



True Girl Daily Devos

PRAY.

DAILY DEVOTIONS FOR

JANUARY &
FEBRUARY
2023

BY DANNAH GRESH,
THE TRUE GIRL TEAM, AND OTHERS WE LOVE!



As you read these devos, you'll see that we've written them for **Y-O-U** if you're a tween girl! But you may need your mom sometimes. Why? Well, the honest answer is that sometimes when you're first learning to do something, it's good to have help from someone with more experience!

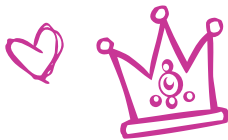
It might be your first or second or third year having devotions on your own. But it's probably your mom's tenth or twentieth year of doing it. So, she's gonna come in handy from time to time. Every now and then, one of the writers will encourage you to ask your mom for help.

(So, Mom, if you're reading this, we hope you are on standby every day. When your girl comes to you for advice or help, try to be available soon, even if you can't be at that very moment.)

If it is helpful, you could decide you want to start by reading these together with your mom, but we sure hope you will grow in your ability to read the Bible and understand it on your own. After all, someday, you may be the mom helping a girl learn to do the very same thing!

I love you, and Jesus loves you.

Dannah Gresh,
Founder of True Girl





Power-Packed Prayer

*"Anyone who listens to my teaching and follows it is wise,
like a person who builds a house on solid rock.
Though the rain comes in torrents and the floodwaters rise and
the winds beat against that house,
it won't collapse because it is built on bedrock."
{ Matthew 7:24–26 }*



Welcome to 2023, True Girl!




Let's make it a year where you learn to pray God's Word. How? You take a Bible verse and rewrite or speak it as a prayer! For example, if I wanted to pray Matthew 7:24–26, I could say:

*"God, please help me to follow your teaching because I want to be wise.
I know this will make me like someone who builds a house on solid rock.
Even when it feels like a flood is coming, I won't collapse because
my life is built on your Truth."*

Why would you want to do that? Because the words in the Bible are "alive and active" (Hebrews 4:12). That means they are powerful and can do things in our hearts and lives.

This month, we want to encourage you to practice power-packed prayer. Whenever you read your Bible, watch for verses that seem to invite you to pray them. If you're not sure how to do that, ask someone to help you.

 **ACTION POINT:** Do you have a favorite Bible verse memorized? Try using it to write or pray a prayer out loud today!

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



JANUARY 1



Meow Your Prayers to God



*The eyes of the LORD watch over
those who do right;
his ears are open to their cries for help.
{ Psalm 34:15 }*



As I'm writing, a tiny kitten is playing in my room. I wish you could see her! Yesterday, I heard a nonstop *meow, meow, meow* from outside my window. I went outside and followed the cries to an empty lot in front of my house. There, in the middle of that lot, was the tiniest kitten, meowing her heart out for help. No mother was in sight.

I took her home and fed her. She was so hungry and excited that she fell into her milk bowl. I'm so glad I heard such a loud meow from such a tiny cat. Knowing that I can rescue, feed, and shelter her warms my heart.

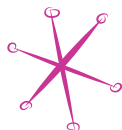
Our prayers are like those meows. Just like food and shelter were a meow away for this kitten, everything we need from our Father is a prayer away. He is willing to come to our rescue and provide for us!



ACTION POINT: Think of three things you want to ask God to provide. Write them down in your journal, and then talk to God in prayer about them.



*LISA YABRA serves in the Dominican True Girl Ministry: Chica Verdadera.
Two of her favorite things are her Bible and chocolate chip cookies.
Find out more about her at www.puralibertad.org.*



JANUARY 2





When We Pray

*You can pray for anything,
and if you have faith, you will receive it.
{ Matthew 21:22 }*



A few years ago, my father was diagnosed with an unknown, unheard-of type of cancer that had doctors confused about what to do next. I felt alone, scared, and sad during this season of waiting for answers. But through prayer, God showed up and comforted me as I grieved the reality of the situation.

Walking through this cancer journey with my father had good and bad days. My relationship grew with both my earthly father and my Heavenly Father—and my perspective of prayer started changing. I learned that prayer isn't about begging God to do what we want. It's about God changing our hearts and minds to think and live more like Him.

My father lost his battle with cancer. Life without him hasn't been easy, and I miss him every day. But I see now that God did answer my prayers. Not in the way I wanted, but better than I could have imagined because God gave my father the ultimate healing. He is now in heaven with Jesus.



ACTION POINT: Are you going through something hard? Write it down and take some time to pray about it. Then watch God work. He might not answer how you want Him to, but His plans are much better than ours!



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



JANUARY 3



The Perfect Prayer



*Pray like this: "Our Father in heaven,
may your name be kept holy."
{ Matthew 6:9 }*




I have the attention span of a squirrel. Can anyone relate? I get a prayer started, but somewhere along the way, I get distracted. The next thing I know, I'm thinking about my schedule or a snack.

Sometimes, I'm a prayer perfectionist. I want it to be perfect. But then I worry: What if I say the wrong thing?

The disciples marveled at Jesus' prayer life. They asked Jesus how to pray, so He gave them the perfect prayer.

The first words of the Lord's Prayer are a beautiful reminder of your status before God. He is your Father. You are His daughter. This means your prayers are not what make you acceptable in His sight. You have been made acceptable through the blood of Christ.

So go ahead and pray like a squirrel. (Do squirrels pray?) Don't worry about fancy words. Don't be afraid to give God your worries. He has it all covered in the words of the Lord's Prayer.

 **ACTION POINT:** Memorize the Lord's Prayer. You can find it in Matthew 6:9-13. Next time you need to pray, you have the perfect prayer given to you as a gift from your heavenly Father.

*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.*



JANUARY 4







Sitting on the Sidelines

Moses commanded Joshua, "Choose some men to go and fight the army of Amalek for us. Tomorrow, I will stand at the top of the hill, holding the staff of God in my hand." . . . As long as Moses held up the staff in his hand, the Israelites had the advantage. But whenever he dropped his hand, the Amalekites gained the advantage.
{ Exodus 17:9,11 }

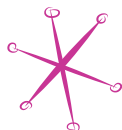


 **A**s a field hockey player, I hated sitting on the sidelines as my teammates struggled against the other team. I wanted to be the hero who swooped in and saved the day. I'd sit on the edge of my seat, legs shaking, anxiously waiting for the coach to call me back into the game at any moment.

It is a wonder to me that Moses chose to sit on the sidelines as Joshua led the men to fight against the Amalekites in Exodus 17. I suppose by this point in his life, Moses had learned that he was never actually the story's hero. It had always been God's power at work in him. The most effective thing that Moses could do to help the Israelites win was to sit on the sidelines and demonstrate the Israelites' dependence upon God. Moses did this by raising his arms up to the only One who actually has the power to swoop in and save the day.

 **ACTION POINT:** *Is there a difficult situation in your life? As you pray about it, raise your arms and tell God that you are fully relying on Him to come and change the situation.*

EMILY SCHERER was a children's ministry director before becoming a mother to three daughters. She loves to run, read, and adventure. Emily's passionate about encouraging kids to turn toward Jesus.



JANUARY 5



Your Prayers Work!



Such a prayer offered in faith will heal the sick, and the Lord will make you well.

And if you have committed any sins, you will be forgiven.

{ James 5:15 }



If you've ever wondered if your prayers work, you are not the only one. I have struggled with believing that mine do.

Last year, I was in a play at church. After our first performance of many, one of the dancers said her knee was hurting a lot. She didn't know if she could dance in the next show I had the idea that maybe I should pray for her. Instead of thinking, "Me? What will that do?" I thought, "Lord, you say we should pray for the sick." So, I prayed for her. Nothing happened right away. But, when she returned for the next show, she was no longer in pain! God had healed her!

God has asked us to pray for others. So, go ahead! Be bold and pray for the people around you. Have faith that your prayers work!



ACTION POINT: Think about sick people in your class, family, or community, and pray for them. Maybe even visit them and pray for them in person. It will bless them to know that you are joining them in prayer.

*HEPHZIBAH LOUISE is part of the True Girl Cast and lives in Santo Domingo, Dominican Republic, with her family, two cats, and dog. She loves dancing, singing, writing, and adventuring.
HephzibahRamirez.wordpress.com.*



JANUARY 6





Risky Prayers

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to God.

{ Daniel 6:10 }



Once moved to a new school at the beginning of the year finding my classes was hard enough, but trying to fit in with new friends was even harder, especially at lunchtime. On my first day, I sat down with a group of girls. As I bowed my head to pray, it felt like they all had their eyes on me! One girl even giggled as she loudly asked, “What are you doing? Why are you doing that?”

Have you ever felt weird or out of place because of your love for God? Maybe you can relate to how I felt at lunchtime. I think it’s a little like how Daniel felt when he was told he couldn’t pray to God anymore and that if he did, he could be killed! But Daniel loved talking to the Lord SO MUCH, he was willing to risk looking weird, being out of place, or even being put to death to pray.



ACTION POINT: Pray with someone today! Grab your friends or family and, even if you are in public, pray together and ask God to give you the boldness to pray like Daniel.

CAROLYN DUNN is a True Girl cast member who loves rollerblading, hiking, and adventures to new places. She lives in Ohio with her family, and enjoys her four adorable dogs!



JANUARY 7



Facing My Bully



*Then Asa cried out to the LORD his God,
"O LORD, no one but you can help the powerless against the mighty!
Help us, O LORD our God, for we trust in you alone."
{ 2 Chronicles 14:11a }*



I wasn't facing an army. I was facing a fifth-grade bully. I was skinny and not athletic. She was tall and strong and played basketball. If she asked me to share my lunch, I shared my lunch. If she asked me to give her homework answers, I did. But I didn't want to.

I prayed for God to help me, kind of like how King Asa of Judah prayed when a massive army challenged him in war. He started by praising God, and then he asked for help. He put his trust in God, not in his army.

We can follow this example of praying powerful prayers that start in praise and end in trust. With time and many prayers, a strange thing happened. That bully eventually became my friend. She got nicer, and I got braver. We shared some common interests. I even invited her to my birthday party because I wanted to. I found out through this friendship that God really can do anything!



ACTION POINT: *Is there a problem in your life right now? Praise God and tell Him that nothing's too hard for Him. Then, share your situation and ask for His help. Trust Him and get ready to see what He can do.*

ARLENE PELLICANE is a speaker, host of the Happy Home podcast, and author of lots of books. She lives with her husband James, three kids, and a Goldendoodle. ArlenePellicane.com



JANUARY 8






God's Powerful Promises


*Mary responded, "I am the Lord's servant.
May everything you have said about me come true."
And then the angel left her.
{ Luke 1:38 }*



 **H**ave you ever done or seen a trust fall? My son and daughter did one at school the other day. They stood up on a ladder, and a bunch of their friends stood behind them with their arms in a specific pattern that was perfect for catching my kids.

My son crossed his arms, made his body straight, and confidently fell backward into the arms of his friends. My daughter, however, wasn't so sure. It was harder for her to let go of the ladder. It was harder for her to trust that her friends would catch her. (Being up on a ladder is scary for some of us, isn't it?)

In the book of Luke, when the angel told Mary she was going to have baby Jesus, it was like a trust fall for her. She decided to trust that God keeps His promises, and she would serve Him no matter what.

 **ACTION POINT:** Take today's verse and turn it into a prayer for yourself. You could say something like, "God, I want to serve You. I trust that everything You have planned for me will happen as I obey You. Amen."

JANET MYLIN is a True Girl lead teacher and she usually has her daily devos with her Mini Schnauzer, Poncho, by her side!




JANUARY 9



When You Can't Find the Words




*Put on salvation as your helmet,
and take the sword of the Spirit, which is the word of God.
{ Ephesians 6:17 }*

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

Have you ever prayed like this before? Sometimes when we have something big to pray about, our words get jumbled up. I used to get that way, but not anymore because I've learned about a secret weapon God's given us. Well, it's not really a secret, but it's so amazing and powerful! It's like finding a buried treasure! Here it is: I can take Bible verses and turn them into prayers—and so can you!

The Bible is one of the greatest weapons we have. Today's verse even tells us the Bible is a sword! The book of Hebrews says that God's Word can show us what to do in tough situations. But did you know that His words are always the right thing to say when you pray? When I don't know what to pray or how to pray, I take God's words and make them my prayers.

 **ACTION POINT:** With your mom, look up a subject in the concordance at the back of your Bible. Maybe it's joy or peace. Once you find it, use the Scriptures listed to help you pray for something you're dealing with right now.

Today's encouragement is an adapted excerpt from The One Year Mother Daughter Devo by DANNAH GRESH and JANET MYLIN.

Get a copy at mytruegirl.com.



JANUARY 10





Powerful Promises

*The LORD is close to all who call on him, yes,
to all who call on him in truth.
{ Psalm 145:18 }*



Do you ever feel alone, even when there are a lot of people around you? I felt that exact way just a few days ago. I was at a school gathering and felt sad and alone. My friends were there, and I could have been happy, but I wasn't. I didn't even have a reason to feel that way. I just did.

After a little while, I found an empty room that I could think and pray in. I was pouring my heart out to God and remembered Psalm 145:18. "God, I'm being honest with You," I prayed. "I'm calling on Your name, asking that You come close to me and remind me that I belong to You."

And guess what? God kept His promise to come close to me! No, I wasn't suddenly happy, but I did have peace.

God's Word is powerful. Every promise He has made, He will keep!



ACTION POINT: Have you ever included Bible promises in your prayers? If not, now is the time to start! God is just waiting to carry out His promises in your life!



*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. mytruegirl.com



JANUARY 11



Quite a Wrestling Match!



*Then the man said, "Let me go, for the dawn is breaking!"
But Jacob said, "I will not let you go unless you bless me."
{ Genesis 32:26 }*



The man" referred to at the beginning of our focus scripture verse today is God. That's right! There's a story of Jacob wrestling with a man, and he realizes the man is actually God! *Can you imagine?* It's a wild story! You should definitely take some time to read it in Genesis 32.

During this wrestling match, God urges Jacob to let Him go. And Jacob, after wrestling all night long with Him, boldly claims that he will not let go of God until he receives a blessing.

Now, True Girl, there's a lot about this story we may not understand, but we can understand the importance of holding onto God—especially when life feels a bit like some sort of wrestling match. So, hold onto God in prayer no matter what is going on around you. Keep talking to Him, listening for Him, and trusting in His goodness and strength.



ACTION POINT: Make a sign that says, "I will not let go of You, God."
Put it somewhere you will see it, like your mirror.



JANET MYLIN is a True Girl lead teacher and she usually has her daily devos with her Mini Schnauzer, Poncho, by her side!



JANUARY 12





Asking in His Will

This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us.

And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.

{ 1 John 5:14–15 NIV }



We all have ideas of what we think is “good” in situations. But we make judgments and God, decisions with limited information. Our all-knowing however, sees and knows everything! The One who made us ALWAYS knows what’s best. That’s why we pray according to HIS will, not our own

God answers our prayers in many ways. Sometimes He says “wait,” and other times He says “no,” but the answer is always for our good and His glory (Romans 8:28). If a response to a prayer is “no,” try not to be discouraged. Even Jesus received a “no” response from God. In Luke 22:42, Jesus prayed before He went to the cross, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

Jesus didn’t want to suffer, but ultimately He surrendered what He wanted to what God wanted. And aren’t we grateful that He did that?! Now, we get to be a part of God’s family forever!



ACTION POINT: Talk with God about His will for your life and dig into His Word. Pray for insight. Ask Him to make your heart want what His heart wants. He will show you how.

Today’s devo is adapted from Leave a Little Sparkle Wherever You Go by HILDSY MARIE. Hildsy is a former True Girl cast member working with our team on a teen ministry called True You.



JANUARY 13



The Joy of Your Salvation



*Restore to me the joy of your salvation,
and make me willing to obey you.*

{ Psalm 51:12 }



During the spring 2022 True Girl tour, we attended a church in South Carolina. We enjoyed the worship and message, and I remember praying, “Lord, restore to me the joy of Your salvation.” After the sermon, the pastor invited people to come to Christ. He said, “If this is the first time you’ve ever prayed this, raise your hand.” I didn’t hear “first time,” so I raised my hand. Two seconds later, I was given gifts for a new believer. My tour mates were confused and even laughed because I was already a Christian!

When I first came to Christ, it wasn’t at church in front of everyone. I did it in private. But I realized something: my heart desired to do it publicly. I had always wished that it had happened in church. So, when I raised my hand that day, God literally restored the joy of His salvation. I wasn’t saved again, but my JOY was restored in a way that I didn’t know I needed.



ACTION POINT: Choose a portion of Scripture and use it to pray. Insert your name in it. Memorize it and share it with others if you feel comfortable.



JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She enjoys capturing moments with her camera and loves to sing and dance like nobody's watching!



JANUARY 14





Where Are You?

I call to you, O God, for you will answer me: give ear to me and hear my prayer.

{ Psalm 17:6 NIV }



“Mom . . . where are you? Mom!” I could hear my daughter Lexi calling for me. I wanted to yell, “I’m my bedroom!” But there was a problem.

Spread out in all over my bed were her Christmas presents, which I happened to be wrapping. If I told her where I was, she would immediately fling the door open to spoil all the surprises. So I kept quiet for a minute.

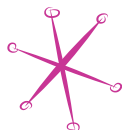
Have you ever cried out to God, as Lexi did with me, wondering where He is? That’s normal. From a young age, we want to hear God in an out-loud voice, just like we can hear our mom. But do you believe Psalm 17:6? You can call out to God anytime, day or night. He typically won’t answer in a voice you can hear, but be assured that He hears you and will answer you in time.



ACTION POINT: God designed your amazing body with five senses. LOOK this week to see how God answers your prayers and shows up in your life.



JENNIFER DALY is the founder of CheeringOnMoms.com and author of Zoey the Zebra Meets Lexi the Lion and Family Foundations. She lives in Texas with her husband, daughters, and German Shepherd.



JANUARY 15



The Right-Now Prayer



*The king asked, "Well, how can I help you?"
With a prayer to heaven, I replied . . .
{ Nehemiah 2:4-5 }*



Do you know what a cupbearer in the 4th century B.C. did? His job was to taste-test all of the king's drinks to make sure they weren't poisoned. Nehemiah, who was a captive in Babylon during this time, served as a cupbearer to King Artaxerxes.

One day, the king noticed that Nehemiah looked sad. He'd never seen his cupbearer unhappy before. So, the king asked Nehemiah why and what he could do for him. Before Nehemiah answered the king, he stopped stopped and prayed first.

Like Nehemiah, sometimes you might be in a situation where you have to reply quickly. Even if there's no time to think about your answer first, Nehemiah's story shows you there's always time to pray.

What should you pray for? We don't know what Nehemiah said to God, but James 1:5 tells us that when we ask God for wisdom, He gives it to us. So, the next time you need to give a right-away answer, stop and pray a right-now prayer for wisdom!



ACTION POINT: Do you know why Nehemiah was sad? Read Nehemiah 1 and 2. You'll learn why he was so unhappy and what he ended up asking the king to do for him.

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



JANUARY 16





But You Don't Understand!



While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death. And God heard his prayers because of his deep reverence for God. Even though Jesus was God's Son, he learned obedience from the things he suffered.

{ Hebrews 4:7-8 }



In 6th grade, there was a popular song everyone was singing and dancing to. A few girls in my class decided to perform it in our school's talent show. I begged my mom to let me do it with them, but she kept saying, "No." I finally threw my hands up and cried, "You just don't understand!"

After a while, my mom shared with me a similar situation she had growing up and how my grandma reacted the same way. While it seemed unfair at first, she eventually realized that my grandma was right. It turns out my mom did understand.

This story reminds me of how Jesus relates to His followers. Jesus experienced the same temptations and feelings we have. He knows how we feel—but He never gave in and did what He knew He shouldn't. He stayed strong and focused on what His Father desired. Who better to bring our troubles to in prayer? Let's make sure we come boldly to God's throne and ask for His help.



ACTION POINT: *Is there a situation in your life that you think Jesus couldn't possibly understand or relate to? Use your journal to tell Him about it and ask for help believing that He does understand.*

STACI RUDOLPH is a lead teacher for True Girl and loves to see girls grow in their personal relationship with Christ. She's also part of True You, a ministry for teen girls and writes beautiful songs. mytruegirl.com



JANUARY 17



I Don't Pray Good Enough




And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.
{ Romans 8:26-27 }



I remember being asked to pray in front of my Sunday School class. My face would get flushed and look like a summer tomato. And then the thought would come: "I don't pray good enough." Oh, if only I had known today's verses and stopped worrying about being good enough.

God says in our weakness that He helps us. (What-A-Re-lief!) His help may not extinguish the red cheeks or the jitters when we have to pray out loud. But when we don't know what to say, the Holy Spirit prays for us.

Prayer is powerful! So, the next time you're asked to pray, don't worry about being "good enough." God can express His power through whatever you say in obedience to Him.

 **ACTION POINT:** Write a prayer with someone you trust. Let the Holy Spirit guide you. Memorize it, so you will be confident to say it in front of others, but don't worry about being perfect.

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



JANUARY 18






Me, Me, Me

*I urge you, first of all, to pray for all people.
Ask God to help them; intercede on their behalf,
and give thanks for them.
{ 1 Timothy 2:1 }*



 **P**ayer is such a powerful tool God has given His followers. It allows us to talk directly to our Father about anything and everything. But if I'm honest, sometimes I don't use that tool well. It's not that I don't pray, but I can be a bit selfish with my prayers. If I'm not careful, most of my prayers can become all about me.

But what about others? This verse reminds me that as a follower of Jesus, I'm called to "pray for all people and give thanks for them." That means that I should ask God to help them with their needs and thank Him for their presence in my life.

Don't let yourself fall into the trap of using the tool of prayer selfishly. It's a great and important thing to bring our concerns to God but we have to make sure we don't become the center of all our prayers.

 **ACTION POINT:** Start using your journal to write a list of prayer requests each day. Today, focus on the prayer requests of others. See if you can only pray for their needs.

STACI RUDOLPH is a lead teacher for True Girl and loves to see girls grow in their personal relationship with Christ. She's also part of True You, a ministry for teen girls and writes beautiful songs. mytruegirl.com



JANUARY 19



What's Included in Everything?



Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
{ *Philippians 4:6-7* }



When my pastor would say the word “everything” in one of his sermons, he’d always ask the congregation, “What’s included in everything?”

And we’d say, “Everything!” Today’s verse tells us to pray about EVERYTHING and worry about NOTHING. There are so many things going on that can cause worry in our lives: Is my friend mad at me? Will I pass this test? Did Mom remember to pack my favorite snack today?

But does God really mean we should talk to Him about every little thing? Absolutely! Why? Because He cares about us and wants us to know He’s there. 1 Peter 5:7 says, “Give all your worries and cares to God, for he cares about you.” What does “all” mean? It means EVERYTHING, right!?!

There’s nothing too big or too small. God cares about it all. So, whatever it is . . . PRAY ABOUT IT! I promise God is listening.



ACTION POINT: Write down some things you haven't told God about because you thought He wouldn't care. Then thank Him for giving you peace about them.

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



JANUARY 20





Never Too Big for God

But Peter asked them all to leave the room; then he knelt and prayed. Turning to the body he said, "Get up, Tabitha." And she opened her eyes! When she saw Peter, she sat up!
{ Acts 9:40 }



When I was 11 years old, I wanted to go to camp for a week. However, I knew my parents would probably say "no" because it cost a lot of money. I felt my request was too big for them to say "yes" to, so I didn't ask for days. Finally, I found the courage to ask, and they said, "YES!"

Sometimes, we can think our requests are too big for God. Just as I thought my parents would say "no" to me, we believe God will say "no" to our prayers before we even ask Him. But in today's verse, Peter took a HUGE request before God. He asked God to bring a woman back to life! Peter had to trust that God would answer this big prayer, even if God's answer was to say "no."

We don't have to be afraid to pray to God about big things. All we have to do is trust that He will give us the right answers, even if they aren't always the answers we want!



ACTION POINT: Do you have a big prayer that you are too scared to ask God? Talk to your mom about your prayer requests and pray together, trusting God to handle your big requests.



CAROLYN DUNN is a True Girl cast member who loves rollerblading, hiking, and adventures to new places. She lives in Ohio with her family and enjoys her four adorable dogs!



JANUARY 21



Keep Your Eyes on Him



*Turn my eyes from worthless things,
and give me life through your word.*

{ Psalms 119:37 }



Psalms 119:37 encourages us to say to God, “Turn my eyes from worthless things, and give me life through your word.” What is the definition of *worthless*?

Merriam-Webster Dictionary says it means to lack worth or something useless. So this verse is basically saying turn my eyes from things that will not help me grow.

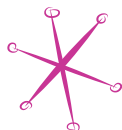
What does that look like? For me, it includes staying away from gossip and limiting how much time I watch TV or scroll through social media. There are so many things trying to steal our attention from God. It seems easy to watch three episodes in a row of our favorite show but hard not to fall asleep while we’re praying.

God wants to spend time with us. But we have to choose to turn our focus to Him. We can do this by reading His Word, seeking to understand it, and applying it in our daily lives. Let us turn our eyes from worthless things and set them on Him!



ACTION POINT: Write down some things that might be distracting you from being more intentional with God. Share them with someone you trust and ask them to help you be accountable in those areas.

JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She enjoys capturing moments with her camera and loves to sing and dance like nobody's watching!



JANUARY 22





Don't Stop!

Never stop praying.
{ 1 Thessalonians 5:17 }



Every time I was at track practice, I pushed myself a little bit harder. Do you know what happened? It helped build up my muscles AND my confidence. So, when it was time for me to run a race, I was ready. I would tell my body to keep going. I would draw from the energy of my team and coaches.

In today's verse, Paul is telling us to never stop praying. I used to feel kind of bad when I read those words as a kid. I mean, was praying all the time even possible?! If so, I needed someone to teach me how because I for sure wasn't doing it. But, once I learned that prayer is simply speaking to God, this verse made all the sense in the world.

See, we can talk to God through our thoughts, in our car, during a test . . . ANYTIME! God wants us to exercise our prayer muscles to build our faith and strengthen our relationship with Him.



ACTION POINT: As you go through your day, speak to God in different ways. Then, when you get home, write in your journal or a letter to God about what you talked to Him about today.



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



JANUARY 23




Flowers Fade



*The grass withers and the flowers fade,
but the word of our God stands forever.*

{ Isaiah 40:8 }



 Summer is my favorite season of the year! I love the hot weather, the longer days, and the ice cream trips. What I adore most are the beautiful, brightly colored flowers that are fully in bloom by summer. But, as much as I love the flowers, I also know that soon the weather will get colder, the leaves will fall, and those flowers will fade away.

Isaiah 40:8 says that the Word of God will not fade like the flowers. God's Word will not change from season to season. It always is and always will be. It will stand forever. The definition of stand is to remain in an upright position. This means that no matter what happens, Scripture will continue to stand and always be right.

If we want to make sure we're praying the right way, we can pray according to the Word of God. It can be the foundation of our prayers. It is always in season!

 **ACTION POINT:** Say this, "The Word of God will not change. The Word of God is always in season. I will continue to pray according to the Word of God."

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



JANUARY 24





Be Still My Soul

He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will never slumber nor sleep.

{ Psalm 121:3–4 }



Does your life feel busy sometimes? We fill our days with sports, school activities, church, and time with friends and family. Often, because of this busyness, we forget about spending time with God and resting in His presence. When are you finding rest during your week?

God commands that we rest because it is so important! In Exodus 23:12, God tells us to work for six days and rest on the seventh day. Our rest represents our faith in Him. If we obey His direction to take one day off for rest, we are trusting Him to help us with all our work in the next six days.

You may rest today. The One who keeps you never slumbers. He watches over you and the things that worry you with constant care. You can rest with peace and know He will keep you safe.



ACTION POINT: Be intentional about bringing your worries to Jesus. Allow Him to take your concerns and carry them for you. Find one day this week to find rest and slow down.

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



JANUARY 25



Are You Listening?



*And the LORD came and called as before, "Samuel! Samuel!"
And Samuel replied, "Speak, your servant is listening."
{ 1 Samuel 3:10 }*



Before Samuel became Israel's first prophet, he was a little boy living in the temple. You might know the story of his mother, Hannah. She asked God for a baby for years. Samuel was the answer to her prayers. When he was old enough, Hannah brought him to serve God alongside a priest named Eli.

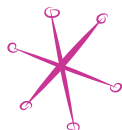
"Samuel grew up in the presence of the LORD" (1 Samuel 2:21), but back then, "messages from the LORD were very rare" (1 Samuel 3:1). So, one night, when Samuel heard someone calling his name, it never occurred to him that it was God. But it was! Samuel finally responded with, "Speak, your servant is listening," and God gave him his first of many messages.

Prayer isn't just about talking to God. It's also about listening to Him. He may not call your name out loud as He did for Samuel, but God does speak to you through His Word. So, the next time you read your Bible, start by praying, "Speak, your servant is listening," and see what God wants to say!



ACTION POINT: Read all of 1 Samuel 3. Create a comic strip of Samuel's middle-of-the-night conversation with God.

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



JANUARY 26





Remember What He Did Through Prayer




*He said, "Praise the name of God forever and ever,
for he has all wisdom and power."*

{ Daniel 2:20 }



One of the most important lessons I have learned so far happened when I was around eight. I'd just heard the story of Daniel and the lion's den. You would think I came away considering how brave Daniel was and how I should be that way too! But that wasn't what stood out to me. The part of Daniel's story that captured my attention was when Daniel remembered to thank God for what He had done in the past and how He had answered Daniel's prayers.

When we pray, we should come to the Father, offer requests, and talk about our fears and concerns. But through Daniel's story, God's Word also reminds us that our faith grows when we look back and consider how God has answered our prayers because He loves us.

 **ACTION POINT:** Draw a tree with bare branches. Whenever you think of something to thank God for, write it on a leaf and put it on the tree. Over time, you will see how your faith grows like a well-nourished tree.

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



JANUARY 27



Spiritual Superfood




The rain and snow come down from the heavens and stay on the ground to water the earth. They cause the grain to grow, producing seed for the farmer and bread for the hungry. It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it.
{ Isaiah 55:10-11 }



These verses claim that rain and snow make the farmer's crops grow. Of course, we realize it takes moisture to make seeds sprout and crops grow, so the rain makes perfect sense. But how does the snow help?

Well, snow helps to keep the ground moist through the winter, but there's also something we cannot see happening. Snow contains small amounts of nitrogen, a super food for certain plants that grow in Northern regions. In other words, it's God's way of sending fertilizer for the crop that hasn't even been planted yet.

The words in your Bible are like that. They prepare you for things yet to come. Maybe a job God has for you in the future. Or a friend you'll help through a hard time. Or a disappointment that you'll need strength to work through. God's Truth contains superfood for your heart.

 **ACTION POINT:** Use the words of Isaiah 55:10-11 to write or speak a prayer to God. Ask Him to make your soul soak up the words in your Bible the way the ground soaks up rain or snow.

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



JANUARY 28





Your Will, Not Mine

*"Father, if you are willing, please take this cup of suffering away from me.
Yet I want your will to be done, not mine."*

{ Luke 22:42 }



Before Jesus was crucified, He said, "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine" (Luke 22:42).

Jesus knew that He had come to be a sacrifice for our sins. So why was He asking God to take the suffering away from Him? Because He was also 100% human. Jesus knows what it is like to be scared. He felt everything that we have felt. But despite His fear, He prayed that God's will would prevail.

I've learned to pray like this too, but it still scares me. Deep down, I want MY will to be done. I want God to answer my prayers how I think is best. However, I've learned His ways are better than mine.

You can start praying for God's will too. When you do, you're saying, "Lord, I want this, but I trust that You love me and know what's best for me. So, I'm deciding to trust Your will."



ACTION POINT: Is there an area in your life where you've refused God's will because you think yours is better? Write it down and ask God to give you peace and power to release it to Him.



JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She enjoys capturing moments with her camera and loves to sing and dance like nobody's watching!



JANUARY 29



The Royal Seal



But Peter said, "I don't have any silver or gold for you. But I'll give you what I have. In the name of Jesus Christ the Nazarene, get up and walk!"

Then Peter took the lame man by the right hand and helped him up.

And as he did, the man's feet and ankles were instantly healed and strengthened.

He jumped up, stood on his feet, and began to walk!

{ Acts 3:6-8 }



Hundreds of years ago, seals were used on most documents to close them and prove that the document really was from the person who sent it. Most seals had a picture of the owner and a motto (or saying) around the edge.

However, a Great Seal or Royal Seal was special. It belonged to the monarch (a fancy name for a king), and all important business the monarch did had a Great Seal attached. If a document had this seal, it had the monarch's "seal of approval," meaning it contained the monarch's wishes or commands. It gave the document authority and power.

When Peter and John prayed for the man in the verse above, they did it under Jesus' Royal Seal—His name. That means when we pray, we can do so under the authority and power of our King of Kings, Jesus.

Let's ask God for His power in our prayers by praying them in Jesus' mighty name!



ACTION POINT: As you pray today, remember to use your God-given authority. Seal your prayer "in Jesus' name"!

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



JANUARY 30





A Power-Packed Prayer Tutor

*I praise you, O LORD; teach me your decrees.
I have recited aloud all the regulations you have given us.
I have rejoiced in your laws as much as in riches.*
{ Psalm 119:12-14 }



When my three-year-old twin granddaughters met their new cousin, they were so excited. “Hi, Stella!” They said it over and over again. But Stella was foneweek old. She didn’t say anything back. Eventually, Zoe said sadly, “Stella doesn’t want to talk to us!” As children, we cannot learn to speak unless we are taught.

That’s how prayer works, too. We learn it best by having someone teach us. And that’s important because even when we do not know how to pray, we’re told to “pray without ceasing” (1 Thessalonians 5:17).

Thankfully, God has provided a tutor. That’s where Scripture comes in. There are lots of prayers in the Bible that show us how to pray. The Psalms are a particularly good prayer tutor. As an early church father and theologian once said, “the other Scriptures speak to us, but the Psalms speak for us.”

If you’re unsure how to pray, open your Bible to a Psalm. You’ll find lots of verses to pray out loud.



ACTION POINT: Use Psalm 119:12-14 above to pray. Just read it as it is or change it a little bit to sound more like the way you talk.

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



JANUARY 31



Love Like A Valentine



*So now I am giving you a new commandment: Love each other.
Just as I have loved you, you should love each other.
Your love for one another will prove to the world that you are my disciples.”
{ John 13:34–35 }*



It's the month we celebrate love, but what kind of love? Valentine's Day was not originally about buying cards for friends. The first Valentine's Day feast remembered the sacrifice of Saint Valentine, who was killed for standing up for Jesus.

And that's exactly the kind of love Jesus told us to have for one another.

The night before Jesus was crucified, He was at a special feast with His disciples. One of them, Judas, had to leave early. Why? To tell the enemies of Jesus where the Savior could be found so they could get Jesus, take Him to prison, and kill Him.

Jesus knew all of this. Right after His betrayer left, Jesus said: love each other. And He says it's a new commandment. But it's not entirely a new idea because the Old Testament instructed God's people to love their neighbor.

So, what's new? We're supposed to love like Jesus. That means we love people even when they hurt us, and we love them until it hurts us — just like Jesus.



ACTION POINT: Ask your mom to help you google Saint Valentine. Read about the first Valentine's Day feast together.

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



FEBRUARY 1





Let's Talk About It

Teach them to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

{ Deuteronomy 11:19 }



Today's verse urges people to talk about God's work in their lives. God had brought the Israelites out of Egypt and performed miracles to keep them safe. He parted the Red Sea so they could escape from their enemies. He provided food for them in the desert. He even showed them the way to go by appearing as a cloud during the day and fire at night.

God's people got married and had babies. Those babies did not get to see all the wonderful things God had done. But what good does a story do before someone experiences God for themselves? I think that our stories are SO important!

I remember hearing Dannah Gresh's story for the first time. She talked about her struggle with sin and how God forgave her. I kept that story hidden in my heart and remembered it years later when I had my own sin to confess. When I ran to Jesus, He was the one who set me free — but Dannah's story reminded me that He could.



ACTION POINT: Ask your mom or another grown-up to share one special way they have seen God work. Then, think about how YOU have seen God work. Share your story with someone and celebrate God's goodness!



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



FEBRUARY 2



Love Prospers



*Love prospers when a fault is forgiven,
but dwelling on it separates close friends.
{ Proverbs 17:9 }*



In 7th grade, my best friend pranked me in front of a classmate. I was sad and embarrassed! When my other classmates found out, they got mad and said things to make her feel bad. I had to decide whether to join them or forgive her.

She apologized and explained that she didn't mean to harm me. She was just trying to be funny. Even though I still felt bad, I forgave her and defended her in front of my classmates. She was still my best friend, and I loved her. I didn't want one mistake to separate us, so I let love prosper, just like Proverbs 17:9 tells us to do.

When I forgave my friend, I also had to decide not to keep thinking or talking about what happened. Sometimes we say we forgive someone, but we keep reminding them of what they did wrong. But that isn't how we develop good friendships. When God forgives our sins, He forgets them, and we should do the same with those around us.



ACTION POINT: Is there a friend in your life that you haven't forgiven? If so, choose to forgive them. Then, write them an encouraging letter and share something they're good at.

JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She enjoys capturing moments with her camera and loves to sing and dance like nobody's watching!



FEBRUARY 3





Direct 911 Line

*Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.
{ Psalm 91:1 }*



Who do you call in an emergency? We are taught to call 911. This puts us in touch with first responders like the police, fire department, and an ambulance to come to the rescue. Our first responders bring us comfort and help in times of need.

Did you know God has His own 911 direct line? Psalm 91 is God's first response in times of need. He sends immediate help to remind you of His love, provision, and strength.

You can pray this beautiful psalm when you feel afraid during an emergency. When you pray Psalm 91, you will experience peace, knowing He is protecting you during scary times. And, if you know someone who is feeling anxious in the middle of an emergency, you can pray this psalm for them too. God's 911 will remind you and others how close God really is.



ACTION POINT: Make cookies, write thank you cards, and deliver the goodies to a first responder in your area. Pray Psalm 91 for your evening prayer.

*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.*



FEBRUARY 4



Growing Closer to the Best Advice



*Plans succeed through good counsel;
don't go to war without wise advice.*

{ Proverbs 20:18 }



When you spend a lot of time with someone, you grow closer to them. You listen, see how they act, and sometimes, complete their sentences. My daughter, Zoey, and her newly acquired bestie in fifth grade grew very close. But one day at recess, Zoey noticed her bestie being unkind to others. This pattern continued, and Zoey became disappointed in her friend's actions. She came to me for advice. Zoey wanted to be there for her friend but knew this friend's actions were not honoring God. Over time, they drifted apart.

Have you ever had a friend you were once close to but aren't anymore? Did you ever ask anyone for advice on this friendship? God wants you to ask wise, godly people for advice. But even more, He wants you to ask Him. The closer you get to the Lord, the more you'll know what He wants you to do, and His advice is always the best.



ACTION POINT: Re-read Proverbs 20:18. Ask a trusted friend or adult for advice this week on a problem you have. Then spend time with God, growing closer to Him and asking Him for wisdom.

JENNIFER DALY is the founder of CheeringOnMoms.com and author of Zoey the Zebra Meets Lexi the Lion and Family Foundations. She lives in Texas with her husband, daughters, and German Shepherd.



FEBRUARY 5





Jesus Wants to be Your Friend!

*Come close to God and God will come close to you.
{ James 4:8a }*



Imagine there's a new girl in your class. She is friendly to everyone! You want to be her friend, but you decide not to talk to her. Then, at recess, she offers to teach everyone how to jump double dutch! She invites you to join, but even though you want to, you head for the swings by yourself.

Wait a minute! You wanted to be her friend, but you wouldn't talk to her or join in to jump rope! Why would you do that?

Maybe you wouldn't act like that toward a new classmate, but I think sometimes we act like that toward Jesus. Did you know that Jesus wants to be your friend? In James 4:8, He is inviting you to come close. He wants you to talk to Him and spend time with Him. He wants to teach you how to live for Him. But it's pretty hard for Him to be your friend if you won't talk to Him or spend any time with Him!



ACTION POINT: Be a good friend to Jesus by spending time in prayer with Him. Tell Him about your day or how you're feeling right now. Ask Him to show you how He wants to be your friend.

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



FEBRUARY 6



Be Imitators



*And you should imitate me, just as I imitate Christ.
{1 Corinthians 11:1}*



I love all of the Disney princesses. Belle was my absolute favorite growing up, but Pocahontas was huge in my life. The year the movie came out, I got to take a friend to see it on opening day. (We were even interviewed for the news after!) I had Pocahontas sheets, curtains, toys, and even the sing-along soundtrack. When I played, I pretended to be her — homemade costume and all! I wanted to be like her, so I imitated her.

Several times throughout the Bible, we are called to be imitators of Christ. When I acted like Pocahontas, I knew how to dress and act because I watched the movie. How do we know how to imitate Jesus or act like Him? When we read the Bible, we learn more and more about Him. As we do, we can begin to be more like Him in everything we think, say, and do.



ACTION POINT: What are some characteristics of Jesus that you can imitate? Read Galatians 5:22-23 if you need help thinking of some.



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



FEBRUARY 7






God Totally Gets It


*This High Priest of ours understands our weaknesses,
for he faced all of the same testings we do, yet he did not sin.
{ Hebrews 4:15 }*



 **E**ven though you love Jesus, you can feel tempted to lie, be lazy, not eat well, be mean, and do all kinds of other things. In the middle of temptation, you might think that Jesus has NO idea what you're dealing with in your life. And, while it's true that Jesus didn't have to decide what movie to stream, He did have to decide what He put into His mind.

Our focus verse today refers to Jesus as our High Priest. That basically means He's the number one authority when it comes to how we live our Christian lives. And Scripture tells us that even though Jesus is the High Priest, He was still tempted and tested just like we are! But He didn't sin in the middle of all of it.

Knowing that Jesus understands what we're going through helps us know we can talk to Him about absolutely anything. And when we do that, it opens the door for an even deeper relationship with Him.

 **ACTION POINT:** : Is there something you've been ashamed to talk about with God? Today, take some time to share it with Him. Tell Him you're thankful that He understands how you're tempted and ask for His help to overcome it.

JANET MYLIN is a True Girl lead teacher and she usually has her daily devos with her Mini Schnauzer, Poncho, by her side!



FEBRUARY 8



Let Them Come!



*But Jesus said, "Let the children come to me.
Don't stop them! For the Kingdom of Heaven belongs
to those who are like these children."*

{ Matthew 19:14 }



As the oldest of five children, I would be lying if I said I was never annoyed by my younger siblings. Once, I had a friend over, and my little brother, Caleb, would not leave us alone. He even hid in my bedroom to be with my friend and me! I was angry! Now that I'm older, I recognize how special it was that he looked up to me and wanted to be with me.

Maybe you have experienced this with one of your younger siblings. Or perhaps you are the younger sibling who just wants to be with your big brother or sister.

We might feel angry when a younger sibling is bothering us or left out when we want the attention of an older one. But did you know that God always wants to give you His attention? He is not like us. He is never annoyed and always welcomes us when we draw close to Him.



ACTION POINT: *Is there someone you can reach out to and make feel loved?
Offer to play a game with them and remember to show them the love of Christ.*



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



FEBRUARY 9





Knowing Him

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



I started dance class when I was two. Every year, the teacher taught us a new dance to perform on the big stage for the spring recital. For months we worked hard to prepare to share what we learned with family and friends. Before we could perform and be ready, we had to practice the dance routine many times. But because of our hard work, our confidence grew into something beautiful to watch.

The same thing goes for our relationship with God. To trust God, you and I need to spend time getting to know Him. Setting time aside each day will deepen your relationship with Him. The more time you spend with Him, the more it will grow into something beautiful! You will produce fruit others will see—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22–23).



ACTION POINT: Create a prayer journal and start talking to God. He is waiting to hear from you and to grow in a relationship with you.



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



FEBRUARY 10



More Like Jesus



"You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven.

For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike."

{ Matthew 5:43-45 }



When I was thirteen, a girl at my school was mean to me. I didn't want anything to do with her. One day, I was reading my Bible and found Matthew 5:43-45. I was mad at God. "Love your enemy?" I asked Him. "She is messing my life up! Why should I pray for her? She doesn't deserve it."

I told God, "Fine. I will pray for her." So, I did, and then I started to see a change. I didn't hate her as much, and I began to feel sorry for her when she said bad things about me. Praying for her was changing me!

I also realized that I was like her sometimes and needed God too! God changed my heart toward her, and He also changed her attitude toward me. When we follow God, it brings us closer to Him and others.



ACTION POINT: Is there someone in your life that you are having problems with? Start praying for them! God can change their heart and yours so that you can become more like Jesus!



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. mytruegirl.com



FEBRUARY 11





How Sharp Is Your Iron?


*As iron sharpens iron,
so one person sharpens another.
{ Proverbs 27:17 NIV }*



Think of one or two people you hope to “grow up” to be like. What draws you to them? Is it the stand they’re taking for something or their morals or actions? Now ask yourself if they reflect Jesus in a way that brings Him glory.

The friends we surround ourselves with can largely influence our lives. Let me emphasize the word “CAN.” They CAN push us more toward Jesus. They CAN cause us to think about the reasons we believe, make us accountable for our words, and help us strengthen our relationship with Jesus. But people close to us CAN also do the opposite.

I’ve definitely experienced the negative effects of not having the right people close to me. But I’m now in a place where my friendships DO push me toward Jesus. Make sure your friendships not only CAN point you to Jesus but DO point you to Him!

 **ACTION POINT:** Pick out some things you admire about someone who helps you sharpen your “iron,” and write them down. Then tell them how they’ve helped you draw closer to Jesus.

Today’s devo is adapted from Leave a Little Sparkle Wherever You Go by HILDSY MARIE. Hildsy is a former True Girl cast member working with our team on a teen ministry called True You.



FEBRUARY 12



Well, OK Then!



"When Naomi saw that Ruth was determined to go with her, she said nothing more."

{ Ruth 1:18 }



If you've done Dannah Gresh's Bible study book on Ruth, you have learned that Ruth was a woman of loyalty. a woman of loyalty. If you haven't done that study, it's totally OK. Let me break it down for you.

Ruth and her mother-in-law, Naomi, were in a tough situation. They had both lost people who were meaningful to them. Naomi, who was super, super sad, told Ruth to return to her home and find someone to take care of her. But Ruth was like, *"No way. I'm sticking with you — no matter what!"*

Our focus verse for today shows Naomi's response to Ruth's loyalty. It's almost as if she was saying, *"Well, OK then! Let's do this."*

It's beautiful when you know someone is committed to walking through life with you, no matter how hard things are. And Ruth's decision to stay close to Naomi ended up being an amazing God story which you can read in the book of Ruth in the Bible.



ACTION POINT: Who do you know that wants to walk through life with you? Is it your mom? Your aunt? A mentor? Your dad or a grandparent? Take some time to thank God for that person today.

JANET MYLIN is a True Girl lead teacher and she usually has her daily devos with her Mini Schnauzer, Poncho, by her side!



FEBRUARY 13






The Bottom of the Sink


*For I can do everything through Christ,
who gives me strength.
{ Philipians 4:13 }*



 **M**y daughter is extra cautious when it comes to unsettling situations. One ordinary day, she stood quietly from a safe distance and eyed me by the sink. You probably know what happens when dishes go in the sink with food still on them — an unsettling situation! That is where she saw me. My arms were deep in the sink, scooping the bottom of the drain. What she exclaimed next surprised me.

She said, “Mom, you are the bravest person I know!” Really? Yes, it was not easy, but I never considered it brave. The task needed to be done, and I had done it many times before.

When others are watching us walk with Jesus, they can be cautious too. It may be unsettling at first. But we continue through the uneasy things because we love, care, and do not have to rely on our own strength. Eventually, someone will come along, and Jesus will take hold of their heart when they see the strength He has given to you.

 **ACTION POINT:** How can you show Christ's strength to a person you care about? Pray quietly for that opportunity now.



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



FEBRUARY 14



Check Your Roots



*Look after each other so that none of you fails to receive the grace of God.
Watch out that no poisonous root of bitterness
grows up to trouble you, corrupting many.
{ Hebrews 12:15}*



Before I became a Christian, I was lonely. I had no one to run to when I was sad or in trouble. But after I came to Christ, God gave me a faith family. People started praying over me, asking me how I was doing, and keeping me accountable in the areas where I was weak. I was truly surprised. I didn't know a community like that existed!

Hebrews 12:15 encourages us to look after each other so that none of us "fails to receive the grace of God." It also tells us to watch out "that no poisonous root of bitterness grows up to trouble us." What does that mean? It could look like being angry at someone from your church, holding a grudge, or not forgiving. The church and its people aren't perfect, but Christ is! We need each other. We are a family, and we must stand together.

I'm so grateful to be surrounded by people that love, pray, and care for me. And I'm so thankful that I get to do the same for them!



ACTION POINT: Write an appreciation note to at least five people from your community. Encourage them to do the same for other people! Let's lift each other up!



JEDELY GARCIA is passionate about bringing the message of biblical truth to tweens and teens. She enjoys capturing moments with her camera and loves to sing and dance like nobody's watching!



FEBRUARY 15





Serve Like the "Sons of Thunder"

"But among you it will be different.

Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must be the slave of everyone else."

{ Mark 10:43-44 }



Have you ever given any of your friends a nickname? Jesus did! He called His friends James and John "Sons of Thunder" (Mark 3:17). These brothers, who were His first two disciples, were known for being bold and aggressive.

So, it's no surprise these two men weren't shy about asking Jesus for a favor. "When you sit on your glorious throne," they asked. "We want to sit in places of honor next to you, one on your right hand and the other on your left" (Mark 10:37).

Today's verse is how Jesus replied, and I bet it wasn't the answer James and John expected! Jesus said that if they wanted to lead, they needed to serve. Now, if these brothers had stopped to think about Jesus' example before asking, they might have realized Jesus daily modeled serving others over being honored.

One of the best ways we can become more like Jesus AND love others is to serve. And, if you're wondering, the "Sons of Thunder" did choose servanthood rather than importance!



ACTION POINT: Are you a leader at school, church, or home? Think about whether you serve others in this role or want to be served. Ask God to help you choose service over honor.



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



FEBRUARY 16





SOS



But Jesus spoke to them at once.

"Don't be afraid," he said.

"Take courage. I am here!"

{ Matthew 14:27 }

... _ _ _ _ ...



Do those dots and dashes mean anything to you? If you've grown up in a sailing family, you might recognize that as Morse code for "SOS." Morse code is a method of communicating using rhythm. You tap out letters and numbers until you have a message. SOS is a message people send out when they are in trouble and need help.

Peter sent out a major SOS while he was walking on the water toward Jesus. Jesus told him that he didn't need to be afraid. Peter did well for a bit, but then he got terrified. He called out to Jesus, "SOS!"

I really love that God's Word says Jesus "immediately" reached out and rescued Peter. I can just picture Jesus holding onto him, saying, "I'm right here, and I love you more than you'll ever know."

God wants to rescue you, too! Talk to the Lord every day about anything and everything. Let your faith grow so that in times of trouble, you can be sure He hears your SOS.



ACTION POINT: Write a note to God in Morse code. Ask him to help you and draw you closer. The chart is printed below:

A _ B _ _ C _ _ D _ _ E . F _ . G _ _ H _ _ I _ . J _ _ K _ . L _ _ M _ N _
O _ _ P _ . Q _ _ R _ . S _ . T _ U _ V _ _ W _ _ X _ . Y _ _ Z _ _

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



FEBRUARY 17






Yes, Your Honor!


*Love each other with genuine affection,
and take delight in honoring each other.
{ Romans 12:10 }*



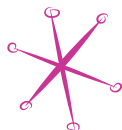
 You might have heard the words “Yes, Your Honor” in a TV show or movie you have watched. Or maybe, you are an amazing adopted daughter who remembers your mom and dad saying, “Yes, Your Honor,” to the judge in the courtroom on the day of your adoption. Saying “Your Honor” is like telling the judge, “I respect you. I think highly of you.”

God says that we should love each other “with genuine affection and delight in honoring each other” (Romans 12:10). The word *genuine* means true and real. We need to be true and real in our love for each other and always treat other people highly.

I remember saying, “Yes, Your Honor,” on our children’s adoption day as my husband and I promised the judge that we would genuinely love and respect these kids. We were also saying that, no matter what, we would think of them more highly than ourselves.

 **ACTION POINT:** The next time you have difficulty loving and honoring someone, pretend they are a judge. Maybe even picture them wearing a judge’s robe. Practice seeing others more highly than yourself, and it will help you to genuinely love others.

*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. mytruegirl.com*



FEBRUARY 18



Nice and Cozy



*But as for me, how good it is to be near God!
I have made the Sovereign LORD my shelter,
and I will tell everyone about the wonderful things you do.
{ Psalm 73:28 }*



I looooveee being near my mom. When I was younger, I lay close to her and talked her ear off. Thank God she was a patient woman! And honestly, that hasn't changed now that I'm an adult. I still curl up near her and let the words flow.

I like being close to my mom because of how she impacts me. I feel peaceful with her and know she sees and hears me no matter how much I talk. She provides a sense of calm and safety that makes everything feel alright.

Being near God is a bit like this but times a billion. While my parents are an example of God's love and protection for me, the peace and comfort He provides are infinitely more than they could ever offer in their humanity. He's my protector who hears me whenever I call and shelters me in His love every moment of the day. I read and pray regularly as a way to curl up next to Him and have a sweet conversation.



ACTION POINT: Curl up next to God today! Find a quiet and comfortable place and bring your favorite pillow and blanket. Spend some time talking to God. Tell Him everything and know that He loves listening to you.

STACI RUDOLPH is a lead teacher for True Girl and loves to see girls grow in their personal relationship with Christ. She's also part of True You, a ministry for teen girls, and writes beautiful songs. mytruegirl.com



FEBRUARY 19






The Jesus Follower Who Failed

*Then Jesus told him,
"Follow me."
{ John 21:19 }*



 **H**ave you ever done something you're ashamed of or wished you could undo? Jesus' friend Peter did! Peter was usually a bold and fearless man, but after Jesus' arrest, he got scared. He was so afraid that he told people he didn't know Jesus. Crazy, right!?! Afterward, Peter was so upset at himself that he "wept bitterly" (Luke 22:62).

But Peter's failure didn't make Jesus give up on him. Three years earlier, Jesus had told Peter, "Come, follow me, and I will show you how to fish for people!" (Matthew 4:19). And, after Jesus came back to life and He saw Peter again, He told Peter the same thing, "Follow me" (John 21:19).

As you keep growing in your relationship with Jesus, you'll sometimes fail too. You might worry that Jesus will give up on you when you do. But He won't. Like Peter, Jesus will keep saying to you, "Follow me." And, as you keep following, you'll continue growing to be more like Him.



ACTION POINT: Read the story of Jesus' breakfast on the beach with His disciples in John 21. Put yourself in Peter's shoes and write a journal entry about how he may have felt.

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



FEBRUARY 20



What Is God's Love Like?



*How precious is your unfailing love, O God!
All humanity finds shelter
in the shadow of your wings.
{ Psalm 36:7 }*



Have you ever seen a photo of a chicken with her babies hiding under her wings? Mother hens watch for danger. When they see an animal that could hurt their chicks, they cluck softly to warn the babies. The baby chicks quickly run under their mother's wings for safety. The mother hens keep their chicks under their wings until the danger has passed.

That's the way God describes His love for you.

In one place, the Bible talks about the mother bird's wings, specifically pinion feathers. These are the ones that are soft, and we make pillows out of them. The pinion feathers have down on them, which is super soft and cozy.

God is a safe place that is soft and cozy for you. And when you run to Him to be safe, you'll find that His protection never fails. The trouble may still come. But you'll ultimately feel His love and protection more than you do the hard things that happen.

So what is making you feel afraid? Run to Him!



ACTION POINT: *Is there something bothering you right now? Do you feel unsafe? Write a prayer to God asking Him for help.*

*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*



FEBRUARY 21





Prepared for Growth

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives.

It corrects us when we are wrong and teaches us to do what is right.

God uses it to prepare and equip his people to do every good work.

{ 2 Timothy 3:16–17 }



As a teenager, I quickly learned the importance of preparation. Actually, I learned the 5 P's—Proper Preparation Prevents Poor Performance. Wouldn't you agree that things typically run a bit more smoothly when we are prepared? For example, properly studying for a test often leads to passing the test. And properly training for a sport helps you win the match. Well, just as we should learn how to prepare for tests and sports, we should also learn how to prepare for life and growth as Christians.

One way to prepare and grow as a Christian is by studying Scripture. The Bible is God's Word. Through it, He prepares us for life as believers. God's Word helps us to grow and mature. Therefore, it is very important that we diligently study Scripture whenever we can. When we do, it is like studying before the test or showing up at the gym before game day. It's preparation! And if we want to grow in Christ, we must prepare by digging into God's Word daily.



ACTION POINT: Are you prepared for growth? Block out time on your calendar to study God's Word daily. It also might be helpful to find a "Growth Partner" who is willing to study Scripture with you and help you stay on track.

PORTIA COLLINS is a Bible teacher, writer, podcast host, and the founder of She Shall Be Called. Portia and her family live in the Mississippi Delta. sheshallbecalled.com



FEBRUARY 22



How Do I Know If I Love God?



If someone claims, "I know God," but doesn't obey God's commandments, that person is a liar and is not living in the truth. But those who obey God's word truly show how completely they love him. That is how we know we are living in him.
{ 1 John 2:4-5 }



My three-year-old granddaughter Addie loves to run from me when I try to catch her. This is OK if we play a game, but it is very very unsafe when I call her to come to me. There are a lot of reasons why I call her. Maybe I see a car coming. Or I don't want her to get lost. I tell her to come to me because I love her.

The Bible says that someone who loves God obeys Him. But someone who does not obey Him is a liar.

I don't like that Bible verse very much, but it is true. God does not want us to live life in dangerous ways. So, He has created some rules, called commandments, to keep us safe. When we lie or cheat or are jealous of other people, we do not obey His rules. And we are not responding to Him in love.



ACTION POINT: Are there some areas where you are not obeying God? Talk to your mom about it. Ask her for help to respond to God's commands in love by obeying Him.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with twenty animals. mytruegirl.com



FEBRUARY 23





Forgive as You Have Been Forgiven

*Be kind to each other, tenderhearted, forgiving one another,
just as God through Christ has forgiven you.*

{ Ephesians 4:32 ESV }



My mom couldn't attend my high school graduation. She was going through a hard time and seeking help at a Christian retreat. I was sad and angry because I wanted her there on my important day. But she left me a note apologizing and promising that she would be at my college graduation.

When my college graduation came, I remembered that my mom wasn't at my high school graduation. The day before I graduated, I asked God to heal my wounded heart. I also decided to forgive my mom and be grateful that she was at my college graduation.

Forgiving is hard to do. The longer we take to forgive, the more power we think we have. But unforgiveness can lead to the emotional pain of anger, hate, hurt, resentment, and bitterness and can even cause health issues. There's a reason why the Bible keeps reminding us to forgive others in verses like today's passage!

There's so much peace in knowing that our loving heavenly Father forgives our sins. How about we start loving that we GET to forgive other people as well?!

 **ACTION POINT:** Write down Ephesians 4:32 and place it somewhere you can see it daily. Meditate on it and share it with someone who might struggle with unforgiveness. We're all in this together!

*JEDELY GARCIA is passionate about bringing the message
of biblical truth to tweens and teens.*

*She enjoys capturing moments with her camera and loves
to sing and dance like nobody's watching!*



FEBRUARY 24



Good Friendship



*There are "friends" who destroy each other,
but a real friend sticks closer than a brother.*

{ Proverbs 18:24 }



Lisa is a dear friend of mine. She's kind, soft-spoken, and a fabulous cook. She recently opened up her home as a bed-and-breakfast. A bed-and-breakfast is a place a lot like a hotel where people can stay overnight, but it's in an actual home.

In the bedroom I stayed in, there was a painted wooden sign that said, "Share Faith. Offer Prayer. Gather Hope." I looked at that sign and thought, *Yep. That's real friendship.*

Then I went downstairs and saw another sign. This one was embroidered onto fabric and framed. It said, "Friendship isn't a big thing. It's a million little things."

Both of those signs are right. Friendship is so much about everyday little things. Sure, big, traumatic events or circumstances come along, and we need others to help us get through those times. But those smaller bumps in the road are where we need a good, consistent friend to keep us focused on God. When we learn to focus on Him during the "smaller" things, it will be more natural for us to do the same thing when we face a "bigger" thing.



ACTION POINT: Think about some of the little things that make your friendship with your mom one that sticks closer than a brother (or sister). Thank her for those little things.

~~~~~  
*Today's encouragement is an adapted excerpt from The One Year  
Mother Daughter Devo by DANNAH GRESH and JANET MYLIN.*

*Get a copy at [mytruegirl.com](http://mytruegirl.com).*



FEBRUARY 25





## Which Way?

*Can two people walk together without  
agreeing on the direction?*

*{ Amos 3:3 }*



I have a horrible sense of direction. Sometimes I get lost going to my own house from work. My mother-in-law, however, is great with directions. She can even use a real map! A few years ago, she and I went on a trip together. It was only an hour and a half away, but I had never been to this place. She'd been to the area, but not for many years, so some things had changed.

We got to an area the GPS didn't recognize, and I didn't know which way to go. But my mother-in-law knew exactly where to go. She told me where to turn, and I didn't hesitate. Do you know why? Because I totally trust her!

As we take this journey with God, He will give us direction. When we obey and follow Him, that lets Him know we trust Him. The closer you walk with God, the more you learn to trust Him. And it also helps when we have good people in our lives to help us go the right way.



**ACTION POINT:** Create a real maze in your house. Walk through it with your mom or someone close to you. Even if you head in the wrong direction, you'll be able to help each other get back on the right path.

---

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



FEBRUARY 26



# The Only Way



*Jesus told him, "I am the way, the truth, and the life.  
No one can come to the Father except through me."  
{ John 14:6 }*



I watched a movie recently that really got my heart racing. A woman and child were on a journey and needed to cross a huge valley to get from one group of mountains to another. It seemed impossible! Suddenly, the woman spotted a bridge to the right, and they knew it would be their only hope. Without that connection, there was no getting closer to the other mountains.

Now, that was just a movie. But when it comes to God, there's no other way to grow closer to Him than by knowing Jesus, His Son. Jesus is our bridge. Our **ONLY** connection. We can't take a longer route or find another way to God. It's through His sacrifice alone that our sins are forgiven, and we're made friends of God and not enemies. Friends who get to know God more and more each day and grow closer to Him every moment.



**ACTION POINT:** Have you become a friend of God through Jesus' sacrifice? If so, write a prayer of thanksgiving. If not and you're ready to, talk to your mom or a trusted adult. Jesus wants you to grow closer to Him.

---

*STACI RUDOLPH is a lead teacher for True Girl.  
She's also part of True You, a ministry for teen girls  
and writes beautiful songs. [mytruegirl.com](http://mytruegirl.com)*



FEBRUARY 27





## Abide in Me

*If you remain in me and my words remain in you, ask whatever you want and it will be done for you. My Father is glorified by this: that you produce much fruit and prove to be my disciples.*  
{ John 15:7-8 CSB }



**W**hat does it mean to “remain in”? In the simplest form, it means staying connected to someone or something. Remaining in Christ means that we are united to Him in all things! And guess what? The result of our staying close to Jesus is that we will continue to grow as Christians.

Jesus likens our remaining in Him to a tree that produces a lot of fruit. Think about it. When the branches of a tree remain connected to the tree, it continues to grow. You may find apples, oranges, or any kind of fruit on those branches. But, if the branch of a tree is cut off, then that branch no longer produces fruit. It simply withers and dies, proving no longer good for anything. And the same is true for us. We cannot grow in Christ if we are separated from Him. We must remain in Him!



**ACTION POINT:** Don't think of Bible study and prayer as things to check off your list. Think of them as ways to bear fruit! The more you do them, the closer you grow to Jesus.

---

*PORTIA COLLINS is a Bible teacher, writer, podcast host, and the founder of She Shall Be Called. Portia and her family live in the Mississippi Delta. [sheshallbecalled.com](http://sheshallbecalled.com)*



FEBRUARY 28





## Pray Continually

January is the perfect time to hit reset on your daily devo habit! Whether you're already doing great or need a little kickstart, we're here to help you dive into God's Word! Each day you will read one verse and some fun thoughts about it. At the end of each, you will 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:

Portia Collins, Jennifer Daly, Carolyn Dunn, Melody Facemire, Madelyn Fryer, Jedely García, Sarah Giordano, Rose Mast, Shani McKenzie, Janet Mylin, Arlene Pellicane, Hildsy Petrossian, Amber Pike, Hephzibah Ramirez, Staci Rudolph, Emily Scherer, Ashleigh Slater, LeAnn Smith, Jody Token, Samantha Toledo, Charity Wright, 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

**TrueGirl**

mytruegirl.com