My Daily Devos

TrueGirl

March & April

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

Upside-Down Living

Don't let evil conquer you, but conquer evil by doing good.

{ Romans 12:21 }

Have you ever slathered toast with peanut butter, only to drop it? Chances are it landed with the peanut butter side down. The toast stops spinning once the heavier side is face down. Our Bible verse today reminds me of the weight of peanut butter!

Bad things will happen to us because bad people live in our world. But we're not supposed to let evilconquer us. Instead, we're supposed to respond to evil by doing good. That's not usually our natural response. It's easy to respond to bullies or mean girls by being mean back.

But when we spend time spreading God's love into our hearts, our response may be upside down from the rest of the world. We can be kind and do good things. But it takes a lot of Jesus changing us to be more like Him! How do you spread His love into your heart? By reading the Bible, praying, going to church, and spending time with others who love Jesus.

ACTION POINT: Is someone being unkind to you? Or do you know of someone at school or in your neighborhood who is known to behave badly? Spend some time today talking to your mom about how to respond to them with "good."

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 horses, goats, peacocks, and a dog named Moose.

Do I Still Have To?

Jesus said, "Father, forgive them, for they don't know what they are doing.

{ Luke 23:34 }

When I was really young, I remember being so angry with my brother once that I didn't want to forgive him. I actually asked my parents if it was okay not to. Of course I did end up forgiving him, and I honestly can't even remember what I was upset about now.

You will face situations for the rest of your life that require you to forgive someone. In those times, try your best to remember Jesus had to do it, too. He is the true example of how to forgive when someone has done you wrong. He went through mocking and cruelty but responded with love and forgiveness. Jesus wants us to do the same thing in our lives.

How will you respond?

ACTION POINT: Write a letter to someone who has hurt you, expressing forgiveness and love. Consider sharing it or keeping it as a private act of surrender.

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.

Feeling "Stucky"

He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.

{ Psalm 40:2 }

Being a tween can feel a little "stucky" sometimes. And I don't mean "sticky." I mean "stucky." You know what I mean? Like you want something to happen at school or with friends or your family, but it feels like you just can't get there—like everything's kind of stuck in the mud. Those times are really frustrating and hard to understand. If you're not careful, feeling stuck can do crazy things to what you think about yourself.

During those times, it's super important to remind yourself that God is the One who keeps you steady and solid. This verse in Psalm 40 is your reminder that God lifts you out of those "stucky" places, and He puts your feet on a big ol' solid rock. That rock is HIM! When we know and trust God, we have a firm place to stand, no matter what's happening around us. That's such good news, isn't it?

ACTION POINT: Find some tape (or a sticker) and let it stick to your fingers. As you feel the stickiness of it, pray and thank God that He is your steady rock.

JANET MYLIN is a True Girl lead teacher. Her Miniature Schnauzer, Poncho, is her faithful, furry Bible study buddy every morning!

Fight or Forgive?

Instead, be kind to each other, tenderhearted, forgiving one another, just as God in Christ has forgiven you.

{ Ephesians 4:32 }

I have known today's Bible verse for as long as I can remember. I don't recall memorizing it, yet I quote it all the time! My mother used to say it to me whenever my siblings and I were fighting. To this day, I still repeat it when I need to cool my temper. It reminds me of fights long ago when I wanted to be anything but tenderhearted, but it is also a calling to me! It tells me, "Hey, you are a child of God! Pull yourself together!"

While being rude and upset when someone gets on my nerves is much easier, I try to remember this verse. Forgiven by Christ—that's my identity! When people are mean or cruel to me, I remind myself of my identity and my calling. God has forgiven me, so I should forgive others for the same reason.

ACTION POINT: Who are you not forgiving? Are you fighting with someone, like your sibling? Pray for them for a moment and ask for their forgiveness!

AIMEE STRINGER is a teenager that loves to serve God. She has been a pastor's kid for most of her life and her mom works in the office of True Girl.

Set Your Heart on Things Above

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.

{ Colossians 3:1–3 }

Have you ever experienced mean girls? It can be tough when others are unkind to us. But Colossians 3:1–3 reminds us to focus on things above, not earthly things. We are called to set our minds on heavenly things, where Christ is seated at the right hand of God. When we keep our focus on Him, we can rise above the hurtful words and actions of others.

Remember, mean girls are often hurting themselves. They may be dealing with their own insecurities and struggles. Instead of responding with unkindness, let's show them the love and kindness of Christ. Let's pray for them and ask God to help us see them through His eyes.

So, the next time you encounter mean girls, remember to set your mind on things above and show them the love of Christ. Let's be the light in a dark world and spread kindness wherever we go.

ACTION POINT: Today, intentionally replace negative thoughts with affirmations of God's love. Speak these truths aloud and allow His heavenly perspective to shape your response to any hurtful words or actions. Your identity is secure in Christ!

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

You Are God's Masterpiece

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

{ Philippians 1:6 ESV }

Have you ever looked at a finished sculpture and thought about how it started? Some sculptures begin as a lump of clay, a giant shapeless rock, or even a big block of ice! Initially, most sculptures don't look like more than shapeless blobs to the untrained eye. But the artist sees every curve and shadow.

In the same way, YOU are God's masterpiece. You (or even others) may not see your full potential yet, but every day God is shaping you into His perfect vision. And did you know that He is creating you in His own image? He loves you SO MUCH that He pours little bits of Himself into your life as He creates. Every one of us is a unique combination of God's characteristics.

And the best part? He's not done yet! Sometimes, this means you have to trust God when you can't see His vision. But you can rest assured that it will be good.

ACTION POINT: Create your own masterpiece! Grab paper and your favorite art supplies. Consider the blank page before you get started. Imagine how God created you and ask your mom to help you identify some of God's characteristics that you have!

HANNAH PRICE is a True Girl mom of three. She loves snow, corny jokes, and helping the True Girl team promote their events and resources.

Cute Boot Crisis

So in Christ Jesus you are all children of God through faith.

{ Galatians 3:26 NIV }

"Mom," my six-year-old self asked, "Why are these boots $30, but those boots are $120? They look almost exactly the same!"

As my mom walked over with a little grin, I could tell this was a question she had considered many times before. "Because, honey, those are name brands. They have a high value because of the company they come from."

Did you know that having our identity placed in God is a lot like shoes being a name brand? The shoes' identity is found in the name of its designer. In the same way, we find our identity in the name of our designer—God.

Recognizing where our identity should be placed makes it easier to determine what we should believe and how we should behave. When you recognize your Creator, you can realize in whom your identity lies.

ACTION POINT: Spend time in prayer asking God to help you remember that you are His, and He is where your identity lies.

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

When Someone Hurts You

...they crucified him there, along with the criminals, one on the right and one on the left. Then Jesus said, "Father, forgive them, because they do not know what they are doing."

{ Luke 23:33b–34a NIV }

When I read about Jesus' death on the cross, it's not hard to see it was terrible abuse. I don't know anyone who has been bullied to the extent that Jesus was. It would have been easy for Jesus to stop the abuse and punish those who hurt Him. Instead, He died for their sins so they could gain access to a friendship with God. In His prayer, while He hung on the cross, He asked God not to hold their sins against them.

When someone hurts you, follow Jesus' example. Ask God to forgive them. Praying like that will help you remember that all sin is against God more than anything. All of us have sinned and need a Savior and forgiveness. Jesus alone is the only One who didn't need those things. He took on the abuse, beating, and bullying we all deserved, which helps us love others even when they hurt us.

ACTION POINT: Read Luke 22:54–23:49 and think about how people hurt Jesus—even His friend Peter denied knowing Him. No matter what you have gone through, Jesus understands. He loves you to the point of dying for you, too.

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

Pastor Mason Said

May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord.

{ 2 Peter 1:2 }

My family started going to church when I was in elementary school. I was shy and afraid to go to children's church alone, so I stayed with my parents. Every Sunday, Pastor Mason greeted me enthusiastically with "Jesus loves you!" He never missed a week telling me about the love of Jesus.

That message of "Jesus loves you!" began to sink into my mind and heart. I became braver, going to youth group in middle school all by myself. As I felt God's love at church, I wanted to spend more time there. Like today's verse, I received more grace and peace because I grew in my knowledge of God and Jesus as Lord.

Knowing Jesus made me feel secure and loved. Even when I was an awkward-looking girl wearing big blue glasses and ugly knee-high socks, Jesus loved me. The Bible (and Pastor Mason) told me so. And you know what? I'm here to tell you that Jesus loves YOU!

ACTION POINT: Tell someone, "Jesus loves you!" It could be your mom, dad, grandparent, or friend. It could be the person who helps you at the store. And whenever you feel unsure about who you are, say out loud, "Jesus loves me!"

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

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Facing Giants

David replied to the Philistine, "You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven's Armies..."

{ 1 Samuel 17:45 }

Can you think of someone in the Bible who was a BIGGER bully than Goliath? I mean, he was literally huge. Various Bible translations put him anywhere from 7 to 9 feet tall. Not only was he big, but he used his height to intimidate others, namely the Israelites. Have you ever known someone who uses their strength or size to scare others?

That's what the Israelite soldiers were experiencing with Goliath. This included David's big brothers. They were all scared. Everyone but David, that is. David was just a young shepherd, but he knew God had helped him before. God had delivered him from lions and bears. So David knew God would be there to save him this time, too.

Today's verse tells us exactly how to handle it when someone or something scares us. We call on the Lord and declare that God is on our side.

ACTION POINT: Write down on a small stone a personal challenge to always call on God. When you face tough things or people, carry it with you as a reminder of God's strength in overcoming giants.

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.

Do Everything for His Glory

Remember the word that I said unto you, "A servant is not greater than his master." If they persecuted Me, they will also persecute you. If they kept My word, they will keep yours also.

{ John 15:20 NKJV }

God is by our side no matter what happens, but sometimes, there might be consequences to having Him close. This sounds crazy, right!? But it's true because Jesus told us about it!

In today's verse, Jesus was preparing His disciples—and us, too—not to be surprised if we lovingly share the gospel with someone and they don't respond well. We WILL BE persecuted. Expect and prepare for it. Don't be discouraged when it happens, but recall Jesus' words and consider persecution as a positive thing.

That being said, do others know you are a Christian? Too often, Christians aren't *that* different from the world. Strive to live your life so that others know you follow Jesus. Show your faith through godly behavior, prayer, and care for others. And then, when you *are* persecuted, you know it is for Christ. Remember to do everything for His glory and not for the world!

ACTION POINT: How can you tell others about the gospel? Invite a friend to church or pray with someone who's had a hard day. If they laugh at you, ask God to help you work through this trial.

ABBY KING is the Road Manager of True Girl Crazy Hair Tour and loves to be a joyful light and make lots of new friends everywhere she goes!

Fighting Fearfulness

This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

{ 1 Peter 1:4b–5 NIV }

I like to think that I have grown into a pretty brave person, but I didn't used to be. There was a time in my life when I was constantly scared. I wanted to pretend I wasn't, but my creative mind always imagined worst-case scenarios. That fear held me back from a lot of things. One day, I read today's verse about God's power being our shield. It made me feel so loved, seen, and protected.

I realized I was allowing that fear to be part of my identity. After studying this verse, I learned that we can replace our identity of fear with the identity of being protected by Christ. His protection, or "shield," comes with the knowledge that we are His.

You are not what scares you. You are not what you cannot do. You are His loved, protected, chosen child, forever and always.

ACTION POINT: Do you have something that scares you sometimes? Talk to your mom about it and ask her to pray with you. One of the best ways to fight your fear is to tell God about it.

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

True Royalty

And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering.

{ Romans 8:17 }

Did you know that you are a daughter of the King? Sometimes, mean girls might make you feel like you don't belong or are not good enough. But remember, you are a child of God and have a place in His kingdom. Don't let the words of others bring you down. Instead, choose to love them and show them kindness.

Jesus suffered for us, and we may face suffering in this world, too. But we can find comfort in knowing that we are not alone. We have a heavenly Father who loves us unconditionally. So, let's choose to be kind
to others, even when they are mean to us. Let's show them the love of Christ and be a light in this world.

ACTION POINT: Read Luke 22:54–23:49 and think about how people hurt Jesus—even His friend Peter denied knowing Him. No matter what you have gone through, Jesus understands. He loves you to the point of dying for you, too.

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

Goliath Wasn't David's Only Bully

But when David's oldest brother, Eliab, heard David talking to the men, he was angry. "What are you doing around here anyway?" he demanded. "What about those few sheep you're supposed to be taking care of? I know about your pride and deceit. You just want to see the battle!"

{ 1 Samuel 17:28 }

Do you remember the devo you read a few days ago about how David faced the bully Goliath? David knew that God was on His side. But did you know other people, including David's brother Eliab, didn't support David?

Today's verse tells us what Eliab said when David asked, "What will a man get for killing this Philistine and ending his defiance of Israel?" (1 Samuel 17:26). Eliab responded, "What are you doing around here anyway? What about those few sheep you're supposed to be taking care of? I know about your pride and deceit. You just want to see the battle!" Ouch, right!?! It sounds like Goliath wasn't the only bully on the battlefield that day!

Yet, David didn't let Eliab's harsh words stop him from bravely being who God called him to be and doing what God called him to do. He continued to ask questions until someone took him to the king! The rest is history!

ACTION POINT: Is there someone who uses their words to discourage you? Spend some time reading all of 1 Samuel 17. Write down the ways David responded when he faced both Eliab and Goliath.

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.

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The Best Seat Ever

For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Jesus Christ.

{ Ephesians 2:6 }

"This seat's saved!" Those words can hurt when you go to sit with girls who look fun. Sometimes, even if there's a seat, they make it clear it's not for you. You have two choices. You could sink into the sadness of feeling rejected. Or, you can remember you've already got the best seat ever right next to Jesus.

Ephesians 2:6 teaches us that when we are followers of Jesus, we are united with Him. And the Bible tells us that Jesus sits in heaven at the right hand of God the Father. And we're seated with Jesus!

When you understand that, you respond differently when you get left out. Instead of focusing on the hurt, you think something like: "OK, Jesus, I am united with You, and I have the best seat ever. *We* aren't welcome there. Show me who You want *us* to spend time with."

That kind of thinking will change your day. No! It'll change your *life*!

ACTION POINT: Picture yourself seated right next to Jesus in heaven. How does that make you feel? How does understanding this help when you feel left out?

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 horses, goats, peacocks, and a dog named Moose.

Grace, Grace, Grace

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

{ 2 Corinthians 12:9–10 ESV}

Today's verse is about Paul, who faced constant persecution, which means he was treated badly, especially because he was a Christian. There was something in his life that bothered him so much that he asked God to remove it three times. Now, we don't know exactly what that "something" was, but we do know that Paul wanted it GONE.

But instead of removing it from Paul's life, the Lord gave him grace to endure the weakness. Paul found strength in Christ.

God wants us to let His strength shine through us in times of weakness. And trust me, all of us have weaknesses. What's yours, and how can you let God's power work in that area of your life?

ACTION POINT: Write down your challenges and place them in the jar. When you feel weak, pull out a slip and pray for God's strength to help you.

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.

Called to Bless

Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.

{ 1 Peter 3:9 ESV }

Do you have siblings? Do you always get along with them? Most likely, no! I tell my kids that my siblings became my best friends after I stopped living with them. It's the living together that can make it hard to see them as friends. I think it's because we are all sinful, and those we live with see our sin the most.

One of the hardest things to learn, especially with the people we live with, is not to be mean when someone has been mean to us. The next time you find yourself in a fight with a sibling, ask yourself: *What can I say or do to bring peace right now?* Today's Bible verse gives us a clue and calls us to bless. The word bless means to praise or to encourage or benefit. How can you stop the fighting by using words that praise, encourage, and bless instead of what you may have been saying?

ACTION POINT: If you are NOT angry with a sibling, make a list of ways you can praise or be a blessing to them. That way, you will have the list when you are struggling with anger because they have wronged you.

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

Remember Who You Are

But to all who believed him and accepted him, he gave the right to become children of God.

{ John 1:12 }

Have you seen *The Lion King*? Much like Simba had to remember his royal identity, we sometimes need to be reminded of who we are. ♪♪ *It's in the jungle, the mighty jungle,*♪♪ that God invites us to discover our true identity in Jesus.

We learn in John 1:12 that, as children of God, we have the power to become who He has created us to be. But, as Simba faced challenges to reclaim his identity, we also may encounter doubt or confusion. Yet, God's promise remains unwavering.

SPOILER ALERT! After Simba learns the truth, he finally embraces his calling. Similarly, we are called to embrace God's plan and trust that His purpose is greater than our understanding. It's a continual process of growth and surrender. But when we stay open to His leading, trust in His plan, and allow the Holy Spirit to guide us, we will walk out our faith journey as beloved children of God.

ACTION POINT: Speak positive affirmations over yourself every day, declaring your identity in Christ. Write down one thing you love about yourself, and thank God for creating you uniquely. Embrace your royal status. Roar with confidence because you are God's masterpiece!

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

Identifying Identity

So you also are complete through your union with Christ, who is the head over every ruler and authority.

{ Colossians 2:10 }

I used to believe that my favorite hobbies were part of my identity. They were such a big part of who I was that I thought I wouldn't be complete without them. However, as I've grown older, I have realized that those activities are really important to me but are not my identity. They're a part of my personality.

It can be really easy to mix up our identities with our personalities. We often feel like aspects of our personality complete us. Though they may be a big part of our lives, they don't actually define us the way we might think they do. Colossians says that we "are complete through your union with Christ." It is not our favorite activity that completes us but our relationship with Christ. He is the only thing that can make us whole.

ACTION POINT: What are your favorite activities? Do you feel like you sometimes treat them like your identity rather than your personality? Ask God to make the difference clearer to you so you can better focus on Him.

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

You Are Not Alone

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

{ Psalm 139:13–14 NIV }

Have you ever felt alone or like no one understands you? Before I knew Jesus, I went through a season of loneliness and grief following the deaths of both my parents. Being their only child, I suddenly felt completely ALONE.

Psalm 139 has come up many times in my faith walk. God has used this passage to reveal His presence in my life even before I was born. He knows the tiniest detail of who I am and is with me in every moment of my life. What's more, He created me for a specific and unique purpose. There is a "Me" shaped hole in this world that only I can fill. The same is true for you! Most importantly, I have come to understand that God is my most loyal and trusted friend, and I am never alone.

ACTION POINT: Ask your mom or a trusted adult to read through Psalm 139 with you. Use the passage as a prayer to thank God that, in Him, you are never alone.

JENNIFER BAKER volunteers for True Girl, helping pack subscription boxes. She lives in Pennsylvania with her husband and fur baby. She loves cats, music, coffee, the color purple, and JESUS.

Take Heart

Here on earth you will have many trials and sorrows.
But take heart, because I have overcome the world.

{ John 16:33 }

Unfortunately, I have had people who have set themselves against me to the point that I would call them my enemy. It's a painful, horrible thing to have that happen. My husband and I are in ministry, and whenever we face hard things, I remember these words that Jesus spoke to His followers before He went to the cross. Jesus knew the kind of persecution His disciples would face.

Historically, there are some pretty awful ways the disciples died: stonings, beheadings, and crucifixions, to name a few. Jesus didn't want them to have their courage taken away when He told them these things would happen. He wanted to give them the courage to face these trials by pointing out that He had overcome the world. He had taken away the reason to fear death and persecution. He had provided the way to be restored in relationship with God Himself. Take heart, True Girl. Jesus has overcome the world.

ACTION POINT: Read another passage recorded by Jesus' disciple John in 1 John 5:4. Write down in your journal how we also overcome the world.

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

Opposites Attract?

So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family.

{ Ephesians 2:19 }

When I was your age, my best friend and I were really different—we had different hobbies, different styles, and liked different colors! Thankfully, we had one important thing in common. What brought us together was that we both loved Jesus. Our identity in Christ was more important than our personality differences.

Ephesians 2:19 tells the Gentiles and Jews that their old differences don't matter as much as being Christ followers now. Before, they focused too much on their separate identities, but now, they share a new identity in Jesus. Their cultural and personal differences are less important than their love for Jesus.

These days, people seem to have a hard time getting along with others who don't look or act exactly like they do. But if their faith is in Jesus, that makes them part of the same family. You don't get to choose your family, but you do get to choose to love them!

ACTION POINT: Have you ever had a hard time getting along with someone at church with different interests than you? Spend some time this week trying to connect with them over the one thing you have in common: Jesus!

AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!

Just the Way You Are

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

{ 2 Corinthians 5:17 }

Have you ever felt like you don't fit in or are not good enough? It's a common feeling, but remember this: "Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2 Corinthians 5:17).

When you accept Jesus into your heart, you become a new creation. You are loved and valued just the way you are. No one can take that away from you. So, when you feel like you don't belong, remember that you belong to God's family.

God created you with a unique purpose and plan. You are special and loved by Him. When you feel like you don't fit in, remember that God made you just the way you are for a reason. You are a new creation in Christ, and that means you have a new identity in Him.

ACTION POINT: The next time you feel like you don't belong, ask God to remind you of your true identity in Him. Remember that you are loved and valued just the way you are.

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

Yeah, But...

But I am trusting you, O LORD, saying, "You are my God!"
{ Psalm 31:14 }

There are so many awesome words in the Bible, aren't there? I'm thinking about words like PEACE, MERCY, PRAISE, and GLORY! What great words!! Do you know there is another powerful word in the Bible that maybe gets overlooked or ignored? The word I'm talking about is BUT.

When you're reading the Bible and see the word "but," you need to pay attention to what was before it. In today's Scripture, David says it after he's talked a whole lot about pain, fear, sadness, and people who want to hurt him. He was talking to God about all of the hard things, and then he says, "But I am trusting you, O LORD..." That means David was choosing to put his faith in God even though everything around him was really difficult.

So, let the word "but" be like a little stop sign when you read your Bible. It's telling you something important is about to happen!

ACTION POINT: Write out a prayer using this powerful word! Start with writing about something difficult and then write, "But _____". Fill in that blank with the Truth you are choosing to believe even though there is something difficult going on.

JANET MYLIN is a True Girl lead teacher. Her Miniature Schnauzer, Poncho, is her faithful, furry Bible study buddy every morning!

A Living Church

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself.

{ 1 Corinthians 6:19 }

Let's think about church for a minute. It is a big building where people celebrate, grow, and learn about God together. But the church doesn't own itself—that would be silly! It is the people inside the church that own it.

We are the Holy Spirit's "temple." That's another word for church! This means that the Holy Spirit lives inside of us to help us celebrate God, grow in Him, and learn about Him. But, since we are the Holy Spirit's temple, that means we do not belong to ourselves. We belong to God! Part of our identity as a Christian is belonging to the Lord. We are a living, breathing church!

ACTION POINT: Spend some time thinking and praying about what it means to be a living church. What activities should you do or stay away from? How can you best glorify God with your actions?

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

Unrecognizable

See how very much our Father loves us, for He calls us His children and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know Him.

{ 1 John 3:1 }

When I was about twelve, I became a child of God. It was amazing! I had a new, beautiful relationship with God. That relationship with God changed things for me, especially my relationships with other people, like my friends. My friends couldn't understand that I was different because of God, and they stopped liking me as much.

My friends didn't realize I was a child of God because they didn't know God. It was as if I was unrecognizable to them. They couldn't understand that I had accepted Jesus into my life. They just saw that I didn't like to gossip or make fun of people anymore. They thought I was judging them, but the truth was that my relationship with God became more important to me than anything else. Being a Christian can be hard because people can reject you. But don't be afraid. Just see how very much your Father loves you!

ACTION POINT: Do you have friends who don't believe in God? Take some time to pray for them!

AIMEE STRINGER is a teenager that loves to serve God. She has been a pastor's kid for most of her life and her mom works in the office of True Girl.

What's Your Gift?

For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them.

{ Romans 12:4-6a ESV }

I wish that I could draw. But it's not a gift that I have. Sometimes, the things I'm not good at make me feel bad about myself. But Romans 12:4–6 reminds us God created us with different gifts and abilities. Some people have visibly obvious giftings. They are like the face of Christ. The people that the world sees and notices first. But that doesn't make them any more special or more important than the heart or the legs.

How can you think about this in real life? Well, maybe you're not the best singer, but you can do math really well or you can write. Perhaps you love to build things or help other people accomplish what they are doing. That's awesome! In God's Kingdom, EVERY part of the body is different but equally important. YOU have a super special role to play in God's plan.

ACTION POINT: Write down some things that you ARE good at or enjoy doing. Pray and ask God how you can use those talents to bring glory to Him.

HANNAH PRICE is a True Girl mom of three. She loves snow, corny jokes, and helping the True Girl team promote their events and resources.

God Sees

...She said, "You are the God who sees me." She also said, "Have I truly seen the One who sees me?"

{ Genesis 16:13 }

Sometimes, people who are close to us may hurt our feelings. A friend may lie or say something mean. Hagar experienced that. She was a servant for Sarah, Abraham's wife. As a matter of fact, Sarah asked her to have a child for Abraham since Sarah thought she was too old to have children (even though God told her she would).

Soon, the very thing that Sarah asked Hagar to do became the thing that made Sarah jealous of Hagar. And she started treating Hagar badly.

Eventually, Hagar had to leave. But the Lord came to her while she was hurt and abandoned (left all alone), and she felt seen and known by God. Just as God comforted Hagar, He will do the same for you. He wants you to know He sees you, and you are His.

ACTION POINT: Create a "What God Sees in Me" list. Write down the qualities God says about you. When you feel mistreated, read this list as a reminder of your worth in God's eyes.

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.

Different = Special in God's Eyes

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

{ Deuteronomy 31:6 NIV }

Have you ever felt different from your friends or been picked on for being different in some way? If you answered yes, reread today's verse.

In this verse, God was telling the Israelites to be strong and courageous as they entered the land He had promised them. They would face many people who would pick on them because they were different. Just like the Israelites were encouraged by these words, you can be too!

There are lots of reasons why people pick on others. When you understand it's not your fault, you can remind yourself who God says you are. Being bullied is not an indication of who you are. The Bible says in Psalms 139:14 that you are "fearfully and wonderfully made." God has tons of good things to say about you. Things that you can believe and know are true.

So, be strong and courageous, True Girl! God is with you and will never leave you!

ACTION POINT: Find Mom or Dad and have them pray with you, asking God to help you be strong and courageous in every situation you face!

ABBY KING is the Road Manager of True Girl Crazy Hair Tour and loves to be a joyful light and make lots of new friends everywhere she goes!

Who Do You Think I Am?

You have searched me, LORD, and you know me.

{ Psalm 139:1 }

Do you ever feel like people think they know you but actually don't? It's like no matter how hard you try to show them who you really are, they just can't understand. It can be so frustrating when your friends don't realize what you are trying to tell them.

Even if other people don't understand you, there is someone who does—God! He sees through all the confusing pieces straight to your heart. He sees you and knows you for who you truly are.

If people aren't seeing the true you, don't waste your time constantly trying to prove yourself to people who won't listen. Your true identity will show in time. Instead, take comfort in the fact that God sees your real identity. He knows you—inside and out!

ACTION POINT: Write a list of the things you wish people understood about you. Then, take time to pray and talk to God about each one. Ask Him to give you the confidence to believe He understands you even if others don't.

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

Follow in His Steps

For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps.

{ 1 Peter 2:21 }

As you grow up, you may look up to different people as your role models, from your favorite celebrity toyour parents or friends. But have you ever thought about following the footsteps of our ultimate role model, Jesus Christ?

First Peter 2:21 says, "For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps." Jesus is the perfect example of how we should live our lives. He showed us how to love others, forgive, and serve. He even suffered and died on the cross for us so that we could have eternal life.

You have the opportunity to follow in Jesus' steps every day, whether at school, home, or with your friends. You can choose to be kind, helpful, and respectful to those around you, just like Jesus did.

ACTION POINT: Read about Jesus' life in the Bible and think about how you can follow His example. Pray for help to be more like Jesus, and trust that God will guide you as you grow and learn.

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

A Reputation Change

Choose a good reputation over great riches;
being held in high esteem is better than riches and gold.

{ Proverbs 22:1 }

Do you have a good reputation? If the answer is yes, that's awesome. If it is no, I have good news for you. Spending time with Jesus could change your reputation.

How do I know that? Zaccheus. You might have sung a song about him when you were smaller. He was "a wee little man who climbed up in a Sycamore tree" to see Jesus. Before that day, he had a bad reputation as a tax collector who only cared about money and not people. But today, we know him as a man whose faith was so great that he believed just *seeing* Jesus would change him. And it did. Jesus went home with Zaccheus that day, and from then on, his reputation was different.

Who we hang out with matters. Our reputation, which the Bible says is better than riches and gold, depends on it. And there's no one better to hang out with than Jesus.

ACTION POINT: Talk to your mom about your reputation. Ask her who she thinks you should hang out with. (Other than Jesus, of course!)

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 horses, goats, peacocks, and a dog named Moose.

I Love You. You Love Me.

I love all who love me. Those who search will surely find me.

{ Proverbs 8:17 }

Read today's verse again. Somebody is saying those words. Do you know who? (Hint: Read Proverbs 8:12!) Did you find the answer? It's wisdom! The book of Proverbs poetically describes wisdom as a woman who calls out to people. The beginning of chapter 8 talks about how wisdom wants people to listen to her. Why does she want that so much? Verse 35 says that whoever finds wisdom finds LIFE! But verse 36 says that those who don't love wisdom, don't find life. Things go poorly for those who don't listen to wisdom.

One of the big ways we can find wisdom is to look up to godly people. If you love people who love wisdom, you'll learn to love wisdom, too! And the Bible promises that if we search for wisdom, we will definitely find what we're looking for. It's so important that we always have people in our life who are leading us toward wisdom.

ACTION POINT: Think of someone in your life who loves wisdom. Is there a way you can spend a little time with that person either in person or virtually this week? See if your mom can help make that happen.

JANET MYLIN is a True Girl lead teacher. Her Miniature Schnauzer, Poncho, is her faithful, furry Bible study buddy every morning!

Accidental Role Model

Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

{ 1 Timothy 4:12 }

It is easy to forget that little kids look to us as role models. When I became a big sister, I was about five years old. As my brother grew, I saw that he began to copy my actions—both the good and the bad. This surprised me! I had thought that being a role model was for adults, but it turns out that kids can be role models, too.

Being a role model means that we need to follow God with our actions. If people are following us, we want to make sure that we are following the right rules, too. By continuing to learn and grow in faith, you can continue guiding others closer to Christ. That's what being a true role model is all about.

ACTION POINT: Spend some time in prayer and ask God to show you how to be a better role model for others. Talk to your mom about some ways you can improve, too!

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

Your Next Door Neighbor

Be careful to live properly among your unbelieving neighbors. Then even if they accuse you of doing wrong, they will see your honorable behavior, and they will give honor to God when he judges the world.

{ 1 Peter 2:12 }

I work for a place you have probably heard of—Chick-fil-A! I get to help people running Chick-fil-As solve problems so they can serve you more chicken. Once, when I was at work, I had an interesting conversation with another leader. He said I always came into the store smiling and joyful. He said, "It must be because you believe in Jesus!"

This man did not believe in Jesus but knew I did. That is part of what this verse talks about when it says, "to live properly among your unbelieving neighbors." You should live in a way that lets people around you know you are a Christian.

Every day, we have the opportunity to show others what it looks like to be a Christian so God can be glorified. Are you showing others what it looks like to love and follow Jesus?

ACTION POINT: With your parents' permission, bake some cookies and take them to someone who lives in your neighborhood. While you are there, ask if you can tell them about Jesus!

ANNA KING is a plant mom, loves dogs, and enjoys serving the local church by playing her violin. Her sister is touring with True Girl and Anna is her biggest fan.

A Heart Reflection

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

{ 1 Samuel 16:7 }

Have you ever looked up to someone as a role model? Maybe it's a famous actress, singer, or someone you know personally, like a family member or friend. It's normal to have people we admire and want to be like, but it's important to remember that true beauty and worth come from within.

In 1 Samuel 16:7, God reminds us that "people judge by outward appearance, but the LORD looks at the heart." This means it's not about how pretty or popular someone is on the outside but about the kind of person they are inside.

So when you're looking for a role model, look for someone who is kind, loving, and follows God's Word. And remember, you can be a role model, too! By showing love and kindness to others, you can be an example of God's love to those around you.

ACTION POINT: Think about someone you admire and write down three qualities they have that you want to follow. Then, ask God to help you develop those qualities in your life.

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

Stories of Sincere Faith

I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well.

{ 1 Timothy 1:5 }

A few years ago, a well-known woman accomplished a HUGE goal in her career field. I listened as other moms applauded and exclaimed what an inspiring role model she was for their daughters. But I couldn't join them. I knew this woman hadn't made God-honoring choices to get where she was. I didn't want my four daughters to model their character or behavior after her. So, what did I do?

Today's verse influenced me. In it, the apostle Paul shared with Timothy how he remembered the "sincere faith" of Timothy's grandma and mother—and how he now saw that same faith in Timothy. The faith of these women had influenced Timothy so much that he now lived it out, too! So, I found examples of women with "sincere faith," such as Amy Carmichael, Gladys Alyward, and Corrie Ten Boom, and shared those stories with my girls. I hoped that these women who lived God-honoring lives would influence them!

ACTION POINT: Ask your mom to help you find a book at the library about Corrie Ten Boom or Amy Carmichael. Read it together.

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

Copycat

You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

{ Matthew 5:14-16 }

But Sophia's room is messy, too. Her clothes are in a pile under a blanket!" My middle daughter said while getting reprimanded for her messy room. I looked at the pile of clothes in the corner of her room, covered by a blanket, and back at her. I asked, "Where do you think your little sister learned to do that?"

We may not realize it, but someone, somewhere, is always watching us. They are watching how we respond, love, and speak. They are learning and sometimes copying what we are doing. We can't always choose for someone NOT to copy our example. But we CAN choose what kind of example we are giving them to copy.

When you follow Christ, people learn who God is by what they see in you. You become an example of Christ's love to those who don't know Him. So, what kind of light are you shining?

ACTION POINT: Pray and ask God to show you the people who may be learning about Him through you. Ask Him how you can become a better role model.

HANNAH PRICE is a True Girl mom of three. She loves snow, corny jokes, and helping the True Girl team promote their events and resources.

I've Got the Door!

And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching.

{ Titus 2:7 }

I have a friend who always holds the door open for strangers. Sometimes, it gets him into funny situations. For example, we went to a play once, and an entire bus of older people loaded off right as he grabbed the door. He got stuck holding it open for nearly five minutes! They even asked him questions about the event because they thought he worked there. It was so funny! But, it was also very kind. Doing small acts of service like that can mean a lot to people.

Titus 2:7 tells us that we can show people we are Christians by doing good works. We might not be able to do anything big, but something as small as holding the door can show people that we are trying to set an example and serve God.

ACTION POINT: What small acts of kindness can you do this week to show people God's love and set a good example?

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

Corrie ten Boom

So you received the message with joy from the Holy Spirit in spite of the severe suffering it brought you. In this way, you imitated both us and the Lord. As a result, you have become an example to all the believers in Greece—throughout both Macedonia and Achaia.

{ 1 Thessalonians 1:6-7 }

When I was younger, I devoured every interesting book I could find. One of the books I read was *The Hiding Place* by Corrie ten Boom. Corrie recalled how, during World War II, she and her family hid Jewish people in their home and protected them from the Nazi soldiers. I read in shock as Corrie's family was caught and sent to prison camps for helping.

The life of Corrie ten Boom impacted me so much that I have always looked to her as a role model. When something is hard, and anger rages in my heart, I remember it happened to Corrie, too. Her suffering was much worse than mine. God uses that to give me strength for what I am facing.

Role models do not have to be someone that you know. Someday, I imagine being in heaven, giving Corrie ten Boom the biggest hug, and thanking her for how she pointed me to God through her story.

ACTION POINT: There are incredible biographies about men and women who served God. Ask your mom to help you find one to read and learn from. Maybe, like me, you'll choose to read about Corrie ten Boom!

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

Following the Leader

And you should imitate me, just as I imitate Christ.

{1 Corinthians 11:1}

In 1 Corinthians 11:1, Paul writes, “And you should imitate me, just as I imitate Christ.” Paul was a great leader who followed Jesus and encouraged others to do the same. He knew that by setting Christ as his role model, he could live a life that was pleasing to God and be an example to others.

It’s important that we also set Christ as our role model. We should strive to imitate His character and follow His teachings. Jesus was loving, kind, patient, and compassionate. He treated everyone with respect and showed us how to love our neighbors as ourselves.

When we follow Christ, we can be confident that we are on the right path. We can trust that He will guide us in making good decisions and help us to become the best version of ourselves. We can also be an example to others just as Paul was and show them the love of Christ through our actions and words.

ACTION POINT: Think about a specific area of your life where you can be more like Jesus. Write down some practical steps you can take to make progress in this area and ask God to help you become more like Him.

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Miriam's Worship

Then Miriam the prophet, Aaron's sister, took a tambourine and led all the women as they played their tambourines and danced.

{ Exodus 15:20 }

Many times, when we talk about Miriam from the Bible, it's about how she saved her brother Moses as a baby. But Miriam was more than that. She was a prophet and a worship leader, a bold and creative leader in the Bible. In Exodus 15, she led the women of Israel in a joyous song of victory.

Miriam embraced her role with enthusiasm, and you can use your unique gifts to lead and inspire, too. All of the women of Israel followed her as she praised the Lord in song and dance.

You'd be surprised how many people are just waiting for someone to lead the way. Why not you?

ACTION POINT: Discover your unique creative outlet—a talent or hobby that brings you joy. Whether it's writing, singing, or art, use it to express your thoughts and feelings. Share your creation with a friend, spreading joy and inspiration.

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.

A Thank You Note

Dear brothers and sisters, honor those who are your leaders in the Lord's work. They work hard among you and give you spiritual guidance.

{ 1 Thessalonians 5:12 }

Hey True Girl, are you curious like me? I'm always asking a ton of questions, especially about the Bible. The more I read it, the more I want to know!

Thankfully, I've had some pretty smart people in my life who have helped me find answers to my questions. Pastors, teachers, and even Dannah Gresh! They've helped me learn that no question is too big for God. They set an awesome example that encourages me to get closer to Jesus, and I want to help other girls do that, too!

Ministry can be a lot of hard work, and people who dedicate their lives to it don't always get a bunch of "thank yous" for helping out. That's why in 1 Thessalonians 5:12, Paul says we should say thanks and honor them. So, consider this my thank you note to all the people who have spent their time guiding me. My life would look a lot different without you!

ACTION POINT: Who do you look to for spiritual guidance? Is it your parents? Your small group leader? Your pastor? Thank God for them today. Then, write a note thanking them for their work!

AUBREY BRUSH is the Brand Manager at True Girl and loves reading the freedom stories from girls who participate in our online Bible studies!

Becoming a Role Model

Our great desire is that you will keep on loving others as long as life lasts, in order to make certain that what you hope for will come true. Then you will not become spiritually dull and indifferent. Instead, you will be enthusiastic, serving the Lord with all your heart.

{ Hebrews 6:11-12 }

Have you ever looked up to someone and thought, "I want to be like her when I grow up?" It's important to have role models in our lives. They can inspire, teach, and guide us as we grow into the person God created us to be.

Hebrews 6:11–12 is a beautiful reminder to keep loving others and stay excited about our faith! But who can we look to as role models for this? The Bible is full of inspiring women. Here are just a few:

• Ruth: She remained loyal to her mother-in-law and followed God's plan for her life.

• Mary: She trusted God and said yes to His plan, even though it meant facing criticism and hardship.

• Priscilla: She served alongside her husband and helped teach others about Jesus.

These women (and many others!) can inspire us to love God and love others. And as we follow their example, we also can become role models for others.

ACTION POINT: Think about a woman in your life who inspires you. What qualities does she have that you admire? How can you follow her example and become a role model for others?

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More Beautiful Than Roses

Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.

{ Proverbs 31:30 }

When I graduated college, a good friend gave me roses to celebrate. It meant so much that she thought of me. I put them in a vase and admired them for a while. However, after a couple of days, they wilted. A few days later, they died. They didn't last long.

Proverbs 31 is a Proverb that talks about how Christian women should act. Verse 30 says, "...beauty does not last." Like my roses, if we only worry about our appearance, we are not concerned with what God is. BUT this verse also shows a model for true beauty: "...a woman who fears the LORD will be greatly praised." When this verse talks about fear, it means having awe, admiration, and wonder for God.

If we follow this Proverb and recognize that God is in control of our lives, we can be women who fear the Lord and are greatly praised! Then we will be more beautiful than any roses.

ACTION POINT: Sometime this week, read the rest of Proverbs 31 with your mom, grandma, or another woman who loves Jesus.

ANNA KING is a plant mom, loves dogs, and enjoys serving the local church by playing her violin. Her sister is touring with True Girl and Anna is her biggest fan.

A "Titus 2" Woman

Similarly, teach the older women to live in a way that honors God. They must not slander others or be heavy drinkers. Instead, they should teach others what is good.

{ Titus 2:3 }

My friend Tippy Duncan is *old*! She's going to turn eighty soon. She is my "Titus 2" woman. You might wonder: *What's that mean?*

A "Titus 2" woman is someone older than you who is very careful with how she speaks and lives. (She doesn't slander—or say bad things about people—or do things like getting drunk.) And she teaches younger women how to control their tongues and lives, too! Tippy helps me when I don't know how to handle difficult things in my life. She prays with and for me. And she loves me. Because she lives her life well, I can trust her to teach me to live mine well, too.

ACTION POINT: Do you have a "Titus 2" woman in your life? If not, ask God to provide one for you. It could be a teenager you trust to live well, a teacher you ask to help you be a better Christian, or even your mom!

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 horses, goats, peacocks, and a dog named Moose.

Prove It

Dear friend, don't let this bad example influence you. Follow only what is good. Remember that those who do good prove that they are God's children, and those who do evil prove that they do not know God

{ 3 John 1:11 }

Have you ever made a friend you thought was just like you, only to find out later that she might not be a good influence? It can be hard to know what to do in this situation. You don't want to throw away the friendship, but she also makes choices you know God would not approve of. Thankfully, 3 John tells us exactly what to do!

Today's verse tells us not to let people who are bad examples influence us. Though we might not intentionally look to them as a role model, sometimes friends can have the same effect. When situations like this occur, we need to remember that good friends will prove their faith through their actions. Those are the people that we want to let closely into our lives.

ACTION POINT: Next time you get into a confusing friendship, take a step back and look at what their actions prove about them. Do they prove that they are God's, or do they prove that they don't know Him?

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

My Daughter, My Sister in Christ

As iron sharpens iron, so a friend sharpens a friend.

{ Proverbs 27:17 }

I will never forget the day my daughter Aimee told me she now had a relationship with Jesus. We hugged, cried together, and rejoiced. Little did I know how our relationship as mother and daughter would also take on a new direction—as sisters in Christ.

I'm still Aimee's mom, but being sisters in Christ surprised me. It's always been my desire for my kids to feel safe to allow me to walk through life with them. I was unprepared for how my daughter would start to walk through life with me!

A few times, Aimee has softly, gently, and humbly called me to a higher place of following Jesus. She saw my sin for what it was, and while she is quick to give grace, she also has called me out in a loving way. The Holy Spirit working in her allowed her to love me enough to help me follow Jesus better.

ACTION POINT: Imagine what kind of relationship you want to have with your mom when you grow up. Write a thank you card to her for how she has cared for you. Tell her what you hope to have in your relationship with her.

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

Following the Right Role Models

Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.

{ Philippians 3:17 }

It's important to have people we can look up to and learn from. But not everyone is a good role model. Some people may lead us down the wrong path. That's why we need to choose our role models carefully. The Bible tells us in Philippians 3:17, "Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example."

The apostle Paul, who wrote these words, was a great role model for the early Christians. He followed Jesus and lived a life that honored God. He encouraged others to do the same and to follow his example.

But it's not enough to just have role models. We need to learn from them and apply what we learn in our own lives. We can ask them questions, observe their behavior, and seek their advice. And most importantly, we can pray and ask God to help us follow their good example.

ACTION POINT: Think about who your role models are and why you admire them. Then, think about one thing you can learn from them and apply it to your life. Pray and ask God to help you follow their good example.

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Bound for Glory

Dear children, keep away from anything that might take God's place in your hearts.

{ 1 John 5:21 }

In middle school, one of my favorite times of the year was Bound for Glory Week, the annual church summer camp I attended. We had crazy dress days, team competitions, fun activities, and nightly worship. The camp director, Jodie, was so cool. She made all the games fun and gave 110% to whatever she did. I looked up to Jodie. She was a terrific role model.

Every year, when I went back to camp, it reminded me that nothing was more important than God. Between summers, I would see Jodie at church and be reminded of camp and that God should be number one in my life.

Today's verse from 1 John calls us "dear children." We are special to God. He loves you and me like a tender Father. Let's keep away from anything that might take God's place in our hearts. Look for the Jodies in your life—role models who will help you walk strong with Jesus today and tomorrow.

ACTION POINT: Do you have people that you look up to at church? Tell them you appreciate them the next time you see them. Say a prayer for God to protect and guide them today.

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

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Becoming Super

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

{ Proverbs 9:10 }

I'm not a huge superhero movie fan, but I have watched a bunch of them. Do you know what my favorite part of a superhero story is? When they find their guide.

Almost every time someone realizes they have superpowers, they immediately get excited and start using those powers. Usually, this doesn't go well because no one's taught them how to use those superpowers yet. And then someone steps in—another superhero, an old friend, or maybe a family member. That person becomes their guide or mentor. They take that superhero and teach him or her exactly what their superpowers can do and how to use them for good in the world.

That's a cool way to think about role models in your life, isn't it? God has given you different gifts and strengths. Role models who are older and wiser can help you learn how to use those gifts.

ACTION POINT: What is one gift or talent you have? Ask God to send someone to help you learn how to use that gift or talent for His glory.

JANET MYLIN is a True Girl lead teacher. Her Miniature Schnauzer, Poncho, is her faithful, furry Bible study buddy every morning!

Mom Taught Me to Take Time for Jesus

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

{ Mark 1:35 }

I can still picture my mom sitting in her chair with her Bible and notebook stacked near her. I don't think she did it every day, but it was a habit for her. Like Jesus, she regularly took time with God.

One day, I got really snoopy. I decided to look in the notebook she kept with her Bible. The day before, I had gotten in pretty big trouble, and shortly after, I saw my mom writing something in it. I wanted to know what she wrote. As I thumbed through the pages, there was a page with my name at the top. She had written a list of ways to pray for me.

I realized that the time she spent in her chair, listening to the words of God and talking to Him, was helping her be a better mom to me. Eventually, I fell in love with Jesus, prompting me to spend time with Him. I learned it first from my mom.

ACTION POINT: Are there people around you with habits you would like to have someday? Make a list of those habits and choose one to start working on.

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

Even Heroes Need Encouragement

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another— and all the more as you see the Day approaching.

{ Hebrews 10:24-25 NIV }

Have you ever looked at your heroes and thought they were incredibly brave, confident, or fearless? It's easy to see someone do great things and assume they have it all together. But even heroes need encouragement sometimes, too.

I have a friend who speaks to big crowds of girls and grown-ups all around the world. From the outside looking in, it seems to come so effortlessly and naturally. She's so gifted. But many times, she steps off the stage and wonders, "Did I do OK?"

Our role models need to hear encouraging words of appreciation. You may think they already have many people encouraging them, but why not one more? God often uses us to build up those around us. You may be surprised to learn that your words of encouragement are exactly what your hero needed to hear, exactly when they needed to hear it.

ACTION POINT: What small acts of kindness can you do this week to show people God's love and set a good example?

HANNAH PRICE is a True Girl mom of three. She loves snow, corny jokes, and helping the True Girl team promote their events and resources.

Model Behavior

Walk with the wise and become wise;
associate with fools and get in trouble.

{ Proverbs 13:20 }

As young ladies, it's important to surround ourselves with positive role models who will guide us towards making wise decisions. Proverbs 13:20 says, "Walk with the wise and become wise; associate with fools and get in trouble." This verse reminds us that the people we choose to spend time with can greatly impact our lives.

Think about the people you look up to. Are they kind, honest, and hardworking? Do they make good choices and encourage you to do the same? These are the kinds of role models we should strive to have.

But remember, being a good role model doesn't mean being perfect. We all make mistakes, but it's how we handle those mistakes that truly matters. So, let's choose our friends wisely and strive to be positive role models for others.

ACTION POINT: Take some time to think about the people in your life who are positive role models. Write down some qualities they possess that you admire and strive to emulate those qualities in your life.

SAMANTHA TOLEDO is the Subscription Box Coordinator for True Girl. She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper!

Follow the Leader

Those who say they live in God should live their lives as Jesus did.

{ 1 John 2:6 }

Did you know that just because someone is older doesn't automatically mean you should look to them as a role model? It's true! We often get told to look up to the older kids so they can set an example for how we should behave. However, just because they are older doesn't mean that they are doing things we should copy. First John says that people who claim to follow God should live like Jesus. Those are the types of people we should be following!

Picking a role model is a very important task and shouldn't be done carelessly. If we are going to consider someone a role model, we want to make sure they are pursuing Jesus. We should only be following people who are following our Leader.

ACTION POINT: Take some time and think about some of Jesus' main behaviors. Then, consider the behaviors of the people that you consider role models. Do they match?

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

Wise as Deborah

Deborah, the wife of Lappidoth, was a prophet who was judging Israel at that time. She would sit under the Palm of Deborah, between Ramah and Bethel in the hill country of Ephraim, and the Israelites would go to her for judgment.

{ Judges 4:4–5 }

Is there someone you go to when you need wisdom or guidance? Your mom, your grandma, a friend, or maybe your youth pastor? It's so important to have a godly person you can turn to who can help you answer questions and work out problems.

Deborah was a judge and prophet in the Old Testament. Her wisdom and leadership were significant and impactful during that time. Today's verse says the Israelites would go to her for wisdom and guidance.

Are you someone people come to for advice? Do people ask you for wisdom a lot? That's great! Just as Deborah guided her people, you can influence those around you with God's wisdom.

ACTION POINT: Choose a situation in which you need guidance. Seek God's wisdom through prayer and studying His Word. Take steps based on the wisdom you've received, trusting that God is leading you.

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.

Like Her Big Sister

Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

{ Ephesians 5:1–2 }

I have a little sister (who isn't very little anymore!) on tour with True Girl right now. When we were growing up, she wanted to do things just like I did. Usually, I liked it, but sometimes I would get upset. I told my mom I was tired of her always following me around. My mom always reminded me that my little sister wanted to be "just like her big sister."

Who do you have to imitate? Maybe you don't have an older sister. Maybe you do. But whether you do or don't, you have Jesus to imitate! In Ephesians, it says to "imitate God... in everything you do." One way to do that is to "live a life filled with love." When we love other people, we are acting like Jesus!

Jesus did much more than just love—but to learn more about Him, you have to read your Bible! Read it so you can be more like Jesus.

ACTION POINT: Set aside a few minutes to read your Bible every day this week!

ANNA KING is a plant mom, loves dogs, and enjoys serving the local church by playing her violin. Her sister is touring with True Girl and Anna is her biggest fan.

My Prayer Warrior

So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of His will and to give you spiritual wisdom and understanding.

{ Colossians 1:9 }

When I was about twelve, I made a very good friend. She now lives far away, but she continues to be an amazing friend. I like to call her my "prayer warrior." A prayer warrior is a person who fights for you by praying for you and the situation you are in. My friend has done this for me and taught me that, whatever the situation, the first and most important thing to do is give it to God in prayer.

Today's verse reminds me of my friend because I have every faith that she continues to pray for me and fight for me when she hears about what I'm going through. She is a role model for me because she prays! I will always look up to her! It is amazing to me that she prays for me and that I can admire someone who puts me directly into God's hands.

ACTION POINT: Who prays for you? Return the favor by praying for them today!

AIMEE STRINGER is a teenager that loves to serve God. She has been a pastor's kid for most of her life and her mom works in the office of True Girl.

I Wanna Be Like Jesus

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, gentleness, and self-control. There is no law against these things!

{ Galatians 5:22–23 }

The Oxford English Dictionary defines a role model as "a person looked to by others as an example to be imitated." Who do you look up to and want to be like? What is it about them that you want to emulate (that means imitate)?

God has given us the perfect role model in Jesus. The Fruit of the Spirit are qualities of Jesus' character that we should try our best to copy. It's not always easy. There WILL be times when we get it wrong. We don't have to be afraid, though. God will be there to help us.

Is there an area of your life that needs improvement? (I have a few!) Ask God to show you what that is and for His help to be and do better. I don't know about you, but I wanna be like Jesus!

ACTION POINT: Is there someone in your life that comes to mind when you read over the Fruit of the Spirit? Connect with that person this week and thank them for being a good role model.

JENNIFER BAKER volunteers for True Girl, helping pack subscription boxes. She lives in Pennsylvania with her husband and fur baby. She loves cats, music, coffee, the color purple, and JESUS.

Teach Truth

Teach the truth so that your teaching can't be criticized. Then those who oppose us will be ashamed and have nothing bad to say about us.

{ Titus 2:8 }

When you try to set a good example, people watch you very closely—especially those who don't like God. They want to try to find a way to trip you up so they can say bad things about Him. Because of that, we have to be super careful only to speak the truth.

This can be harder than it sounds! It is so easy to get caught up in the moment and make a mean joke or tell a little lie. However, if we can control our tongues and only speak the truth, Titus 2:8 tells us that those people who don't like God won't have anything bad to say!

It is up to us to show them what teaching God's Truth looks like. When we do that, it brings glory and praise back to God in an amazing way.

ACTION POINT: Do you ever get caught up in the moment and speak outside of the truth? Spend some time in prayer and ask God to help give you control over those hard times.

ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus!

I Was Not a Good Friend

The righteous should choose his friends carefully,
For the way of the wicked leads them astray.

{ Proverbs 12:26 NKJV }

I remember when a new girl started coming to my church. She became popular, and I envied the attention she received. I began to fashion my life, actions, and personality after her. My best friend was a girl I had known all of my life, but she wasn't as cool to me as the new girl. So, I made a terrible decision—I pushed my old friend away. I decided not to care that I was hurting my old friend. I wanted to be popular like this new girl who talked about doing things behind her parents' backs and mocked people regularly.

Thankfully, God moved me away, and I rarely saw either of the girls anymore. But a few years ago, my old best friend attended a retreat I went to, and I was able to apologize for how I treated her. She voiced the deep hurt she experienced, and I grieved the sweet friendship I could have had with her for years.

ACTION POINT: It's hard to find godly friends, but having God as your only friend is better than having friends who lead you away from Him. Ask God to reveal if you have any friends who do this.

ANN STRINGER has been in ministry with her husband for seventeen years. When she's not loving and serving her family or church, she's at the True Girl office serving YOU!

You've Got A Seat!

These True Girl Devos were written to remind you that even when others make you feel out of place, you have a seat at God's table. Your identity is found in Him alone. 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: Jennifer Baker, Aubrey Brush, Elaiyna Hope, Abby King, Anna King, Shani McKenzie, Janet Mylin, Arlene Pellicane, Hannah Price, Ashleigh Slater, Ann Stringer, Aimee Stringer and Samantha Toledo.

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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