



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

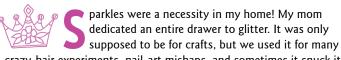




Sparkles or Sand



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 }



crazy-hair experiments, nail-art mishaps, and sometimes it snuck its way into our food. Once sparkles were out, they got everywhere!

But sand was not allowed NEAR our home. If we'd been someplace with sand, we had to step into a bucket of water before we could come inside. After drying off, we had to shower just in case any sand particles snuck in. They usually did.

Both sparkles and sand get EVERYWHERE. Yet, I think sparkles are more pleasant than sand. The same applies to our words. What we say affects our surroundings just as sparkles and sand do. Our words trail behind us and spread. We can choose to "leave a little sparkle" or "leave a little sand" wherever we go.

Philippians 2:14–15 encourages us to do everything without complaining and arguing because those words don't make the world sparkly. They make it sandy. So let's be sure to leave a little sparkle!

Maction Point: We're challenging you to a No-Grumble November. Here's how it works:

- Do everything without grumbling or complaining.
- Speak life and "leave a little sparkle" by doing the activity of the day on the True Girl No-Grumble November calendar.

HILDSY MARIE is a former True Girl cast member working with our team to start a teen ministry called True You. She's the author of Leave a Little Sparkle Wherever You Go.











A Microscopic Glory

So, all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—Who is the Spirit—makes us more and more like Him as we are changed into His glorious image.

{ 2 Corinthians 3:18 }





n my microbiology class recently, I was challenged to take a sample of germs from a material of my choice. I chose to pull a germ sample from my keyboard.

It was a standard assignment, so I didn't think anything of it. At least not until I looked at the sample under the microscope. To my amazement, I discovered what looked like an undiscovered galaxy!

I saw bacteria that looked like shining stars of all shapes and sizes through the microscope. My mind was blown to think of the perfect foreign world that is hidden from the naked eye but lies directly in front of us daily.

That day in class, I learned more about God's indescribable glory. It shines for all to see, from the microscopic level to everything we observe with our own eyes. And, just as the invisible bacteria, you are a shining reflection of God's glory, made in His image.

ACTION POINT: Take a look around you. Can you list specific things that reflect God's glory?

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One Match Makes a Difference

The light shines in the darkness, and the darkness can never extinguish it. { lohn 1:5 }

super cool place to visit in Kentucky is called Mammoth Cave National Park. It's the longest cave system in the world! On official tours, the guide weaves visitors through a maze of amazing rock formations and waterfalls before leading them into the largest room in the cave. Yes, it's mammoth!

Next, the guide turns out all of the lights so everyone can experience what they call "total darkness." And it's absolutely true—you cannot see anything! Then comes my all-time favorite part: The guide lights a single match. And do you know what happens? The entire Mammoth Cave is lit up by one tiny flame!

If one small match can light up something that big, just think what God can do with thousands of girls like you who are reading these devotionals and shining on fire for Him! We may live in a world that feels like "total darkness." But, just like in Mammoth Cave, darkness can never extinguish the power of one shining match! Light always overcomes darkness. So SHINE ON because one match makes a difference.

ACTION POINT: Light a candle with your mom to remember God's power when we let His light shine in the darkest places!

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Shine, Moses, Shine!

When Moses came down Mount Sinai carrying the two stone tablets inscribed with the terms of the covenant, he wasn't aware that his face had become radiant because he had spoken with the LORD.

{ Exodus 34:29 }





hen I say "Moses," what's your first thought? Maybe it's "baby in a basket," "Pharaoh's nemesis," or "The Ten Commandments."

For me, it's the word *humble*. Numbers 12:3 says, "Now Moses was very humble—more humble than any other person on earth."

Dictionary.com defines being humble as not being proud or arrogant. I'm guessing Moses didn't always win first place in humility. He did grow up in Pharaoh's palace! I believe it was when he encountered the Living God in up-close-and-personal ways that his heart grew humble. But it wasn't just Moses's heart that changed as he spent time in God's presence. His countenance did too.

Countenance is a fancy word for appearance. The first time God appeared to Moses, he "covered his face because he was afraid to look at God" (Genesis 3:6). But, years later, Moses asked to see God's "glorious presence" and God allowed His "goodness" to pass before Moses (Exodus 33:18–19). Scripture says that afterward, Moses's face was radiant. He literally sparkled from spending time with God!

ACTION POINT: When we spend time with God, we change. Like Moses, our hearts grow humbler, and our countenance shines! Read the full story of Moses's encounter with God. You'll find it in Exodus 33:12-23 and Exodus 34:1-35.

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The Chosen One



But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him Who called you out of darkness into His wonderful light. { | Peter 2:9 NIV }

hat comes to mind when you hear "the chosen one"? Is it The Lord of the Rings' Frodo Baggins, as he embarks to destroy the darkness with a ring? How about Simba from The Lion King as he faces his past to see the truth? Or Mary, Jesus' mother, chosen to carry and raise the promised Messiah?

Being chosen is something we all desire. Guess what? There is someone who chooses you every day and will never leave you. It is God! You are a chosen daughter of the King, called out of darkness and into the light, to stand firm in your faith and be a light in the world.

Walking in the light is not always easy. How would you feel if someone shone a super bright flashlight in your eyes? I'm guessing your eyes might not like it very much. Sometimes that's how our lives may feel when we turn from darkness and walk in the light. In John 8:12, Jesus says, "Whoever follows me will never walk in darkness, but will have the light of life."

So Chosen One, now is your time to be who God has called you to be and to shine bright!

ACTION POINT: As you embrace this calling of living in the light, how can you be intentional to shine bright in the darkness? Pray and ask God to use you in your school, friend groups, church, community, sports team, or at home.

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Talking Donkeys?

Then the LORD gave the donkey the ability to speak. { Numbers 22:28a }





n our verse today, we see something really weird. Why in the world did God give a donkey the ability to speak? Because He had an important message to get to the guy riding that donkey!

You can read the whole story in Numbers 22, but the short story is Balaam was going somewhere, and God needed him to stop and listen to His instructions. Balaam didn't get all the clues along the way, so God finally had the donkey talk to him. (While part of me thinks that would be so cool. I bet it would be really freaky!) Once Balaam finally realized God had a message for him, he stopped and listened

God is always looking for those who will speak His truth to others—even if it's a donkey! That doesn't mean we go around using God's Truth to make people feel bad. It means that when we love God and others, our mouths are always willing to say what's on God's heart and in His Word.

ACTION POINT: Read the story of Balaam and his donkey in Numbers 22. If you like to draw, create a picture of what you think Balaam's face must have looked like when the donkey spoke to him.

> JANET MYLIN is a True Girl lead teacher and she loves to thrift shop for things to make her farmhouse extra funky!













Not-Your-Typical Optimist

"But don't be upset, and don't be angry with yourselves for selling me to this place. It was God Who sent me here ahead of you to preserve your lives." { Genesis 45:5 }



f anyone had a good reason to grumble and complain, it was Joseph. You can read his story in Genesis 37 and 39-50. But let's do a quick recap.

First, Joseph's jealous brothers sell him. He ends up in Egypt working for Pharaoh's chief guard, Potiphar. Second, Potiphar's wife wrongly accuses Joseph. Joseph ends up in jail! Third, an imprisoned Joseph interprets dreams for Pharaoh's cupbearer. The cupbearer forgets to tell Pharaoh about Joseph. Fourth, he finally remembers. Joseph lands a job as Pharaoh's right-hand man.

Nowhere in Joseph's story does it say he bellyached or fussed. Instead, it seems Joseph left "a little sparkle" wherever he went. Scripture even says he was a favorite of the prison warden (Genesis 39:21)! loseph brought his best to situations—and that best included a good attitude.

But Joseph didn't have a positive perspective because he was just optimistic. He trusted that he was never outside of God's good plan. So even in the difficult times. Joseph believed God had a purpose for him!

ACTION POINT: Use the recap to create a comic strip of Joseph's story. In the last panel, show Joseph comforting his brothers with today's verse.

> ASHLEIGH SLATER is a wife, mom, author, and editor. She loves to take adventures and collect "Been There" Starbucks mugs from the places she travels. AshleighSlater.com











"Look at Us!"

Peter and John looked at him intently, and Peter said, "Look at us!" { Acts 3:4 }





retend you're a baby still stuck in your mother's warm belly. You're fully developed and ready to be born. You can even hear the distant world outside.

But what of that world can you see? Nothing. No brilliant colors. No sunshine. No smiling faces. You cannot see until you're born.

It's like that for people who don't know Jesus as their Lord and Savior. They don't "get it" because they cannot "see" in the spirit world. They can't see God's love. Can't see God's healing. They haven't been born into that world yet.

But they can see you! Acts 3:1-11 tells about a man who needed physical healing. Peter and John walk by and pray for him. He's healed. I think it's unusual that Peter says, "Look at us!"

Why didn't he say, "Look at God"? Two reasons. One, the man wasn't a believer yet. So he was blind to God. But also because Peter and John were living as God wanted them to and could confidently say, "Look at us!" knowing that the man would see proof of God. Is your life like that? Can your friends who can't see God see proof of Him in your life?

ACTION POINT: We're trying to "leave a little sparkle" with No-Grumble November so people can "look at us" and see proof of God. Encourage someone who makes it easy to see God. Tell them they remind you of Peter and John.

Today's devo is adapted from 8 Great Dates for Moms & Daughters: How to Talk about True Beauty, Cool Fashion, & Dignity by DANNAH GRESH, the founder of True Girl. Get a copy at mytruegirl.com.















Don't Be A Flashlight

"I am the light of the world." { John 9:5 }

onrad Hubert had an idea to put a light bulb into a tube and power it with a battery. In doing so, he invented flashlights in 1903. To test them out, he gave them to police officers to use while patrolling the New York City streets. The officers found them really helpful. They no longer had to work in darkness.

There was just one problem. They only lasted a few seconds before they began to flash as the batteries died. That's how they got their name: flashlight!

Jesus declared that He was and is the Light of the world. You are like a flashlight for Him when you are kind, patient, self-controlled. and say lovely and true things. When you grumble, it's a little like those early flashlights. Your light grows dim and fades in and out!

Keep working on your no-grumble commitments. Remember you're trying to do everything without grumbling or complaining (Philippians 2:14). And you want to speak life and "leave a little sparkle" by doing the activity of the day from the No-Grumble November calendar.

Let the light of Jesus shine bright in your life!

ACTION POINT: If you've been struggling with grumbling or complaining, ask God to help you. Then, shine the light of Jesus bright by sharing one of your favorite Bible verses with someone who needs encouragement today.











Volun-told!

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope."

{ Jeremiah 29:11 }



was volun-told to do a lot of things at my church. My mom was our Vacation Bible School (VBS) director each summer, and after I was old enough to help,

she volunteered me to assist her. I was frustrated at always having to serve, so I asked my mom why I had to help with everything she signed up to do.

If only I knew then that God was preparing me.

Because of the years I spent helping my mom lead and plan our VBS, I knew how to lead a VBS already when God later called me into the ministry. At a young age, He was preparing me to do what He called me to do. I grumbled. I complained. But later, I was so thankful that I was volun-told to help!

Jeremiah 29:11 reminds us that God has a plan for our lives, and sometimes He begins preparing us for what He is calling us to do in ways we never could imagine.

ACTION POINT: What gifts, talents, and skills has God already given you to use for his good and glory?

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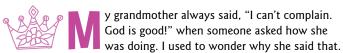




I Can't Complain

{ Ephesians 5:8 }

For once you were full of darkness, but now you have light from the Lord. So live as people of light!



She *could* complain if she really wanted to. Grandma was legally blind, had diabetes, and needed my grandfather to help her do almost everything!

But in all her sickness and pain, I remember how she would light up when she talked about Jesus and how He changed her life. Yes, she would talk about her challenges and tell us when she was having a difficult day. But, the negative things couldn't compare to God's goodness.

Although her sight was almost gone, she would still crack open her huge, white, hardcover Bible and read the Scriptures daily. She loved reading the Word and telling others about the gospel.

My grandmother didn't ignore the pain and issues she had, but she did make a daily decision not to let them define how she lived.

So now, when someone asks me how things are going, I find myself saying the same thing Granny used to say, "I can't complain. God is good!"

ACTION POINT: When someone asks you how your day is going, go ahead and tell them how you're feeling (even if you want to complain). Then talk about the goodness of God even in the middle of what's going on.

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God's Word Works

Then God said, "Let there be light," and there was light. { Genesis 1:3 }





asked my daughter to clean her room. Can you relate? Maybe you were just asked to clean your room too! At the end of the day, I noticed she had not done her

chores. I asked her why. She said she was in the process of "studying about cleaning her room."

We can study the Bible and memorize Scripture, but if we don't act upon the Word, we are left with empty promises.

When God speaks, He acts. His words are not empty promises. His words are more like proclamations. When God speaks, His Word works. When He said, "Let there be light," there was light.

When Jesus came, He was identified as "the Word." The gospel of John says, "The Word gave life to everything that was created, and his life brought light to everyone" (John 1:4). This means Jesus said, "Let there be light" in creation!

Jesus also said He gives light to everyone. That means you have light because He said it and His Word works. So go shine bright...and clean your room.

ACTION POINT: Proclaim and sing the song "This Little Light of Mine" because it's true!

JODY TOKEN is the coach and creator of The Great Flip, faith-filled online martial arts for ages six and up. Request a free video and lesson plan at www.thegreatflip.com.













Why Did I Do That??

For whatever is in your heart determines what you say.

{ Matthew 12:34b }

he walked past me in the hall at school and, with a mean look, called me a bad word. This girl didn't care for me one tiny bit because she thought I liked her boyfriend. So what did I do? I put a mean look on my face and called her that same bad word as I walked past her.

Yuck. Immediately I thought, "Why did I do that? Why didn't I just ignore her? Why did my mouth even say that word???"

Our focus verse for today makes a lot of sense, doesn't it? Whatever's inside of us will be what comes out of us! And that's what happened to me that day.

If I had been filling my heart with good things like God's Word, appropriate music, and TV shows that were good for me, I wonder what would have come out when I opened my mouth? Probably something much, much different than that bad word.

ACTION POINT: Make a list of all the ways you spend your time right now. Are they things that help your mouth say good things or bad things? Ask God to help you make good choices with what goes into your mind.

JANET MYLIN is a True Girl lead teacher and she loves to thrift shop for things to make her farmhouse extra funky!











I'm Telling!

These people are grumblers and complainers, living only to satisfy their desires. They brag loudly about themselves, and they flatter others to get what they want.

{ | Jude 1:16 }



here was one thing my big brother and I would fight about constantly when I was really young—tattling! If I felt he was unfair or if I simply wanted to get my own way, I would run to my parents (or grandparents because they lived with us, too). I would let them know whatever unfair thing my brother had done to me because I was never to blame! (OK, maybe sometimes I was. *smile*)

I would tell them how innocent I was in the whole thing, how I was just trying to help, or how I didn't mean to bother my brother. In reality, I only cared about getting my own way.

Thankfully, I grew out of the tattletale stage. Now, when I feel like complaining about something or someone, I think about my reason for doing it. Is it to make people side with me or maybe to get my own way?

Grumbling and complaining are good signs that we are only focused on ourselves. But God wants us to think of others first. That way, our main focus becomes God being glorified in how we treat each other rather than getting our own way.

ACTION POINT: Today, when you're tempted to grumble or complain about someone, do something to serve them instead.

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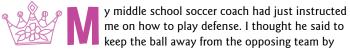






How Do I Shine?

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 }



kicking it back to the goalie if I needed to. So I did! When the striker from the other team approached me by the goalie line, I passed the ball to my goalie. Bad idea! There were players from the opposing team right behind me. They ended up scoring the winning goal all because of my misunderstanding. Yikes!

What my coach actually told me was, "If the other team is near you and you are near the goal, kick it out of bounds, not to the goalie." Instead of quitting soccer after my mistake, I considered what was important to help me shine for my team, including listening better to my coach's instructions.

Sometimes God's instruction can be misunderstood if we do not pay attention to all of His Word. He has called you to shine for His glory, but how? Consider the instruction in Philippians 4:8. The "true, honorable, right, pure, lovely, and admirable" are some things we can use to shine.

ACTION POINT: What are some true, honorable, right, pure, lovely, and admirable things you can do this week? Write down one idea for each of them. How can these ideas help you shine for Christ?

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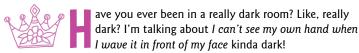


Are You Hiding Your Light?

"No one lights a lamp and then covers it with a bowl or hides it under a bed. A lamp is placed on a stand, where its light can be seen by all who enter the house."

{ Luke 8:16 }





Imagine you're in that room with a bunch of your friends, and one of them flips on their flashlight. What happens? The room lights up! It doesn't feel so dark anymore. You can see!

Just like your friend's flashlight in that dark room, your love for Jesus is a light in the darkness of this world. They may not know it, but everyone around you is looking for something. They're looking for Jesus! The sad thing is that they're lost because they don't know who Jesus is, and they're searching in the dark.

But...if you shine the light of Jesus' love by telling others about Him, you can be the flashlight that helps others see Jesus for the first time.

Look back and read today's verse if you haven't already. Are you hiding your lamp—or flashlight—or are you shining it for all to see?

ACTION POINT: Is there anyone in your life right now who doesn't know Jesus? Make a plan to tell them about Jesus this week. You can do that by writing them a letter or even just talking to them in person!

KINDRA STANTON is passionate about helping women and girls study God's Word with confidence. She loves making music with her husband Caleb, drinking coffee, and reading good books! KindraStanton.wordpress.com















Godly YouTubers



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

{ Matthew 5:16 }

o you have a favorite YouTuber? I know people who love to watch vloggers teach them how to do amazing stuff! Some YouTubers create Play-Doh sculptures. Others demonstrate how to play video games or talk about different toys and the best ways to play with them.

Did you know you can be a "YouTuber," too? But I'm not talking about the kind which creates a YouTube channel and posts videos. The type I'm talking about doesn't have to worry about the tech part! Instead, the channel is your life, and you have a lot of people subscribed. Everyone who knows you is following you! What are you teaching them? What are they watching?

There's a saying that you might be the only Bible some people ever read. That's true! Some of your friends might not read their Bibles or devos like you are doing right now. But by how you act, you can teach your viewers about God's wonderful truths and love. You can be a godly "YouTuber" when you let your good deeds shine for them to see.

ACTION POINT: YouTubers spend time creating their content and preparing for their performance. So should you! Remember to get inside your Bible as much as possible to be a godly influence on your friends.

LISA YABRA serves in the Dominican True Girl Ministry: Chica Verdadera.

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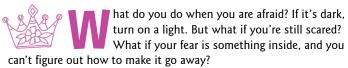




Stop Fear with God's Faithfulness

The LORD is my light and my salvation
—so why should I be afraid?
{ Psalm 27:1 }





David, the person who wrote Psalm 27, feared for his life. Bad people were chasing him. He didn't know what to do. He tried running and hiding, but he was still afraid. Soon his own thoughts made him feel more scared.

When you don't know what to do, you can reduce fear and remember what God has done for you. David began to recall God's faithfulness. He remembered God's light and salvation. Then he remembered God's strength. "The LORD is my fortress, protecting me from danger, so why should I tremble?" (Psalm 27:2).

Sometimes fear is real, and it must be addressed. But sometimes fear is caused by lies we believe. Shine the bright light of God's Truth to illuminate fear and create faith.

ACTION POINT: What makes you feel fearful? Shine God's Word on that fear and replace it with his faithful promises. Write Psalm 27:1 on a post-it note. Memorize it and put it in a place you can read when you feel afraid.

JODY TOKEN is the coach and creator of The Great Flip, faith-filled online martial arts for ages six and up. Request a free video and lesson plan at www.thegreatflip.com.













A lot of men and women of questionable reputation were hanging around Jesus, listening intently. The Pharisees and religion scholars were not pleased, not at all pleased. They growled, "He takes in sinners and eats meals with them, treating them like old friends." Their grumbling triggered this story.

{ Luke 15:1–3, The Message }



n second grade, there was a super bad boy named Todd. He had a "questionable reputation" because of how he behaved. And no one really liked to hang out

with him at recess or lunchtime. He was too much trouble!

When Jesus lived on earth, He spent time with people like Todd. And He treated them like "old friends." I can imagine Jesus standing in my school lobby as students arrive. When Todd stumbles in, Jesus says, "Good morning, my friend! Wanna hang out at lunchtime?"

You know what else I can imagine? Me wondering why on earth Jesus picked Todd instead of me...or any of the other better-behaved kids. That would put me in the group of Pharisees. When they grumbled about who Jesus hung out with, He told them a story. In fact, He told them three. For the next three days, I'll share the stories Jesus told them. Why? Because there must be some lessons for us to learn that will help us grumble less.

ACTION POINT: Is there anyone in your classroom or neighborhood with a "questionable reputation"? Do they frustrate you? Remember to "do everything without arguing or complaining" (Philippians 2:14), including how you talk to and about them.











"If a man has a hundred sheep and one of them gets lost, what will he do? Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? And when he has found it, he will joyfully carry it home on his shoulders. When he arrives, he will call together his friends and neighbors, saying, 'Rejoice with me because I have found my lost sheep.' In the same way, there is more joy in heaven over one lost sinner who repents and returns to God than over ninety-nine others who are righteous and haven't strayed away!"

{ Luke 15:4-7 }

here's a popular YouTube video of a sheep that's stuck in a ditch. Two boys help it get out, but it just jumps right back into the same ditch. Sheep aren't super smart.

The Bible calls us sheep about four hundred times and identifies Jesus as the Good Shepherd. In today's story, being lost represents an inability to stop sinning. Jesus is the only one who can help us when we're lost in sin. He will carry us away from it. Why? Because we aren't able to get ourselves out of sin problems. But He is. That's why He hangs out with people, like Todd, who are lost in their sin.

And when He helps them, heaven celebrates.

Do you celebrate when you see God work in the heart of someone who has a questionable reputation? Or do you grumble?

ACTION POINT: Do you know someone was spiritually lost but is beginning to understand who Jesus is? Write them an encouraging note and tell them you're celebrating how Jesus is showing up in their lives.













"Or suppose a woman has ten silver coins and loses one. Won't she light a lamp and sweep the entire house and search carefully until she finds it? And when she finds it, she will call in her friends and neighbors and say, 'Rejoice with me because I have found my lost coin,' In the same way, there is joy in the presence of God's angels when even one sinner

{ Luke 15:1-3, The Message }

nce, I lost my engagement ring. Bob had just proposed to me, and my new ring was my most precious earthly possession. It wasn't just expensive. It meant something special to me: Bob loved me!

I looked everywhere. I'd just finished making a chocolate cream pie. I ripped it apart when my ring couldn't be found anywhere else. It was the saddest feeling to think I'd lost it forever. (Eventually, I found it in my jewelry box!)

Today's story is about a woman who has lost a silver coin. Back then, an engaged woman took all the coins she owned and sewed them into a headdress for her wedding day. So, her coin meant something very special. She would have felt the same sadness I did.

Jesus feels that kind of sadness when a person's lost in sin and doesn't reach out to Him. But when they finally do, He doesn't just rejoice, but He invites us to be happy, too.

ACTION POINT: Do you know someone who has recently decided follow Jesus? Share with them how happy you are. "Leave a little sparkle" by telling them you're rejoicing with them.









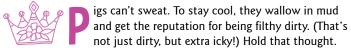




So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him.

{ Luke 15:20 }





Remember, we're looking at three stories Jesus told because the religious leaders were grumbling. Why were they grumpy? Because Jesus was hanging out with sinners.

Today's story is about the Prodigal Son, a young adult who ran away with his father's wealth to do sinful things. Eventually, he runs out of money. He has to start working and finds a job feeding pigs. He realizes he's made a terrible mistake. He repents. That means he turns away from his bad behavior and walks back the other way. He goes home.

When he arrives, his dad is waiting with open arms. But there's a grumbler in the house. His older brother is angry about the celebration (Luke 15:27–28).

In a way, this grumbler is further away from the father's heart than his brother. He, too, needs to repent. He's wallowing, just not in pig mud!

ACTION POINT: If you don't have a rejoicing heart when someone repents, you're a grumbler. Do you want to have open arms for repentant people? Practice by "leaving a little sparkle" of encouragement with some big hugs.















I'm Gonna Let It Shine

Then Jesus asked them, "Would anyone light a lamp and then put it under a basket or under a bed? Of course not! A lamp is placed on a stand, where its light will shine." { Mark 4:21 }

ecently, I stumbled across the Disney film Encanto. And, if you know me, then you know how much I love Disney movies! Encanto has quickly jumped to the top of my list of favorites. My daughter and I loved it so much that we've watched it a gazillion times together. It's definitely a movie worth watching.

Encanto highlights the magical story of the Madrigal family. The Madrigals have a special candle that is placed high up in a window in the family home. This candle leaves the window only when a family member carries it. Aside from its magic, I think it's pretty cool that the family is committed to keeping the candle where it can always be seen. They don't hide the candle in a closet, under a bed, or anywhere it isn't visible.

As followers of Christ, we have a special light too! It's the light of lesus Christ. And we must ensure that we live in a way that our light can always be seen. Just as the Madrigals don't hide their special candle, we should not hide our special light. Jesus wants us to shine brightly everywhere we go—at school, church, home, EVERYWHERE!

ACTION POINT: There are a ton of ways that you can shine your light for Jesus! Try gathering friends for a Saturday morning Bible study. Or bring together a group of friends to pray each morning before school.

PORTIA COLLINS is a Bible teacher, writer, podcast host, and the founder of She Shall Be Called, a ministry where sisters in Christ come together to learn God's Word. sheshallbecalled.com







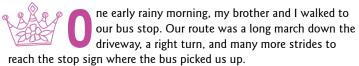




So Yucky

Your word is a lamp for my feet a light on my path.
{ Psalms 119:105 }





To be on time, we had to be at the stop sign no later than 6:30 a.m. As you can imagine, it was pretty dark on some mornings, depending on the season. While we could see enough to start walking to the bus stop, we couldn't quite see everything in front of us. However, as we were walking that morning, a car glared its headlights onto the street. Immediately, my brother and I took off running. To our surprise, earthworms were everywhere on our path to the stop sign. SO YUCKY!!!

It's amazing what light will do in darkness. For us, it helped to dodge the yucky earthworms all over our path. When you read the Word of God, it becomes a light to your path to show you the yucky things in life that you should avoid. God wants you and me to live clean and innocent lives and gives us His Word to help us.

ACTION POINT: Commit to reading at least one Bible verse every day. If you aren't sure where to start, the Book of Proverbs is full of wisdom!

CHARITY WRIGHT is the director of Stand Out Society, a young women's ministry located in Richmond, Virginia, at Mt. Gilead FGIM. She loves to minister to young girls and enjoys self-care. standoutsociety.org













A "Hallelujah" Life!

Then I heard what sounded like a great multitude, like the roar of rushing waters and like loud peals of thunder, shouting: "Hallelujah! For our Lord God Almighty reigns. Let us rejoice and be glad and give Him glory! For the wedding of the Lamb has come, and His bride has made herself ready." { Revelation 19:6-7 NIV }

magine you're on a rollercoaster going slowly up the first big hill. Butterflies swirl around in your stomach. When you finally plunge down the other side, you probably scream something like, "Wa-Hooooooo!"

Hallelujah is like "Wa-Hooooooo." But you use it to express your excitement for God. It means "to be bright, to shine." It has to do with radiance. The word radiant always makes me think of Charlotte's Web when Charlotte wove that word for all the townspeople to see. Wilbur, the pig, was definitely clean and bright after his milk bath, but I don't think he actually glowed! When we praise and adore God, it doesn't just please Him, but it changes us. It causes our lives to be radiant.

In Matthew 5, it says that you are the light of the world. Light is something that helps people see clearly in a dark place. When you live a life of Hallelujah, other people will see that you're different. They may even ask why you're not complaining like everyone else. When you tell them about the hope of Jesus, that's being a light!

Maction Point: "Leave a little sparkle" today by looking for ways God is at work and say, "Hallelujah."

> Today's encouragement is an adapted excerpt from The One Year Mother Daughter Devo by DANNAH GRESH and IANET MYLIN. Get a copy at mytruegirl.com.









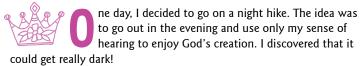


Gave You a Flashlight... Use It!

Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

{ John 8:12 }





I wanted to finish the hike without using my flashlight, but I reached a point in the woods where I couldn't see anything. I began to pray and ask God to lead me. At that moment, I felt God speaking to my heart, reminding me that I had a flashlight to help me see.

In our verse today, Jesus says He is THE light, and those who follow Him don't have to walk in darkness.

The world is still dark in some places. Many people find themselves in the dark and don't know about the Light God's given them so they can see the path in front of them. But if you follow Jesus, you are carrying a flashlight! Use it!

> ACTION POINT: You may have a friend that you know who is still walking in the dark, and she needs a light to see. Share that light by encouraging her with today's verse!

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She has an Irish Setter and rides motorcycles. mytruegirl.com















I Am a Reflection

You are the light of the world—like a city on a hilltop that cannot be hidden.

{ Matthew 5:14 }

hen I was a little girl, I spent a lot of time learning about the people in the Bible. I learned about Abraham and how God promised his

descendants would form an entire nation. I loved the story of Esther and knew she was a very special girl whom God chose to help save His people. Moses, John the Baptist, Mary...the list could go on.

I always believed that people in the Bible must have been very special. After all, God chose them to do some really big and amazing things! But do you know what I didn't realize? I never understood that the people in the Bible were not the only people God chose to do amazing things. He also chose me! And guess what? He chose you too! Even though we weren't alive when the Bible was written or when Jesus lived on the earth, God has a very special purpose for each of us.

You are probably wondering what that purpose is, right? Well, here it is: You have been chosen to reflect God's love and goodness to the people around you. He wants His light to be your light.

ACTION POINT: How cool is it that you have been chosen to reflect God's love and light? "Leave a little sparkle" by telling someone what you learned. Maybe find a friend and say, "God has a special purpose for you!"

Today's devo is adapted from the book I Am Yours: Prayers for God's Girl by WYNTER PITTS, the founder of For Girls Like You. Published by Harvest House Publishers in Eugene, Oregon. Get a copy at forgirlslikeyou.com.











How Brightly Are You Shining?

Arise, Jerusalem! Let your light shine for all to see.
For the glory of the LORD rises to shine on you.
{ Isaiah 60:1 }



ave you ever looked up at a tall parking lot or street light at night? Maybe you've noticed how all of the bugs hover near it. There are always a TON of insects around the light! Do you know what makes them want to get close to that brightly shining light?

Yup, you guessed it! The answer is the warm space that light creates as it shines.

As God's people, we are those lights in a world where so many people are looking for a warm and friendly person they can go to. Isaiah 60:1 says, "Arise, Jerusalem! Let your light shine for all to see. For the glory of the LORD rises to shine on you."

You don't have to be as tall as a parking lot or street light to SHINE brightly for Jesus. Like the verse says, "For the glory of the LORD rises to shine on you." So, when you go to school, the store, the park, or the bowling alley, let God's light SHINE through you. Smile a big friendly smile to those you meet. That kind smile you share might just be the shiny, warm light someone needs today!

ACTION POINT: Read God's letter to YOU, the Bible, so you can stay closely connected to Him. When you do, you will reflect His love and light. Shine brightly, my friend, so others will want to be close to Him too.

ROSE MAST is the Subscription Logistics Coordinator here at True Girl. She loves watching her kids play sports, hearing people's stories, and learning great leadership tools.











Little Lights

"I have made you a light to the Gentiles, to bring salvation to the farthest corners of the earth." { Acts 13:47 }

as the power ever gone out at your house? One evening, my brother and I were playing board games in the living room when all of a sudden, ours did.

It was dark, and we could barely see our hands in front of our faces! Then, I got a great idea. Let's light some candles! We lit all the candles we could find, and they started twinkling and glowing. Those little lights made a big difference!

Now, think about your relationship with Jesus. A little bit of truth from the Bible can make a big difference. There are a lot of people who don't have the light of Jesus' love. We are supposed to be a light to them!

You might think that you aren't smart enough or old enough to share Jesus' love with someone. But that's not true! God can use you now to shine for Him. And sometimes, the little things you share can make the biggest impact on someone's life.

ACTION POINT: Are you sharing the light and love of Jesus with others? This week, find someone you can share them with!

MELODY FACEMIRE is the founder of GEM girls (gemgirls.org) and loves to lead others closer to Jesus. She is a teen girl, friend. mentor. babysitter, and pet lover.











Don't Drink That!

Take no part in the worthless deeds of evil and darkness; instead, expose them. { Ephesians 5:11 }





y 7th-grade history class was pretty wild. There was talking, note passing, and other things that kept us from learning.

My teacher would always have a cup of coffee during class. One day, I noticed something strange going on. He'd stepped out of the room, and some kids hurried to circle around his coffee cup. I saw one kid drop something in it, and they all laughed. Then another did the same. They invited more of us to do it too, but I didn't go. My teacher came back in and they all scattered back to their seats.

He reached for his cup, and went to take a sip of his coffee. At that moment, I knew I should say something, but I didn't. Instead, I sat quietly as he took a drink. I felt bad for the rest of the day.

As followers of Jesus, we have a responsibility to do what's right. That means not only do we avoid joining others in doing bad things, but we also expose those bad things. When we're quiet, evil has a chance to hurt others and cause lots of trouble, so we must be sure to speak out against it.

ACTION POINT: Do you have a hard time exposing bad things? Make a list of things happening that you've been afraid to expose. Show it to your mom or a trusted adult. Pray together for courage to bring them into the light.

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













Hope is Thrilled!



I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit. { Romans 15:13 }

y niece is getting married soon, and she is thrilled. Her name is Hope! Yes, Hope is thrilled to be marrying the man she began praying and waiting for since she was your age. However, in the months leading up to their wedding, Hope and her fiancé Jamie have faced some unexpected sadness.

Thankfully, that first Christmas, Jesus brought the gift of hope and gladness to a world where we face different kinds of sadness. In the middle of the happy parts of this season, maybe you are facing some sorrow too. But like Hope and Jamie, when you "put your hope in the living God, you can overflow with hope, joy, and peace by the power of the Holy Spirit" even when sad things happen.

You were given a name when you were born and will get a new name when you get married. My niece will soon have a new last name—and she is thrilled! This season, remember that Jesus came to give YOU a new name too. That name is HOPE!

ACTION POINT: List any sadness you face on one side of a note card. On the other side, write your name with "Hope" as your middle name. Use this card to remind you of the hope God gives you over sorrow.

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











Get Your Hopes Up!

Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled. { Romans 15:4 }





remember as a kid how it felt to be let down. Most of the time, when my parents promised to take us somewhere or do something with us, they came

through. But every now and then, something would come up and we couldn't go to the place or do the thing we had planned. So, sometimes I just wouldn't let my hopes get too high. That way, if plans fell through, it wouldn't be a huge disappointment.

I admit, that probably wasn't the best way to handle disappointment. You see, it's okay to get your hopes up. As a matter of fact, God wants us to do that! He just wants that hope to be in Him. He wants us to know that what He's written in His Word can be trusted! His promises will come true.

Even if our earthly plans change—a friend cancels or we don't get the special treat we were looking forward to all day—God wants you to remember His promises and have hope!

ACTION POINT: Ask Mom to help you find some of God's promises in the Bible. Read them out loud and make them personal.

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















The Gift of Hope

Be strong and courageous, all you who put your hope in the LORD.

{ Psalm 31:24 }

ave you ever been afraid? I don't consider myself a scaredy-cat, but some things make me uneasy. First, I'm not a fan of bugs. Things that crawl and squirm on the ground make me squirm too! As if bugs weren't enough, I don't like the darkness either. Can you imagine walking into a dark room and having something jump out at you? OK, now that I think about it, maybe I am a bit of a scaredy-cat! But aren't we all? I bet you could name a few things you're afraid of too.

Do you know what's so wonderful about following Jesus? He gives us the gift of hope! Hope for the future. Hope that cancels out the darkness. And hope that, ultimately, keeps us safe and protected in His care, even from those creepy, crawly bugs.

Because we're followers of Christ and belong to Him, we don't have to live in constant fear. Yes, sometimes we'll experience moments when we're afraid. But this verse shows us that courage and strength are possible for all who put their hope in the Lord. Always remember that Christ gives us the strength and courage to face the scariest situations.

ACTION POINT: Take a moment to think about what makes you afraid. As you reflect, I speak against your fears. Repeat after me: "Because I have put my hope in Jesus Christ, I am strong and courageous to face my fears."

PORTIA COLLINS is a Bible teacher, writer, podcast host, and the founder of She Shall Be Called, a ministry where sisters in Christ come together to learn God's Word. sheshallbecalled.com











From Sad to Glad

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again, my Savior and my God!

{ Psalms 42:11 }



ave you ever felt like you just wanted to cry? Well, I was feeling that way the other day. There were so many things I had to do, and it felt like I was trying to climb an impossible mountain! I just wanted to give up.

A wise friend reminded me that giving up wouldn't help. She told me that even if I gave up today, all those things would still be there tomorrow. Then, she said something important: "The best thing to do is to give all your problems to Jesus and take things one step at a time."

Well, that's great. But how do we do that?

One way to give our problems to Jesus is to tell Him about them. He understands what we are going through. After we do, we can praise Him for all the good things He has done for us! We can "put our hope in God" by trusting Him, even when it's hard. He will give us the strength to start taking things one step at a time.

ACTION POINT: Do you feel sad or discouraged? Give your problems to Jesus, praise Him for the things He's done, and ask Him for strength. Also reach out to someone you trust and ask them to pray with you.

MELODY FACEMIRE is the founder of GEM girls (gemgirls.org) and loves to lead others closer to Jesus. She is a teen girl, friend, mentor, babysitter, and pet lover.







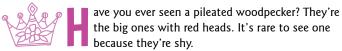






The Thrill of Hope

Lead me by your truth and teach me, for you are the God Who saves me. All day long I put my hope in you. { Psalm 25:5 }



We have several that live near our farm. Sometimes, I'll hear one pecking at a tree. Now and then, I see one. Once there was one on my birdfeeder!!! I stared and felt the thrill of it. It made me even more hopeful that I'd see one again.

I think that's the feeling that made a Christmas carol writer pen the words to "O Holy Night." They describe the night Jesus was born as a "thrill of hope." It's made people hope even more that they'll see and experience God! That's what we want to stir up in you this month as you do your devos: a thrill of hope that makes you want to see God at work in your life.

Like my pileated woodpeckers, you may not see Him all day long, but you can be sure you're just another prayer or faith walk away from seeing Him at work in your life.

That's the thrill of hope.

ACTION POINT: Ask your mom if you can look up a video of the pileated woodpecker online. Feel that "thrill of hope" that I did. Pray for God to make you feel that way about seeing Him at work in your life.













My Wall of Words

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



hy do seagulls fly over the ocean? Because if they flew over the bay, we'd call them bagels.

My mom packed my school lunch, and every day, I would find a sticky note on the very top of my sandwich baggie.

On that sticky note, in beautiful cursive, I would read a joke similar to the seagull one.

The silly jokes I laughed at each day gradually turned into Bible verses. With those verses, my mom would share an encouraging word that applied to the verse. These little verses inspired me to start my own devotionals at the end of every day. And, during my end-of-day devotional time, I would stick that sticky note on the wall beside my bed. Eventually, my wall was covered in sticky notes!

My mom's simple words of encouragement started my journey of growing my relationship with Jesus. To this day, my "Wall of Words" continues to fill me with joy and peace because it reminds me of where my hope comes from and in Whom I put my hope: the One Who holds the world.

ACTION POINT: What is your daily reminder of hope? I encourage you to find something that offers you the reminder that God is your source of hope!

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!















As we pray to our God and Father about you, we think of your faithful work, your loving deeds, and the enduring hope you have because of our Lord Iesus Christ.

{ I Thessalonians 1:3 }

mom wrote to tell me that her son felt left out when her daughter got her True Girl box. So, her daughter used the subscription box to make a

special Bible study box for her brother! Isn't that cool?

I pray often for my True Girls. One thing I pray for is "enduring hope." It's a different kind of hope than the world knows about. According to Wikipedia, here's how the world defines hope:

noun. An optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

Here's a definition for enduring hope:

noun. A confident awareness of God's promises and character that enables me to remain patient and calm in spite of the events and circumstances in my life.

When you open this booklet daily and read a Bible verse, you're building up your ability to have enduring hope. When you face negative outcomes, you'll feel calm because you're more aware of God's promises and character. Having your devos is kind of life "hope training!" Keep reading Bible verses every day!

ACTION POINT: Re-write the definition of "enduring hope" on a piece of paper. Post it where you can see it all month long as we learn about "the thrill of hope."











Camel's Hair, Locusts, and Hope

This is the Good News about Jesus the Messiah, the Son of God. It began just as the prophet Isaiah had written: "Look, I am sending my messenger ahead of you, and He will prepare your way."

{ Mark 1:1-2 }





eird John. Scripture doesn't say that anyone called John the Baptist that, but I wonder if people thought it. John wore clothes made

of rough camel hair and ate locusts. (Yes, bugs!) He lived in the wilderness, which was more of a desert. So, John's camel-hair wardrobe was probably caked in dust!

But, here's the thing. Those busy judging John by his clothes, favorite snacks, or layers of grime most likely missed out on his message of hope.

It had been around 400 years since God had spoken to the Israelite people through a prophet. John the Baptist broke this long silence. If you read today's verses closely, you'll notice that Mark points to John as the beginning of "the Good News about Jesus the Messiah, the Son of God." He was the messenger the prophet Isaiah had spoken of, preparing the way for Jesus!

Today, we may still think John was a bit odd. Maybe he was. But thanks to the Gospel of Mark, we can also recognize John for Who he *really* was—God's messenger of hope!

ACTION POINT: Read Mark 1:1-8. Use the descriptions in this passage to draw a picture of what you think John may have looked like. Above your sketch, write the words Isaiah prophesied about John. You can find them in Mark 1:2-3.

ASHLEIGH SLATER is a wife, mom, author, and editor. She loves to take adventures and collect "Been There" Starbucks mugs from the places she travels. AshleighSlater.com









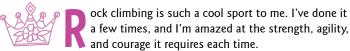






Look Out, Below!

Faith shows the reality of what we hope for; it is the evidence of things we cannot see. { Hebrews II:I }



The last time I went with a friend, I was introduced to the technique of belaying. It's when the rope is fixed around another object so that your weight is held as you come down from the height you climbed to. (Ask your mom to show you a video if you've never seen it done!)

The scariest part of belaying was letting go and trusting the rope to hold me. I couldn't see how it worked or how it would hold my weight, but I closed my eyes, let go, and trusted that it would get me to the bottom safely. And guess what...it DID!

Trusting God is a lot like this. It can be tough to close our eyes and let Him lead, but it's exactly what we're called to do as His followers. Faith requires us to hope for what we can't see and trust that God will deliver all we need.

ACTION POINT: Have you become somewhat hopeless in a certain situation? Use your journal to write a prayer asking God to help you have faith that He has things covered even if you can't see how.

> 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











Peanut Butter and Jelly Provision

And this same God Who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.

{ Philippians 4:19 }



e can't eat these!"
I was in Africa on a mission trip with high school students. We were helping a family rebuild their home. All the children who lived nearby gathered around as we worked. When we went to eat our sandwiches, the kids looked hungrier than we were. The teens I was with wanted to give their

After some back and forth, I decided if they ate half of their sandwiches, we'd give the remaining halves to the children. My heart couldn't help but break at the thought of running out—even if every child took just one bite, there wouldn't be enough.

But that day, I saw God provide as I'd never imagined.

Those starving children ate the sandwiches. Before I knew it, I was looking at dozens of satisfied faces. Not only did they each get a bite—every single child ate until their stomach was full.

I truly realized the powerful provision of our God. And it reminded me of that story in the Bible where Jesus fed a crowd of people with just two loaves of bread and five fish.

God truly does take care of all our needs. We can hope for that!

ACTION POINT: Make a peanut butter and jelly sandwich. As you eat it, be thankful to God for that sandwich.

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





lunches away.









Full of Hope

As for me, I will always have hope; I will praise you more and more. { Psalm 71:14 NIV }

ave you ever wanted something so badly but had to wait for it, and you became discouraged? When my friends and I would get together.

I often found myself observing what they had and what I did not have. One of my friends got a phone when she was twelve! On the outside. I was happy for her. But on the inside. I was feeling jealousy and discontentment. I had to wait until I was sixteen to get a phone! SIXTEEN!

Instead of allowing my heart to become so focused on getting what I wanted when I wanted it, I wish I had learned what having hope truly means! True hope is found in lesus.

And, because of lesus, I can focus on the many riches that come with being God's beloved daughter! He has taken such good care of you and me that even on the days when nothing goes our way, we can remember that we are full of hope all the time because of His Holy Spirit!

ACTION POINT: Decorate a jar. Each day this week, write down a reason for hope and put it in the jar. At the end of the week, take a few minutes to read them all and consider how blessed you truly are!

MADELYN FRYER has a degree from Liberty University in Christian Leadership and Church Ministry. Slow mornings, soccer, movies, rainy days, vanilla coffee, and family are some of her favorite things. MillieMae313.wixsite.com/Millie









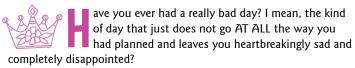


Dare to Hope

Yet I still dare to hope when I remember this: The faithful love of the LORD never ends! His mercies never cease.

{ Lamentations 3:21–22 }





I know I have.

You see, sometimes life doesn't go the way we think it will. And just because we love Jesus doesn't mean life will always be easy.

But it's in those hard times that we need to remind ourselves of a few things. Take a look at today's verse with me.

When everything seems to be going wrong, dare to hope. Dare to hope and remember that God's love is faithful and His mercies never cease. Dare to hope because God is still good when everything in life looks bad.

God is faithful and good. You can trust Him to take care of you no matter what comes your way! Hope in Him.

ACTION POINT: Write "Dare to Hope" on a few sticky notes or pieces of paper. Stick them in places where you'll see them every day. When you see them, let them remind you to hope in God no matter what.

KINDRA STANTON is passionate about helping women and girls study God's Word with confidence. She loves making music with her husband Caleb, drinking coffee, and reading good books! KindraStanton.wordpress.com











Unwavering Hope

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise.

{ Hebrews 10:23 }

o you remember learning about Abraham in the Old Testament? Well, after waiting 25 years for his promised son, Abraham was told by God, "Take your only son—yes, Isaac, whom you love so much—and go to the land of Moriah. Go and sacrifice him as a burnt offering on one of the mountains, which I will show" (Genesis 22:2).

Can you imagine how hard it was for Abraham to put his hope in God when he was being asked to sacrifice Isaac? How was Abraham able to obey a command like that?

What I love about this story is that Abraham did not put his hope in the promise or in Isaac. He put his hope in the One Who made the promise. His hope was in God, not because of what He did for Abraham, but for Who He was. Who is God in your life?

Abraham stepped out in faith and obeyed God even when his circumstances did not make sense. He trusted God and carried on because he knew God's true character. Today I encourage you to think about Who God is and how you can put your hope in Him.

ACTION POINT: Make a list of Who God is and share it with your mom. Ask her how she puts her hope in the Lord. Spend some time in prayer, thanking God for Who He is.

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She loves Jesus, glitter, and Dr. Pepper! mytruegirl.com











"According to His Will"





magine you have a vending machine in your bedroom that never costs anything. It's a portal to your favorite things. What would you want in it? I'd want Peachie

rings, puppies to cuddle, and foot rubs!

Here's the thing, we don't have vending machines in our bedrooms. But some of us think we do. We call them "god." We use verses like 1 John 5:14–15 to pray for anything.

But we need to note something super-duper-important to understanding this verse! It says we'll get whatever we ask of God according to His will. HIS WILL. That's the key.

God's will is the thing that God knows is best for us. He has perfect plans to provide for us. Sometimes, our desires fit into those plans, but sometimes they don't! When we pray, it's important to ask God for help understanding His will.

When you pray, don't hope for God to answer everything the way you want. Hope that God will answer you "according to His will." That's something you truly can hope in.

ACTION POINT: Write a list of some things you hope for or want God to answer. Now, write "according to His will" across the top. Post the list somewhere and watch for God's will to come to be. Hope for that!





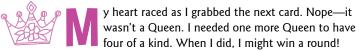






H-O-P-E

Now all glory to God, Who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.
{ Ephesians 3:20 }



It was my first time playing the card game Spoons. If you've never played before, it feels like a game of HORSE meets musical chairs. Once a player has four of a kind and grabs the first spoon, the other players have to snatch a spoon too. But there's one less spoon than players. So, the person who ends up spoonless is given a letter. Once any player spells out S-P-O-O-N-S, they're out! I was already at S-P-O-O.

Even though I was two letters from being out, I didn't look at each new card hoping for disappointment. I eagerly anticipated it *would* be a Queen.

I haven't always lived my life with the same thrill of hope I bring to Spoons. Sometimes my hope has become hesitant when something hard has been "dealt" to me. I've quickly forgotten what God can accomplish.

But if Spoons has taught me anything—in addition to quick spoon-grabbing reflexes—it's to remember that I can always have hopeful anticipation with God.

ACTION POINT: Play a game of Spoons with your family. Notice the thrill of hope you feel when you almost have four of a kind. Ask God to help you feel the same hope about what He can do in your life.

ASHLEIGH SLATER is a wife, mom, author, and editor. She loves to take adventures and collect "Been There" Starbucks mugs from the places she travels. AshleighSlater.com











Hope in the Waiting

But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me. { Micah 7:7 }





picture this: You've just finished soccer practice, and you're very hungry. Your mom tells you she's ordered pizza for dinner.

You feel a burst of excitement as you set the table for your family. A nice, hot pepperoni pizza with perfectly melted cheese is on its way. You are watching out the window with hopeful anticipation that the delivery driver will bring it to the right house.

God loves to see us watching in hope for what He has for us. Imagine all the things He has in store for you. It's definitely much better than a pepperoni pizza for dinner!

Staying hopeful is hard. Sometimes your pizza arrives, and instead of cheese and pepperoni, there's broccoli and anchovies on it! Yuck!

But I encourage you! When you choose to hope for what JESUS wants instead of what you wanted, you find that you are never let down. You can be sure that what Jesus wants for you will always happen.

And it's the very best!

Mark God's done helps me remember to watch in hope for the Lord. Write down things you're waiting for God to do in your life, pray over them, then sit back and watch God work!

ALENA JOY SCOTT is the stage manager on the True Girl tour and enjoys sharing what God shows her through poetry and music. She has an Irish Setter and rides motorcycles. mytruegirl.com















Faith, Hope, and Love

Three things will last forever—faith, hope, and love—and the greatest of these is love.

{ | Corinthians | 13:13 }

was born on December 17th. Today is my birthday! Since I was born so close to Jesus' birthday, my first Christmas gift was a manger scene. Every year, I was always so excited to pull it out of storage and display it. That meant Christmas was coming.

I still have that manger scene and get it out every year. But it's fading. I've had to replace the hay on it a few times. Mary and Joseph have needed some glue. And, well, it's lasted a long time, but it's not going to last forever.

But there's something that will. Actually, there are three things that will last forever: faith, hope, and love.

- Faith in Jesus.
- Hope for Jesus's second coming.
- Love to flow from Him through us to this lost world.

I know Christmas probably makes you feel excited about time with family, yummy cookies, and presents! But those things won't last forever.

Take some time this month to treasure the things that will last forever: faith, hope, and love.

ACTION POINT: Make a little Christmas decoration that uses the words faith, hope, and love. You could make an ornament or a Lanner.











Is It Cake?

And this hope will not lead to disappointment.

For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.

{ Romans 5:5 }



ave you heard of the show, *Is It Cake?* Well, it started as a trend on social media. The idea is that a talented cake artist creates a cake that looks like a savory food item. Then people try to decide if it's real or cake!

What's really funny is when someone will create a cake that looks exactly like a hamburger with fries. Then they'll have a friend try the "hamburger with fries" that's really a cake. After the first bite, to their disappointment, the friend discovers it's not a burger at all! I don't know about you, but I would be very let down to have cake as an entrée when my taste buds were set on a burger and fries.

Have you ever thought that something would turn out a certain way, but it doesn't? Well, know this: You will never be disappointed by hoping in God. Hebrews 13:8 says that God will always remain the same. We can have confidence every day, knowing that no matter what happens in the future, we can have hope that God's love never runs out on us.

ACTION POINT: Make this confession today, "Hoping in God will not lead to disappointment."

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Just Thinkin' About Hope

All who heard the shepherds' story were astonished, but Mary kept all these things in her heart and thought about them often.

{ Luke 2:18-19 }

ave you ever seen a movie scene like this?
Everything's going crazy. Something big is happening, and people are running around freaking out. One guy's grabbing stuff and shoving it into a bag. A lady is on the phone, frantically trying to get through to someone. Two people are off to the side, yelling at each other as they try to figure out what to do. And then there's one person. One woman is standing in the middle of all the activity, not saying or doing anything. She's just taking it all in.

That's how I think of Mary, Jesus' mom. In Luke 2, she had given birth to Jesus—the Savior of the world! A bunch of shepherds had just visited because angels told them to—lots of activity. Lots of wild things were happening. And what did Mary do? She kept it all in her heart and thought about it.

I believe Mary was choosing to think about hope instead of fear. When we choose to think about hopeful things, it helps us be stronger, calmer, and more content.

ACTION POINT: The next time you feel afraid because of the things happening around you, take a minute to breathe. Close your eyes and think about the hope you have because of God's great love.

JANET MYLIN is a True Girl lead teacher and she loves to thrift shop for things to make her farmhouse extra funky!











Christ Is Our Hope

All praise to God, the Father of our Lord Jesus Christ. It is by his great mercy that we have been born again, because God raised Jesus Christ from the dead.

{ | Peter | 1:3a }





ne of my favorite worship songs is "Christ Our Hope in Life and Death." It starts like this: What is our hope in life and death?

Christ alone. Christ alone

This song never fails to remind me that the only reason I can have hope is because of Jesus' death on the cross! But Jesus didn't just die for us. Look at today's verse. What incredible thing did God do so we could be born again?

He raised Jesus from the dead!

You see, when God created the world, it was perfect. But then people decided to disobey God, and that's when sin entered the world. And the punishment for sin? Well, it's death.

Every person in the world has disobeyed God in some way. Including you and me! Because of that, we deserve to be punished. But God loved us so much that He sent His perfect Son Jesus to die in our place on the cross and then raised Him to life, defeating death! This is why we have hope!

ACTION POINT: Have you decided to follow Jesus? If you're not sure, talk to your mom or someone at your church. If you have, praise God! Either way, try listening to the song "Christ Our Hope in Life and Death" today.

KINDRA STANTON is passionate about helping women and girls study God's Word with confidence. She loves making music with her husband Caleb, drinking coffee, and reading good books! KindraStanton.wordpress.com











"Yes, Lord"

Mary responded, "I am the Lord's servant. May everything you have said about me come true." And then the angel left her.
{ Luke I:38 }

ary was just a little older than you when an angel appeared and changed her life.

At the time, Mary was engaged and planning to marry Joseph. (Girls got married a lot younger then.) They probably wanted to settle down in Nazareth, where they would have lived most of their lives.

But now, God was inviting her to become the mother of the promised Savior. He was going to use her to do something He hadn't done since the beginning of the universe—create life in a unique and unfamiliar way! He was going to bring Jesus into the world through Mary.

But it was going to be hard for Mary. People would have difficulty believing her, and she would have so many of her plans changed. But do you know how Mary responded? She said, "Yes, Lord!" She didn't complain!

Why not? Maybe Mary had heard Jeremiah 29:11 read aloud in the temple. She would have believed God had good plans for her and that they gave her hope. Everytime you open the Bible, you're storing up Truth in your heart for hard times. You're building up hope!

Do you know what I hope? When God changes you plans, you will say, "Yes, Lord!"

ACTION POINT: Read Luke 1:16-38 and think about how Mary responded to the angel's news.











What Child is This?

But the angel reassured them. "Don't be afraid!" he said. "I bring you good news that will bring great joy to all people. The Savior—yes, the Messiah, the Lord—has been born today in Bethlehem, the city of David!" { Luke 2:10-11 }



hat is hope? Many would define hope as wishing for something but not knowing if they'll get it. For example, you may hope that you'll have a white Christmas so you can build a snowman or have a snowball fight, or you might wish to open the newest toy on Christmas morning.

Where are you putting your hope?

Hope is much more than wishful thinking. In the Bible, hope means to expect something with confidence and trust. God wants us to have this kind of hope. There are many Scriptures in the Bible where God gave His people promises, so they could learn to wait confidently by trusting and expecting God to fulfill them.

We can be full of hope this Christmas season because God sent His son lesus as a baby to take care of our biggest problem—sin. lesus came to be the hope of the world. He is the promised Savior. Jesus was the fulfillment of the promises made by God.

This Christmas, as we spend time with family making memories, let us remember our hope in lesus.

Maction Point: There's so much going on during the Christmas season. It's good to slow down and focus on what we're celebrating. Read the Christmas story in Luke 2:1-20. Create an ornament for your tree that reminds you of Christmas's true hope.

SAMANTHA TOLEDO is the Discipleship Curriculum Coordinator for True Girl. She lives in St. Louis, Missouri, with her husband and two daughters. She loves Jesus, glitter, and Dr. Pepper! mytruegirl.com













Hopefully Waiting

I will climb up to my watchtower and stand at my guardpost. There I will wait to see what the LORD says and how He will answer my complaint. { Habakkuk 2:1 }



ave you ever held a string or rubber band super tight, wincing in case it snapped? That's how hope works! Let me explain.

Habakkuk was a prophet who lived in a hard time. He complained to God and asked why it was happening. But then, he climbed into a tower to wait for God's answer.

Waiting for God has much to do with feeling hopeful.

The original Hebrew word for wait in Habakkuk 2:1 is related to a word that means cord or string. When you pull a string tightly, it produces tension. That's what waiting feels like when we're going through difficulty. The Hebrew word for wait, though, referred to the good feeling that happened when the string didn't break! It suggested at the end of waiting, there'd be a good feeling.

This reminds me of 2020, when we had a pandemic, and everyone had to stay home. Those weeks were like the string being tight! But how good it felt when life started to return to normal.

Many times in the Bible, the same word that's used for *wait* is used for *hope*. Waiting and hoping are related. If you're waiting, this is the right time to experience hope.

ACTION POINT: Get a string or rubber band and hold it taunt. Then, release it. Imagine how good it's going to feel when something you're waiting for finally relaxes!









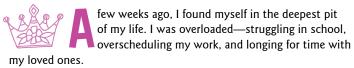


Our Strength or His Hope?

His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior; the LORD delights in those who fear Him, who put their hope in his unfailing love.

{ Psalm 147:10-11 NIV }





The truth is that I thought I could manage a really full schedule and still have time with friends. But what ended up happening was that I was exhausted. I realized that I had created this problem for myself! I found that my big goals affected my happiness AND those I love.

In my chaos, I asked God for help. In His response, He reminded me I have people I can talk to. I reached out to my loved ones and asked for help. In addition, I chose Psalm 147:10–11 as my memory verse to recite.

God reminded me that my hope is not in how strong I can be on my own. Instead, it's in His unfailing love.

ACTION POINT: Are you trying to do life on your own? Find a verse that you can commit to memory to help you focus on the hope of God's unfailing love. Also, reach out to a friend who can help.

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!











We Can Count on Him

I am counting on the Lord; yes, I am counting on Him. I have put my hope in His word.

{ Psalm | 30:5 }

y daughter just started playing softball. She loves it...pitching, playing outfield, and definitely the sportsmanship. The other day, she had a game against a pretty tough team. They were in the final inning and her team had 2 outs. As she got up to bat, she realized that everything was riding on whether she hit the ball or not. Well, unfortunately, she struck out and she was devastated. She cried and sulked for most of that evening.

When I asked her what was wrong, she said she was upset because she believed she let her team down. "Mom, they were counting on me."

Sometimes it's hard when we feel like we let people down. But, those times actually help remind us that we are not perfect. We can't count on any human being ALL the time. But, we CAN count on GOD all the time.

God lets us know throughout the Word that He is dependable, and that we can ALWAYS put our hope and trust in Him. So, take the pressure off of yourself, and count on Him!

ACTION POINT: Talk to your mom about any pressure or stress you've been feeling because you don't want to let people down. Then let her pray with you, and give the burden to God.

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











Hoping Patiently

Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.

{ Psalm 27:14 }



ur Chinese brothers and sisters in Christ have endured painful trials. During Christmas 2019, there was a major effort in China to imprison people of many religions. Pastor Wang Yi was among the Christians who were taken from their homes. He was sentenced to nine years in jail. Prior to being taken, he wrote how he could see God working through the evil to bring more people to Him. And, because of that, he was joyful.

When I read about how Pastor Yi responded, I thought: "That sounds like a man who has hope in God!" Many of us would complain if we didn't get a big Christmas with special foods and presents. But here is a man who's cooperating with the Lord's big picture plan. He is mostly concerned with participating in God's plan rather than petitioning God to fulfill his own desires.

You might recall that waiting and hoping have a lot to do with each other. In fact, often the original Hebrew language used the same word for hoping and waiting. Psalm 27:14 could read, "Hope patiently for the LORD!"

I think that's what Pastor Yi is doing in a prison cell somewhere in China right now.

ACTION POINT: Pray for Pastor Y, and other Christians who are imprisoned during this Christmas season. Maybe do this with your mom.

















Worth the Wait!

At that time there was a man in Jerusalem named Simeon.

He was righteous and devout and was eagerly waiting
for the Messiah to come and rescue Israel.

{ Luke 2:25 }

here's a story in the Bible about a man named Simeon. He hoped to see the promised Messiah and waited his whole life! He waited not just days, weeks, or months but years and years. Yet even though Simeon was

getting old, he didn't give up hope. God had promised he would get to meet Jesus, so Simeon believed.

Then one day, a young couple with a newborn baby boy came into the temple. Prompted by the Holy Spirit, Simeon also went to the temple that day. Guess what happened? He finally got to meet baby Jesus! Here is Simeon's "thrill of hope" response:

"Sovereign Lord, now let your servant die in peace, as you have promised. I have seen your salvation, which you have prepared for all people. He is a light to reveal God to the nations, and he is the glory of your people Israel!" (Luke 2:29–32).

The wait may have been long, but it was worth it. Simeon praised God for keeping His promise to him!

> ACTION POINT: Have you ever waited a long time for something? What is the greatest promise given to you through Jesus? Write your own "thrill of hope" response.

JODY TOKEN is the coach and creator of The Great Flip, faith-filled online martial arts for ages six and up. Request a free video at www.thegreatflip.com.











The Cure for Nearsighted Hope

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. { Revelation 21:4 }



o you wear glasses? Or know someone who does? Some people suffer from nearsightedness. That means they can see objects that are close to them, but things that are further away seem blurry. Thankfully, glasses can "cure" the problem by bringing things that are far away into focus.

Spiritually speaking, I want to give you the cure for any nearsightedness you may have when it comes to hope. Otherwise, when bad things happen, you'll lose your hope.

Grab a pen and double underline the words former things in the verse above. Now use your pen again to circle all the things that will be former things, including: tears, death, mourning, crying, and pain.

This Bible verse is about a time in the future when lesus will return to earth and fix everything that's wrong once and for all. When that happens, we will begin to live with Him in eternity. And there will no longer be any of those things you just circled. We will be free of sin, death, pain, and tears. This is our ultimate hope.

The next time you feel tempted to give in to hopelessness, remember: we're still waiting for Jesus to finish His rescue plan.

ACTION POINT: Are you going through a hard time right now? How can you avoid being nearsighted when it comes to your spiritual perspective? Write about it in your prayer diary.















God Can Do It!

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

'm almost 50 years old, and I've always made sure to have a mentor in my life. That means I always look for a woman older than I am who can help me as I go through life. Maybe your mom, aunt, big sister, or church leader is a mentor for you.

Do you know what I always look for when I'm choosing a mentor? I look for a woman who has overcome hard things with God's help. When I hear stories of how God created beauty from really difficult circumstances, it increases my faith and reminds me that Romans 8:28 is totally true! When we love God and trust Him, we do see how He causes everything in our lives to work for good!

No matter what you are going through, True Girl, God can take it and make it into something beautiful. It may take some time, but don't lose hope because He can do it.

ACTION POINT: If you're having difficulty trusting God with something hard in your life, take a few minutes by yourself to just talk to God about it. You don't have to be afraid to tell Him when you're doubting.

> IANET MYLIN is a True Girl lead teacher and she loves to thrift shop for things to make her farmhouse extra funky!











Faith in the Utterly Impossible

Even when there was no reason for hope, Abraham kept hoping—believing that he would become the father of many nations. For God had said to him, "That's how many descendants you will have!"

{ Romans 4:18 }



few years ago, God called my family to adopt a thirteen-year-old girl from China named Qiu Yun (Cho-yoon), which means Autumn Cloud. She was only months away from being without a family for the rest of her life. The only problem was that we needed \$25,000 within just a few weeks.

A family friend gave us \$12,000 to start, but we still needed \$13,000. It seemed impossible! We began to pray. One day, my accountant called and told me, "Good news. The IRS owes you \$13,060.00." We had the check within a few weeks. In August of 2007, Autumn Gresh became a part of our family.

Abram was in a similar situation in Genesis 15. When Abram died, he would pass all his belongings on to his servant Elizar. Though Abram loved Elizar, he wanted a son. It seemed utterly impossible that he'd ever have a child since he was already very old, but God came to him and promised him that he would. And Abram believed God's promise against all hope.

What about you? Do you have faith that God can do the utterly impossible?

ACTION POINT: Ask your mom about a time in her life when God did what He promised her He would do. Pray together about a situation where you need some extra faith.

Today's encouragement is an adapted excerpt from The One Year Mother Daughter Devo by DANNAH GRESH and IANET MYLIN. Get a copy at mytruegirl.com









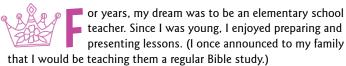




Hope for the Future

Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

{ Proverbs 3:5–6 }



When I was older, I put all my heart into any teaching opportunities I could find. And when I headed off to college, I didn't question what to study. Elementary education was the obvious choice.

My dream wasn't meant to be. In a devastating twist, I failed elementary math. My professor had attempted to help, but fractions and division were the death of my arithmetic skills. I couldn't teach children to do math if I couldn't do it myself.

I couldn't see then that God was redirecting me to teaching the only thing that would satisfy this Bible-lovers heart! Would I be writing this devotion right now if my plans had not been interrupted?

Does it seem as if the road map of your life has taken an unexpected twist? Today, I'm passing out invitations for hearts to hope in God's plan. Trust the Lord with all your heart even when your plans are devastated! He will show you the right path.

ACTION POINT: Do you have any hopes for what your future will look like? Get on your knees and pray this prayer. "Lord, I give you everything and everyone in my future." You really can trust Him.













These True Girl Daily Devos were written to encourage you to shine bright because Jesus is the light, life, and hope of the world. Each day you'll read one verse and some fun thoughts about it. At the end of each, you'll find an action point you can use to live out what you discover!

These devos are written by Dannah Gresh and other writers we want to introduce you to, including: Emma Arblaster, Portia Collins, Melody Facemire, Madelyn Fryer, Hildsy Marie, Rose Mast, Shani McKenzie, Janet Mylin, Amber Pike, Wynter Pitts, Staci Rudolph, Alena Scott, Ashleigh Slater, Kindra Stanton, Jody Token, Samantha Toledo, Kim Wigginton, Charity Wright, and Lisa Yabra.

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

JOHN 8:31,32



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