

The background is a vibrant purple. It is decorated with numerous white stars of various sizes, some with motion lines. There are four cute, anthropomorphic cacti in orange pots, each with a smiling face. Three tacos with large eyes and happy expressions are also featured. Dashed white lines form a decorative path that winds through the scene, connecting the cacti and tacos. A large, stylized flower is in the top left corner, and a crown is partially visible in the bottom left corner.

My Daily Devos

TrueGirl

January &
February

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





JANUARY



All the Time, No Matter What!

But God showed his great love for us by sending Christ to die
for us while we were still sinners.

{ Romans 5:8 }



Ninety-two percent of girls are sure God loves them. It's great that so many girls believe this, but the Truth is even better. God loves 100% of humans *all the time*, no matter what. And that includes you! Even so, it is hard for some girls to believe when they have done something bad, like disobeying their parents or cheating on a test. Sometimes, their feelings lie to them.

Lie: *"God only loves me when I'm good."*

Have you ever believed that lie? Most of us have at some point. Sin makes it difficult to *feel* God's love. Trying to feel connected to God after we sin can be like trying to download a song when you don't have good Wi-Fi. **But God is still there. And He still loves you!** Yes, He feels sad when you sin, and sometimes there are consequences, but that doesn't mean He doesn't love you.



ACTION POINT: If you feel like God doesn't love you when you sin, try telling someone about what you're feeling and why. Maybe your mom can help you to better understand God's constant love.

This devo is adapted from the best-selling book Lies Girls Believe & The Truth That Sets Them Free by DANNAH GRESH.annah is the founder of True Girl. mytruegirl.com





JANUARY



I Love You Tag

See how very much our Father loves us, for he calls us his children, and that is what we are!
{ 1 John 3:1 }



We once read a story to our girls about an old couple who played a special game of tag. The goal was to write the acronym “SHMILY” (“See How Much I Love You”) in a surprise place for each other to find. One time, this grandmother even unrolled toilet paper to write SHMILY on the last sheet for her husband. There was no end to the places SHMILY would pop up.

God sent His Son, Jesus, to stretch out His arms wide on a cross to say SHMILY to you! “See how very much our Father loves” you, dear daughter?! (1 John 3:1). There’s no end to the places God’s SHMILY pops up. When you see His moon winking at you, or a loving parent tucks you in bed, or you read one of God’s love notes from His Word, Jesus is saying SHMILY to you.

It’s now your turn to tell God how much you love Him!
Tag—you’re IT!



ACTION POINT: Play “I Love You Tag” with your family. Look for times to say or write SHMILY to each other. Even more importantly, find creative and meaningful ways you can say SHMILY to your Savior every day.



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JANUARY



What Are You Wearing?

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. { Colossians 3:12-14 }



If you're anything like me, you like fashion! But have you wondered what the perfect outfit is?

Colossians 3:12-14 gives you some fashion advice, but it's not about clothes. It's about your heart. If your heart is like a wardrobe, God's love is your most stylish accessory. He tells you to put on kindness, compassion, and patience. It's like they're cool items of clothing! But there's more: forgiveness is your sparkly shoes, and love is your glittery crown.

Here's the best part: you get to share this fashion advice with everyone you meet. Just like sharing the latest fashion trends, you can share God's love with the world. It's the trendiest thing you can do!

So, dress up your heart with love and kindness, and watch how it changes your world. You're a fashionista for God, and kindness is always in style!



ACTION POINT: Grab your mom, sister, or BFF and play dress up. As you put on each item, call it something God mentions in today's verse—kindness, compassion, etc. See who can put on the most “godly” clothing.

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JANUARY



After Eve's Big Mess Up

"And I will cause hostility between you and the woman, and between your offspring and her offspring. He will strike your head, and you will strike his heel."

{ Genesis 3:15 }



Have you ever had a conversation with a snake? The first woman, Eve, did. It was a BAD idea! She listened to Satan's lies (he was disguised as the serpent), and she disobeyed God. Yep, Eve messed up BIG TIME! But she wasn't the only one who did. So did her husband, Adam. And there were consequences for their sin. God punished everyone involved: Eve, Adam, and the snake. Today's verse includes part of the serpent's punishment.

But this story isn't *all* bad news. Within these consequences, there was also a promise for Eve. It was a promise that God made AFTER she ate the fruit. AFTER she hid from Him. AFTER she blamed her actions on the snake. And that promise was that someday, Jesus would be one of her descendants, and He would provide freedom from sin.

God's love for Eve didn't change after she messed up. And, True Girl, His love for you doesn't either.



ACTION POINT: What is the enemy disguised as in your life? Whose lies might you be listening to? Ask God to give you the wisdom and strength to obey Him.



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





JANUARY



No Greater Love

Your unfailing love, O LORD, is as vast as the heavens;
your faithfulness reaches beyond the clouds.
{ Psalm 36:5 }



Hey, True Girl! Did you know that God loves you more than you can imagine?

In Psalm 36:5, it says, “Your unfailing love, O LORD, is as vast as the heavens; your faithfulness reaches beyond the clouds.” This verse tells us that God’s love for us is so wide and deep that it stretches beyond what we can see in the sky.

So, what does this mean for you? You can always trust in God’s love and faithfulness. When you feel alone or afraid, remember that God is with you and will never leave you. When you make mistakes or feel like you’re not good enough, remember that God’s love for you is not based on what you do, but on whose you are.



ACTION POINT: What can you do to respond to God’s great love? You can share that love with others! Think about someone who could use a little love and encouragement. Take some time to show them love in a meaningful way.

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! mytruegirl.com





JANUARY



Made Alive

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.
{ Ephesians 2:4–5 NIV }



Nothing lives in my garden in the wintertime. It's too cold. All the vegetables are completely dead and covered in snow. What can dead things do?

Absolutely nothing. They're dead.

Ephesians 2 begins with a dramatic statement: *You were dead because of your disobedience and your many sins.* Sounds awful. What can you do? Nothing . . . you're dead. Then suddenly, the love of God breaks forth like a warm beam of sunlight to melt the cold snow of your heart and shine His rich mercy in you. HE MAKES YOU ALIVE . . . even when you are dead.

Like a recently watered seed, take a moment and soak up this truth. God loves you. He made you alive because of Jesus' life, death, and resurrection. This is most certainly true. It is by grace you have been saved.



ACTION POINT: Plant a seed in an indoor pot this winter. Remember, it's dead. It cannot bring itself to life. It needs soil, water, and sunlight to make it come alive!



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





JANUARY



I Love You

"How precious is your unfailing love, O God!"
{ Psalm 36:7a }



Several years ago, I struggled with whether God *really* loved me. I knew John 3:16 said He did, but I wanted to know if somewhere in the Bible, God said the words, "I love you." During that time, the Lord opened my eyes to His Word in a new way during my devotions. It forever changed my relationship with Him. I started to see in Scripture that God *really* did love me.

We all have times when we don't feel like anyone really loves us or cares about what we're going through. But God does! He loves you so very much, and when He looks at you, He sees His daughter, who is precious to Him.

Don't believe the lies of the world that tell you that you are unlovable or not worthy of anyone's love because of your mistakes. God's love is unfailing, and He loves you so much that He died to save you from your sins.



ACTION POINT: Take some time to memorize Psalm 36:7. Then write a prayer asking the Lord to help you fight against the world's lies that say God can't love you because you sin.

NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





JANUARY



What Is Love?

This is how we have come to know love: He laid down his life for us. We should also lay down our lives for our brothers and sisters.
{ 1 John 3:16 CSB }



As a family, we make it a priority not to use certain words in our home. There is one specific word that's allowed sometimes, and other times it's not. The word is "hate."

If someone says, "I hate moldy bread," that is allowed. If they say, "I hate these shoes—they are too small," that is allowed. If someone says, "I hate my sister," that is NOT allowed. To hate something is to say you want something to be thrown away, placed in the garbage and to declare that it is without value to you. When talking about people created in God's image, we are called by God to love, not hate.

First John 3:16 is one of my favorite verses because it shows us what love is. Love is doing what Jesus did. Jesus died on the cross so He could declare us to have value and we could know love. His love. He loves you so much, True Girl, just as you are.



ACTION POINT: How can you practice true love today? Maybe play with a younger sibling even though you don't like to play with them, or do a chore for your mom. Take the love of Jesus and pass it on!

ANN STRINGER is a mama of four kids and married to a pastor. When not serving her family or church, you will find her in the office of True Girl!





JANUARY



Delight in Discipline

My child, don't reject the LORD's discipline, and don't be upset when he corrects you. For the LORD corrects those he loves, just as a father corrects a child in whom he delights.
{ Proverbs 3:11-12 }



God's love for us is beyond measure. It is a love that is perfect, pure, and unchanging. In Proverbs 3:11-12, we are reminded that God's love sometimes comes in the form of discipline. Just as our earthly parents discipline us out of love, God also corrects us when we make mistakes.

But this correction is not a punishment. Instead, it helps us grow and become better versions of ourselves. It is a sign of God's love for us that He cares enough to correct us and guide us on the right path.

Let's embrace God's correction with open hearts and minds. Let's see it as an opportunity to grow and become closer to Him. And most importantly, let's always remember that God's love for us is unwavering, even in our moments of correction.



ACTION POINT: Today, take some time to reflect on how God has corrected you in the past. Thank Him for His love and guidance, and ask Him to help you grow in your faith.

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She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper! mytruegirl.com





The Perfect White Tee and Me

“Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”

{ Isaiah 1:18 NIV }



I'll never forget my first day of fifth grade. I had my brand new cute white t-shirt and jeans on, and I was heading to class with confidence. Everything was cool and normal until lunchtime. I was at lunch, feeling awesome and having a great time. *Aww, life was good.* Just at that thought, I missed my mouth. The grape jelly from my sandwich gobbled out all over my new perfectly white shirt! I was horrified at the sight. My friends thought it was funny, but I could feel the tears. I tried my best to wash out the stain, but it was there to stay.

Have you ever gotten a stain on something you love, and it was ruined? Isn't it amazing that we were born with the stain of sin on us, and God washed it “white as snow”? There is nothing that we can do that God doesn't forgive and completely clean up! How amazing is that?!



ACTION POINT: Ask God to show you any part of you that is “stained” with sin that you need to ask forgiveness for. Once you do, remember that it's gone! He has “washed it white as snow”!



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





JANUARY



Whisper to Yourself

This I declare about the LORD; He alone is my refuge, my place of safety; he is my God, and I trust him.
{ Psalm 91:2 }



There are times in our lives when we have to be really loud, right? Flying around on a roller coaster, telling someone to “Watch out!” or singing at the top of our lungs at a True Girl event—those are all times to GET LOUD!

And there are times when a whisper is more appropriate, especially in a library, the movie theater, or during a graduation ceremony. Do you know another time when I sometimes like to whisper? When I’m speaking Truth to myself.

Imagine that you’re having a hard time. Maybe you’ve sinned, or things are just plain difficult, and you know you need to speak God’s Truth out, so you say today’s focus verse out loud—but in a whisper. It’s like you’re saying it to your own heart, declaring that God is your place of safety, and you trust Him!



ACTION POINT: Practice whispering God’s Truth to yourself. How does it feel to say it softly? Is it comforting, or does it feel weird to you? Whether you whisper or shout, keep speaking Truth to replace the lies you’re tempted to believe!

JANET MYLIN is a True Girl lead teacher and loves to write out Scripture in her journal. mytruegirl.com





JANUARY



Be Like Paul

“Then he told me, ‘The God of our ancestors has chosen you to know his will, and see the Righteous One, and hear him speak. For you are to be his witness, telling everyone what you have seen and heard.’”

{ Acts 22:14-15 }



I once did something I knew I wasn't supposed to: play with a ball in my parents' bedroom. I threw it and hit candle holders on my mom's dresser. They broke. I cried and apologized. Have you ever done something like that and wondered if your friend, parent, or God would forgive and still love you?

Today's verse is part of the story of Paul. Paul's name was originally Saul, and he persecuted (or punished) Christians in the early church. He did everything he could to stop Christianity. But God loved Saul and knew he had a purpose. So, Jesus met Saul on the road to Damascus. (See Paul's whole story in Acts 9:1-19.)

God changed Saul's name to Paul, and Paul spent the rest of his life telling others about Jesus. Isn't that amazing!? God loved Paul SO much that He turned Paul's life around. If God can do that for Paul, imagine how much forgiveness and love He has for you, even when you sin!



ACTION POINT: The next time you do something wrong, be like Paul: ask God for forgiveness and then go tell others about His forgiveness and love.



ANNA KING is an operations consultant for Chick-fil-A. She is a plant mom, loves dogs, and enjoys serving the local church by playing her violin.





JANUARY



So Loved You

“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”
{ John 3:16 }



Many of us are familiar with today's verse. We see it on the cover of journals, on bracelets, and even on billboards, but do we stop to understand what it means?

God so loved you that He paid the ultimate price: having His Son Jesus die on the cross to pay for your sins. That includes your past sins, any sins you may commit today, and even your future sins. He will never stop loving you or regret dying for you.

The world may want you to think that God can't love you because of your sin, but this verse says otherwise. If God didn't want to keep loving you even when you sin, He wouldn't have died for you. If His love was based on what you do or how good you try to be, He would have given you “until you blow it” life—not eternal life. Talk about a God who deeply loves us despite our mistakes!



ACTION POINT: Read today's verse out loud and replace the word “everyone” with your name. Then, write it on a small card and hang it where you see it daily to remind yourself that God loves you.

NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





JANUARY



You've Got a Friend in Me

For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.
{ 2 Corinthians 5:14-15 ESV }



At school, my daughter Emberlynn loves to play with her friends at recess. One day, while she and her friends were playing soccer, she noticed a girl sitting alone on a bench. Emberlynn's friends didn't want to stop playing and invite this girl to join them. She was different from them. But Emberlynn remembered one of her memory verses: 2 Corinthians 5:14-15.

"For the love of Christ controls us because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised."

Emberlynn knew she should love others as Christ loved her, so she approached the girl on the bench. They started talking, and before she knew it, Emberlynn had made a new friend!



ACTION POINT: We should love others no matter who they are or what they look like. So, the next time you see someone who is different from you, be kind and show them I love. They might just become your new best friend!



ANNA KING is an operations consultant for Chick-fil-A. She is a plant mom, loves dogs, and enjoys serving the local church by playing her violin.





JANUARY



God Sings!

The LORD your God is with you, the Mighty Warrior who saves.
He will take great delight in you; in his love he will no longer
rebuke you, but will rejoice over you with singing.
{ Zephaniah 3:17 NIV }



I LOVE to sing and have been doing it most of my life. my THING—what I do. The first time I ever read Zephaniah 3:17, I was struck by the last part of the verse. I remember thinking, *Wait, what? God sings?*

God is with us on every step of our walk through this life. He is our loudest cheerleader in times of personal victory and carries us through our struggles. But what God takes greatest delight in is when we seek a personal relationship with Him. It makes Him so happy that He sings! What's more, that song is unique to each of us—our very own “heart song” from God. All I can think to say to that is, “WOW!”



ACTION POINT: Using today's verse as a prayer, ask God for ears to hear the “heart song” He sings over you. Now LISTEN.



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.





JANUARY



When Life Gets Muddy

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 }



One day, my friend Selene and I got a little *too* adventurous and wandered farther along a creek than we ever had before. We were being careful not to get too wet as we hopped from rock to rock, but I slipped. My white canvas shoe sunk deep down into the muddy creek bank. Selene grabbed my hand and helped pull me out. We went back to her house with my ruined shoe, and Selene tried to help me wash it, but the mud was caked on thick.

Sometimes, life can get a little muddy, just like my shoe. Life gets especially muddy when we sin. We sin when we think, say, or do anything that misses God's mark—just like I missed the mark when I stuck my foot in the mud instead of on the next rock! But God can do something that Selene couldn't. He can lift us out and clean us up! He is the best helper around.



ACTION POINT: Draw a picture of God lifting you out of a muddy place. The next time you find yourself in a muddy place, pull out that picture and ask God to clean you up and put you back on the rock.



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!





JANUARY



“I Love You!” — God

... because you are precious to me
You are honored, and I love you.
{ Isaiah 43:4b }



This is one of my favorite verses in the Bible because it says, “I love you,” in black and white. When I feel unlovable or am having a sad day, I look it up. These words that remind me of God’s love are underlined in my Bible.

Now, this verse is not about me or you. It’s about the Israelites. Did you know that God chose the nation of Israel out of the world’s 195 countries as His very special people? It’s true! And the Bible tells us that through the Israelites, He will one day bless the whole world. So, in a way, this verse is about us because the blessing includes you and me!

The nation of Israel has not been very good at honoring God. The Israelites have disobeyed and forgotten Him. Even so, this verse reminds us the people are precious to Him. Why? Because He loves them. If you aren’t always good at obeying God, He still thinks you’re precious. And He still loves you.



ACTION POINT: Open your Bible to Isaiah 43:4. Underline the words “I love you” in your Bible! The next time you feel sad or unlovable, look this verse up and remember God’s love for you.



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JANUARY



Perfect?

This is a trustworthy saying, and everyone should accept it:
“Christ Jesus came into the world to save sinners”—and I am
the worst of them all.
{ 1 Timothy 1:15 }



I love to do things perfectly. If I bake a cake, it has to taste amazing, look stunning, and have matching candles. Otherwise, what is the point? I want to say the right things and do the right things. I want to be perfect. You see, I wish I could go up to God and present my perfect life without any mistakes or flaws, but I can't because it doesn't exist. I want to have everything all put together, but the truth is that I am far from perfect.

Yet, Jesus didn't come to save perfect people. Jesus came for sinners. He wasn't looking for perfection because He knew it couldn't be found here. He was looking for sinners. Jesus died on the cross so that I could stand before God and honestly say I am not perfect. But Jesus was, and because of His love, He has saved me from my sin so that I could be with God.



ACTION POINT: Do you ever wish you could be perfect? Take some time today to praise God that Jesus came to earth to perfectly save the imperfect.



AIMEE STRINGER is a teenager who loves to serve God and loves to read.
Her dad is a pastor and her mom works in the office of True Girl.





JANUARY



Great Is Thy Faithfulness

The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

{ Lamentations 3:22-23 }



Did you know that God's love for you is new every morning? In Lamentations 3:22-23, it says, "The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning."

This means that every day, God's love for you is fresh and new. No matter what mistakes you made the day before, God's love is still there for you. His love is so great that it will never run out.

You are special to God, and He wants you to remember that every day. When you wake up each morning, remember that God's love for you is new and fresh. You can start each day with confidence, knowing that God is with you and loves you always.



ACTION POINT: Take some time each morning to thank God for His love and faithfulness. Remind yourself that His love is new every morning and ask Him to help you feel it throughout the day.



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She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper! mytruegirl.com





JANUARY



Loved Sinner

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?
{ Romans 2:4 }



I remember the first time I read this Bible verse. It just leaped into my heart like a drop of water on a dry sponge. I've loved it ever since. It shows me that God's love and kindness to me are there even though I am a sinner. Focusing on who He is helps pull me from my sin and helps me do things His way. When I sin against Him, I need to be reminded of His love for me. It means so much to know I am still loved when I have been unloving to God or others.

We aren't perfect. We need a Savior. God sent Jesus to save us so we could one day be reunited with Him. While I don't want to leave this world before He wants me to, I am excited at the thought of being present with God in heaven, the Creator of true love. What a day that will be!



ACTION POINT: Think of the most loving person in your life. Now imagine that God is a million times more loving than that person! Write a thank you note to the person you thought of and thank them for showing you love!



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JANUARY



Always Welcome

But Jesus said, “Let the children come to me. Don’t stop them!
For the Kingdom of Heaven belongs to those who are like
these children.”
{ Matthew 19:14 }



People get busy. Moms get busy. Dads get busy. Teachers get busy. Kids get busy. And when someone is busy, they don’t always have the time to sit and chat. That is part of being human.

But God isn’t like that! He doesn’t have to sit and plan out His day every morning because He’s not limited by time. He doesn’t say, “Well, today, I only have enough time to take care of what Talia needs, so I’ll have to wait until later to listen to Megan.”

Today’s Scripture verse reminds you that you are ALWAYS welcome to go to God! There were some people who were trying to keep kids from “bothering” Jesus. But Jesus was clear that He really wanted those kids to come to Him. And He wants you to come to Him, too. No matter where you are, what you’re doing, or what time it is, God is ready to be with you.



ACTION POINT: Tell God how grateful you are that He is always available for you. Then, take a few minutes to talk to Him about something that makes you really happy.

JANET MYLIN is a True Girl lead teacher and loves to write out Scripture in her journal. mytruegirl.com





JANUARY



Love in the Mud

This is real love—not that we loved God, but that He loved us
and sent His Son as a sacrifice to take away our sins.
{ 1 John 4:10 }



I'm the type of girl who feels guilty over pretty much everything. So, it's easy for me to feel like a failure before God when I sin. It can be easy to feel like we are just too broken and unlovable—even for God. Thankfully, that's a lie!

God loved us even before we loved Him. We were dead in our sins—drawn to it like a pig goes to mud— but He loved us too much to leave us in the muck of our sins. So, He showed what real love looks like when He died for the sins of us all. We don't deserve His love, but He gives it anyway!

Don't believe the lies your mind may tell you, saying that you are just too far gone for God to love you. He loves you even when you sin and reaches out His hand to help you. That's true love!



ACTION POINT: Journal your thoughts on today's verse. Pour your heart out and be honest with the Lord about your feelings. Ask Him to help you understand this verse and what it means to be loved even when you feel unlovable.



NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





JANUARY



Rubber Ducky Sin

Then David confessed to Nathan, “I have sinned against the LORD.” Nathan replied, “Yes, but the LORD has forgiven you, and you won’t die for this sin.”
{ 2 Samuel 12:13 }



One of my favorite episodes of VeggieTales is *King George and the Ducky*. If you’ve never seen it, it’s the tale of King George’s love for rubber duckies. He loves them SO much that he steals young Thomas’ *only* ducky. The episode is based on 2 Samuel 11–12 and is the story of King David stealing another man’s wife and murdering her husband. Yikes!

While Veggie Tales changed some details, one thing is the same in both versions of the story: one of God’s prophets has a hard conversation with the king. The prophet helps the king see his sin and turn away from it. Today’s verse is King David’s response after the prophet Nathan talked to him.

People telling us the truth about our sins shows God’s love for us. While nothing can change how God feels about us, God doesn’t want us to stay in our sin—and sometimes He uses other people to help us turn away from it.



ACTION POINT: Has your mom or a friend ever talked to you about a sin in your life? What was your response? How could you respond better next time?



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





JANUARY



More Than Conquerors

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

{ Romans 8:37-39 ESV }



Do you ever feel like you're not good enough? Like you don't measure up to the expectations of others or even yourself? It's easy to feel that way, especially in a world that can be so critical and demanding.

But here's some good news: God loves you just the way you are. In fact, He loves you so much that nothing can separate you from His love.

Isn't that amazing? No matter what happens, God's love for you never changes. And because of that love, you are more than a conqueror. You can face anything that comes your way, knowing that God is with you every step of the way.



ACTION POINT: The next time you start to feel like you're not good enough, remember Romans 8:37-39. And remember that with God's help, you can do anything.

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JANUARY



## More than Truffle!

We love each other because he loved us first.  
{ 1 John 4:19 }



**W**e got a new family member last year! Her name is Truffle, and she's the cutest little black and white Holland Lop rabbit you've ever seen. As soon as we saw her, we knew we had to have her. My kids fell in love with her instantly! We all FELT it.

You know that warm, fuzzy feeling you get when you're with your BFFs or when you see a cute bunny like Truffle? That's love in action, and it's a bit like God's love for us. First John 4:19 says we love because He first loved us. And God's love is way more amazing than any feeling you may have for a pet or even another person! When you share God's love, you make the world shine brighter with kindness, encouragement, and smiles.

So, share His love with your friends, family, and even those tricky classmates. Share it boldly, and let's make the world a brighter place!



**ACTION POINT:** Do you have a pet or a favorite person you love to hang out with? Draw a picture of them inside a heart and then draw a bigger heart right next to that with the words "God's love" inside it.



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





JANUARY



## Love = Jesus

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.  
{ 1 Corinthians 13:4-7 }



**T**he first time I heard these Bible verses, I was at a wedding. It's a beautiful description of the commitment between a bride and groom. But the words can be applied to anyone, including you, to help you show love to your family and friends.

How's it going for you? Are you always patient and kind? Do you ever get jealous or boastful or proud or rude? I'm sure you've never insisted in your own way. And how about keeping a record of rights and wrongs?

You'll never be able to achieve this kind of perfect love. But I have good news. These verses may not be about you. But they are about how Jesus loves. Go back and read them again. Replace the word "love" with "Jesus." Also, replace "it" with "Jesus." Jesus is love. When you mess up, seek forgiveness and know He has forgiven you and wants to shine His perfect love in and through you!



**ACTION POINT:** Read all of 1 Corinthians 13.

JODY TOKEN is the creator and coach of The Great Flip, online martial arts for ages six and up. Request a free video at [www.thegreatflip.com](http://www.thegreatflip.com).





JANUARY



## Dearly Loved

And this hope will not lead to disappointment. For we know how dearly God loves us because he has given us the Holy Spirit to fill our hearts with his love.  
{ Romans 5:5 }



**S**ometimes, I don't feel like I am easy to love. I mess up. I make a lot of mistakes. I can be hard on myself when I make a mistake, so it's easy to believe no one can love me because I just don't measure up.

But the beautiful thing is that God loves me even though I mess up and sin. He "dearly" loves us, as Romans 5:5 says. He loves us so dearly that He died for us (see John 3:16 and 2 Corinthians 5:21). Now that's true love!

Not only that, but Romans 5:5 tells us that we can have hope because of *how much* God loves us! 1 John 1:9 tells us this: "But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness." This means that even though we mess up and sin, we are still loved, and God is ready to forgive us over and over again.



**ACTION POINT:** Look up the verses in our devo today. Write them on cards and put them somewhere you can see them. When you feel like God can't love you, read them again and be encouraged.



NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





JANUARY



## Sky High

For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

{ Psalm 103:11-12 ESV }



I remember the first time I ever set foot on a plane. My nerves kicked in as we prepared for take-off. Suddenly, everything was quiet except for the wind roaring around our flying tin can. I squeezed my mom's hand as we began to lift off.

A little while later, the flight attendant stopped to offer peanuts. She asked, "Is this your first flight?" I smiled and said, "Oh, no! I do this all the time!" As soon as she left, I felt my mom's stare, and I burst into tears. I had lied and felt so awful about it. I apologized to my mom and God, and then we prayed about it together.

We all mess up. What's amazing is that God's love is unconditional. As our verse shows us today, "... as far as the east is from the west, so far has he removed our transgressions from us." Even in the plane, God removed my sin and let me start again.



**ACTION POINT:** See if you can spot a plane flying overhead today and remind yourself that God's love is so much bigger and higher than we can imagine!



Jennifer Daly is the founder of [CheeringOnMoms.com](http://CheeringOnMoms.com) and author of *Zoey the Zebra Meets Lexi the Lion* and *Family Foundations*. She lives in Texas with her husband, daughters, and German Shepherd.





JANUARY



## Unhurried Living

The Lord is not slow to fulfill his promise as some count slowness but is patient toward you, not wishing that any should perish, but that all should reach repentance.  
{ 2 Peter 3:9 ESV }



**H**ave you ever felt like there's never enough time in the day? Maybe you're always rushing from one activity to the next, or so busy with schoolwork that you hardly have time for anything else. It's easy to get caught up in the busyness of life and forget what's truly important.

God is patient with us. He doesn't rush us or pressure us to do more than we can handle. Instead, He wants us to take time for the important things in life, like spending time with friends and family.

Let's try to slow down and enjoy the little moments in life. Take time to talk to your friends and family and be kind to your neighbors. Remember that God is patient with us, and we should be patient with others too.



**ACTION POINT:** This week, try to do something kind for someone else every day. It could be as simple as saying hello to a neighbor or helping your mom with the dishes. Let's spread kindness and show others the love of God.

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JANUARY



## Doctor's Visit

Jesus answered them, "Healthy people don't need a doctor—sick people do. I have come not to call those who are righteous, but those who know they are sinners and need to repent."  
{ Luke 5:31–32 }



I don't know about you, but I usually don't like doctors. But sometimes, I need doctors. I need them when I get very sick or hurt myself badly. When I am in those situations, I know that doctors will help me get better. I trust them to help me.

In the same way, we can trust Jesus. We are all sick with sin. Sin is hurting us, and we need a Savior to help us get better because we can't save ourselves. Jesus is that Savior! He came to heal sick, sinful people. He made blind men see, and deaf men hear, but most importantly, He died so that sinful people could be with God forever. Isn't that amazing!?

When you mess up or think that you're not good enough for Jesus' love, remember that Jesus died for sinners. Jesus died for you!



**ACTION POINT:** Thank God for the doctors in this world who help sick people, but also thank Jesus for dying on the cross for you.



AIMEE STRINGER is a teenager who loves to serve God and loves to read. Her dad is a pastor and her mom works in the office of True Girl.





JANUARY



## Good News!

And then he told them, “Go into all the world and preach the Good News to everyone.”  
{ Mark 16:15 }



In Mark 16:15, Jesus calls on His followers to share the Good News with everyone as a way to spread the message of salvation and bring people closer to God. This is because Jesus wants all people to have the opportunity to hear about His teachings and have the chance to experience eternal life. By sharing the Good News, God can work through us to help others receive the gift of salvation and find hope in Jesus.

It can be easy to feel shy or unsure about sharing your faith with others. But Jesus wants us to be bold and share His story with everyone we meet. When we share the Good News with others, we show them the love and light of Jesus. Remember, Jesus calls us to be His hands and feet in this world, sharing His message of hope and salvation. Let’s go out and spread the Good News!



**ACTION POINT:** Think of one person you can share the gospel with this week. It could be a friend, a family member, or an acquaintance. Ask God to give you the courage and words to share His love with them.

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FEBRUARY



## Flourishing

The house of the wicked will be destroyed, but the tent of the  
godly will flourish.  
{ Proverbs 14:11 }



I have a fig leaf fiddle tree in my house. And it's still alive. That's pretty amazing because almost every other plant in my house is dead or dying. But not my fig leaf fiddle tree. It's twice the size of when I got it. I've had it for five years and it's *flourishing*! That means it's grown and developed in a vigorous way.

The Bible says that "godly" people who obey the Bible are like my fig leaf fiddle. They flourish.

Now, this does not mean bad things won't happen sometimes. One reason my fig leaf fiddle is alive is because my friend Janet told me to grab it by the trunk and shake it harshly when I water it. She explained that in the rainforest, harsh storms do that to these trees, and it makes their roots strong.

The winds and storms of this life might shake you from time to time, but if you are obedient to God's Word, you will still flourish!



**ACTION POINT:** See if you can find a plant in your house that's flourishing. Ask your mom what it's called. Think about three ways that obeying God will help you flourish like that plant.



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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FEBRUARY



## Fruit of the Spirit

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 }



**D**o you know what happens when an apple tree doesn't have enough water? The apples fall off before they are ripe! Spraying the outside of the tree with water won't help. The tree has to soak up water from its roots and keep soaking it up so there is a constant supply for every branch. Can you see any trees outside? Try counting their branches! Imagine water traveling from the roots to each branch. That's a lot of water!

Just like trees need water coursing through their roots to produce fruit, we need the Holy Spirit living in us to produce spiritual fruit. Spiritual fruit doesn't fill up our tummies the way an apple might. But it fills up our hearts AND the hearts of others. When we spend time with Jesus, He makes us more like Him! Full of love, joy, peace, and, well, all of the good "fruits" listed in Galatians 5:22-23!



**ACTION POINT:** Read Galatians 5:22-23 again. Which fruit of the Spirit would you like to see grow in your life? Talk to your mom or another adult you trust and ask them to pray for that fruit to grow in you.

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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!





FEBRUARY



## Not Afraid of the Big, Bad News

They do not fear bad news; they confidently trust the LORD to care for them.  
{ Psalm 112:7 }



**H**ave you heard of Elisabeth Elliott? In the 1950s, Elisabeth and her husband Jim shared Jesus with tribes in the South American country of Ecuador. One day, Jim and four others were killed by one of the tribes. Elisabeth was super sad but did not let this bad news stop her from serving God as a missionary.

Instead, as today's verse says, she confidently trusted God to care for her. Elisabeth decided to stay in Ecuador and tell the tribe that killed her husband about Jesus. Some of them choose to follow Him because of Elisabeth!

When we receive bad news, it can feel scary to keep doing what God asks us to do. But, just like Elisabeth, we can grow in our faith when we trust God to care for us no matter what we face!



**ACTION POINT:** Have you gotten bad news lately? Maybe you feel super sad and discouraged. Memorize today's verse to remind yourself that you can trust God even when things are hard.

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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](http://AshleighSlater.com)





FEBRUARY



## Hospital Goggles

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.  
{ John 14:27 }



**O**ne night, when my daughter Lulu was tiny, we had an unexpected trip to the ER, followed by an ambulance ride for a stay at a hospital far away. There were a lot of scary things happening, but Lulu had a secret weapon—blue swimming goggles! An ER nurse had given her a box of toys and things to do, but she loved the goggles the best. She immediately put them on, and now a lot of the scary things weren't so scary anymore! As long as she wore her goggles, Lulu had a peace that had nothing to do with her surroundings.

Do you know that Jesus can give us an even better peace—no goggles required? Jesus promises us that He has a peace that the world cannot give. As we grow in God, we learn no matter what is going on around us, we can rest in Jesus' perfect peace and allow Him to calm our hearts and minds.



**ACTION POINT:** The next time you feel anxious or worried, stop and pray for Jesus' peace to fill your heart and mind and rest in His love for you!



JANELLE REESE lives in Central Pennsylvania and loves learning about Jesus, adventuring, and crafting with her husband and four True Girls!





FEBRUARY



## Shaped by Your Thoughts

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 }



**A**s we go through life, we face many different situations that can affect our hearts and minds. That's why Philippians 4:8 is such an important verse to remember. It says, "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."

This verse reminds us to focus on positive things. It encourages us to think about things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. When we fill our minds with these things, we become stronger in our faith and better equipped to handle the challenges we face.



**ACTION POINT:** Are you spending time with people who encourage you in your faith? Are you reading books or watching videos that inspire you to be the best version of yourself? If not, it's time to make a change. Ask God to guide you in all that you do.

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FEBRUARY



## Take Your Vitamins!

I have hidden your word in my heart, that I might not sin  
against you.  
{ Psalm 119:11 }



I am a huge fan of giving my kids vitamins. They roll their eyes at me and get annoyed. But I know that one sickness can use up all of the good that has been placed in their bodies. I want them to be prepared for any illness that may be coming.

When I was younger, I was good at memorizing Bible verses. We had a church program that made it a contest, and I am super competitive. So, I won—a lot. But I had no idea I would continue to win with those little Bible verses beyond the trinkets I won as a child. Looking back on my life, I can see countless times when those Bible “vitamins” prepared my mind to combat my struggles and hardships.

Just like vitamins help our bodies in times of sickness, God’s Word helps our spiritual bodies when it is harder to love God and serve Him.



**ACTION POINT:** Memorize a Bible verse. Take True Girl Bible verse cards or make your own cards and clip them to the inside of your Bible. You’ll be reminded to take them out, read them, and hide them in your heart!



ANN STRINGER is a mama of four kids and married to a pastor. When not serving her family or church, you will find her in the office of True Girl!





FEBRUARY



## Dressing Like Christ

Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.  
{ Colossians 3:12 }



**E**ver had a day when you just could not find anything nice to wear? Been there, done that! There are many times my room looks like my closet exploded due to my many outfit changes. We often put time into our appearance. We want to wear the perfect outfit for the occasion. There is nothing wrong with that, but do we take such care to clothe ourselves like the Bible says, too?

In today's verse, we are told to clothe ourselves in the characteristics of Christ. I don't think that these "articles of clothing" come naturally. In this verse, Paul tells us to actually put them on. It takes a choice to put these on every day, but Scripture tells us we are supposed to. Since we are God's chosen people, we need to dress like it. So, get up and get dressed!



**ACTION POINT:** Which of these characteristics are you struggling to put on: mercy, kindness, humility, gentleness, or patience? Ask the Lord to show you how to put on these characteristics so that you can show others the love and character of Jesus.

NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





FEBRUARY



## You're Kind of Like a Plant

The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. Their seeds produced plants and trees of the same kind. And God saw that it was good.

{ Genesis 1:12 }



**W**hen God created the earth, He made life and abundance! He designed plants and trees to not only grow but to make more plants and trees by bearing fruit. This process of growing and producing fruit is like a symbol of how it is in our own lives.

When we follow Jesus, we grow and grow. As we grow closer to God, our lives produce fruit, like the fruit of the Spirit listed in Galatians 5:22-23: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Just as the land brings life, we bloom and produce a harvest. Isn't it cool how God's creation teaches us so many amazing things?

Did you catch what it says about God at the end of the focus verse? When all the plants and trees were flourishing, He saw that it was good! You know what? That's how He feels when we grow and bear fruit, too!



**ACTION POINT:** Eat a piece of fruit today or sometime this week! As you eat it, thank God for creating plants and trees that nourish us. Ask Him to help you grow and grow so you can produce more fruit, too!

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JANET MYLIN is a True Girl lead teacher and loves to write out Scripture in her journal. [mytruegirl.com](http://mytruegirl.com)





FEBRUARY



## Testing Turns into Treasure

And those who are rich should boast that God has humbled them. They will fade away like a little flower in the field. The hot sun rises and the grass withers; the little flower droops and falls, and its beauty fades away. In the same way, the rich will fade away with all of their achievements. God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

{ James 1:10-12 }



**G**irls, have you ever faced a difficult situation that made you feel like giving up? It's OK to feel that way sometimes. James 1:12 says, "God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him."

God promises to bless those who patiently endure through trials. He wants us to trust Him and keep going, even when things get tough. Think of it like a race. The finish line may seem far away, but if you keep running and don't give up, you will eventually cross the finish line and receive the prize.



**ACTION POINT:** Think of a difficult situation you are facing. Ask God for strength and guidance to persevere through it. Then, make a plan to keep going, even when it's hard. Remember, God is with you every step of the way.

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FEBRUARY



## Weakness = Strength

Each time He said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weakness, so that the power of Christ can work through me. . . For when I am weak, then I am strong.  
{ 2 Corinthians 12:9, 10b }



**W**

hen my brother was twenty, he landed wrong during a softball game. He completely tore a major ligament in the back of his knee. He had a big surgery to repair it and months of therapy to strengthen it. It took about two years from injury to recovery before he could return to sports. It was a very weak spot in his life.

God says in 2 Corinthians 12:9, “My grace is all you need. My power works best in weakness.” Sometimes, we have great times and flourish easily. On other days, we are weak—physically, mentally, or spiritually.

We need to let Christ work through us when we are weak. As we do, people around us will see that we are strong because of God’s power in us, not our own power. Then God is glorified, and we learn how to flourish by showing that Christ is the source of our strength in our time of weakness.



**ACTION POINT:** The next time you are weak, ask God to teach you something!



ANNA KING is an operations consultant for Chick-fil-A. She is a plant mom, loves dogs, and enjoys serving the local church by playing her violin.





FEBRUARY



## Like Mike . . . If I Could Be Like Mike

For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn[a] among many brothers and sisters.  
{ Romans 8:29 }



**H**ave you ever heard of a basketball player named Michael Jordan?? If you haven't, your parents have. Some say he's the GOAT (Greatest of All Time). I remember watching commercials and hearing kids' voices singing the familiar jingle in the background—"Like Mike . . . if I could be like Mike." He inspired children around the world to play basketball. But I once heard Michael Jordan say in an interview that he wasn't really good at basketball until he was in college. He didn't realize what was in him, but do you know who did? God! Because God KNEW *him*.

Today's verse tells us that God knew all of us and chose for us to be like Jesus way before we ever knew. When we say yes to God, we start the journey to become like His Son. God knows what's in us because He put it there. Our job is to trust that He'll show it to us and teach us how to grow in it to become just like Jesus.



**ACTION POINT:** Write a jingle or a poem about being like Jesus. Have fun with it!



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





FEBRUARY



## For Such a Time as This

“For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father’s family will perish. And who knows but that you have come to your royal position for such a time as this?”  
{ Esther 4:14 NIV }



**D**o you struggle to trust God since you can’t actually see Him? If so, Esther’s story may encourage you! Esther was a Jew living in Persia, and she had several scary experiences! First, she was forced into the selection process to find a new queen. I have no doubt she was terrified, but she decided to remain calm, pray, and trust God’s plan for her life. Then, she was chosen as queen. Later, as queen, another massively scary experience happened. There was a command issued to kill all of the Jews. But God was still in control, and Esther trusted in Him. By listening to the next steps God had for her, she pointed others to her God, even in her fear.

Esther flourished because she walked in God’s will and placed her faith and trust in Him. Even though God never made Himself physically present to her, He was always there. The same is true for you!



**ACTION POINT:** How can you remain calm during a stressful experience? Here are a couple of things to try. One, take deep breaths and pray for God to help you. Two, take your Bible somewhere quiet so you can read and think about it.



ABBY KING is the Road Manager of True Girl Crazy Hair Tour and loves to be a joyful light and to make lots of new friends! [mytruegirl.com](http://mytruegirl.com)





FEBRUARY



## The Race of a Lifetime

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.  
{ 1 Corinthians 9:24-27 ESV }



**A**s you go through life, remember that you are running a race. Today's verse compares living as a Christian to being an athlete. There are certain things God wants to build in us so that we can run our godly race and get the ultimate prize—life with Christ. 1 Corinthians 9:25, "Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable."

Just like an athlete trains and exercises self-control to win a race, we must discipline ourselves, too, and keep our bodies under control. We should strive to live a life that is pleasing to God and walk in His ways. Let us aim for the prize of eternal life with Jesus Christ!



**ACTION POINT:** Take time to reflect on your actions and ask God to help you discipline yourself and keep your body under control. Set goals for yourself and work towards them with God's help. Remember, with God, all things are possible.

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FEBRUARY



## Search and Find

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

{ Psalms 139:23-24 }



**D**o you know anyone who really knows you inside and out? God does! In today's verses, the author asks God to search the deepest part of him and show him what is not God-honoring in his life. Wow! It takes a lot of humility to ask this because God will show us what to fix. The real question is: Are we willing to correct what needs fixing? It takes a lot of work and effort to get rid of sin in our lives.

The thing is, our sin creates a barrier between us and God. It's just like when you get into trouble. Your relationship with that person you hurt is broken until you make it right. The same is true with us and God. Getting rid of sin in our lives and striving to become more like Christ will deepen our relationship with Him and cause it to flourish.



**ACTION POINT:** Ask the Lord to search your heart and show you any area He wants you to work on. God is not asking for perfection, just a willing heart.



NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





FEBRUARY



## Growing and Pruning

"I [Jesus] am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit while every branch that does bear fruit He prunes so that it will be even more fruitful.

{ John 15:1-2 NIV }



I like fruit. Fruit is good! These verses tell me that Jesus (the Son) and God (the Father) work together to produce spiritual fruit in us. You see, Jesus gives us the food we need to grow fruit. He is our vine. God is our gardener. He is there so that we grow and bear fruit.

Sometimes, growing means pruning. If you don't know what pruning is, it means taking a knife or scissors (called shears) and cutting away pieces of the branch so that they will grow even more than before. Pruning can be hard! When God is pruning me, sometimes, I want to tell Him that I want to keep those things that He has decided aren't good for me. Yet the results of pruning ARE good, even when it doesn't feel like it!

God wants us to grow big and healthy so we can produce more good fruit. God wants us to flourish, even when it means pruning.



**ACTION POINT:** Take some time today to read John 15 and learn more about how Jesus wants you to grow. Ask yourself if He is showing you something that He doesn't want to be in your life.

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AIMEE STRINGER is a teenager who loves to serve God and loves to read! Her dad is a pastor and her mom works in the office of True Girl.





FEBRUARY



Fading Flowers

The grass withers and the flowers fade, but the word of our God stands forever.
{ Isaiah 40:8 }



Flowers fade. And not just after they bloom. Scientists warn that 45% of the world's known flowering plants could be threatened by extinction. That's almost half of them! Those under threat include orchids, varieties of pineapple, and many important crop species. Of the nearly 19,000 new plants and fungi species discovered since 2020, 77% are thought to be endangered.

Can you imagine a world without flowers? I don't want to, but they are fading.

The Bible says that in contrast to the fading flowers in our world, the words of God will stand strong forever. This verse is referring to the Old Testament prophecies, many of which are written in the book of Isaiah and other prophetic books like Jeremiah and Micah and Habakkuk.

When I was about eight years old, Isaiah 40:8 became one of my favorite verses. I believe it. God's word will last forever. Do you believe that?



ACTION POINT: Use a journal or blank notebook to answer my question. Do you believe that God's words will last forever?



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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FEBRUARY



Forgiven to Flourish

The LORD says, "Then I will heal you of your faithlessness; my love will know no bounds, for my anger will be gone forever. I will be to Israel like a refreshing dew from heaven. Israel will blossom like the lily; it will send roots deep into the soil like the cedars in Lebanon."

{ Hosea 14:4-6 }



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hen I was about your age, I wrote a bad note to a friend, and her dad found that note. He called my dad and my dad read the note! He was so disappointed in me. I was so sad because I hated feeling far away from my dad. But you know what? My dad forgave me, and I didn't feel far from him for long. It took a little time, but eventually, I was crawling back up in his lap again, and we were laughing together.

When you sin against God, it might feel like He will never forgive you. Or you might feel like He forgives you, but He's never going to show love to you again. But that's not how He is at all! When we've done wrong, and we repent (meaning we tell God we're sorry and choose not to do it again), God doesn't keep making us feel bad for it. He forgives us and loves us!



ACTION POINT: Is there something you know God has forgiven you for doing, but you still feel like He's mad at you for it? Talk to Him about that. Ask Him to help you see that you are forgiven and loved.



JANET MYLIN is a True Girl lead teacher and loves to write out Scripture in her journal. mytruegirl.com





The Blind Hymnwriter

So, my dear brothers and sisters, be strong and immovable.
Always work enthusiastically for the Lord, for you know that
nothing you do for the Lord is ever useless.
{ 1 Corinthians 15:58 }



Do you ever write songs? Maybe you don't sit at the piano and compose lyrics and music. But you might make up words and sing them while you draw, cook, or clean your room. Fanny Crosby lived back in the 1800s and early 1900s and loved writing songs called hymns.

Here's the thing: Fanny was blind. She lost her eyesight as a baby. Yet Fanny didn't let blindness stop her from using the gifts and talents God gave her to worship Him. Instead, as today's verse says, Fanny worked "enthusiastically for the Lord." She started by writing poems and memorizing Scripture. As she got older, she eventually put her poetry to music.

During her life, Fanny wrote over 5,000 hymns. We still sing some of them today! What a way to flourish!



ACTION POINT: Write the lyrics for your own hymn. If you aren't sure what a hymn sounds like, ask your mom to play a few for you.



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





FEBRUARY



What Kind of Fruit Are You Growing?

“And all the trees will know that it is I, the LORD, who cuts the tall tree down and makes the short tree grow tall. It is I who makes the green tree wither and gives the dead tree new life. I, the LORD, have spoken, and I will do what I said!”
{ Ezekiel 17:24 }



T rue Girl, God wants you to flourish like a tree that bears good fruit! Ezekiel 17:24 says God makes trees flourish. He also has the power to make you grow. So, how can you flourish like a tree?

First, trust in God and His plan for you. Like a tree needs a strong foundation in good soil, you need a strong foundation in God’s Word. Spend time reading the Bible and praying.

Secondly, make good choices. As a tree needs water and sunlight to grow, you need to care for your body and mind. Eat healthy foods, exercise regularly, and get enough rest. Make choices that honor God and help you live a healthy and happy life.

Finally, share your faith with others. Like a tree produces fruit, you can share God’s love. Invite your friends to church, tell them about Jesus, and show them what it means to honor God.



ACTION POINT: Think about how you can trust in God, make good choices, and share your faith. Write down one thing you can do in each of these areas and ask God to help you flourish like a tree!

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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! [mytruegirl.com](http://mytruegirl.com)





FEBRUARY



## Growin', Growin', Growin'!

Rather, you must grow in the grace and knowledge of our Lord and Savior Jesus Christ. All glory to Him, both now and forever! Amen.  
{ 2 Peter 3:18 }



I loved Sunday School! I loved to listen to my teachers, memorize Bible verses, and learn about Jesus.

Because of those teachers, I had this huge store of knowledge when I got saved and became a follower of Jesus. I was able to serve God with that knowledge, and later on, I became a Sunday School teacher myself.

We are called to grow as Christians, to show the grace of Jesus to others, and to know more about Him. God does not want us to be ignorant about the Bible or Jesus. He wants us to know as much as we can! With that knowledge, we can glorify God and praise Him for His goodness in giving us that knowledge. God wants us to understand who He is so that we can flourish and grow.



**ACTION POINT:** Who has taught you about Jesus? Take some time thanking God for the people who have spent time teaching you about God.



AIMEE STRINGER is a teenager who loves to serve God and loves to read. Her dad is a pastor and her mom works in the office of True Girl.





FEBRUARY



## Dad and His Garden

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

{ Ephesians 4:15 }



**M**y father-in-law (I call him “Dad”) loves to garden. He takes his time and picks the most beautiful flowers and plants for his front yard. First, he tills the soil. Then, he uproots weeds and looks for the perfect spot to place the seed. He plants it deep enough for it to grow good roots. Last, Dad waters the seed to make sure it grows healthy and strong.

Ephesians 4:15 encourages us to grow in every way to be like Christ. But sometimes that’s easier said than done. Here are some ways to help you do that:

- 1. Reflect daily.** Spend time in prayer and reflection. Ask yourself, “What would Jesus do in this situation?” and try to follow His example.
- 2. Nurture your heart.** Read the Bible and seek wisdom. Get into the habit of listening to God’s voice.
- 3. Weed out untruths.** Replace untruths with honesty and love. It might mean apologizing or gently correcting a friend.



**ACTION POINT:** Challenge yourself to do at least one of the things every day. You’ll see yourself growing before you know it!



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





FEBRUARY



## Tough Like a Yucca

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into Him, and let your lives be built on Him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

{ Colossians 2:6-7 }



**H**ave you ever heard of the yucca plant? It is extremely difficult to get rid of. You can dig and dig and think that you have fully removed it, but it will somehow come back.

One year, for spring break, I went to a Christian camp to help them get ready for the upcoming camp season. As I was cleaning out some plants, I was determined to get rid of the yuccas. With a lot of sweat, hard work, and some questionable gardening methods to discourage regrowth, we only got rid of some with little regrowth.

The yucca's resilience makes me think of my relationship with Christ. Is my faith as resilient as the yucca plant that when people try to attack my faith, they can't? Instead, it keeps growing?



**ACTION POINT:** Would you say your faith is as tough as a yucca plant? If the answer is no, ask the Lord to show you how to deepen your relationship with Him. Maybe it includes spending more time with Him reading and praying.



NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





FEBRUARY



## Wildflower Girls

And if God cares so wonderfully for wildflowers . . . he will  
certainly care for you.  
{ Matthew 6:30 }



**M**y daughters loved being flower girls at weddings. But even as young adults, they are still “flower girls” because THEY. LOVE. FLOWERS! They frequently buy fresh flowers to brighten their bedrooms. But their favorite? Enjoying fields of wildflowers every season!

Wildflowers are extra special. Why? Because God plants them. You’ll see wildflowers flourishing between rocks on a mountaintop, in dry grass next to a busy highway, or beside a stream in the woods. Wildflowers don’t choose the soil or the situation. Wherever God plants them, they choose to bloom.

Has God planted you in a tough class, rocky relationship, or lonely valley? Wherever you are planted, bloom WILD for Jesus, confident that “if God cares wonderfully for WILDFLOWERS . . . he will care for YOU!” To flourish as God’s wildflower, dig your roots into the soil of His Word each day and delight in His Sonshine!



**ACTION POINT:** With your mom or mentor, plant some wildflower seeds. Place them in a windowsill. As you water them and let them get plenty of sunshine, may God remind you to bloom where He plants you!



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FEBRUARY



## Bloom Where You're Planted

When you see these things, your heart will rejoice. You will flourish like the grass! Everyone will see the LORD's hand of blessing on his servants—and his anger against his enemies.  
{ Isaiah 66:14 }



Isaiah 66:14 says, *"When you see these things, your heart will rejoice. You will flourish like the grass!"* Just like a flower needs sunlight and water to grow, we need God's love and guidance to help us grow into the best versions of ourselves.

Sometimes, it can be hard to stay positive and confident, especially when we face challenges or difficult situations. That's why it's important to remember that God has a special plan for each of us, and He wants us to trust in Him.

When we trust in God's plan, we can bloom and flourish no matter where we are. So, keep pushing through the tough times, learn from your mistakes, and you will bloom where you are planted.



**ACTION POINT:** Today, make a list of things that you are grateful for and thank God for them. Remember, you are like a beautiful flower God wants to see grow and flourish.



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FEBRUARY



## Breaking Bad Habits

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

{ Proverbs 28:13 }



**B**eing held accountable isn't always a good feeling. What is accountability? Merriam-Webster Dictionary defines *accountability* as "an obligation or willingness to accept responsibility." You may have a planner for school that helps remind you of your homework—that's a form of accountability. Maybe you also have friends who hold you accountable. You might be tempted to cheat on a test or steal from your mom's purse, but those are not good choices. A good friend will hold you accountable for making the right decision and being honest.

When you talk about your mistakes with a close friend, parent, or another important person, it is easier to be held accountable and make the right decisions. If you keep those bad habits a secret, then it will be much harder for you to grow as a Christian. Whatever your bad habits may be, talk about them with someone you trust. God honors honesty.



**ACTION POINT:** Who is someone that you can have as an accountability partner? Whether you have a continual bad habit or something you're working through, God gave us the people in our lives to help us grow in Him.



EMILY STRUHALA is a freelance writer in the Pittsburgh area. She loves to live a healthy lifestyle and be involved in her church.

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FEBRUARY



## Only God . . .

I planted the seed in your hearts, and Apollos watered it, but it was God who made it grow. It's not important who does the planting, or who does the watering. What's important is that God makes the seed grow.  
{ 1 Corinthians 3:6-7 }



I have a few people I really admire. Do you? Maybe your parents, a teacher, an aunt, or a big sister? It's so good to have mentors in our lives—people who love God and teach us how to live godly lives, too. I go to lunch with one of my mentors every couple of weeks and get a ton of wisdom, encouragement, and challenges from her. It's a special time!

But I always need to remind myself that it's not my mentor's job to make me more like God. She plants seeds of Truth in my life and waters those seeds with encouragement, love, and prayer, but she can't make those seeds grow. Only God can!

God uses all kinds of people to help us along the way. But He's the one who takes our willing hearts and helps us grow, grow, grow!



**ACTION POINT:** Take a minute to write an encouraging note to one of your mentors. Thank them for all the seeds they plant in your life!



JANET MYLIN is a True Girl lead teacher and loves to write out scripture in her journal. [mytruegirl.com](http://mytruegirl.com)





FEBRUARY



## Simply Remain

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”

{ John 15:5 }



**F**or many years, I tried so hard to be more like Christ. I kept thinking that I had to prove myself to God. To prove to Him that I was growing to be more like Him and in my faith.

The truth is that our growth in the Lord has nothing to do with us. What I mean by that is that our growth in our faith is not due to anything we can do in our own strength.

The word “remain” in this verse means to continue, dwell, or endure. If we want to flourish in our walk with the Lord, we need to continue in it. It’s not about what I can do in my own strength, but what He will do through me when I daily apply His Word to my heart and life and ask Him to use me for His glory.



**ACTION POINT:** Would you say you are remaining in Christ, or are you trying to prove your spirituality to God? Pray and ask God to help you to remain in Him and that He will use you for His glory.

NIKKI ROBERTS is an elementary teacher who loves to tell others about the goodness of God. She lives in Michigan, where she loves to horseback ride and play board games.





FEBRUARY



## Ablaze for God

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



**S**itting around a campfire is the best! I love to watch the flames shoot into the darkness, lighting up the world around them. We pile the wood a certain way to allow oxygen to help the fire burn. Adding some small sticks to the fire helps it to become strong enough to burn the bigger logs.

I often think about how learning the truths of God's Word is like putting wood down to prepare it for a fire. When you go to church, read your Bible, memorize Scripture, listen to a sermon, or ask questions about God, it is like putting a log or a stick onto your own firepit. As you learn, you add to the pile of resources that will help you flourish in your walk with God. He is the Master Fire Builder, and He can use what you have learned to help your fire grow brighter and become a delight to Him and those around you.



**ACTION POINT:** Make a list of things that you would like to learn about God. Show your mom or dad and ask them if they can help you with tools to learn those things!



ANN STRINGER is a mama of four kids and married to a pastor. When not serving her family or church, you will find her in the office of True Girl!





FEBRUARY



## I See You, My Daughter

For they are transplanted to the LORD's own house. They flourish in the courts of our God.

{ Psalm 92:13 }



**H**ave you ever felt like nobody notices you? Or that your efforts go unnoticed? I know I have. Today's verse says, "For they are transplanted to the LORD's own house. They flourish in the courts of our God." This verse reminds us that we will flourish and thrive when we are grounded in God's love and grace.

God sees you, and He cares about you. He wants you to know you are loved, valued, and appreciated. Even if it doesn't seem like it, your efforts and hard work are seen by God, and He is proud of you.

Remember that God loves and values you, and He is always with you. Keep growing in your faith and love for God, and you will flourish like a beautiful flower in His garden. Trust in Him and His plans for your life, and He will guide you every step of the way.



**ACTION POINT:** Take some time to reflect on how God has blessed you and what you are grateful for. Write down at least three things you are thankful for, and then pray and thank God for them.

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She lives in Missouri, with her husband, two daughters, and mini goldendoodle. She loves Jesus, glitter, and Dr. Pepper! Mytruegirl.com



Let's Taco 'Bout Jesus!

These True Girl Devos were written to remind you to taco 'bout Jesus by sharing the gospel of hope, peace, and the eternal life He offers to those who believe in Him. 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, Jennifer Daly, Sarah Giordano, Abby King, Anna King, Shani McKenzie, Janet Mylin, Janelle Reese, Nikki Roberts, Ashleigh Slater, Ann Stringer, Aimee Stringer, Emily Struhala, Jody Token, 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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