

True Girl!

**Super
Girl!**

My Daily Devos

TrueGirl

**God
Power!**

**November
& December**

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.

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 Up with Purpose

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.

{ Acts 1:8 }



Hey there, superhero-in-the-making! Have you ever dreamed of having superpowers? Guess what? If you have given your heart to Jesus, you already have the power of the Holy Spirit. And that's even better.

When you surrender to Christ, the Spirit of God dwells in you and gives you special power.

Imagine this: You're like a secret agent for God. The Holy Spirit is your ultimate power-up, like a turbo boost in your favorite video game. With this power, you're not just any ordinary girl—you're on a mission!

Your mission, should you accept it, is to spread God's love. Start in your "Jerusalem" (maybe your school), then move to "Judea and Samaria" (your neighborhood and city), and who knows? One day, you might even take it to the ends of the earth!

So, gear up this month! With the power of the Holy Spirit, you're unstoppable. Let your light shine and show the world what God's love looks like!

 **ACTION POINT:** Grab a sticky note and write the names of three people in your life who need to know Jesus. Ask God's Spirit to help you lead them to Christ.

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.

Listen to the True Girl podcast and more at mytruegirl.com.



Fruit Smoothie for the Soul

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!
 { Galatians 5:22-23 }



Imagine your heart is like a big blender. Galatians 5:22-23 gives us the best recipe for a super yummy smoothie for your soul!

Picture this: You go to the kitchen. Each day, God's Holy Spirit adds these fruits to your heart. He starts with a big scoop of love—His love makes everything taste better. Add a sprinkle of joy, like sweet berries that make people smile when they see God at work. Pour in peace to calm your worries, and toss in patience to help you wait. Don't forget a handful of kindness and goodness—they're like the cherries on top. Stir in faithfulness to stay strong and gentleness to be sweet. Finally, blend in self-control to keep everything just right.

You cannot provide these ingredients. God is the chef! But you do have to come to the kitchen by doing your daily devo, praying, and going to church.

Sip on this smoothie of God's gifts every day, and watch how it fills your life with His amazing flavors!



ACTION POINT: Over the next nine days, I'll focus on the fruit of the spirit. Today, I want you to think about God's love. Write about how receiving His love helps you love others.

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Joy in Tough Times

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.

{ James 1:2 }



My goat friend is very sick today. I'm waiting for the farm vet to come see if he can help. I'm sad, but I also feel stable. What I think I feel is joy.

Did you know that joy isn't just about being happy? Joy is deeper. It's a peaceful feeling that God is in control. When life gets hard, happiness might disappear, but joy can stay. Joy comes from the Holy Spirit living in you. It's like a warm light in your heart that shines even on the darkest days.

When you face challenges, remember that these times can strengthen your faith. That's the promise of James 1:3, which reads, "For you know that when your faith is tested, your endurance has a chance to grow." It's like building muscles when you exercise. To find joy, start by trusting God. Remember that He's always with you and has a plan. Pray and ask the Holy Spirit to fill you with joy.

Joy is your superpower, helping you stay strong and hopeful no matter what!



ACTION POINT: What trouble are you facing today? Do you think God could use it to help you grow more faith? Talk to your mom about this!

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Finding God's Peace

*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 4:7 }*



Hey there! Do you ever feel like life is a whirlwind and you need a little calm? God's peace is like a cozy blanket that can wrap around you, making you feel safe and calm. Philippians 4:7 promises that this peace will guard your heart and your mind.

How do you find this awesome peace? Well, the verse before our key verse today says, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." That means you can find peace by talking to God. Share your worries and fears with Him through prayer. It's like having a heart-to-heart with your best friend.

But don't forget this: When you're telling Him all the things that bother you, take time to thank Him for all He's already done. I don't know about you but I often forget to be grateful when I'm talking to God. And there's soooo much to be grateful for!



ACTION POINT: Start a gratitude wall in your bedroom. Grab some sticky notes and write a few things you're grateful for on them. Stick them to the wall. Add notes when you feel worried. In this way, you'll be worshiping instead of worrying.

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Patience with Purpose

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.
{ Ephesians 4:2 }



Have you ever found it hard to be patient with your sibling? Maybe they take forever in the bathroom or always want to borrow your stuff. Today's Bible verse is a great reminder of how to respond with patience, gentleness, and love.

Patience isn't always easy, but it's a way to show love. When your sibling tests your patience, remember that God is patient with us daily. Take a deep breath and try to see things from their perspective. Maybe they're having a tough day, too.

Remember, patience is a fruit of the Holy Spirit. Next time your sibling gets on your nerves, ask God's Spirit to help you. Then, practice patience by doing something kind for them. Offer to help with their homework or share a favorite snack. Pray and ask God to give you a heart full of patience and love.

Patience is like a muscle—the more you use it, the stronger it gets. You'll not only grow in patience but also love!

 **ACTION POINT:** Ask your mom or dad how they have learned to be patient with you. Maybe it will help you be patient with others.

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Kindness Changes Everything

...be kind to each other...
{ Ephesians 4:32 }



Kindness has the power to change the world! Shaunti Feldhahn, the author of *The Kindness Challenge*, heard from a public school where anti-bullying campaigns weren't working, but when they tried her Kindness Challenge, the whole atmosphere changed! Kids were kinder, and everyone felt happier.

Kindness isn't just about being nice; it's about showing love and making a real difference. It's about seeing someone sitting alone at lunch and joining them. Or helping someone pick up the books they dropped. Or just saying, "You look nice today!"

Imagine what would happen if you started your own Kindness Challenge. Pick just one person. Each day, do something kind for them. It could be giving them a compliment, helping them with something, or smiling at them. When you show kindness, it spreads like sunshine on a cloudy day.

And here's another thing: God's love shines through your acts of kindness, making the world brighter. Start today, and see how your kindness can change everything!



ACTION POINT: Try the Kindness Challenge for one day. Pick one specific person and try to find one positive, encouraging, and kind thing to say or do for them.

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Passing Goodness On

*Taste and see that the LORD is good.
Oh, the joys of those who take refuge in him!*
{ Psalm 34:8 }



Have you ever wondered what it means to be a “good girl?” We often think of this as behaving and obeying. But it’s more than that. Goodness is about being a helper. The Bible says God is our Helper. It also says He is good. He is the ultimate source of goodness and always looks out for us. We get to pass that goodness on to others, like a superhero sharing their powers!

Think of goodness as your secret ingredient. Just like chocolate chips make cookies better, goodness makes the world better. This week, be a “Goodness Ninja.” Sneak around doing good deeds for others. Help your parents without being asked, share your toys with a friend, or write a thank-you note to your teacher.

Can you do this alone? Nope! You need God’s Spirit. Remember, He is the source of our goodness. That means every act of goodness you do is like sharing a piece of God’s love. So go out there, Goodness Ninja, and spread the awesomeness of God’s goodness everywhere you go!



ACTION POINT: Pray and ask God to give you eyes to see someone who needs your help. Then, go do it!

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Learning Faithfulness from Cassie

The faithful love of the LORD never ends!

{ Lamentations 3:22 }



M eet Cassie, my faithful donkey. On our farm, whenever an animal is sick, Cassie is always there. Whether it's a goat or a llama, Cassie sits by their side, offering comfort and companionship. She's a true friend, showing what it means to be faithful.

Cassie's actions remind us of God's faithfulness. Lamentations 3:22–23 talks about how God's love and compassion never fail and are new every morning. This means that God is always there for us, no matter what. He never gives up on us and constantly cares for us, just like Cassie never leaves the side of a sick friend.

We can learn from Cassie and be faithful friends, too. This week, be like Cassie and stick by your friends, especially when they need you the most. Your faithfulness can bring comfort and show God's love to those around you.



ACTION POINT: Think about someone you know who is faithful. Do they have a relationship with Jesus? Ask them how that relationship helps them grow in faithfulness.

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Gentleness: Strength in Control

*A gentle answer deflects anger,
but harsh words make tempers flare.
{ Proverbs 15:1 }*



Gentleness is like having super strength but knowing when to use it softly. Proverbs 15:1 reminds us how powerful, for example, a gentle answer can be.

It turns another person's anger off! Being gentle can actually calm things down and make situations better.

Imagine you have a super cute kitten. You have to be gentle with it, using soft touches and kind words. Even though you're strong enough to pick it up or play rough, you choose to be gentle because you care about it. That's real strength—knowing how to control your power and use it kindly. You can do the same thing with your words.

Being gentle isn't about being weak; it's about choosing to be kind and calm, even when you could be loud or rough. This week, practice gentleness with your friends and family. Speak softly, listen carefully, and show kindness in your actions. You'll find that gentleness makes you strong and brings peace to those around you.



ACTION POINT: Practice gentleness by speaking softly and kindly to your siblings, especially when they upset you.

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Self-Control: The Donut Test

*A person without self-control
is like a city with broken-down walls.
{ Proverbs 25:28 }*



I love donuts! They're sweet, delicious, and hard to resist. But self-control is like walking past a table of donuts and choosing not to grab one. Or, at least, not eating two!

The writer of Proverbs 25 compares a lack of self-control to a city with broken walls. It's vulnerable—the bad guys can get in! So, what the writer is saying is that without self-control, we can get hurt.

Picture yourself at a party, and there's a huge tray of donuts. You've had one, but you want another. Practicing self-control means you decide to stop because you know it's better for you. It's not easy, but it shows strength and wisdom.

Self-control helps us make good choices, whether with donuts, words, or actions. Galatians 5:22–23 tells us that self-control is a fruit of the Spirit, meaning it's a special strength we get from God. So be sure to ask Him for help if you feel like your walls might be broken.



ACTION POINT: This week, practice self-control by making it a special challenge. Each day, choose one area where you want to practice self-control (like being patient with siblings, not complaining about chores, or limiting screen time). Write down the goal for each day on a chart. At the end of each day, put a sticker or draw a smiley face if you met your goal.

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The Holy Spirit Helps Us Do Amazing Things!

Then the LORD said to Moses, "Look, I have specifically chosen Bezalel son of Uri, grandson of Hur, of the tribe of Judah. I have filled him with the Spirit of God, giving him great wisdom, ability and expertise in all kinds of crafts."

{ Exodus 31:1-3 }



Bezael had the skills to work with metal, cloth, wood, and many other materials. The Bible tells us that he had these abilities because he was filled with the Spirit of God. And Bezael used them for a special purpose—to help make a beautiful place for the people of Israel to worship God.

God also made YOU with special gifts! And you don't have to wait until you're grown up to use them.

When I was ten, I was interested in languages. A woman came to my church who used American Sign Language to communicate. I discovered the lady was lonely and didn't have many people to talk to, so I learned some sign language. When I grew up, I became a sign language interpreter and worked to make sure deaf and hearing people could understand each other.

The Holy Spirit can help you use your skills and abilities to do amazing things, too!



ACTION POINT: Talk with your mom about how you can use your skills to help others. Are you crafty? Maybe you could create cards for residents of a nursing home. Are you good at baking? You could make cookies to raise money for a missionary.

SARAH GIORDANO, previous True Girl Road Manager, is a Maryland native (although she doesn't care much for crabs). She loves rock climbing, tacos, and telling everyone how amazing Jesus is!



I'm Running Away!

Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children.

{ Romans 8:15b-16 }



I pushed my possessions into my backpack and angrily threw it on my back. I was running away. I was eight years old and mad at my mom for making me do chores. Without a word to anyone, I walked down our driveway in search of a better life. But I didn't make it very far. I started to remember what being a part of my family offered me.

When God adds us into His family, it doesn't change much on the outside. We still live in the same house, eat the same food, and see the same people. But the inside is very different. God is now an active part of our lives! We can experience a relationship with Him where He is the perfect Dad—a Dad who loves, corrects, guides, and engages us. And His Spirit is there, reminding me of His love as my mom did when I walked home. She gave me a big hug and said she loved me.



ACTION POINT: Do you feel loved right now? Maybe you do, or perhaps you don't. Read Psalm 136 and remind yourself, "His faithful love endures forever." True Girl, He loves you very much, whether you feel it or not.

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



Created to Create!

The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

{ Genesis 1:2 }



A lot of us can quote the very first verse of the Bible. Let's do it now: "In the beginning, God created the heavens and the earth" (Genesis 1:1). Great job! But how about that second verse? Go ahead and read it as our focus verse for today. Isn't it so cool to think of the Holy Spirit hanging out over the waters, just waiting to create everything?

Sometimes, before I get ready to do something creative like write, draw, or paint, I'll remember Genesis 1:2 and pray, "Holy Spirit, I need Your help to create today. Just like You helped in creating the world, will You help me now?"

It's important to know that God cares about the things you make and create. He is the Ultimate Creator! He created YOU so you can create other awesome stuff. You can depend on Him to help you use your gifts to bring glory to Him and to bless others.



ACTION POINT: Take some time to thank God for creating this beautiful world, and let Him know that you trust Him to help you create, too!

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

*I will ask the Father, and he will send another Companion,
who will be with you forever.
{ John 14:16 CEB }*



I love how the Holy Spirit plays many different roles in our lives. Right now, I am learning how the Holy Spirit can be my friend or “companion.” All of my friends live far away from me. That means that when I am at home, I am by myself most of the time, which can often feel lonely. So, I started learning how to grow in my relationship with the Holy Spirit as my friend.

Of course, having the Holy Spirit as your friend is a little different than having a physical person as your friend. We can't play games, watch movies, or go hiking. But I can talk to Him about my day, serve others with Him, and search for new ways to spend time together.

Discovering new aspects of His character is an important step in growing closer to Him—something we should work on every single day!



ACTION POINT: What is your favorite thing to do with your friends? How could you do that with the Holy Spirit? Try it out and see how it goes! The more you do it, the easier it will become.

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



Empowered for Good Works

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
{ Ephesians 2:10 }

 **Y**ou are a masterpiece, uniquely created by God with a special purpose. The Holy Spirit empowers you to do amazing things God has planned for you. These good works can be as simple as helping a friend, being kind to someone in need, or sharing your faith. Embrace your gifts and talents, knowing that they come from God. He has equipped you to make a positive impact on the world around you.

When you use your gifts to serve others, you show God's love and bring glory to Him. The Holy Spirit works through you, giving you the strength and creativity to do the good things God wants you to do. Remember that you are not doing this alone—God's Spirit is with you, helping you every step of the way.

 **ACTION POINT:** Choose one of your talents and use it to bless someone else. This could be drawing a picture, helping with chores, or simply being a good listener. Let God's Spirit guide you as you use your gifts to make a difference.

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



Snow White Was Not Alone

And the Spirit of the LORD will rest on him—the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

{ Isaiah 11:2 }



I was anxiously awaiting my grand entrance as Snow White. It was our fifth-grade play, and my debut moment had almost arrived. As I watched the seven dwarfs skip around the stage, I felt a sudden pounding in my heart. I was nervous, excited, and scared. As I watched from the side of the stage, I remembered I didn't get here alone and I wouldn't be on the stage alone either.

There are many things we face in life. They can be scary, they can be exciting, and they can be both! No matter what we face, we will not face it alone. God has sent us a helpmate called the Holy Spirit.

Isaiah 11:2 mentions how the “wisdom” and the “understanding” of the Holy Spirit will rest upon us. So, it's okay to feel those scary emotions because we don't have to do it alone.



ACTION POINT: The next time you feel scared or nervous, ask God to bring His peace and our helpmate, the Holy Spirit, to comfort you.

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.



Power to Share

One day as these men were worshipping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them."

So after more fasting and prayer, the men laid their hands on them and sent them on their way.

{ Acts 13:2-3 }



The Holy Spirit gives you power to be a witness of God's love and truth. This power isn't just for big, dramatic moments. It's for everyday life. It helps you to be kind, brave, and loving. Wherever you are, the Holy Spirit gives you the courage and the words to share your faith.

God's Spirit empowered Barnabas and Saul to go out and do God's work. If they had tried to without His Spirit, they wouldn't have reached the people the way God wanted them to. People may have heard their words with their natural ears, but they wouldn't have been able to share God's love and truth in its fullness.

When you rely on the Holy Spirit's strength, you can make a difference in the lives of others. You have the power to be a light in a sometimes dark world. Trust in the Holy Spirit to give you the courage and wisdom you need to share God's amazing love and truth.



ACTION POINT: Look for an opportunity to share God's love with someone. This could be through a kind word, a helping hand, or simply being a good friend. Trust that the Holy Spirit will give you the courage and words you need.

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I Have Confidence!

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

 **H**ope. It's a word I use a lot. Maybe you do, too. It's normal to say things like, "I **hope** the kitty sits on my lap," or "I **hope** it doesn't rain today!" But here's the thing. My daily hopes aren't very confident. Perhaps yours aren't either. With them, we're often wishing for the best to happen.

But do you know what hope is confident? The hope spoken of in the Bible. Hope mentioned in Scripture is the confident expectation that God will do what He says He will do. That He is faithful, and we can trust Him. And I love that in today's verse, Paul reminds us that we can overflow with this confident hope through the power of the Holy Spirit.

So, today, let's use the word **hope** more purposefully! There's nothing wrong with hoping the cat cuddles with us. But let's also confidently exclaim, "Thank You, Holy Spirit, for filling me with confident hope!"



ACTION POINT: Grab your sketchbook and colored pencils. Write the word "hope" in big letters and decorate around it. Hang this art piece on your bedroom wall to remind yourself of the confident hope you have in 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



Holy Spirit Come

But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.
{ John 14:26 }



In John 14:26, Jesus promises to send the Holy Spirit to His disciples. This Spirit, sent by God the Father, isn't just a comforter but also gives us wisdom and guidance. Jesus told His followers that the Holy Spirit would teach them everything and remind them of His teachings. Today, the Holy Spirit does the same for us.

As we go about our daily lives, the Holy Spirit helps us understand and use God's Word. He gives us insight and helps us make good decisions. This power isn't just something we have but something that pushes us to live boldly for Christ. When we pray and rely on the Holy Spirit, we get strength beyond our own, which helps us serve others with humility and kindness.



ACTION POINT: Today, invite the Holy Spirit into every area of your life. Ask for wisdom and guidance in your decisions, and trust the Holy Spirit to help you live out your faith boldly.

SAMANTHA TOLEDO lives in Missouri, with her husband, daughters, and mini goldendoodle. She's all about glitter, making connections, and devoted to sharing the True Girl subscription box with her daughters.



Fighting Temptation

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.

{ Galatians 5:16 }



It's easy to believe that once you have the Holy Spirit, everything becomes a piece of cake, and you make all the right choices, but that simply isn't true. Deciding to follow Christ actually means that the devil is going to attack you harder because he knows that you are valuable to God. It can be really hard to do the right thing sometimes.

There's good news, though! You still have the ability to choose right. And we have been gifted the Holy Spirit to provide us with strength and discernment when we are tempted. We simply have to listen and obey.

So, when you are faced with the temptation to sin, remember to lean on the Holy Spirit. He will help you make a decision that will glorify God and bring honor to Him.



ACTION POINT: What is a temptation battle that you fight sometimes? Spend time in prayer, asking God to give you the strength and courage to do the right thing.

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God's Breath

*When you give them your breath, life is created,
and you renew the face of the earth."*

{ Psalm 104:30 }



Have you heard the song, "Great Are You Lord"? Its chorus talks about how God's breath is in our lungs. The song is a needed reminder that God gives us our very breath, and that's reason enough to praise Him.

Think about it. The same breath of God that breathes life into the world also breathes life into you. When you wake up, it's God's Spirit filling you with energy, creativity, and joy. Just as God renews the earth, He renews your heart and mind, giving you strength. Every breath is a reminder of His presence in your life, empowering you to overcome challenges and embrace opportunities.

When you feel overwhelmed or tired, remember God's Spirit is within you, ready to refresh and uplift you. Recognize the power that comes from being filled with His breath, and let it inspire you to be kind, brave, and joyful. By relying on God's Spirit, you can bring His light and love to others.



ACTION POINT: Sit quietly and focus on your breathing. Imagine God's Spirit filling you with new life and energy as you breathe in. Write an encouraging note or draw a picture for someone who might need a reminder of God's love.

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The Spirit Living Within You

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 }

 Did you know that the Holy Spirit is like a superpower given to you by God? Romans 8:26-27 says, “And the Holy Spirit helps us in our weakness.” When you feel unsure or confused, the Holy Spirit is always there to help you! He knows how you feel and talks to God for you, even when you don't know what to say.

Ask the Holy Spirit to reveal how strong you are with Him. When you talk to Him and seek His help, you'll begin to see the amazing things God has planned just for you!



ACTION POINT: Take a moment to talk to the Holy Spirit in your heart. Ask Him to help you understand God's plans for you and to give you the courage to follow His lead.

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Teddy-Bear Hearts

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.

{ Ezekiel 36:26-27 }



Have you ever heard of Build-A-Bear? My parents took me once! Imagine stepping into a toy store and being greeted by thousands of fluffy teddy bears all decked out in cute, colorful outfits. It was magical! Part of the fun was creating my own bear to take home with me. So I picked out a new fuzzy friend and watched as the stuffing machine brought my teddy to life. My favorite part was tucking a tiny, felt heart inside.

Did you know that if you are a follower of Jesus, you've been given a new heart, too? Take a look at our verse for today!

Before following Jesus, your heart was like a rock. But when you decided to follow Him, the Holy Spirit came to live inside you and transformed your hard heart into a soft one like my teddy bear's! Now, the Holy Spirit will always be there to help you obey God and live for Him.

 **ACTION POINT:** Find your favorite stuffed animal and bring them with you the next time you read your Bible. Let your fluffy friend remind you that the Holy Spirit has changed your heart and is there to help you!

KINDRA STANTON is passionate about helping women and girls live like Jesus together. She enjoys serving her local church with her husband Caleb, drinking coffee, and reading good books!
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Guided by the Spirit

*For the Spirit of God has made me, and
the breath of the Almighty gives me life.*

{ Job 33:4 }

 **T**hree years ago, my husband and I felt the nudge of the Holy Spirit telling us to move back to Pennsylvania. We had been living in Virginia for almost 15 years and WE LOVED IT! So, we were quite confused and, honestly, disappointed at the thought of moving away. As the months and years have passed, we have gotten a clearer picture of why God wanted us to move, and His plan couldn't be more perfect!

Sometimes life can feel confusing, like you're not sure which way to go or what decision to make. During these times, it's comforting to know that God has given us the Holy Spirit to guide us. The Holy Spirit isn't just a far-off idea; He's a real presence in our lives, helping us make wise choices and understand God's will. When you feel lost or unsure, remember that the Holy Spirit is there to lead you. He knows you inside and out, and He knows the best path for you to take.

 **ACTION POINT:** Find a quiet place where you can spend some time alone with God each day this week. Bring your Bible and a notebook. Pray and ask the Holy Spirit to guide you. Write down any thoughts, feelings, or Bible verses that come to mind. Look back at your notes at the end of the week and see how the Holy Spirit has been guiding you. Share what you've learned with a trusted friend or family member.

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



It's Tough to Be King!

*Teach me to do your will, for you are my God.
May your gracious Spirit lead me forward on a firm footing.
{ Psalm 143:10 }*



It's tough to be king. Not that I would know, but King David certainly did! Today's verse is from a psalm that David wrote when he had to run away and hide. Why? Well, David's son, Absalom, wanted to be king. So, Absalom started a rebellion and tried to steal the throne from his dad. Yikes, right?

While hiding, David wrote Psalm 143 as a song of lament or sadness to God. And in verse 10, he asks for direction from the Holy Spirit. He prays, "May your gracious Spirit lead me forward on a firm footing."

You and I don't have a throne for anyone to try to steal. But that doesn't mean our daily lives are conflict-free. Sometimes, we disagree with our parents, siblings, friends, or neighbors. When that happens, we can echo the words of David and ask the Holy Spirit to guide us, too.



ACTION POINT: Do you need help knowing how to handle a situation? Memorize today's verse and include it in your prayers. Ask the Holy Spirit to help you know God's will.

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



Filled with Boldness!

*After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.
{ Acts 4:31 }*

 **E**very time I read today's focus verse, I get so excited! I even get goosebumps on my arm sometimes! Wouldn't it be totally awesome to be in a place that was literally shaking because of the presence of God? Wow! But did you see how they responded to that shaking? They preached the Word of God with BOLDNESS!

I don't know about you, but there are times when I get nervous to speak about God's Truth. Sometimes, I'm a little scared of what other people might say or do if I talk about God's Word. Do you ever feel that way? But when I read verses like Acts 4:31, I realize I have something I can pray to help me be courageous. "Holy Spirit, I love how powerful You are! Will you fill me with boldness to speak and share your Word? I want to make an impact for Your glory."

 **ACTION POINT:** You can probably guess what I'm going to ask you to do. Go ahead and pray that prayer, asking the Holy Spirit to make you bold to share the Word.

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

Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness.

{ Luke 4.1 }



Jesus shows us what it means to be led by the Spirit. Even in the wilderness, where it was lonely and difficult, Jesus was not alone. The Holy Spirit guided Him, giving Him the strength and wisdom to overcome every challenge. Just like Jesus, you, too, can be led by the Holy Spirit. Whether you're at school, at home, or with friends, the Holy Spirit is there to guide and support you.

Today's verse tells us that Jesus was FULL of the Holy Spirit. That's where His power came from. Now, if Jesus needed the Spirit, how much more do we?

When you face difficult situations, remember that you are not alone. The same Spirit that led Jesus is with you, helping you make wise choices and giving you the courage to do what is right. Trust in God's guidance and be open to the Holy Spirit's leading. By doing so, you can navigate life's challenges with confidence and peace.

 **ACTION POINT:** Ask the Holy Spirit to guide you in a specific area of your life. Write down any thoughts or feelings that come to you during this time, and take a step towards following the Holy Spirit's guidance.

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Not Boring Anymore!

But people who aren't spiritual can't receive these truths from God's Spirit. It all sounds foolish to them and they can't understand it, for only those who are spiritual can understand what the Spirit means.
 {1 Corinthians 2:14 }

 **W**hen I was a little girl, reading the Bible seemed BORING! I would much rather read mystery books. I felt like I understood what the Bible said but didn't realize it was only in a very basic sense. I had absolutely no desire to dig deeper into the Word of God.

I remember the first time reading the Bible changed for me. The words took on more meaning, and phrases jumped out at me. As I would go through my day, those phrases would come back to me, bouncing around and giving me something to ponder even when the Bible wasn't in my hands.

Today, my Bible is marked up and highlighted. It is a precious possession I would save in a fire instead of any mystery books! That is because the Holy Spirit prompted a relationship with me through His Word, and I will never be the same. But, for the record, I still read mystery books, too!



ACTION POINT: Do you want Bible reading to change for you, too? Ask God, through His Spirit, to help you. Be faithful in the asking, even if it doesn't work right away. His timing is a beautiful gift that considers your needs deeply.

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



God's Got This

*Then he said to me, "This is what the LORD says to Zerubbabel: It is not by force nor by strength, but by my Spirit, says the LORD of Heaven's Armies."
{ Zechariah 4:6 }*



Last year, I was a cast member in the Crazy Hair Tour. I loved sharing God's Truth all across the country. Normally, show days would be routine. However, one day, one of our lead teachers got sick. The cast members were told we would have to perform her part the very next day! That meant a lot of practicing, memorizing, and rehearsing.

To remind ourselves to rely on God, every time one of us would start to get nervous, we would give just one encouragement: "God's got this." By relying on His strength and power, the next day's show went on without a single problem.

Remember that when hard times show up, it is not through your strength that you'll succeed. It is only through relying on God. He has you in His hands! You have nothing to worry about. God's got it.

 **ACTION POINT:** What are you trying to do through your own power right now? Spend time in prayer, asking God to show you how to rely on Him more.

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



Trust Fall

But when I am afraid, I will put my trust in you.

{ Psalm 56:3 }

 **H**ave you ever heard of a trust fall? It's a team-building exercise where one person falls backwards while trusting a group of people to catch them. It can be scary falling without knowing if anyone will be there to catch you. But, the great thing is that the group assigned to catching you is cheering you on the whole way. That makes trusting them easier.

Today's verse says we can trust God even when we're afraid. Do you know Who is there to help us do that? The Holy Spirit! This means we don't have to walk through life fearful about what's next. We can rely on God's Spirit to give us wisdom and guidance.

When you face decisions, take a moment to pray and ask the Holy Spirit for help. Trust that He knows what's best for you, even if it doesn't make sense right away. By trusting Him fully, we can find the confidence and direction we need to go through life's challenges.



ACTION POINT: This week, whenever you face a decision, big or small, take a deep breath and pray. Ask God to guide you and help you trust Him. Write down any feelings or thoughts you have after praying.

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Remembering God's Goodness

...*"This is a day to remember forever—the day you left Egypt, the place of your slavery. Today the Lord has brought you out by the power of his mighty hand.*

{ Deuteronomy 8:2 }



Remembering is a powerful tool God gives us to keep our hearts filled with hope and gratitude. In today's verse, the writer was encouraging God's people, the Jews, to remember how God led them out of slavery in Egypt. God asked them to remember because it helped them see His faithfulness and love in their lives. We need to practice remembering, too.

It's easy to remember the bad things that happen. A bad grade, a fight with a friend, or missing out on something fun can stick in our minds. But God invites us to focus on the good things He has done for us. He wants us to remember His blessings, guidance, and love.

Think about a time when God helped you. Focusing on the good things fills our hearts with joy and gratitude. Let's make a habit of remembering God's goodness every day. It changes our perspective and reminds us that we are never alone.



ACTION POINT: Write a list of ten things God would want you to remember because it was Him at work in your life. Whenever you feel down, look at your list and remember how good God is.

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.

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God's Fresh Start

*Great is his faithfulness; his mercies
begin afresh each morning.
{ Lamentations 3:23 }*



Did you know that every day is like opening a brand-new, shiny gift from God? Imagine waking up and finding a beautiful, wrapped present on your bed. That's what God's mercy is like—new and fresh every morning. Remember when you had a tough day but felt God's comfort, like a warm hug? Or think about when you needed something, and God provided it, like when you were hungry, and your mom made your favorite meal. These moments remind us God is always with us, and each day, He gives us a fresh start with His never-ending love and mercy.

God's love is like a sunrise that happens without fail. Just as the sun brings light to the world, God's mercy brings light to our hearts. When you wake up, remember that God's love is new and waiting for you, no matter what happened yesterday. Thinking about His love and faithfulness can fill your heart with joy and confidence to face the day.



ACTION POINT: Create a mercy jar. Write down one thing you're thankful for each morning and put it in the jar. Watch it fill up with reminders of God's fresh mercies. When you need a boost, read a few to remind yourself of God's love.

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Stones of Remembrance

Then Joshua said to the Israelites, "In the future your children will ask, 'What do these stones mean?' Then you can tell them, 'This is where the Israelites crossed the Jordan on dry ground.'"
{ Joshua 4:21-22 }



In our living room, we have a jar of stones. But these aren't just any stones to me. They are stones of remembrance. Each stone has a few words written on it with a silver marker that reminds our family of a time when God showed us who He is.

Sometimes, the words remind us of beautiful moments, like when one of my children was born. But some stones remind us of hard times when God loved, protected, and provided for us. Some stones mark things that were small, like when God led us to talk to someone. Other stones mark big things, like when my husband became a pastor, or I started working at True Girl!

At the end of every year, we read these stones. If my children don't remember, we tell the stories again. Because stories of God's faithfulness should never be forgotten.



ACTION POINT: Create a way to remember God's faithfulness! Maybe it's a poster, paper scrolls, or stones like us! Recall when God was being God and write those times down. Share them with your parents and see if they have any stories to tell!

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



Besties!

Sing praises to God and to his name! Sing loud praises to him who rides the clouds. His name is the Lord—rejoice in his presence!
{ Psalm 68:4 }

 **H**ave you ever had so much fun with your best friend that you didn't want the day to end? I remember when my childhood bestie would sleep over and we'd do everything we could to keep her mom from picking her up the next morning! We had so much fun together. Sometimes, we'd just look at each other and burst out laughing. Being with God is like that!

I'm sure you've had times this year when you felt really close to God. Just being with Him gave you peace and you felt better after you were with Him. These moments are precious because they remind us that God is always with us.



ACTION POINT: Have a party! Play your favorite worship songs, share stories of times when you felt close to God, and celebrate His presence in your lives. End the party with a group hug and a prayer of thanks!

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Remember How God Leads You

Remember how the LORD your God led you through the wilderness for these forty years, humbling you and testing you to prove your character, and to find out whether or not you would obey his commands.

{ Deuteronomy 8:2 }



The Israelites were having a rough time. They had been wandering through the desert for forty years. It was hot, and giant bugs and lizards were probably creeping into their tents. But God was always there to guide them. He even fed them a special food called **manna** that fell from the sky. They saw God rescue them over and over again!

Maybe you've never wandered through a desert, but I bet you've experienced some hard things. Perhaps you moved and had to make new friends. Maybe your BFF ditched you for the "cool" kids. You might have had a hard time getting along with your sibling. Regardless of what hard things you've experienced this year, God calls us to remember the ways that He has been at work! He told the Israelites to remember the ways that He had led them. In what ways has God led you through the hard things this year?



ACTION POINT: God uses even the hard things to make us more like Him. What hard things happened this year, and what did you learn from going through them? Thank God for always being with you!

SARAH GIORDANO, previous True Girl Road Manager, is a Maryland native (although she doesn't care much for crabs). She loves rock climbing, tacos, and telling everyone how amazing Jesus is!



Joy in His Presence

You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.

{ Psalm 16:11 }

 **D**o you like the movie *Aladdin*? It's cool to watch genie movies and see what wishes people ask to get granted. While they can be fun to watch, I sure am glad we serve a God who already grants us the best things. We don't have to rub a lamp or bargain with a blue genie. Psalm 16:11 tells us that God grants us the joy of His presence and the pleasures of living with Him forever. Reflecting on the joy of being in God's presence can brighten any day.

Think about moments when you felt especially close to God, like during a worship song, prayer time, or even a walk in nature. These moments remind us of the joy and peace of being with Him. God's presence brings joy and guidance. Knowing that God is always with us brings comfort and happiness, no matter what we face.

 **ACTION POINT:** Ask Mom (or Dad) if you can walk together outside and talk about how you've felt God's presence. Share moments of joy and thank God for being with you every step of the way.

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A Beautiful Reflective Heart

As water reflects the face, so one's life reflects the heart.
{ Proverbs 27:19 NIV }



It was beautiful. I joyously looked at the shiny new heart-shaped mirror my dad had just finished hanging in my room for my birthday. Most days, I looked into the mirror and noticed my hair or face, but some days, I noticed the reflection of the wall behind me. A reflection not only shows us ourselves but everything around us.

As this year is coming to an end, I want to challenge you to take time to reflect not only on what you've liked and not liked about this year but also on how things happened around you. Proverbs 27:19 says, "As water reflects the face, so one's life reflects the heart."

 **ACTION POINT:** God is concerned about every aspect of our lives. So, take some time to look outside of how you look and think about the people around you and your choices. What will you change for next year?

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.



God's Lamp

*Your word is a lamp to guide my feet and a light for my path.
{ Psalm 119:105 }*

 **T**oday's verse is one of my favorites, but not because I love lamps! It reminds me that God has laid out my steps and gives me just enough wisdom and guidance for what's next. Think about it. Lamps don't give us much light, especially if they're just lighting our feet.

Sometimes, life feels like a long, winding path. It can be hard to see where we're going or what's coming next. But God's Word is like a bright flashlight guiding us every step of the way! When we read the Bible, it lights up our path and shows us the way to go.

Think about times when you were unsure of what to do, and you found the perfect Bible verse that gave you just the direction you needed. God's Word is full of wisdom and guidance, helping us make good choices and stay on the right path. It's like having a map for life's journey.



ACTION POINT: Use glow-in-the-dark stars or stickers and write your favorite Bible verses. When you turn off the lights, let these verses remind you that God's Word is always guiding you. Share your favorite verse with a friend to brighten their day, too!

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He Made it ALL!

O Sovereign LORD! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!
{ Jeremiah 32:17 }



I forget about God . . . a lot. I can get so busy doing other things! When I eat, I think about food. When I sleep, I dream about anything but God. When I play, I think about the fun I'm having.

There are distractions EVERYWHERE! I would love to live every moment with God in clear view, so I don't forget how amazing He is. The only problem is that He's invisible. If I'm honest, though, I tend to be me-focused, and even if I COULD see Him, I might still be distracted.

When I am reminded of my failure to think about Him, there is something that always works for me. Maybe it will work for you, too! I go outside, and I look at everything He has made. I stop the rushing and the doing and think about the God who made everything. Because if He can create the world, He can take care of me and my little part of it, too!

 **ACTION POINT:** What causes you to think about God? Maybe it's looking at creation, reading the Bible, or praying. Whatever it is, set a time of day to do that activity and do it!

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



Highlight Reel

*Give thanks to the LORD, for he is good!
His faithful love endures forever. Has the
Lord redeemed you? Then speak out!
{ Psalm 107:1-2 }*



At the close of every year, I make a small highlight reel video of my favorite moments. It is one of my favorite parts about New Year's! As I scroll through the **many** videos and photos, I am always blown away by the blessings that God has provided.

In my daily life, I don't always feel like I am super blessed. It is easy to become distracted by what I don't have and ignore what God is trying to give me.

But the Bible tells us to look at His faithful love and to speak out about our blessings! His love lasts forever. That is a blessing for which we can **always** be thankful.



ACTION POINT: Do you have any pictures or videos from times when you feel God blessed you? Make your own "blessings highlight reel" to look at when you need a reminder. Then, pray and thank God for His love and the amazing things He has done for you.

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



Miracles in the Making

*Let all that I am praise the LORD;
may I never forget the good things he does for me.
{ Psalm 103:2 }*



I have a friend who loves scrapbooking. A few years ago, I bought her a scrapbook box so she could collect even more keepsakes.

Reflecting on God's incredible miracles is like flipping through the coolest scrapbook ever! Think about the jaw-dropping stories from the Bible—parting the Red Sea, feeding thousands with just a few loaves and fish, healing the sick. But guess what? God's amazing power isn't just ancient history. His miracles are happening right now.

Grab your creative cap and think of specific times you've seen God work wonders in your life. Looking back at these experiences, you'll feel your faith growing stronger and your trust in God deepening. His miracles are little (and big!) reminders that He's always working behind the scenes to show His love and power.



ACTION POINT: Write a skit! Choose one of the miracles you've experienced and turn it into a fun, short skit to perform for your family or friends. Get creative with costumes and props, and have fun retelling the story in a way that celebrates God's power.

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



God's Amazing Plan

Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.

{ Ephesians 1:11 }

 **H**ave you ever thought about how special you are to God? He chose you long before you were even born and has an amazing plan for your life. As you look back over the past year, try to remember times when you saw God working in your life. Maybe it was through a new friendship, a fun family vacation, or a challenge you overcame. Each of these moments is a part of God's bigger plan for you, showing His love and care.

Thinking about the ways God has been there for you helps you understand just how incredible His plan is. He makes everything work out for your good, even when things seem tough. Trusting in God's plan can give you peace and joy because you know He is in control. Every little detail of your life is important to Him, and He is always working to bring about the best for you.



ACTION POINT: Take some time this week to create a collage. Gather some magazines, photos, and colorful paper. Cut out or draw pictures that represent moments from the past year where you saw God's hand in your life. Glue them onto a poster board and decorate it with words that remind you of God's goodness and His amazing plan. Hang your collage in your room as a reminder that God is always working for your good and has a wonderful plan for your life.

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Sing Praise

*I will thank the LORD because he is just; I will sing
praise to the name of the LORD Most High.*

{ Psalm 7:17 }



One of my favorite things about driving alone is belting worship songs at the top of my lungs. But every so often, a certain song comes on, and I just sit silently in absolute awe as my brain is flooded with memories of all the amazing things God has done.

It might be weird to think that thanking God can bring you joy, but it is true! Spending time in praise is soul-filling. I can't help but sit and smile as His good works continue to play through my memory.

This practice of remembering His goodness can turn my sad days into a day full of smiles. It's crazy how something as seemingly insignificant as a "thank you" could do that. But when it comes to God, you'll find that there aren't enough "thank you's" in the world for all He has done for us.



ACTION POINT: What is your favorite praise song?

Next time you notice your spirit isn't in a good place, listen to it!

Thank God for the amazing things He is doing in your life.

(Notice how your perspective will shift from the beginning of the song to the end!)



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



God Works With Weakness

*"My grace is all you need.
My power works best in weakness."
{ 2 Corinthians 12:9 }*



Did you see that? In today's verse, God says His power works best in weakness. That means God doesn't just "kind of" help us out when we're weak, He does His **best** work when we can't. Sometimes I feel weak or overwhelmed, but somehow God gives me the strength to get through. I'm sure you can think of times like that. Those moments are clear reminders of God's grace working in you. His power shows up best when we are at our weakest, turning our struggles into testimonies of His strength.

It's important to remember that it's okay to feel weak because God's power is made perfect in our weakness. Instead of relying on our own abilities, we can lean on Him and experience His strength. When you look back on those times you depended on Him and felt His power, you realize that you don't have to do it all on your own. God's got your back, and He's more than able to carry you through anything. Trusting in His strength means we can face everything with confidence and peace.



ACTION POINT: Share with a friend or family member about a time when you felt weak but experienced God's strength. Encourage each other and pray together, thanking God for His grace and power.

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Remembering on Purpose

*Don't let the excitement of youth
cause you to forget your Creator.
{ Ecclesiastes 12:1a }*



Does it seem weird to say, “Don’t forget about the One who created you”? Like, how could you possibly forget about GOD? Well, it’s not like we **totally** forget about Him. Today’s verse is actually telling us to **remember** Him—on purpose. When we remember someone, we stop and think about them. Sometimes, a memory just pops into our heads and, sometimes, we have to try to remember. Today, I’m asking you to try.

As part of today’s Action Point, here are some ways you can remember your Creator:

- Read Genesis 1 and 2.
- Talk to your mom or dad about the day you gave your life to God.
- Look back in your journal and see how God helped you through different things.
- Play a worship song and sing praise to Him.
- Ask some of your friends to share their favorite things about God.
- Go outside and look at trees, flowers, birds, or the sky and remember that God made ALL of it!



ACTION POINT: Go ahead and do a couple of the ideas I wrote to remember your Creator. Don’t forget to remember Him!

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

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

{ James 1:2-4 }

 **A**s we reflect on the past year, think about all the ups and downs you've faced. Each challenge and each joy have helped you grow stronger in your faith. God uses every experience to shape you into the incredible person He designed you to be. And when things were tough, God was there with you, helping you. When you felt joy, it was a gift from Him to brighten your days.

God has a purpose for everything you go through. He's using it all to build your character and prepare you for the future. So, thank God for His faithfulness and ask Him to continue guiding you. Trust that He has amazing plans ahead because He loves you deeply.

 **ACTION POINT:** Write about or draw three things that were tough this past year and three that brought you joy. Thank God for helping you through the hard times and for the happy moments. Ask Him to continue guiding you.

SAMANTHA TOLEDO lives in Missouri, with her husband, daughters, and mini goldendoodle. She's all about glitter, making connections, and devoted to sharing the True Girl subscription box with her daughters.



Fixed Focus

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
{ *Philippians 4:8* }



It's been said that whatever you focus on, you move towards. For instance, if you're driving and stare at the tree on the right side of the road, you'll eventually start to steer the car in that direction.

Thinking about God's goodness helps us to see the beauty in our lives. When we fix our thoughts on what is true and lovely, we remember God's blessings. Think about a time when God answered a prayer or provided for your needs. By focusing on these moments, you'll see how God has been faithful and loving. It can be easy to get caught up in worries or negative thoughts, but turning our minds to God's goodness brings peace and joy.

What has God done for you? You'll find that remembering God's faithfulness helps you to trust Him more in the present and future. His goodness is always there, guiding and supporting you, and reflecting on it fills your heart with gratitude.

 **ACTION POINT:** Create a reflection journal. Each day, write down one thing you saw God's hand on that day. Reflect on your entries regularly to remind yourself of God's continuous goodness.

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



A New Chapter

You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

{ Psalm 139:16 }



I love to read. There's just something so exciting about curling up in a fuzzy blanket with a brand-new book and a warm mug of deliciousness in my hands. With every new chapter, the story deepens. It may grow and turn in unexpected ways, but each conflict only increases the sweetness of a happy ending.

The same is true in our lives! Take a look at our verse for today. God knows our stories! He knows what next year holds for you. Whether the new chapter you're starting looks exciting or scary, you can trust that the Author of your story is working everything in your life for your good and for His glory. You can look forward to a happy ending because, if you've given your life to Jesus, you will get to be with Him forever one day! And that is a happy ending you can look forward to.



ACTION POINT: How have you seen God working in both the good and the bad parts of your story this past year? Write a prayer thanking God for writing your story and for the happy ending ahead of you. Ask Him to help you trust that His plan for next year is best.

KINDRA STANTON is passionate about helping women and girls live like Jesus together. She enjoys serving her local church with her husband Caleb, drinking coffee, and reading good books!



Trusting His Plan

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope."
{ Jeremiah 29:11 }

 **G**od's plans for us are always good. Even when things don't go as we hoped, we can trust that He is working everything out for our good. Trust me, I know that can be hard to believe sometimes, especially if we're in the middle of a tough situation. But that's why it's so important to remember that God has a plan.

I don't know about you, but it comforts me to know God is in control and has a wonderful plan for my life. It helps me to relax and rest in His faithfulness. His past faithfulness helps you and me trust Him with our future. God's plans are perfect, and He promises to give us a future filled with hope.

 **ACTION POINT:** Write a list of things you're looking forward to in the coming year. Pray over each item, asking God to guide and bless your plans. Trust that He has good things in store for you!

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In the Moment

*Praise the LORD! Give thanks to the LORD, for
He is good! His faithful love endures forever.
{ Psalm 106:1 }*

 **W**hen you are having a bad moment, the problem can sometimes feel bigger than it truly is. Our mind makes our worries and struggles seem so important! However, when we look at the situation later, it is easy to see how little it really was. We just didn't recognize that at the moment.

God's love lasts longer than any problem we might face. Our worries and struggles in life are only for a moment! It doesn't matter how long the situation lasts—it will never last longer than God's love for us. God's love beats out any problem we could face.

Instead of being distracted by the moment, focus on where God is showing you His love. Remember that His faithful love lasts forever! The moment does not.

 **ACTION POINT:** Practice replacing negative thoughts with praise. When you catch yourself in a bad mindset, reset it by thinking about all the amazing things God has done in your life recently.

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



Where's Everyone Else?

*Jesus asked, "Didn't I heal ten men?
Where are the other nine?"
{ Luke 17:17 }*



Leprosy is a disease that causes a lot of pain for the people who have it. In the book of Luke, ten people who had leprosy met Jesus. When they saw Him, they all cried out for Jesus to have mercy on them. They were suffering so much! Those ten lepers were desperate for Jesus' help and relief.

And Jesus gave them what they were longing for! He healed them. All ten of them! Just imagine ten people who had been in such pain suddenly and miraculously HEALED! I would think they would have grabbed Jesus, put Him up on their healthy shoulders, and paraded him through the streets. But that's not what happened at all.

Only one of them acknowledged what Jesus had done. Only one of them turned back to Jesus, praising God with a loud voice of gratitude. And today's verse tells us that Jesus noticed.



ACTION POINT: Is there something God has done for you that you maybe have forgotten to thank Him for doing? Stop now and take time to offer gratitude to Him.

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



Pirates of the Kingdom!

But then I recall all you have done, O LORD; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works.
{ Psalm 77:11-12 }



I love a good treasure hunt, especially when there's a fun prize involved. Like pirates, you get to intentionally search for great things. But instead of searching for gold or jewels, did you know you can hunt for memories of God's goodness and faithfulness? Taking time to remember what God has done and who He's been in your life is like finding precious treasures that remind you of His love and power.

As you recall His wonderful deeds, let them fill your heart with gratitude and joy. God's mighty works are not just old stories; they happen every day in your life! By keeping these memories close, you build a treasure chest of faith that you can turn to whenever you need encouragement. God's faithfulness in the past lets you know that He'll be with you in the future. So, celebrate these memories and let them remind you of God's constant presence and love.



ACTION POINT: Draw a colorful map on a poster board. For each memory of God's faithfulness, add a treasure chest and write a description. When you need a reminder of God's goodness, look at your map and thank Him for the treasures He's given you.

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Where Are You Placing Your Trust?

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.
{ Proverbs 3:5-6 }



As we reflect on our lives, we should ask ourselves: Where are we placing our trust? Proverbs 3:5-6 teaches us to trust the Lord with all our hearts and not just lean on our own understanding. It encourages us to seek God's guidance in all we do, trusting He will lead us on the right path.

Think back on moments from this past year when you faced decisions or challenges. Maybe you had some issues in your friendships. Perhaps you struggled to get along with a sibling. Did you trust God to guide you, or did you rely solely on your own wisdom? Reflecting on these times helps us identify areas where we can grow in placing our full trust in God.



ACTION POINT: Take a moment to pray and honestly evaluate where you have placed your trust in the past year. Write down one situation where you need God's guidance and commit to trusting His direction completely.

SAMANTHA TOLEDO lives in Missouri, with her husband, daughters, and mini goldendoodle. She's all about glitter, making connections, and devoted to sharing the True Girl subscription box with her daughters.



Counting Our Blessings

*The LORD has done great things for us,
and we are filled with joy.
{ Psalm 126:3 }*



Isn't it fun to look back and see all the awesome things that have happened? God has done so many great things for us, and thinking about them can fill our hearts with joy. From answered prayers to unexpected surprises, God's blessings are everywhere.

I bet if we all took a few minutes to think about all of our blessings, we'd have a lot less room for complaints. If we were writing them down, we'd for sure run out of paper. And what about all the great things God has done that we don't even know about?? These are all reminders that God is always at work, doing great things for us and filling our lives with joy. So go ahead, start counting those blessings...I dare ya!



ACTION POINT: Ask each person in your family to write down or draw pictures of the blessings they've experienced this year. Share them with each other and then create a big collage to display in your home. Celebrate with a special treat and thank God for all He has done!

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The Years Are Short!

*So teach us to number our days, that
we might get a heart of wisdom.
{ Psalm 90:12 ESV }*



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aybe you've heard your mom exclaim, "The days are long, but the years are short!" I say this if I see a picture of my daughters when they were little.

It seems like only yesterday, but now, they're 20, 19, 16, and 13!

Did you know that to God, even a *thousand* years fly by? King David wrote many of the psalms, but Psalm 90 has a different author. It is a prayer from Moses. In verse 4, he says to God, "For you, a thousand years are as a passing day, as brief as a few nights."

Then, in today's verse, Moses asks God to help the people "number their days" so they can "get the heart of wisdom." Even though the days wandering in the wilderness probably felt long, Moses realizes that the years are short and wants to wisely make the most of them. We should, too!



ACTION POINT: Did the past year feel long, or did it fly by? List ways you made the most of it. For example, studying God's Word, being helpful, or working hard at something you love. How can you do better this coming year?

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



Perfect Faithfulness

LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.

{ Isaiah 25:1 NIV }



ask God to speak to me every January, and HE DOES! Most of the time, it's just a word or phrase, and I almost always have no idea what it means. So, I'll jot it down on a list. In December, I look back and say, "Oh! That makes sense now!"

Earlier this year, I did something a little different. I opened my list and reflected on words and phrases from past years. I remembered being scared, confused, or lost and unsure. Looking back at God's faithfulness overwhelmed me with gratitude! I saw how God had pieced everything together to lead me to where I am now!

God is a good God. He's continually working things out for our good. It's not always fast or immediate. We can't always see anything happening at the moment, but when we look back at where we came from to where we are now, we see the connections God has been planning all along.



ACTION POINT: Map out your past year. What unexpected things happened, and how did God use them for your good? Did they bring you joy? Did you learn something or grow in an area you've struggled with? Take time to praise God for His faithfulness.

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.
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Ahhh, the Memories!

So remember this and keep it firmly in mind: The Lord is God both in heaven and on earth, and there is no other.
{ Deuteronomy 4:39 }



Have you ever looked at old pictures and remembered the fun times you had with friends or family? My family and I do that at least once a month.

Remembering past memories can bring a whole lot of joy and gratitude. It can also strengthen our faith and remind us of His constant presence and love. Today's verse is an encouragement to never forget Who God is.

As you think about God's faithfulness, consider writing a letter to Him. Pour out your thoughts and feelings about how He has been there for you. Thank Him for His goodness and provision. Then, seal the letter in an envelope and keep it in a special place. This helps you express your gratitude and creates a tangible reminder of God's faithfulness whenever you revisit the letter. Reflecting on God's past faithfulness strengthens our trust in His plans for our future, knowing that He has good things in store for us.



ACTION POINT: Find some smooth stones or pebbles and gather colorful markers or paint pens. Write a specific memory of how God has been faithful on each stone. Place them in a special container or arrange them in a meaningful spot where you can see them daily.

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Last Year's Measuring Tape

Even children are known by the way they act, whether their conduct is pure, and whether it is right.
{ Proverbs 20:11 }

“Just as I thought,” Mary Poppins states after sizing up Michael Banks with her famous yellow measuring tape. “A noisy, mischievous, troublesome little boy.” You might know this scene if you’ve watched the Broadway musical *Mary Poppins*. But have you ever noticed how Michael’s measurements have much to do with his actions? *Noisy. Mischievous. Troublesome.* Today’s verse says that our actions matter even when we’re young.

As you reflect on the past year, think about your actions. Consider what your conduct says to others about you. Has your behavior reflected your love for Jesus and others? And, when it hasn’t, and you’ve messed up or been hurtful, have you apologized?

Mary Poppins says at the show’s end, “You’re a fine boy, Michael Banks, and one day you will be a fine man.” There’s always room for growth and change. And because you know Jesus, you have someone even better than Mary Poppins to help you!



ACTION POINT: What would you want your measurement to say if Mary Poppins measured you? For example: A joyful, Jesus-loving, generous girl. Write yours and display it somewhere to remind you of what you want to be known for.

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



Celebrate His Goodness

They speak of the glorious splendor of your majesty — and I will meditate on your wonderful works. They tell of the power of your awesome works — and I will proclaim your great deeds. They celebrate your abundant goodness and joyfully sing of your righteousness.

{ Psalm 145:5-7 NIV }



I like to think about all the special moments I've shared with my family where we felt God's presence. Times when He answered a prayer, provided for a need, or brought peace in a difficult situation. When we share these stories, we proclaim (or announce) His great deeds and celebrate His goodness together.

My husband, three girls, and I like planning special family time to celebrate God's goodness. Sometimes, we gather around the table and take turns sharing how we've seen God at work throughout the year. It's like having a mini-family party dedicated to God's faithfulness! As each family member shares their stories, we're reminded of God's power and how His goodness has touched each of our lives. This joyful celebration brings our family closer together and fills our home with gratitude and praise.

 **ACTION POINT:** Plan a party to celebrate God's goodness! Get your family involved, and take time to share with one another all the ways that God has been good to you throughout the year.

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.
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Cozy Faithfulness

Your unfailing love is better than life itself; how I praise you!
{ Psalm 63:3 }

 Sometimes, I am totally amazed by God's love! Do you ever feel like He's got you wrapped up like a cozy blanket on a winter day? I know I'm safe and warm with Him. Today's verse reminds us that God's love and faithfulness are so incredible that they're better than life itself! Over the past year, there have been highs and lows, but God's love has never failed.

Think about those moments when you felt God's love the most. Maybe it was during a family vacation, a fun day with friends, or even a quiet moment in nature. God's love shows up in big and small ways, reminding us that we are never alone. His love is a constant, unchanging anchor in our lives, even when everything else seems to be shifting.



ACTION POINT: Make some paper strips. On each strip, write down a way you've experienced God's love this past year. Then, loop them together to make a chain. Hang it in your room as a reminder of His unfailing love. When you're feeling down, read each link and remember how loved you are!

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Mirrors of Christ

*But we all, with unveiled face reflecting as a mirror the glory of the Lord, are transformed into the same image from glory to glory, even as from the Lord the Spirit.
{ 2 Corinthians 3:18 ERV }*



As a girl, does looking in a mirror make you smile or frown? That answer probably changes all the time, right? But think about this: When you look in a mirror, you see yourself and what's behind and around you. This month, True Girls are being challenged to reflect daily on all God has done in our past and around us now.

Years ago, when we redecorated our daughters' bedrooms, there was no wall space for mirrors. So, every day, they would come to me and ask, "What do you think, Mom?" I'd give them a thumbs up or suggest an adjustment (like reminding them to brush their hair). Do you notice what happened? I became their mirror.

In the same way, if we look to Jesus and His Word as our mirrors, we can live as confident "Mirrors of Christ," reflecting His glory in this world!

 **ACTION POINT:** With mom's help and permission, write "Mirrors of Christ" on either your bathroom mirror or a hand-held mirror. Each day, as you look in the mirror, say out loud, "Jesus, today I live as a confident reflection of Your glory!"

KIM WIGGINTON is a Chalk Art Speaker, Director of HeART of Womanhood, and on staff with FCA. She enjoys creative arts and athletics, sunshine and smiles, God's Word and God's girls!
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Powered by the Spirit!

These True Girl Devos were written to remind you God sent the Holy Spirit to empower you. The Spirit gives you the ability to fulfill God's purpose and do His will. At the end of each devo, 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 Daly, Tisha Edor, Sarah Giordano, Elaiyna Hope, Shani McKenzie, Janet Mylin, Hannah Price, Kindra Stanton, Ashleigh Slater, Ann Stringer, Samantha Toledo, and Kim Wigginton.

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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