glasses.

➡ **ACTION POINT:** Think of your best friend. Is this person someone who influences you to love God more or less?

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





## It's About Jesus

*Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorned its shame, and sat down at the right hand of the throne of God.*

{ Hebrews 12:1-2 }



**T**he bookshelves in my home are lined with biographies. I have always treasured the stories of faithful Bible teachers and missionaries like George Müller, Hudson Taylor, Gladys Aylward, and many more.

Though many of my favorite biographies contain stories of men and women God used to do extraordinary things, most of the subjects were ordinary people—you might even call them unremarkable. (That means they were not particularly interesting or exciting.) But these people trusted in an extraordinary God and He used them in extraordinary ways.

Hebrews 11 gives snapshots of many of the heroes of our faith, whose lives should challenge us. But turn the page to Hebrews 12, and your focus shifts away from stories of individuals and toward the God who writes every story. That chapter tells us to look to Jesus, who is the pioneer and perfecter of our faith.

Learn from people whose lives say, "It's about Jesus." They are worthy influencers.

➡ **ACTION POINT:** In Hebrews 11, you'll find names of heroes of the faith that God wanted us to remember. Circle the name of someone familiar to you and talk to your mom about what you can learn from that person's life.

*Today's devo is adapted from NANCY DEMOSS WOLGEMUTH'S foreword in (Un)remarkable: Ten Ordinary Women Who Impacted Their World For Christ. It's a collection of biographies of women whose lives said, "It's about Jesus!" [reviveourhearts.com](http://reviveourhearts.com)*

## Friendship Inventory

*Don't be fooled by those who say such things, for "bad company corrupts good character."*  
{ 1 Corinthians 15:33 }



**L**ike me, I'm sure you've heard today's verse before. It's all about how important the friends we choose are. But it wasn't until I was influenced negatively by my best friend that I really understood it. She started gossiping about other people and, because we were close, I went along with her. I hurt many people while I remained friends with her.

People say that "you are the average of your five closest friends." This expression means that if you have two friends striving to be close to God, but you also have two disrespectful and rude friends, the odds are you will act somewhere in the middle of those two friend groups. It's also a WHOLE lot easier to be brought down than it is to be brought up.

Surrounding yourself with people that are kind and uplifting is incredibly important. They will influence every aspect of your life.

➡ **ACTION POINT:** Take inventory of your five closest friends. Ask yourself if they are bringing you up or pushing you down!

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

AUGUST 20

AUGUST 21



## Miserable Comforters

*I could say the same things if you were in my place. I could spout off criticism and shake my head at you. But if it were me, I would encourage you. I would try to take away your grief.*

{ Job 16:4-5 }



**H**ave you ever heard the story of Job? He was going THROUGH IT. Every bad thing you can imagine happened to him, and he tried his best to stay faithful to God in the middle of it. One day, his friends showed up to be with him and help. Great news, right?!

Well...it was for about a week. They sat with him in silence and comforted him. But after that, they decided it was time for tough love. They thought they could influence Job by giving long speeches about why they thought bad things were happening and how Job could fix them. Unfortunately, this wasn't helpful. Their words were so hurtful that in Job 16:2, he called his friends "miserable comforters." Ouch!

Can you relate? Maybe you've been in Job's shoes, and your friends weren't encouraging to you during a difficult time. Or maybe, if you're being honest, you've been more like Job's friends and instantly gone into fixer mode instead of just being a listening ear. Either way, there's a lesson to learn from Job's reply. Sometimes being a good friend looks like being there when things get tough and providing words of encouragement.

➡ **ACTION POINT:** Do you know anyone who is going through a tough time right now? Think of a few ways you can be an encouraging influence (writing a letter, bringing them dinner) and ask your mom for help to make it happen!

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](http://mytruegirl.com)

AUGUST 22

## Be a Salty Girl

*You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.*

{ Matthew 5:13 }



**I**f you go to the grocery store, you'll see packages that say things like "Less Salt" or "No Salt Added." People who want a healthy heart are cutting back on how much salt they eat.

As much as the nutrition experts tell us to cut back on salt, God says, "More salt!" Jesus told His disciples they were salt. How? Well, here are three ways a Christian can be salty:

- Salt brings out the flavor of food. A Christian's positive influence helps others see the true flavor of God's love. She helps others get a taste of the truth of Jesus.
- Salt tenderizes. When I have a relationship with someone who doesn't know Christ, and I love them, that makes their heart more tender to receive God's truth.
- Salt preserves. Part of our job as Christians is to help God's Word get planted into others' lives. If a person hears the truth but doesn't have anyone to help them understand and live it, the truth can get stale in their lives.

Get out there and spread the salt around, so you don't lose your saltiness. Salt doesn't do any good if it just sits in the shaker.

➡ **ACTION POINT:** You can influence those around you when you try to be the salt of the earth. Circle any of the three things above that you have experienced as you try to live like an example of a Christian.

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

AUGUST 23





## Don't Be a Copycat

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

{ Romans 12:2 }



**W**hen I was in 7th grade, a girl decided she didn't like me very much. She said mean things to me and did unkind things to me. And she got other girls to be mean to me by saying bad things about me behind my back. Every day I felt sad going to school because I didn't know who would be mean to me and who would be nice to me.

But do you know what? Even though I felt so hurt by how she talked about me behind my back, I did the exact same thing to her! I didn't behave any differently than she did.

When we copy others who don't love Jesus, we don't look any different than they do. Do you know why that matters? It's because if we don't behave differently, they don't experience the love of Jesus through our actions.

➡ **ACTION POINT:** Think of one person you're tempted to copy but know you shouldn't. Pray for the courage to act like Jesus, instead of that person.

*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.*

AUGUST 24

## Delight in the Lord

*Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the LORD, meditating on it day and night.*

{ Psalm 1:1-2 }



**O**ne of my favorite Disney princesses was Pocahontas. I didn't just play with the doll. I had Pocahontas bed sheets, books, and toys. And I didn't just play with my Pocahontas toys. I pretended to be her, costume and all. (Yes, I even talked to an imaginary Mekko and Flit.)

My love for Pocahontas was just one of my many phases. I did the same with colonial girls, spies, and even a baseball movie star who wore bright red lipstick. How did I know how to imitate these people? I spent time learning about them and their world. I watched the movies and read the books. I delighted in them.

Do you delight in the law of the Lord, which is the Bible? Once you fall in love with God's Word, you'll know how He wants you to live. And, by spending time in Scripture, you'll become more like Christ.

➡ **ACTION POINT:** Answer this question honestly: Do you delight in or love reading the Bible and spending time with God? Pray and ask Him to help you fall in love with His Word.

*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)*

AUGUST 25





## Apples Are Good Teachers

*My child, if sinners entice you,  
turn your back on them!*

{ Proverbs 1:10 }



**O**ne day, I noticed two apples in a basket. One was extremely rotten, while the other one was good and shiny. But days later, the once red and healthy apple was rotten too.

If I had taken the rotten apple out of the basket, it wouldn't have messed up the good one. And that's what Proverbs 1:10 tells us about our hearts. We need to be careful about who we spend time with! When our hearts are influenced by those who choose to sin intentionally, our hearts are like those apples. We might not be able to see how they rot, but it's not long before our actions and words show it.

When you turn away from bad influences, you keep your heart healthy. It doesn't mean that you don't show love or kindness to others who might have a negative impact. It just means that you limit your closeness to them because you want to guard your heart! And that, my friend, is a wise girl's choice.

➡ **ACTION POINT:** Experiment for yourself! Buy an apple and let it rot. Then put it in a basket with other good and fresh new apples and watch for yourself how they all quickly rot.

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. Find out more at [puralibertad.org](http://puralibertad.org).

## Kind > Cool

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

{ Proverbs 12:18 }



**W**hen I think of something embarrassing that I have done, I often start humming. Weird, I know. But it helps with the nervous energy, I guess. There's one moment in particular that I hate so much that I should sing at the top of my lungs from my third-floor balcony when it comes to mind.

I was with a group of "cool girls," and they started making fun of a girl I had been inviting to church. I am sorry to say that instead of defending that girl, I was too concerned with being a part of the group. I stayed silent and listened to their unkind words. To make matters worse, I stopped inviting her to church. All because I wanted some mean girls to like me.

The people we spend time with influence us. When we hang out with those who make fun of others, we join in with them even if we don't actually say anything.

➡ **ACTION POINT:** Think about how you can find joy in being kind. Ask yourself if you spend time with people who make it a point to help others feel good.

SARAH CODNER loves seeing Bible stories come alive to young children. She enjoys hiking, game nights with friends, and eating chocolate chip cookies.

AUGUST 26

AUGUST 27



## Bee a Positive Influence

*Kind words are like honey—sweet  
to the soul and healthy for the body.*

{ Proverbs 16:24 }



**D**id you know that there can be between 20,000 and 80,000 bees within a honeybee hive colony? Within that single colony there is **one** queen bee. She is the leader of the whole colony, determining honey production and the working positions of each bee.

This queen bee has quite the platform and quite the sphere of influence. In the same way, you also have quite the influence, whether you realize it or not! Your words are heard and your actions are seen, whether positive or negative.

The Bible speaks to this influence and says that if we are in Christ, our words and actions should reflect that of Christ. Through Jesus, our influence can help those around us—similar to the queen bee.

So, to your family, friend group, and those you know, choose to positively influence them through what you say and do as a **queen bee**!

➡ **ACTION POINT:** Like a queen bee influences her colony to produce sweet honey, will you produce a positive sweetness within your sphere of influence? Write down some ways you can do this.

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*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! mytruegirl.com*

AUGUST 28

## A Good and Wise Choice

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

{ Philippians 4:8 }



**W**hen I first decided to follow Jesus, I was confused about what was right and wrong. I asked my friends, "Is going to that place bad? Is this song good for me? Should I do this or that? Is it OK to watch this movie?" They all gave me different answers based on their own beliefs. So I was left feeling even more confused and conflicted.

But I prayed about it and found myself reading Philippians 4:8. This verse answered all of my previous questions! Now, whenever I feel confused or undecided about a situation, I ask myself these questions: Is this true? Is this honorable? Is this right? Is this pure? Is this lovely? Is this admirable? This verse opened my eyes to the standards God gave us to help us decide.

Ask yourself these questions whenever you feel confused or don't know what to do. If the answer is YES to ALL of them, then it's a good and wise choice.

➡ **ACTION POINT:** Write today's verse down and place it in different places. Whenever you need to make a decision, you can use it as your guide!

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*JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She loves taking long walks with Mango, her fluffy puppy, and contemplating nature.*

AUGUST 29





## A Vote for Friendship

*And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through Him to God the Father.*

{ Colossians 3:17 }



**B**raelynn and Makayla are running for student council secretary too!" Dorothy told me. They were two of her closest friends.

Three friends. Three campaigns. Only one office. Each girl wanted to win, but I quickly noticed how they put their friendship first. They praised each other's poster ideas. Dorothy even wrote a student recommendation for Braelynn.

When we want a role of influence—maybe it's student council secretary, team captain, or the lead in a play—we might feel tempted to do whatever it takes to get there. In today's verse, the Apostle Paul reminds us that influence doesn't start when we achieve a position. It happens along the way too. We represent God in everything we do and say.

As I write this, the votes aren't cast for student council secretary. But no matter who's elected, these three girls have represented Christ well in all they do and say!

➡ **ACTION POINT:** Do you have a friend who represents Jesus well in everything she does and says? Use poster board to make her a giant card. Write today's verse on the front. Inside, share how she influences you to love Jesus more.

ASHLEIGH SLATER is an author and editor whose favorite snack is Pirate's Booty. She loves to spend time with her husband, four daughters, and their two cats. [AshleighSlater.com](http://AshleighSlater.com)

AUGUST 30

## Turn the Light On!

*But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for He called you out of the darkness into His wonderful light.*

{ 1 Peter 2:9 }



**C**amping is such a fun thing! I remember going with a few friends a year ago to a state park in West Virginia for a quick getaway. We had a ball! Hiking, cooking on the grill, and sleeping under the stars was amazing. But if I'm honest, it got a bit scary at times. Mainly at night when I couldn't see.

I'd try to find my way to our tent after we put the fire out and would stumble around before finally deciding to turn on my flashlight. It was amazing just how bright that one little light made the whole area. And when my friends turned theirs on too, things got even brighter! Our lights made everything clearer and a lot less scary.

That's how we are as followers of Jesus in this world!

In this verse, Paul reminds us that we are a chosen people. That means that we have a responsibility to shine the light of Jesus in this dark world. We're called to love others and help guide them out of darkness and into the wonderful light of Christ.

➡ **ACTION POINT:** What's one way you can shine the light of Jesus into the world this week? Maybe there's someone at school who needs encouragement or a friend who needs prayer. Pick one way to intentionally shine His wonderful light.

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)

AUGUST 31







## Don't Worry!

These True Girl Devos were written to remind you that you don't have to worry, because God has given you His peace! 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, Aubrey Brush, Courtney Bullard, Sarah Codner, Erin Davis, Jedely Garcia, Abby Galliano, Eileen King, Shani McKenzie, Janet Mylin, Arlene Pellicane, Amber Pike, Hephzibah Ramirez, Staci Rudolph, Ashleigh Slater, Kindra Stanton, Jody Token, Kim Wiggington, Julia Williams, Nancy DeMoss Wolgemuth, Lisa Yabra.

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

JOHN 8:31,32



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