



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





Baby Steps

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



I am guessing that someone helped you learn to walk. Who was it? Your mom? Your dad? Your MeeMaw or Gigi? Maybe your Grampy? None of us learns to walk without help. It's important to know how to walk, and not just so we can get places. Walking makes us happier, helps us do well in school, teaches us to breathe better, and relaxes us. It affects more than you would think.

The same is true of learning to do relationships. You need a godly person—like your mom, big sister, or youth leader—to help you learn. When you find that person, you'll discover you're learning about much more than friendship. They'll teach you patience and persistence, math and how to have a hobby, and—most importantly—help you in your relationship with God. A wise person helps you become wise.

But don't take my word for it. The Bible teaches us a lot about friendship, and Proverbs 13:20 says that when we "walk with the wise," we become wise. Think about that! Just like it took someone to teach your legs to walk, this verse suggests that living life takes teaching and support from someone older and wiser.

➔ **ACTION POINT:** Do you have an older, wiser person helping you learn how to do life? Write a thank-you letter to them. If you don't, write God a prayer, asking Him to help you find someone to help you grow wise.

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

SEPTEMBER 1



The Strength of Three

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.
{ Ecclesiastes 4:12 }



Do you ever braid your hair? Do you get fancy and do waterfall braids, French braids, or cornrows? My hair was always long when I was younger, and I was determined to learn how to braid. I learned on my horse's tail. Yes, I actually had a real, live horse, but that's not the tail I practiced on. I practiced on my toy horse's tail.

Over and over, I separated the tail into three sections and practiced one side crossing the middle strand and then the other side. Back and forth, back and forth, until it was a three-stranded braid! Then I practiced on my own head until I got it down.

Just like braiding, finding good friends can take some practice. Every time you experience difficulty with a friend, you're learning how to choose friends who walk with you and Jesus as you all go through life together.

Those three strands—you, your friend, and Jesus woven together—will help protect you when life gets hard.

➔ **ACTION POINT:** Braid something—a doll's hair, your hair, or even your dad's beard—and pray that God would give you wisdom in choosing friends who walk with you through life.

JANET MYLIN is an author and True Girl lead teacher. She loves to talk about the Bible with others, and she enjoys a good autobiography.

SEPTEMBER 2





Grow and Get Help!

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

{ James 3:17 }



How are you with asking for advice? Maybe you cringe at the thought sometimes. But when you and I ask others for their wise input, it gives us a chance to grow—unless we ask for advice from people who only tell us what we want to hear.

For example, you're wearing a new outfit that doesn't pass the "Truth or Bare" fashion tests. You decide to bypass a caring friend who will be straight up with you, and head for someone who tells you what you want to hear. A hard truth can often feel like rejection, which does not always "feel" good.

What do you think your caring friend would have said? When we seek advice from positive resources, it is the best for us. Rather than surrounding yourself with people who say "yes" to your choices. Trust and lean on someone who would rather be honest, and care about the person of character you are growing into. This is like God, who grants the greatest wisdom and most loving insight.

ACTION POINT: The next time you need help, ask God FIRST. Try to do that in every situation. Also, find mom, dad, or other wise people to ask. Watch God bring the answers straight to your heart and help you grow in wisdom.

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SEPTEMBER 3



To Flee or Not to Flee

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

{ Proverbs 1:10 }



Peer pressure. What is it? You've probably heard the word *peer* before. Peers are the people who are your age and have things in common with you. They include your classmates at school, friends at church, or teammates on your soccer or softball team.

Peer pressure is the influence your peers have on you. It can be good or bad. When you spend time with someone, you learn to do what they do and like what they like. So it's important to know how those you spend time with affect you. Do they make you a better or worse person?

In Proverbs, we are told to turn our back on those who tempt us to do bad things. Take some time to think carefully about those you choose to be like. Is there anyone encouraging you to do things that go against what God's Word tells you? If so, it's time to look for peers whose influence helps you be more like Christ. If you're having a hard time finding a good group of friends, maybe you can start your own and ask God to show you how to be a good and positive peer.

ACTION POINT: Make a list of your peers and describe how they make you feel. Pray and ask God to help you choose friends who will point you to Him. Also, think about the kind of peer you are.

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

SEPTEMBER 4





God-Given Friends

After David had finished talking with Saul, he met Jonathan, the king's son. There was an immediate bond between them, for Jonathan loved David.

{ 1 Samuel 18:1 }



Her name was Molly, and her family was new to our church. That was all the 7th-grade-me knew about the quiet girl in the angel costume at our church nativity.

I didn't know that she was also an answer to my fervent prayer. For a year, my mom and I prayed together that God would bring a Jesus-loving friend who would walk alongside me and encourage me in my relationship with Him. Twenty-one years later, Molly still encourages me to turn toward Jesus and grow closer to Him.

After David defeated Goliath, he met his best friend, Jonathan. Like David, Jonathan had also defeated the Philistines by depending on the Lord. (You can read about it in 1 Samuel 14.) Both of these men loved God and wanted to serve Him with their whole hearts. God brought them together and gave them a special bond with one another.

God designed friendship. He delights in bonding us with others who will encourage us to stay close to Him.

➔ ACTION POINT: If you have a good friend who turns your eyes toward Jesus, thank God for her! If you don't, pray with your mom that God will send you a Jesus-loving friend who will encourage you to grow closer to Him.

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

SEPTEMBER 5



Fake Friends

Love each other with genuine affection, and take delight in honoring each other.

{ Romans 12:10 }



Have you ever had a fake friend? Maybe even reading those words brings up some hurt as you remember the person you thought was your BFF but wasn't the real deal. Your relationships are some of the most important things you have. You were created to live in community, be surrounded by brothers and sisters in Christ, and love and encourage each other.

So, how do you know whether you have genuine or fake friends? There are a few ways you can tell, but today's verse gives two big hints.

Genuine Friends:

- ♥ Love each other with genuine affection. (They're there for you when you need them.)
- ♥ Take delight in honoring each other. (They encourage you and don't gossip about you.)

Fake Friends:

- ♥ Stay friends when they need you, but distance themselves when you need them.
- ♥ Are nice to your face, but talk about you behind your back.

How do your friendships measure up? And, maybe more importantly, how do YOU measure up as a friend? One of the best ways to attract genuine friends is to BE a genuine friend first.

➔ ACTION POINT: Have you been a fake friend to anyone? If so, think about how you can apologize and treat them with genuine affection and honor moving forward.

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SEPTEMBER 6





Should I Stay or Should I Go?

Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.

{ Galatians 1:10 }



In middle school, I didn't like going to church services because I was super shy and didn't want to talk to anyone. One day, a girl I had just met came up to me and said, "Hey Julia, do you wanna skip church tonight and go to the coffee shop instead?" She was not a very good influence. She always got in trouble and was sometimes sent home from camps.

I knew that if I skipped and my mom found out, I would be in so much trouble and feel guilty. So I decided to go to the service and invited the girl to sit with me there. I'm so glad we didn't skip because we learned about listening and honoring our parents, even when there is peer pressure to not listen to them.

You can be the peer pressure that shows your friends how amazing God's love is! How can you be that kind of friend? There are many ways, like inviting them to church services and camps. You can also pray for them and ask God to help them truly know how wonderful He is.

ACTION POINT: Do one thing today to be the friend who shows how God's love is amazing! Maybe it's sharing your favorite verse, inviting someone to church, or offering to pray with a friend who feels discouraged.

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

SEPTEMBER 7



Don't Forget Your Lines

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 }



Have you ever been in a play? I have been in a few shows, and the hardest part was memorizing the lines. I had to read them and think about them all day long. But, once I knew them, playing my part was pretty fun. I remembered what to say and do in each scene. And, if someone else didn't know their lines, I could help them because the script was burned into my mind!

God's Word is like the script for your life. He wants you to meditate on it—thinking deeply or carefully about it—all the time. It will help you enjoy doing the right thing. You won't be happy hanging with the wrong people because His Truth will remind you of what brings true joy.

We'll all have times when we're tempted to say or do the wrong things because of the people we're around. But God wants to make sure we have our "lines" memorized so that we follow His way no matter the situation.

ACTION POINT: Find a Bible verse about making good decisions. Ask some friends to meditate on it with you. Challenge each other to use it when you're tempted to make a bad choice. Check in with each other for accountability and encouragement.

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

SEPTEMBER 8





Lunchroom Dilemma

But Peter and the apostles replied, "We must obey God rather than human authority."

{ Acts 5:29 }




Just move over," my friends said. Even though I had enough room at the lunch table, I did what they asked. I looked around and saw that just a few of us were filling the space. We didn't usually sit like this. I then noticed the new girl coming toward us with her lunch.

Suddenly, it made sense! They didn't want her to sit with us. The new girl stood at our table, looking around. I wanted to shout, "Sit here!" But I didn't.

When Paul was faced with the decision to teach in Jesus' name or suffer the consequences, he chose to continue teaching. He didn't worry about what others could do to him or would think about him. Paul chose Jesus!

At the lunch table, I kept looking down because I was afraid of what others might say. Finally, the new girl walked away. That night I couldn't stop thinking about it. Why had I been a part of something so mean? Why did I feel so bad?

The Bible tells us it is better to please God than people. But unlike Paul, I chose to please my friends at lunch. I chose them over God.

 **ACTION POINT:** For one week, keep a list of the situations and times you choose God over your friends or other people. Next to each one, write how your choice made you feel.

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

SEPTEMBER 9



SEPTEMBER 10



Who Is Your Sophie?

We loved you so much that we shared with you not only God's Good News but our own lives, too.


{ 1 Thessalonians 2:8 }



I met a new friend this year. Her name is Sophie. Her family never went to church, prayed, or talked about God. But at school, Sophie met classmates who treated her with love. They invited her to come with them to Fellowship of Christian Athletes (FCA) club meetings. At FCA, Sophie heard the Good News of Jesus.

But do you know what convinced Sophie of God's love? It was seeing these other students live for Jesus every day in classrooms, conversations, and sports practices. Sophie accepted Christ! Now she is active in a church and even went on a mission trip this summer. Sophie even told me that her mom accepted Jesus recently too! Sophie is inviting others to accept Jesus as she did.

My new friend is now my new sister in Christ. As today's verse says, the most powerful peer pressure is when friends "love so much that they share with others not only God's Good News but their own lives, too."

 **ACTION POINT:** Make a list of your peers who do not know Jesus yet. Tape it on your mirror. When you "peer" into your mirror each day, pray for these "peers" to accept Christ.

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The Fight to Do What's Right

The LORD himself will fight for you. Just stay calm.
{ Exodus 14:14 }



I was so excited to go to an end-of-summer party that one of my best friends was hosting. There would be a HUGE bonfire, food, a pool, and some fancy desserts. As my dad drove me there, he said, "Julia, you know that if you ever get into a situation where you're uncomfortable, you can always call me. I'll pick you up, no questions asked." I was confused about why he said that, but I smiled and nodded.

At first, the party was amazing. We were all laughing and having fun until things started going wrong. One of my friends wanted to play a game I knew I shouldn't play. I pulled my friend aside and told her that I didn't feel comfortable playing the game and asked if we could do something else because I didn't want to disappoint my parents. "Julia, stop being a big baby. No one cares what your parents say about what you do." I texted my dad and asked if he would pick me up, no questions asked, and he did.

I am so thankful my dad came and got me. Leaving the party early was a silent battle that God helped me through.

ACTION POINT: God is here to help us fight our battles, whether it's doing math homework or even how we see ourselves in the mirror. Ask Him to help you in whatever battle you face right now.

JULIA WILLIAMS was a 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.

SEPTEMBER 11



Witness List

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.
{ Hebrews 12:1-2 }



Let's imagine you are running a race. Your mind is set on the finish line. As you run along the dusty road, you encounter uphill climbs and downhill jogs, a few potholes, quite a bit of exhaustion, and lots and LOTS of sweat! Oh, but wait! There's one thing we forgot. Turn and look to the right and left of the road. Do you see the people standing on the sidelines, cheering you on as you huff and puff?

The Bible calls those people "witnesses." It says they are encouraging examples for us as we run the race of faith. In Hebrews 11, Paul tells us they are men and women like Abraham, Moses, and Rahab who choose to do hard things because of their faith in God. As we go through life, these people and their faith stories can be an encouragement to us, and we also can be encouraged by those in our close circles, like our friends and family.

As Christians, we need to have people in our lives whose faith we can learn from—people who inspire us with their courage and experiences!

ACTION POINT: Make a "witness list." Who can you look up to as godly examples in your life? After writing some names down, read Hebrews 11. Whose faith is an encouragement to you from that list?

HILDSY MARIE is a part of the True Girl Tour team and her first book Leave A Little Sparkle Wherever You Go just came out last year! Hildsy LOVES sweet tea! leavealittlesparkleministries.com

SEPTEMBER 12





Ar, Bar, and Mar!

*I am a friend to anyone who fears you
—anyone who obeys your commandments.*


{ Psalm 119:63 }



Do you have nicknames for your friends? My name is Arlene, and my friends shortened that to Ar. Two of my friends were named Barbara and Martha. We had a math teacher who would say, “Oh look, here comes Ar, Bar, and Mar!” It was so fun that our nicknames rhymed!

Thinking of my school friends still makes me smile today. I looked for friends who loved Jesus and who would be a good influence on me. I found those friends in “Bar” and “Mar.” In today’s Bible verse, we learn what kind of person we should seek as a friend: anyone who fears God and obeys His commandments. Remember that the word “fear” here doesn’t mean you are afraid of God. It means you respect Him, just like you would respect your teacher, principal, parent, or coach. Do your friends respect God?

We tend to pick up the attitudes, sayings, fashions, and values of our closest friends. So choose friends whose influence will bring you closer to Christ, not further away from Him.

 **ACTION POINT:** If you don’t have a faithful friend in your life, pray now and ask God to bring you a friend who loves Jesus and follows His commands.

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SEPTEMBER 13



## An Unforgettable Summer

*Therefore encourage one another and build each other up, just as in fact you are doing.*

{ 1 Thessalonians 5:11 }



**“S**orry, I have plans that week,” “I’d love to, but I’m busy,” and “I seriously don’t know if it’ll work out.” I told my cousin one of these things each time she asked me to join her at a Christian camp.

Despite my repeated no’s, she kept asking. I felt the pressure and eventually caved. I finally said, “Yes.” You see, I’m more of a homebody who likes the comforts of what I can control, so spending a week away from home with unfamiliar situations was way out of my comfort zone!

After attending the camp, I realized my stubbornness was holding me back. I came home from it with better relationships with other people, but more importantly, with Jesus. The camp was such a life-giving memory I would’ve never experienced without my loving cousin’s positive peer pressure.

 **ACTION POINT:** How will you use positive peer pressure in your sphere of influence this week? Write down a list of ideas in your journal.

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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!

SEPTEMBER 14





Recycled Friendship Advice

*Don't let anyone fool you.
"Bad companions make a good person bad."
{ 1 Corinthians 15:33 }*



I still cannot believe I did it. But I did. My cousin had been saving aluminum cans to cash them in at the recycling center. He planned to spend the extra money at the county fair. But instead of enjoying the reward of his hard work, I took those cans and cashed them in for my thirteen-year-old self and my fourteen-year-old friend. For the record, that's called stealing! And when my mom and aunt found out, I was in the biggest trouble ever.

There's one reason I did this—something I would never have imagined doing. I was hanging out with a friend who was not a good influence. Take my advice: don't spend time with girls (or guys) who don't make wise choices. You might not believe it, but you'll also make foolish decisions.

This isn't just my advice. I'm recycling some words from the Bible! First Corinthians 15:33 tells us that if you spend time with friends who behave badly, you'll end up acting like them.

After a lot of advice from my parents, I decided to stop spending time with that friend. Sometimes it's OK to step back from a relationship that's not good for you.

 **ACTION POINT:** Do you need to step away from a relationship that's not good for you? Talk to your mom or dad if you think you might.

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

SEPTEMBER 15



Peter Pressure

*So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.
{ Hebrews 4:14-16 }*




Get away from me, Satan!" Can you imagine saying that to one of your closest friends? I can't—and I don't recommend it either! But that's exactly what Jesus told Peter in Matthew 16:23.

Jesus had revealed to His disciples that He would suffer, die, and come back to life. Peter's response was to correct Jesus (Matthew 16:22). Yet Jesus recognized Peter's words for what they were: peer pressure. While Peter had good intentions, he was trying to persuade Jesus to stray from God's perfect plan.

Hebrews 4:14-16 reminds us that Jesus was tempted. And His words in Matthew 16 show Him resisting the invitation to choose a different way. But, even though Jesus never gave in to temptation, He does know what it feels like to experience it.

So the next time you're pressured to stray from God's good plan, remember that Jesus understands. You can boldly ask Him to help you say no to temptation and yes to Him.

 **ACTION POINT:** Grab paper and your colored pencils. Create a short graphic novel telling the story from Matthew 16:22-28. Be sure to show how you think Peter's expression and attitude changed after Jesus withstood the temptation.

ASHLEIGH SLATER is an author and editor. She lives in the Arizona desert with her husband, four daughters, and two cats.

SEPTEMBER 16





TWO

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help.

{ 1 Corinthians 15:33 }



I once decided to paddleboard to an island in the Aegean Sea. Did I bring drinking water? No. A lifejacket? No. Was this a great idea? No. The island didn't look far away, but the hours rolled by as I paddled, and my strength drained. The waves got higher, the shore farther, and I began to feel faint. Then, my paddleboard started sinking!

But, I forgot to tell you one important detail: I was with a friend. She told me to lay down and began pulling my sinking board and me. Imagine what could have happened if I had been alone!

It is easy to think that we are strong enough to battle everything alone, but the Bible says when God created humans, He said it wasn't good for us to be alone! He designed us to be relational—just like Him. God is always with us, but He also places other people around us to encourage and convict us.

Because my friend was with me, she helped me when I felt weak. Two people are better than one, and here's a little acronym that one of my friends taught me to help remember that: TWO = Together We Overcome!

ACTION POINT: Design a poster using the acronym TWO. Discuss with your mom who the "paddleboard pals" might be in your life. Write a few of their names on the poster. Hang it up somewhere as an encouraging reminder.

HILDSY MARIE is a part of the True Girl Tour team and her book Leave A Little Sparkle Wherever You Go just came out last year! Hildsy loves sweet tea! leavealittlesparkleministries.com

SEPTEMBER 17



The Source

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

{ Proverbs 9:10 }



I never had more information coming at me than when I was in school. Whether it was my teacher explaining the next lesson or my friends giving me advice about a situation, I felt like there was a constant stream of input coming my way. I soaked in as much as I could so that I'd be smart and wise in the future. But looking back on it, I didn't truly understand what wisdom was and I wasn't looking for it in the right places.

It's so easy to fall into the trap of searching for things—only God can provide—in all the wrong places. In His Word, God reminds us that He is the source of wisdom. Following Him is what makes us wise and trains us in making the best decisions in life.

Don't be confused about wisdom or let the world pressure you into believing there's any other source besides God. Getting straight A's in school is great, but that isn't what makes us wise. Receiving advice from friends can be awesome, but if God isn't the ultimate source of their advice, it's not going to make us wiser.

Never forget that wisdom comes from God and God alone. You can trust Him to be the source.

ACTION POINT: Have you been pressured into searching for wisdom in the wrong places like school or advice from lots of people? Spend some time asking God to help you believe that He is the source of wisdom.

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

SEPTEMBER 18





Share Your Burdens

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

{ Galatians 6:2 }



Once, I was home all by myself. My day had been hard, and I felt lonely and sad. So I called my friend who lived nearby and said, "I am lonely and I've got tacos cooking. Will you come and sit with me?" It turns out my friend had also had a tough day. She had failed a very important test.

She came over, and we ate tacos. As we talked, we also cried together. We shared each other's burdens. While it's important to talk and cry together sometimes, what's even more important is speaking truth to each other. And that's exactly what we did. When we finished crying, we spoke God's Truth, using Bible verses that we knew by heart. We reminded each other that God has a plan and a purpose for our lives and that even when everything feels like it is falling apart, He is still in control. Hearing that truth made both of us feel better!

 **ACTION POINT:** Memorize a Bible verse that has encouraged you and use it to encourage a friend the next time she is sad.

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

SEPTEMBER 19



The Word vs. the World

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 }



I love the Word of God! But sometimes, I miss what God is really trying to say if I don't fully understand the meaning of the verse. I remember memorizing this verse in high school and thinking, "How could I copy the behaviors of the world?" I quickly realized that this verse is saying: Don't just go along with whatever society says is OK.

This verse became real to me when my best friend started lying to her parents and asked me to do it too. I had a decision to make: Was I going to go along with what my best friend wanted and lie? Or was I willing to stand up for what I believed in? I was really afraid to say no, but this verse reminded me that God has a *good, pleasing, and perfect* plan for my life!

Our world says it is normal to lie to our parents when we are young. This verse says that when we say no to the things of this world, God will renew our minds so we can pursue better things in Him!

 **ACTION POINT:** Take some time to journal about a time when you should have said no to when a friend asked you to do something.

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

SEPTEMBER 20





Monkey See, Monkey Do, But Just Be You

So ignore them. They are blind guides leading the blind, and if one blind person guides another, they will both fall into a ditch.

{ Matthew 15:14 }



One day while I was at worship team rehearsal, I sat with my friends, waiting for instructions on what to do. One of our leaders said, “I need to do a couple of things. I am trusting that you guys will make good choices while I’m gone.” I felt this feeling that something was about to go wrong, but I shook it off. One of the guys suggested we play Truth or Dare.

When it was my turn, I chose “dare.” “Julia, I dare you to hold your breath for as long as you can.” I knew I should have said no, but I said yes. I held my breath so long that I passed out and hit my head on the ground.

I wouldn’t have gotten hurt if I had decided not to participate in the game. I knew God was telling me not to fit in with the crowd at the moment, but I didn’t listen.

Sometimes fitting into the crowd gets us into trouble. Next time you and a friend think about watching a scary movie or even riding your bike without a helmet, know that God wants what’s best for you and just say no.

ACTION POINT: God has great things in store for you. Just be you and not what others think you should be! Ask God to help you know when something isn’t His will and give you the courage to say no.

JULIA WILLIAMS was a 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.

SEPTEMBER 21

SEPTEMBER 22

Don’t Boil!

We serve God whether people honor us or despise us, whether they slander us or praise us. We are honest, but they call us impostors.

{ 2 Corinthians 6:8 }



People have a lot to say about everything—the weather, world events, and especially other people. It’s said that 80% of our conversations are about other people’s lives. That means that at some point, someone will have something to say about each of us. It may be good, or it may be bad, but they’re going to talk.

Being a follower of Jesus sometimes makes them talk even more. The way we live often looks very different from the way the world does. We’re patient when they’re impatient. We’re forgiving while they’re keeping score of what others have done to them.

The way we live may cause people to speak badly about us or call us impostors, but we shouldn’t react the way the world expects us to. We’re called to fight the pressure to be reactive and instead respond in love while we continue to serve God.

ACTION POINT: Has someone ever said something bad about you? How did you respond? Did you follow the world’s pressure to react? Or did you handle it like a Jesus follower? Ask God to help you always handle things His way.

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





Don't Be Peer-Pressured into Unbelief

Jesus answered: "Watch out that no one deceives you. For many will come in my name, claiming, 'I am the Messiah,' and will deceive many."
{ Matthew 24:4-5 }



I have been so blessed to grow up in a Christian family and attend Christian schools from kindergarten to my senior year of high school. Even now, I am able to go to a Christian university that upholds the beliefs of the Bible. It wasn't until I was older that I regularly came into contact with people who didn't believe in Jesus.

Maybe you are like me! Perhaps you have grown up in a Christian family and go to a school where most people believe in God and know that Jesus died on the cross for their sins. But you may go to a big school where you're the only person in your friend group that believes in Jesus. It's also possible that your family members aren't Christians.

We can still be faithful followers of Jesus even if everyone we know doesn't believe in God. The truth is, if we are spending time with God and reading His Word, nobody should be able to peer-pressure us into thinking He isn't alive!

ACTION POINT: Talk to your mom about your friends who don't know Jesus and come up with ways you can talk to them about Him. If all your friends are Christians, thank God for how He has blessed you!

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

SEPTEMBER 23



Leaping into Action

Suppose you see a brother or sister who has no food or clothing, and you say, "Good-bye and have a good day; stay warm and eat well"—but then you don't give that person any food or clothing. What good does that do?
{ James 2:15-16 }



Last spring, before I moved out of my college dorm to come home for the summer, I organized a fairytale ball for my friends. It was so fun! I brought lots of dresses and decorations from home, so my little dorm room was packed. I had to rush to move out afterward.

My friends saw how frantic I was to finish in time, so they helped my mom load our car. Before I knew it, the job was done! They didn't even wait for me to tell them I needed help—they just leaped into action.

In James 2, we read about how being a light for God means putting our faith into action, not just talking about it! If my friends had said they hoped I could finish cleaning but hadn't done anything, they wouldn't have been very good friends.

By putting our faith into action like this to help others, we can show them the love of the Lord—and that's what friendship is all about.

ACTION POINT: Do you know someone who is in need? Maybe you (and some other friends) can help them, seeing it through to completion!

GRACE WATTS is a college senior and hopes to become a counselor for Christian girls. She lives in a forest with her family and loves sewing and writing! herheritage.org

SEPTEMBER 24





Lookin' Sharp!


*As iron sharpens iron,
so a friend sharpens a friend.*
{ Proverbs 27:17 }



Iron sharpens iron? What does that mean? When you sharpen a pencil, you need a stronger tool than the wood—like the blade in a pencil sharpener! But when you rub two pieces of iron together, they are the same strength, which means they will sharpen *each other*.

I spent so much time with my best friend that we started talking and acting in similar ways. I was becoming a bit more like her, and she was becoming a little more like me. This is how friends sharpen each other. So hanging out with people you want to be like is important.

And the most crucial thing is to have friends who want to be like Jesus. Just like friends become more like each other, spending time with Jesus will make you more like Him.

 **ACTION POINT:** How can you and your friends follow Jesus together? Invite a friend to an event at your church. Or maybe try hosting your own worship night!

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

SEPTEMBER 25



The Ripple Effect

*Let us think of ways to motivate one
another to acts of love and good works.*
{ Hebrews 10:24 }




Have you ever dropped a pebble in a still pond? After it breaks the surface, it causes ripples in the water that reach far beyond where you dropped it. This is called the ripple effect, and it's used as an illustration of the way actions can have far-reaching impacts.

In today's verse, Paul is encouraging Christians to find ways to motivate others to show love and do kind things for those around them. Can you imagine the ripple effect his words must have caused?

Paul was just one person, but he sent this letter to a group of people. If they all took him seriously and did good works while also finding new ways to encourage others to do good works, imagine the ripple effect that would cause! Then, these words ended up in the Bible, which has been read by millions of people all over the world. Even today, you (and thousands of other tween girls!) are reading this devo and will hopefully take it to heart.

With all those ripples, we might need to imagine a bigger pond!

 **ACTION POINT:** Spend some time brainstorming ways that you can motivate your friends/family to do acts of love and good works. If you come up with a great idea, share it with us by emailing info@mytruegirl.com!

AUBREY BRUSH is the Brand Director at True Girl and loves reading the freedom stories from girls who participate in our livestream Bible studies! mytruegirl.com

SEPTEMBER 26





Pick Up the Phone!

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

{ 1 Corinthians 10:13 }



I was in a pickle. My friends really wanted me to come outside, but my parents weren't home and had instructed me not to leave the house. Decisions, decisions! My parents wouldn't know if I stepped out for a few minutes, right? I mean, I usually honored their wishes. But ALL of my friends were outside and, to be honest, I had FOMO (fear of missing out)!

Just as I was about to give in to the temptation and go outside, the phone rang! I picked up the phone, and sure enough, it was my mom calling to tell me she'd be home soon and she was bringing home a treat—Boston Market! That was my favorite food at the time (smile).

Imagine if I'd given in to the temptation to disobey my parents. I would've felt horrible when my mom pulled up and saw me out there. Not to mention, it would've probably taken a long time to earn my parents' trust back. God used a simple phone call to help me come to my senses that day. And, on top of that, I got to eat my favorite food!!

ACTION POINT: Are there situations you can think of where you were tempted to do something bad, and God gave you a way out? Jot them down and thank God for them. We should always be thankful for God's protection.

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

SEPTEMBER 27

New Me

Of course, your former friends are surprised when you no longer plunge into the flood of wild and destructive things they do. So they slander you.

{ 1 Peter 4:4 }



Middle school and high school were tough years for me. I was always in trouble and had a hard time following rules. I didn't make the best decisions, and everyone knew that about me.

I had a few friends who were the same way. We pressured each other to do the wrong things, leading to some pretty tough situations.

After becoming a follower of Jesus, people noticed changes in my attitude and behavior. I spoke in a kinder way and said no to the situations I'd once said yes to. My friends noticed and slowly started to pull away from me. They'd sometimes say things like, "What do you mean you're not going to do that?!" or "I guess you think you're better than us now." I'd share what I believed and how Jesus was changing me. Sometimes they'd listen. Sometimes they wouldn't. They eventually found others to hang out with who wanted to do the things they did.

I had to learn not to be pressured back into doing the things I know are wrong. No matter what others remember about us from the past, we have to stay committed to living the new way Jesus calls us to.

ACTION POINT: Have you made wrong decisions in the past, like lying or cheating? If you're tempted to repeat them, ask God to help you say no. Pray that He'll surround you with friends who encourage you and remove friends who don't.

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

SEPTEMBER 28





Shine Bright


The way of the righteous is like the first gleam of dawn, which shines ever brighter until the full light of day. But the way of the wicked is like total darkness. They have no idea what they are stumbling over.

{ Proverbs 4:18–19 }



My friend Staci and I were trying to find the shortest path to our favorite ice cream place. We had no time to waste! (We are pretty serious when it comes to ice cream.) Staci told me to take the lead, so I did. Up a hill, over some rocks, and through some cobwebbed bushes. We got our ice cream, but Staci decided she would no longer trust me to lead her anywhere, ever again! My intentions were good, but I probably could have found a more secure way to get there.

As we walk through life, we need to make sure that the people following us have a clear path. We want them to see where we are leading them and know that we are doing our best to avoid stumbling blocks. And, when we choose friends or people to look up to, we need to pick people who bring light to our path, not darkness and confusion.

 **ACTION POINT:** If you have been leading someone down a dark path, ask God to help you be a better leader. Also, ask that person for forgiveness and accountability. Then find someone who you know you can trust enough to follow.

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

SEPTEMBER 29

SEPTEMBER 30

Water Walking

Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." "Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus.

{ Matthew 14:28–29 }



Peter walked on water! I know the world has a lot of Peter's in it, but just so we're clear, the one I'm talking about was one of Jesus' disciples. And he's the only Peter who ever walked on water!


I had a few friends who were the same way. We pressured each other to do the wrong things, leading to some pretty tough situations.

Have you ever walked on water? I didn't think so! Me neither!

Not only did Peter walk on water, but it was his idea. Peter asked Jesus to help him walk on water, and Jesus did it.

Peter knew a lot about water. The Bible tells us Peter was a fisherman, which means he spent a lot of time in and around water. Yet he was not afraid to ask God to help him do something impossible. He believed God could do it, even if it didn't make sense to him.

Peter was a man of crazy faith! Having faith means you do not do things based on what you know to be possible, but you look to Jesus and believe He can do so much more than what seems possible!

 **ACTION POINT:** Is Jesus asking you to do something different, scary, or strange? Pray and ask Him to help you.

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“You’re Never Fully Dressed Without A Smile!”

*She is clothed with strength and dignity,
and she laughs without fear of the future.*
{ Proverbs 31:25 }



Once when my True Girl team was on tour, ALL the things that could go wrong did go wrong. The sound system failed. The projector got confused. Our Dinosaur Ellie missed her cue. (These things never happen. It was just a really bad night.) Do you know what my team did? They stopped the show. Laughed about it. And prayed for God to fix it. Right there in front of nearly 1,000 moms and daughters. They were clothed in strength and dignity! That means they are worthy of being respected and copied.

Let me explain.

Today’s Bible verse is about a woman who had many good qualities. She was known for her hard work, good character, getting up early, managing money well, being kind to the poor, making cute clothes...and SMILING! Well, laughing in the face of stress. She wasn’t afraid of the future or bad days because she was confident in God’s ability to care for her. This carefree trust in God is evidence of her strength. It gave her dignity.

Are you that kind of girl? The kind who smiles through homework and chores? Or learns to laugh when times are hard?

ACTION POINT: Smile for two minutes. Seriously. A very scientific piece of research says that if we smile for two minutes, we’ll feel happier. It will be good practice for bad days!

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

OCTOBER 1



OCTOBER 2



Beautiful Crowns

*If you prize wisdom, she will make you great. Embrace her,
and she will honor you. She will place a lovely wreath on
your head; she will present you with a beautiful crown.*
{ Proverbs 4:8–9 }



Flower wreaths, tiaras, and braids. I love seeing beautiful hairstyles, headbands, and scarves. Our heads are one of the first things people notice about us, so why not make them look good?

Across cultures and countries, head and hair adornments have significant meaning, whether it’s beauty or status. In some places, you can know what family someone belongs to simply because of their head or hair decoration.

As daughters of the King, our Father wants the world to see us as His beautiful and loved children. How do we appear like the royalty we are? Wisdom. It comes from God (Proverbs 2:6), and when someone has wisdom, people can’t help but notice and treat us with more dignity and respect. They might even look at us like we are wearing a beautiful crown. It’s evidence of the time we spend with our Heavenly Father.

ACTION POINT: Ask God to give you wisdom and find someone to follow who is already wearing it like a crown.

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



Party Like David

David retorted to Michal, "I was dancing before the LORD, who chose me above your father and all his family! He appointed me as the leader of Israel, the people of the LORD, so I celebrate before the LORD. Yes, and I am willing to look even more foolish than this, even to be humiliated in my own eyes!"

{ 2 Samuel 6:21–22 }



I love a good party! Don't you? The Israelites seemed to also. And in 2 Samuel 6, we read about a huge celebration in Jerusalem.

King David and the people of Israel are partying because the Ark of the Covenant has arrived. There's music, singing, and instruments, and David even dances "before the LORD with all his might, wearing a priestly garment" (2 Samuel 6:14).

But there's one person who isn't enjoying the celebration. David's wife Michal doesn't think David's clothing is dignified enough for a king. Michal thinks he looks ridiculous dancing in it and tells him! But David responds by saying that he was dancing before the Lord and was willing to look foolish.

Sometimes people may judge us as Michal did to David. They'll tell us how we need to look, act, or speak to have dignity. But when it comes to being worthy of honor or respect, we don't have to meet other people's standards. As David knew, our dignity comes from God, and He's the only One we need to please.

➔ ACTION POINT: In 2 Samuel 6:14, "David danced before the LORD with all his might." Do you like to dance, sing, or play an instrument? Spend some time worshipping God with all your might.

ASHLEIGH SLATER is an author and editor. She lives in the Arizona desert with her husband, four daughters, and two cats.

OCTOBER 3



OCTOBER 4



Identical

My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

{ Galatians 2:20 }



All my life, I've heard how much I look like my mom. One glance at the two of us side by side makes cashiers, coworkers, and just plain random people on the street excitedly say, "Wow! You guys look just alike!" Friends and family have even gone as far as to call me "Little Rhonda" when they see me.

I think my mom is a pretty-good looking lady, so it's never bothered me. I actually kind of like it. It makes me feel closer to her in some way.

That's what I want people to say about Jesus and me. I want them to notice how my speech, kindness, and love all look like His since I no longer live my life as my own. Jesus lives within me and is living through me. That means He is in control and has the final say in every decision I make. Living this way allows people to see Him when they look at my life. They know exactly who I belong to.

➔ ACTION POINT: Are you a Jesus follower? Are people able to tell by how you live? Ask a friend what qualities they see in you. Then discuss with your mom or a trusted adult whether those are qualities Jesus has too.

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



When Will My Reflection Show?

*As a face is reflected in water,
so the heart reflects the real person.*
{ 2 Samuel 6:21–22 }



Have you ever looked in a lake and found your reflection? The water may have been rough, causing the image to be blurry. But what if the water was peacefully still? You'd get a clearer picture.

I love how God has the best view of things and gives perfect examples. Proverbs 17:29 talks about how just as water can reflect our faces, our hearts show who we are inside. And this verse doesn't mean our blood-pumping hearts. Our Creator is referencing the inner pool where our feelings and beliefs gather.

It's time to gaze upon that heart reflection. Are you seeing a clear picture of the person of dignity God created you to be? Or is the reflection blurry and hard to see because of what you've allowed in your heart that doesn't match what God says about you in His Word?

Jesus is called "the light of the world" (John 8:12). When you ask Him to shine His light into your heart, you'll see more of Him in your reflection. Who you are inside will start to look like Him. Do you know Him? If so, keep letting the light in and watch it show in your reflection.

➡ **ACTION POINT:** Still your heart and ask God to give you wisdom on what needs to be filtered out. Ask Him to help you reflect the image He wants to see when He looks at you—His magnificent creation.

LEANN VERONICA SMITH is the Office and Donor Coordinator at Pure Freedom Ministries! She feels blessed with a supportive husband, Daniel. They're raising five precious daughters and two super sons. fruitfullfamily.com

OCTOBER 5



I Want First Chair!

*Don't rejoice when your enemies fall;
don't be happy when they stumble.*
{ Proverbs 24:17 }



I've been playing the viola for eighteen years, and I LOVE IT! When I played in school, we'd take playing tests each month. These tests required every student to play a passage of music so the teacher could see how they were progressing. These tests were also used to determine our ranking among the other players. I desperately wanted to be first chair viola. That meant I led my section. But there was always another girl who got it! She was better than me and had no problem letting me know it.

One day, she stumbled over a passage during her test and couldn't keep going. She tried but couldn't play it correctly. I remember being kind of happy because it meant my test was good enough to win the first chair spot.

Now that I look back, I was wrong in how I felt. Rather than being happy, I should have been kind and encouraging. That would have shown her Jesus within me. She would have noticed my kindness in a situation where most would have been cruel.

Don't be happy when your enemies stumble or experience trouble. Instead, pray for them. Show them Jesus by your uniquely kind response.

➡ **ACTION POINT:** Is there an enemy in your life that you could be praying for? Even if they aren't stumbling, spend some time praying for them. Ask God to help you show kindness to them so that they see Him in you.

STACI RUDOLPH is a lead teacher for True Girl and loves to see girls grow in their personal relationship with Christ. She likes spicy food and writes beautiful songs. mytruegirl.com

OCTOBER 6





Hidden Treasure

For God wanted them to know that the riches and glory of Christ are for you Gentiles, too. And this is the secret: Christ lives in you. This gives you assurance of sharing his glory.

{ Colossians 1:27 }



A woman in California went to pick up some free, used couches she'd found online for her new home. She was completely shocked when she inspected the sofas. Inside the cushions, she found multiple envelopes filled with cash. She returned the money to the people giving away the couches and eventually learned there had been \$36,000 hidden inside the cushions. Ordinary-looking couches, which had been given away for free, were worth far more than anyone could imagine!

In Colossians 1:27, Paul states that believers also have a treasure inside them. If you are a follower of Jesus, then you have His Spirit living in you, which is far more valuable than any amount of money. His Spirit is always at work, changing you and me to be more like Him every day. We don't have to act like the rest of the world. We have the Spirit of Jesus living inside us, giving us the power to bring His light and love to the world around us.

ACTION POINT: Ask God to remind you daily of the treasure inside you—the Spirit of Jesus. When something bad happens, pray for Him to give you the power to react to the situation in a way that reflects Him.

EMILY SCHERER was a Children's Ministry Director before she became a mother. She loves to run, read, and have adventures. Emily is passionate about encouraging kids to turn toward Jesus.

OCTOBER 7



Adorned

I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothing. For women who claim to be devoted to God should make themselves attractive by the good things they do.

{ 1 Timothy 2:9–10 }



On April 29th, not too many years ago, I headed to my favorite hair salon, where I was given the royal treatment. Hair. Nails. Make-up. Then, I put on the most beautiful dress I have ever owned. It was off-white with a long train that flowed behind it. It had delicate lace and beading on the edges. It was my wedding dress. I was “adorned” for my groom.

In 1 Timothy 2:9–10, women are told what they “should wear.” In some Bible versions, the word *adorned* is used in the same place. Adorned means well-presented, orderly in appearance, and ornamented (or accessorized).

You know what that tells me? Being modest or dignified in how you present yourself is *not* anti-fashion. First Timothy 2:9–10 tells us we *should* be adorned. The question is not *if*, but *how*. Being adorned is about way more than the clothes we wear. Modesty is a power that protects the ability of others to see God's good works in your heart and through your life. It's not meant to hide your body but to reveal the true beauty that grows within you.

ACTION POINT: Draw a picture about a time when you felt particularly beautiful and adorned. Then, write a description of what you were wearing and how you felt.

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

OCTOBER 8





Dust to Dignity


Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.
{ Genesis 2:7 }



Do you know what's undignified? Dust! Nobody likes dust. As a matter of fact, dusting is my least favorite chore. I dread cleaning dust from the shelves in my home. And there isn't just dust in our houses. There's the dust of the ground—dirt and sand—that you can find outside. You probably don't think of the dirt and sand as dignified when you play sports in the backyard or run along the beach.

But have you ever built a sandcastle? Suddenly, the “dust” becomes dignified. You wouldn't run overtop your sandcastle, and you might get very upset if the tide came in and washed it away.

At the beginning of time, God used the dust to create a masterpiece—us! That's right! We are works of art carefully crafted by God. You can show respect to God's creation by being kind to yourself and others. And remember that you deserve to be treated kindly because you are a magnificent work of God.

 **ACTION POINT:** Do you speak kindly about yourself and others? If not, how can you begin speaking with dignity? Find a Bible verse that tells you what God says about you and speak that over yourself and others when you need encouragement.

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

OCTOBER 9




Dignity Defined

So God created human beings in his own image. In the image of God he created them; male and female he created them.
{ Genesis 1:27 }



A few years ago, I was angry. Actually, that's an understatement. I was furious! Someone I deeply cared about had wounded me with their sharp words. And, instead of holding my tongue, I said every mean thing I could think of. If that wasn't enough, on my way home, I called my friends to gossip about how angry I was with this person. Whew! That was definitely not my proudest moment! Interestingly, I felt worse after speaking unkindly than after being spoken unkindly to.

But why do unkind words hurt? Well, my friend, it all comes down to one word: DIGNITY! Dignity describes something deserving of worth, honor, and respect. Every human has dignity because we are created in God's image. Each of us, on our own, deserves nothing because there is nothing good or “worthy” inside us (Romans 7:18), but because of God, we have value. Everyone should be treated with dignity—not because of who WE are, but because of the God whose image we bear.

 **ACTION POINT:** Talk with your mom about someone who's hard to treat with respect. Write down three truths the Bible says about them and one good thing you see in them. Now choose one simple way you can treat them with dignity.

HILDSY MARIE is a part of the True Girl Tour Team and her book Leave A Little Sparkle Wherever You Go just came out last year! Hildsy LOVES sweet tea! leavealittlesparkleministries.com

OCTOBER 10





Frustrating Friends

In the same way, women must be respected and must not slander others. They must exercise self-control and be faithful in everything they do.


{ 1 Timothy 3:11 }



One of my absolute favorite things about my mom is that I have never once heard her say something bad about someone else. She has always been a safe place where I can vent my frustration, but she never participates or encourages me to keep complaining.

If I came home from school after a long day and wanted to complain about my friends or teachers, my mom would look at me and say, "Abby, I am the only person you can talk to like this." She didn't say this because she was mad at me. She said this because it is really easy in middle school to complain about your friends and gossip. But that doesn't make it OK.

One of the easiest ways to practice dignity is to watch our tongues when we want to complain about others. And, we can always run to our moms for help in situations. But gossiping and being rude won't help anything.

 **ACTION POINT:** After a really frustrating day, try to practice self-control. Instead of gossiping or being rude, talk through your frustrations with your mom or a trusted adult in your life!

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

OCTOBER 11



OCTOBER 12



Hanging on to Dignity


"...for the joy of the LORD is your strength!"

{ Nehemiah 8:10 }



My family camped for most vacations. On one trip, my brother and I each invited a friend. After many adventures, we went to sleep, tired but happy. Well, happy until the next morning. My friend Annie and I woke up to see all of our clothes and underwear hanging in the trees at our public campsite. While the boys laughed, we climbed around in our pajamas to reclaim our clothes. How embarrassing! But guess what we did? We laughed too! Those sneaky boys tried to steal more than our clothes. They tried to steal our dignity. But we hung on to dignity with Jesus' JOY!

Those who hung Jesus on the cross stole His clothes also. But Hebrews 12:3 says Jesus hung on with JOY so that today we can live "clothed with strength, dignity, and laugh without fear" (Proverbs 31:25). So, whenever that sneaky devil tries to steal your dignity, remember that as today's verse says, "the joy of the Lord is your strength." You can stay wrapped in Christ's robe of dignity—even if your little brother tries to steal your clothes!

 **ACTION POINT:** Joy can help you keep your confidence when people or situations try to steal your dignity. This week, when you get dressed, thank Jesus for giving up His dignity so you can live clothed in strength, dignity, and joy.

KIM WIQQINTON 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



Humble Hands, Icky Feet

In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble.”


{ 1 Peter 5:5 }



Once at a True Girl event, I ran barefoot from my tour bus into the community center. Then as fast as I could, I ran into the bathroom to wash my feet. *Ick!* The water was pure black. I was disgusted with how dirty my feet were! Have you ever been grossed out by washing your own feet? Jesus washed the disciple’s feet.

For them, washing feet was as common as washing hands is to us. It was normal to offer guests a basin of water to wash their dirty toes before eating dinner, but they were expected to clean their feet. Yet, Jesus—the Creator of the Universe—dropped to His knees in humility to wash the feet of His precious friends. Jesus *chose* this. It was an action of humility.

First Peter 5:5 reads, “Dress yourself...with humility.” To dress yourself is an action. It’s a choice. So, as you choose an action of humility—like helping your brother with a chore, or changing your baby sister’s diaper, or offering to take out the classroom trash—you’re doing the action of “clothing yourself with humility.” Just like Jesus when His humble hands washed icky feet!

 **ACTION POINT:** Go wash your feet. And consider how Jesus—the Creator of the Universe—washed the icky feet of His friends. Then, think about how you can be like Him.

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

OCTOBER 13



Giggling with Shani

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father’s one and only Son.

{ John 1:14 }




Shani McKenzie is not only a True Girl lead teacher like me, but she is also my friend! One night, she and I were playing a game with some friends. It was one of those games where someone draws something, and someone else has to guess what the drawing is.

When Shani gave me her drawing to guess, well...let’s just say I didn’t quite get it. I saw a girl with a crown in the picture, but she didn’t quite look like royalty to me. I thought she was a weird creature. So that’s what I guessed.

Shani laughed and laughed because it was actually supposed to be a beautiful, strong princess!

You know, as daughters of the King of Kings, we are truly royalty! And royalty should be full of dignity. But what is dignity? In John 1:14, we see words describing Jesus—the most dignity-filled human ever: full of unfailing love and faithfulness.

When we become more like Christ, unfailing love and faithfulness grow in us. It’s a powerful witness of true strength and beauty to those around us. True dignity.

 **ACTION POINT:** Draw a beautiful crown and make the words LOVE and FAITHFULNESS part of the crown design. If you want, put it in your Bible by John 1:14!

JANET MYLIN is an author and True Girl lead teacher. She loves to talk about the Bible with others and she enjoys a good autobiography.

OCTOBER 14





Continually Confident

“But blessed are those who trust in the LORD and have made the LORD their hope and confidence.”

{ Jeremiah 17:7 }



Have you ever walked into a room feeling *really* good? When I was seven, I sang at my first performance. Afterward, I walked into the reception with my head held high. I had confidence in my performance and even more confidence after people told me how well I’d done. I felt so good afterward that I decided singing was what I wanted to do for the rest of my life. I wanted to feel confident forever!

Little Hildsy didn’t realize she *could* be confident forever—and it wouldn’t take having a good voice. It’s really easy to find our confidence in things like our abilities, how we look, what grades we get in school, or who we are friends with, but all of those things eventually will fail us. If our confidence is based on any of those things, when they do fail us, our confidence will also fall apart.

The Bible says that the only lasting confidence we will ever find comes from God. He created all of us in His image with dignity! Because of that dignity, we can have continual confidence not because our abilities are amazing but because the God whose image we bear is extraordinary!

➡ **ACTION POINT:** Write today’s verse on a sticky note. Hang it on your door or mirror. The next time your confidence is lacking or in the wrong thing, you’ll have seen this verse enough to have it memorized. It will encourage you!

HILDYSY MARIE is a part of the True Girl Tour Team and her book Leave A Little Sparkle Wherever You Go just came out last year! Hildsy LOVES sweet tea! leavealittlesparkleministries.com

OCTOBER 15



The Blindfold Burden

“And the second is like it: ‘Love your neighbor as yourself.’”

{ Matthew 22:39 }



I will not walk blindfold, like a beggar or a prisoner,” Gimli the Dwarf declares in the book *The Lord of the Rings*. Gimli and his seven friends (two men, one elf, and four hobbits) are traveling through a magical forest where elves live. Because elves don’t trust dwarfs to see their home, Gimli is asked to wear a blindfold.

His dignity is hurt. He’s insulted and feels less respected than everyone else.

What do Gimli’s friends do? They offer to wear blindfolds too. They give up their right to see, so their friend feels less alone. These two men, one elf, and four hobbits affirm Gimli’s worth by sharing his blindfold burden.

You can do the same for others. Maybe you have a classmate who always gets picked last for dodgeball. Buddy up with her during the game and let her know she has value as a player. Or there might be a new girl who’s eating lunch alone. Invite her to sit with you. When you share in others’ burdens, you choose to “love your neighbor as yourself” (Matthew 22:39). And when you do this, you are—like Gimli’s friends—affirming their worth and value.

➡ **ACTION POINT:** Make a list of people you know who may feel alone. Next to their names, write down an idea of how you can share their burden. Then, pick one person from the list to love this week.

ASHLEIGH SLATER is an author and editor. She lives in the Arizona desert with her husband, four daughters, and two cats.

OCTOBER 16





Priceless Worth

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.
{ 1 Corinthians 6:19-20 }




The Badminton Cabinet is the most expensive piece of furniture ever sold. It was created in Florence, Italy, by the Foggini family. They had specific instructions for how to make it and what jewels and wood to use. It sold for \$36 million in 2004.

You are a carefully crafted work of art, and God is your Craftsman. First Corinthians tells us that your value is so great that the Holy Spirit chooses to dwell within you when invited. What a masterpiece you are! Worth far more than any \$36 million cabinet.

What makes you so valuable is not just the fact that God made you but that Christ purchased you. You were bought at a high price: the blood of Jesus. There's just no way to say what you're worth. You are priceless.

This is why you should love and obey God in everything, including the care and keeping of yourself. I'm certain that the Badminton Cabinet isn't left out in the rain. It's a piece of art that has to be presented with care. And so must you, because you're God's masterpiece.

 **ACTION POINT:** Do your parents have any rules about how you wash, care for your body, and dress? Write about them today in your journal and consider that they are helping you learn to present yourself with dignity and worth.

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

OCTOBER 17

OCTOBER 18

God's To-Do List

No, O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.
{ Micah 6:8 }



Every day, my teacher would write a to-do list on the whiteboard for us to finish during class. Some students worked hard to complete the tasks, while others drew pictures or read books instead. But at the end of the day, the students who finished their work got an awesome sticker! And they didn't have to do extra homework that night.

In Micah 6:8, God gives us a to-do list, but instead of giving us work to complete, He tells us how to live. God requires us to do what is right—like obeying our parents and being kind to others. He instructs us to love mercy, which means we should forgive others when they hurt us. He also says we must walk humbly with Him, which we can do by putting God's to-do list first even when we want to do something different.

God doesn't hand out stickers for obeying Him, but doing what He asks will help us experience His joy and peace.

 **ACTION POINT:** The first thing God asks in Micah 6:8 is to do what is right. What is one right thing you can do today that will bring you joy and peace?

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





The Ultimate Outfit

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.
 { Ephesians 6:10-11 }




Our culture is obsessed with fashion. It's estimated that in 2021, the world spent 1.5 trillion dollars on clothes and other accessories. That's a lot of dollars!

We're constantly being told what jeans are the coolest, which shoes complete our outfit, and so much more. While our clothing can be a fun tool to help us express our personality and preferences, it is NOT the most important thing we should be wearing. There's another ensemble designed by God that protects us and reveals our dignity in Jesus.

Ephesians 6 reminds us of the armor of God that doesn't go out of style or lose its influence as time goes by. Each day we're called to dress in that armor. When we put on the belt of truth, we're less likely to believe lies that come our way. When we put on shoes of peace, we bring the peace of Jesus wherever we walk.

Always remember that there's nothing more fashionable than the armor God has designed for you. Armor that protects you on your journey through life.

 **ACTION POINT:** Pick a piece of the armor of God mentioned in Ephesians 6 and draw it! Use the best markers, sparkles, and anything else you want. Make sure to thank God for giving it to you as you do.

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

OCTOBER 19



Allow God to Clothe You

And the LORD God made clothing from animal skins for Adam and his wife.
 { Genesis 3:21 }



Have you ever done something wrong and tried to cover it up? Once, I was using nail polish after my mom told me not to—and I spilled it on the carpet. I tried to use nail polish remover to get it out, but I only made it worse. When I thought about telling my mom, I felt ashamed. But when I confessed to her, she had a cleaner that took it right out!

Adam and Eve were naked when God put them in the Garden. But they didn't feel shame until they ate the fruit God told them not to eat. Then, instead of running to God, they tried to cover themselves with leaves! But it wasn't enough. So God made them clothes from animal skins to cover their shame. Just like I couldn't cover the stain of nail polish on my carpet by myself, we need help to cover the sin in our lives.

Eventually, God sent Jesus to die for our sins, creating a spiritual clothing that doesn't just cover us—it completely removes the stain of sin from our lives. It sets us free!

 **ACTION POINT:** The next time you feel ashamed, confess it to Jesus and He will remove the stain of shame from your life.

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

OCTOBER 20





Unfading Beauty

Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

{ Ephesians 6:10-11 }



Our sun is so very small compared to other stars. And there are trillions of them. There's one star called Canis Majoris, a red supergiant star that is 2,000 times the size of our sun. And that huge thing is small compared to the universe.

In the original language of the Bible, the massive universe is referred to as *kosmos*, which literally means "something ordered." You can be sure that for all those planets and stars to stay where they are, there is some order to how they hang there in space. It's all miraculous and sings the praise of God (Psalm 19:1).

Guess what? The word for how you and I "clothe" ourselves in 1 Peter 3:3-4 above is also *kosmos*. (Mind blown!) The way we present ourselves to this world is supposed to be "something ordered." And that means we're less concerned with the outer part of ourselves that is fading and more concerned with the unfading beauty of a quiet spirit and gentleness.

Dressing so that nothing distracts from your gentleness and quiet spirit allows the *kosmos* of your being to shine bright like a star.

➔ ACTION POINT: Do you get more excited about a new pair of jeans or lip gloss than you do learning about gentleness and quietness? Yeah, I do too, sometimes. Write a prayer asking God to help you care about your internal beauty.

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OCTOBER 21



Respectfully Dignified

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior.

{ 1 Timothy 2:1-3 }



Miss Dale was my English teacher, but I didn't like her. It seemed like she spent too much time trying to be friends with students and playing favorites. I took that as permission to disrespect her and gossip about her.

One of the hardest things is feeling ruled by those around us—especially when the authorities over us aren't leading well. The world and even important adults in our lives often show us that if we don't agree with someone, then we can do our own thing.

God is clear that we are to pray for our leaders and obey them (as long as they aren't leading us against what God's Word commands). Praying for and respecting people in positions of authority over us is one of the best ways to show the world that we care about them and love God.

➔ ACTION POINT: Live with dignity by praying for and respecting your authorities.

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

OCTOBER 22





Fading Charm

Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised.
{ Proverbs 31:30 }




Charm is a quality of getting attention based on your physical beauty and personality traits. It might not seem like there is anything wrong with turning heads with your adorable curls, cute clothes, and whimsical humor. But the Bible says it's deceitful.

What? Adorable curls, cute clothes, and whimsical humor are bad?

Nope! That's not what I said. I said using them to get attention is bad. The world will tell you that your most important asset is charm, or the ability to "wow" others with your external qualities. But the Bible says you've accomplished nothing important because your physical beauty won't last. If that's why people pay attention to you, it will fade.

In contrast, the verse says that a woman who fears God is something to notice! And even praise. In this verse, the word fear means to respect and honor and live your life as if He is the most important thing in the world.

We should want to turn God's head because of the way we live our lives, not the heads of the people in this world because of how we look. Make sense?

 **ACTION POINT:** Do you fear God? I mean, do you want to respect Him and live your life to please Him? Write a list of five things you can do that demonstrate you want to honor Him.

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OCTOBER 23



Good Sportsmanship

Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.
{ Colossians 1:10 }




I played softball in school and loved it. My team was awesome and filled with great players. One Saturday, we had a game against a local school. We were good... but they were better. We played our hardest but couldn't seem to pull out a win.

After the game, we all lined up to shake hands with the other team. We were so hurt about losing that instead of showing good sportsmanship and shaking their hands, we decided to slap their hands and just walk away. It made them really angry.

I'll never forget my coach telling us that we did not represent Jesus well that day. Although we understood what it meant to show love and kindness to others, we chose to do the opposite. It produced the fruit of anger. If we had chosen to handle the loss with dignity, we would have produced the fruit of love, new friendship, and maybe even helped someone know Jesus.

That situation taught me that every decision I make either pulls people closer to Jesus or pushes them away from Him. I have to remember to represent Him well in all that I do.

 **ACTION POINT:** With your mom or a trusted adult, talk through decisions you've made lately. If they seem like good decisions that pull people closer to Jesus, way to go! If they don't, ask God to help you make the right choices.

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

OCTOBER 24





Decadent Dignity

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 }



Have you ever gotten one of those assorted chocolate trays on a holiday like Christmas? It seems like every year my family receives heaps of them! Every chocolate in the box LOOKS good, but let's get one thing straight: not all of them TASTE good! Although some of the fillings—like caramel—are yummy, I'd argue that lots of them are kinda gross! These chocolates' outsides may look great, but their insides are quite yucky.

If there's anything I've learned from chocolate, it's that what is on the inside is actually way more important than what the outside looks like. The same applies to what's within us. How we think and what we put into our minds truly determines what's on our insides! Our thoughts control our actions and emotions. So, when we watch something that doesn't honor God, it negatively impacts our thoughts, affecting the rest of us. BUT when we fix our thoughts on the truth, our insides are positively influenced!

➡ **ACTION POINT:** Write a list of things you put into your brain—like movies, TV shows, books, and conversations with friends. Next to each one, write if it is true, honorable, right, pure, lovely, admirable, and God-honoring. If it's not, time to reconsider!

HILDSY MARIE is a part of the True Girl Tour Team and her book Leave A Little Sparkle Wherever You Go just came out last year! Hildsy LOVES sweet tea! leavealittlesparkleministries.com

Remember Where You're From

Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ.

{ Philippians 1:27 }



Did you know that if you're a believer, you're technically an alien?! I'm not talking about the ones you see in those sci-fi movies and TV shows. Alien just means you belong to a foreign country or nation. If you are a Christian, then you belong to God's kingdom. Earth is only a temporary home. But, while you're here, God wants you to be a good representative of heaven.

Growing up, my parents always said, "Remember, you're not just representing yourself." It reminded me to carry myself with dignity and think twice before making negative decisions. My choices didn't just affect me. They affected those in my household as well.

God wants us to conduct ourselves in a "heavenly" manner. That doesn't mean we won't make mistakes. But, it does mean that we should always think about how our actions will affect God's kingdom.

➡ **ACTION POINT:** It's time to use those drawing skills! Paint or draw a picture of what you think your "true" home-heaven-looks like. Put it in your room or somewhere else in the house to remind you where you're truly from.

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

OCTOBER 25

OCTOBER 26



A Crown of Dignity

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

{ James 1:12 }



Picture this: The most beautiful crown, made of pure gold decorated in priceless, sparkling jewels and engraved with detailed design. When I was little, I dreamed of receiving such a crown and the title "Princess." Maybe you have also.

What if I told you that you could receive such a crown and title?

God says in His Word that in this life, we will have trouble (John 16:33), but through Jesus, we can persevere (or keep going). We can hold on to His promise that we will receive a crown that signifies worth, righteousness, and life through Him.

Through Jesus, we are dignified and given the title "Daughter of the One True King." We are made princesses, loved by a Heavenly Father, and gifted with an eternal crown. A crown of true dignity.

So, shoulders back. Head up. You can face anything: you are a real-life princess.

➡ ACTION POINT: Are you going through something hard right now? I challenge you to pray, "Lord, I ask for perseverance through difficulty so that the crown of dignity you gift me can shine for all to see."

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!

OCTOBER 27



New Clothes

For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed instead with our heavenly dwelling..."

{ 2 Corinthians 5:4 }



I love a good story, like the fairytale "The Emperor's New Clothes." A regal man, dressed always to impress, is tricked and left pretty bare. Exposed in front of the whole crowd for believing that clothes make the man. How silly, but it's easy to believe that.

The scripture reminds us why we desire to be clothed with nice things. It tells us that we're longing for the fabric of heaven—nothing can compare. Often, what we struggle with is worrying about what others see. Dignity isn't something we wear as much as something we're already created with. We are the brightest example of God's image this side of eternity; dignity is crafted within our design.

Your real clothes are waiting for you in heaven. There is nothing you need to prove to anyone on this earth. Jesus brings forth our dignity when we look toward heaven. We have to clothe ourselves with the confidence that we are a priceless treasure.

➡ ACTION POINT: Remind yourself of this every single day. Reverse the image of worth the world has made you believe. Prayerfully write out a list of how you see dignity already labeled on you. Refer to the Bible when you seek your true godly value.

LEANN VERONICA SMITH is the Office and Donor Coordinator at Pure Freedom Ministries! She feels blessed with a supportive husband, Daniel. They're raising five precious daughters and two super sons. fruitfullfamily.com

OCTOBER 28





Picked from the Crowd

But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them. People judge by outward appearance, but the LORD looks at the heart."


{ 1 Samuel 16:7 }



Samuel was an Old Testament prophet and the last of the judges. God gave him great guidance. But sometimes, even Samuel had trouble seeing what God saw. God instructed him to go to a man named Jesse's house because God had selected one of Jesse's sons to be the next king of Israel.

When Samuel arrived, he looked at seven of Jesse's eight sons and thought he knew which one would be king. It was Eliab. He "fit" the type. But one by one, God rejected the oldest seven sons. I imagine Samuel's sigh when it came down to the baby brother, who had to be called in from the fields. Last but not least, this son came forth with a special glow. This God-pick was to be King David.

What's in the heart shows, and God is looking very closely. There's nothing He misses—and that's a good thing. We sometimes cover up what we feel is unlovable. We often focus on the outside too much and worry about what people think of us. But God wants us to remember that He looks at our heart and not our appearance and has already picked YOU to be His chosen.

 **ACTION POINT:** Look up Isaiah 53:2-3 and read what it says about Jesus' appearance. It's another reminder that God looks at the heart. Focus on radiating His love in all you say and do, and watch what wonderful things He does.

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OCTOBER 29



A Mule Named Ruthie

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.


{ Ephesians 4:29 }



Bacon Bits was in a hurry. Ruthie wasn't. But they both had the same goal: descend into the Grand Canyon for an hour, turn around, and ascend back up—all while carrying a human. If you haven't guessed it already, Bacon Bits and Ruthie are mules.

I rode Bacon Bits and often had to slow him down. My daughter was on Ruthie. She constantly encouraged her slow-poke of a mule to keep going. Step by step, my daughter cheered Ruthie on. Even when her mule munched on shrubs, hesitated at a step down, or just plain stopped for no reason, my girl was patient. She carried herself with dignity and treated even her stubborn mule with respect.

People are a little like mules. Some of us stroll, and others are in a hurry. It's hard sometimes to treat those whose pace is different from ours with dignity. Instead, it's easy to say, "Hurry up with that game! It's my turn!" or "Slow down! It's not fair that you're finished with your homework first!" But God wants our words to build others up. When we encourage and cheer them on, we affirm their God-given dignity.

 **ACTION POINT:** Who is one person you can speak more patiently to this week? Maybe it's your little brother or sister or a classmate at school. Ask God to help you use your words to encourage and build this person up.

ASHLEIGH SLATER is an author and editor. She lives in the Arizona desert with her husband, four daughters, and two cats.

OCTOBER 30





Explain Yourself!

*...and you belong to Christ,
and Christ belongs to God.
{ 1 Corinthians 3:23 }*




Growing up is hard because people throw so many terms around without explaining their meaning! For me, dignity was one of those confusing terms. I used to have a hard time understanding what it meant when someone said, “Carry yourself with dignity.”

I’d hear older women say it when someone who wasn’t wearing the most appropriate outfit passed by and wondered if it was only about clothing. Or, I’d hear people say it when others used language that wasn’t the best, and I wondered if it was only about speech. I kept looking for a specific thing in life that needed to be done correctly for someone to be approved as “dignified.”

First Corinthians 3:23 provided some clarity. Our dignity doesn’t come from what we wear, say, or do. It comes from who we belong to—Jesus. When we accept the gift of salvation and become His followers, all areas of our lives are influenced by that decision, and dignity flows as a result.

Knowing how valuable we are to God encourages us to carry ourselves with dignity and respect. He gave His Son so that we could belong to Him. That deserves a life of dignity.

 **ACTION POINT:** Now that you have a better understanding of dignity, are there any other terms trusted adults mention to those your age that you don’t quite understand? Maybe words like modesty or integrity? Ask about them! Maybe you’ll receive some clarity.

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OCTOBER 31



