

JANUARY 2023

TrueGirl

MOM+DAUGHTER

DATE

PRAY.



January 2023

Have a POWERFUL 2023!



Listen to Episode 1 of Season 2 (January 2023)
of The True Girl MomCast featuring Dannah Gresh,
Janet Mylin, and Shani McKenzie.

Then, read through this one sheet.

“Prayer is boring.”
“How do we know God is listening?”
“I don’t know the right words to say.”

Have you heard any of these words come out of your daughter’s mouth? These are pretty normal thoughts and questions for any Christian as they’re learning about prayer. And our young girls are no different.

Our focus scripture this month may seem a little more abstract as we talk about Power-Packed Prayer.

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



In the book of Isaiah, God is talking to the Israelites who were discouraged because they were in captivity and the future was freaking them out. Life was hard and they had no idea how anything was going to play out. These verses are reminding them that God is sovereign and mighty and, as we think about prayer, the power of God’s Word is unstoppable.

Isaiah 55 is calling the people back to the written Scriptures and reminding them that they have efficacy.

When we teach our girls about prayer, we’re simultaneously teaching them that God’s Word and character can be trusted. He is faithful and true!

This very special January Box is designed to equip your daughter with one incredibly powerful tool: **Praying God’s Word!**

I think there’s a good chance you’ll find yourself newly strengthened in your own prayer life as you go through the Mom+Daughter Date, MomCast, and other box contents as well.

So as Shani, Dannah, and I say on
The True Girl MomCast —



PRAYING FOR YOU,
Janet Mylin





SUBJECT:

Super Scripture Prayers!

SETTING:

You and your daughter can choose!

MATERIALS YOU'LL NEED:

Your Bible

This month's Memory Verse Cards

Cups of hot cocoa (and maybe your new earmuffs!)



Something to help her understand:

"You know, sweetie, praying scripture is powerful but it's not like a magic spell like you see in movies or books. The words of the Bible are powerful because 2 Timothy 3:16 says that God actually breathed out all of scripture and inspired every bit of it! It's powerful because of who God is. He is the power behind the words. When we pray scripture, it's amazing because we're praying words God has written and said!"

TrueGirl

Preparing for your January Mom+Daughter Date

PRAYING THE WORD'S WORDS!



This Mom+Daughter Date will teach your daughter how to pray scripture. Not only is praying scripture powerful, it really helps when your daughter doesn't know how or what to pray for a person or situation. Here's what you'll do:

1 **Talk about prayer for a minute.** Here are two good questions to answer. Mom, do your best to just listen instead of trying to fix anything right now.

♥ Who do you know that you think is a really powerful praying person? Why do you think that about this person?

♥ When do you usually pray? During hard times? At dinner? Before bed? In the morning?

2 **Decide where you want to pray** Do you want to go for a prayer walk? Or would you rather cozy up on the couch at home?

How about at the table after dinner? I would encourage you to try one that isn't what you normally do. Once you decide where you're praying, make that hot cocoa! If you're going for a prayer walk and it's cold, grab your new cute earmuffs!

3 **Pray scripture together.** Here are two simple ways to teach your daughter how to do that:

Look at one of your Memory Verse Cards. Take a verse on one of your cards and turn it into a prayer. For instance, if the card said, *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16,"* you would add prayer words to it. You could pray something like, *"God, thank You for loving my neighbors by sending Your only Son for them. I pray my neighbors would believe in You so they can have eternal life."*

Use the concordance in the back of your Bible. If you're praying for someone who is feeling sad, have your daughter look up the word "comfort" in her concordance. Once you find a scripture that seems appropriate to pray for that situation, pray it out! For example, *"Lord, thank You that Matthew 5:4 says when people are sad, you will comfort them. Help my friend see and feel Your comfort."*

* Feel free to share photos of you and your daughter with your steamy cups of cocoa and earmuffs! You can post them on social media and tag True Girl! *

