

NOVEMBER

TrueGirl



MOM+DAUGHTER
DATE!

NOVEMBER 2022

Are your words sparkles or sand?

Listen to episode eleven of the True Girl Momcast featuring Dannah Gresh, Janet Mylin, and Shan McKenzie.

Then, read through this one sheet.



HEY MAMA!

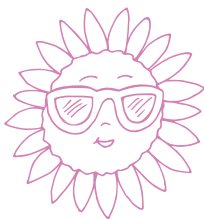
Growing up in my home, sparkles were a necessity! My mom dedicated an entire drawer to glitter. These sparkles were only supposed to be used for arts and crafts, but they undoubtedly became the object of many crazy-hair experiments, nail-art mishaps, and once in a while they unknowingly snuck their way into our food. Once they're out, sparkles get everywhere!

Sand on the other hand was not allowed NEAR our home. Before we could place one foot inside the doorway, we had to rinse off. After drying off, we had to run to the shower just in case any devious particles snuck their way in. Inevitably, they did.

Both sparkles and sand get EVERYWHERE, yet (in my opinion!) one of them is much more pleasant than the other. The same applies to our words:

"Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people."

Philippians 2:14-15



This verse calls us to be lights in the midst of darkness and gives us a pretty practical way to put this into practice: our words.

What we say pervades our surroundings just as sparkles and sand do. What we say trails behind us and will permeate our surroundings. It is our choice to either "leave a little sparkle" or "leave a little sand" wherever we go. What determines which we leave behind? Ultimately, we are able to "leave a little sparkle" *"by holding firm to the word of life."* It is only by clinging to Jesus that our sin-shattered words are transformed into life-giving utterances.

So Mama, this month my prayer is that the little changes you and your daughter begin to make, concerning the words you speak, have lifetime implications. You are HIS workmanship. May you cling to Jesus and not your own strength and may your tongue glorify Him more and more as He refines you to be more like Himself.



KEEP SPARKLIN'

Hildsy Marie

Author of *Leave a Little Sparkle Wherever You Go*, True You co-host, and former True Girl Cast Member

PREPARING FOR YOUR NOVEMBER MOM+DAUGHTER DATE



Leave
a Little
Sparkle!

SUBJECT:

No-Grumble
November
Challenge

SETTING:

Wherever you go on a fun,
nature walk! Your backyard,
neighborhood, or a park.

MATERIALS YOU'LL NEED:

No-grumble November calendar
Optional: glitter

This month's mom+daughter date is all about purposefully choosing to speak life. As promised, we've done most of the planning so you can do the formative connecting with your girl!

STEP 1 Watch Staci's coaching video. She'll be joined by Hildsy, a sparkle expert! Hang out with them as they go on a "sparkle stroll," and share the truth about the vital impact of what we say carries and the importance of speaking life-giving words.

STEP 2 Read Philippians 2:14-15 and talk about it. Here are some good discussion questions.

- ♥ What are we supposed to do "without grumbling or complaining?" Why?
- ♥ What kind of words do you think make you "shine" brightly?
- ♥ Do you think your words are more like sparkles or sand? What are you leaving behind you?

STEP 3 Take the No-Grumble November challenge! We're challenging you—and ourselves—to "leave a little sparkle" all month long. Every single day, you'll agree to:

- ♥ Do *everything* without grumbling or complaining. (Philippians 2:14)
- ♥ Speak life and "leave a little sparkle" by doing the activity of the day on the True Girl No-Grumble November calendar.

You might want to establish a fun reward if you are both successful in grumbling less and speaking life-giving words more.

OPTIONAL BONUS: Your turn! You and your daughter can go on a sparkle walk (note: we used biodegradable sparkles in the coaching video) or create a fun sparkle craft together! Find somewhere you can explore nature or just have some uninterrupted time together. Whether you're walking or crafting, use this time to remind your daughter that she can "leave a little sparkle" in everything she does.

Follow us on Instagram for daily "No-Grumble November" challenges and some special prizes to reward your efforts to "leave a little sparkle!"





Getting Started



HOW TO USE THIS MONTH'S DISCIPLESHIP TOOLS TO STRENGTHEN YOUR DAUGHTER'S FAITH.

1

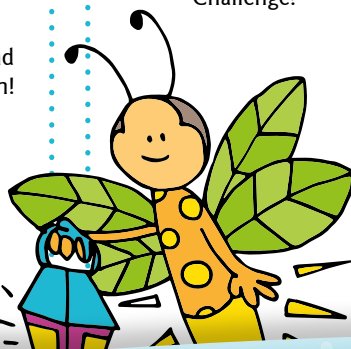
Listen to the True Girl MomCast.

This month, we're talking about the power of our words. Each of us is always leaving something behind us—the question is—what are we leaving? We're going to dive into God's Word to help you understand how to build godly speaking habits into your tween's life (and yours, too)!

2

Read the date plan and familiarize yourself with the topic.

This paper contains all the instructions you need for a simple mom+daughter date. We're getting outdoorsy, creative, and competitive this month!



3

Schedule your date!

During the month of November, you'll need one or two minutes a day to focus on the No-Grumble November Challenge!

4

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

But first, pull the Shine Box charm—a cute star—out of the box. You'll present her with this special charm AFTER you do your mom+daughter date. Also remove the No-Grumble November Calendar and follow instructions in the date!

DANNAH GRESH'S

True Girl Pajama Party TOUR



THE TRUE GIRL TOUR WILL BE BACK ON THE ROAD IN THE SPRING!

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

mytruegirl.com/events

