



My Daily Devos

TrueGirl

May
& June

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



God's Mighty Weapons


We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.

{ 2 Corinthians 10:4 }

 **T**he day I wrote this, I felt lazy. After church, I took a nap and watched a movie with my husband. But then I remembered God's Word says it is good to rest, and we are commanded to do so on Sundays. I knew my emotion about being "lazy" wasn't true. Do your emotions ever lie to you?

God created your feelings. He declared in Genesis 1 that everything He made is good. The usefulness of emotions is they are messengers telling us to respond to something. If you are stressed out, maybe you're doing too much. Doing less will release the emotion from nagging you. Its job is done.

But sometimes, our emotions don't tell us the right thing. That's when they become "false arguments" in our heads. They say things like, "No one likes you" or "You're lazy." When that happens, talk to God. Ask Him to help you find a Bible verse that teaches you what is true about you. These precious words are one of "God's mighty weapons."

 **ACTION POINT:** Have you been feeling a strong emotion lately? Ask God to help you with it! Maybe tell your mom so she can help you find the right "mighty weapon" from God's Word.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with horses, goats, peacocks, and a dog named Moose. mytruegirl.com



Rollercoasters!

*We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.
{ 2 Corinthians 10:4-5 CSB }*

*Life can be a rollercoaster ride
But I know that You are by my side
It can be up and down
And in and out
But I will follow You*

“Rollercoaster,” True Girl *Crazy for Jesus* album



Do your emotions sometimes feel like a rollercoaster? Going up and down? Spinning and twirling around? Maybe even feeling like you’re totally out of control?

While a lot of that is normal, you really have to be careful because sometimes emotions can make your brain think untrue things. Just as our Scripture for today says, Christians need to learn how to “demolish” arguments and proud thoughts that are against what God says is true.

One way to get our thoughts on the right track when our emotions make us think not-so-great stuff is to practice gratitude! That means we give thanks to God for something. It’s a powerful way to shift our feelings and thoughts toward Truth!



ACTION POINT: Write the words NATURE, FAMILY, SCHOOL, and FAITH on paper slips. Put them in a container. When you’re feeling upset, pull one out and practice gratitude. For example, for NATURE, you might say, “God, thank You for fluffy clouds.”

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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Pure in Heart and Mind

Above all else, guard your heart, for everything you do flows from it.

{ Proverbs 4:23 NIV }



One of the most memorable phrases I have been told is that my heart will reflect my intentions and actions, no matter what I say. Have you ever heard that too? Well, the Bible tells us it's true, so we need to guard our hearts as today's verse says!

Whatever is in your heart comes out in your life. If your heart is full of good things, your life will show that goodness. If your heart is full of sinful thoughts, your life will show them. Is your heart pure? Are you working to keep it pure today? Do you know that laziness in this matter can bring severe trouble and pain to your life? You need to eliminate negative inputs to your heart, such as movies, music, or friends that don't honor God. Instead, you should feed your heart with Scripture, prayer, godly entertainment, and holy friendship.



ACTION POINT: Here is a prayer to ask God to help you guard your heart: "Heavenly Father, search my heart and see if there is any wicked way in me. May I always be guided by You. In Jesus' name, Amen."



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

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Fruitful Emotions

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 }



Have you ever felt like your emotions are all over the place? It's okay to feel different emotions, but it's important to know how to handle them in a healthy way. Galatians 5:22-23 talks about the fruit of the Spirit, which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

This fruit can help us to have healthy emotions:

- When we have love in our hearts, we can show kindness to others.
- When we have joy, we can be happy and content.
- When we have peace, we can feel calm even when things are difficult.
- When we have patience and self-control, we can handle difficult situations in a healthy way.



ACTION POINT: Ask God to help you grow in the fruit of the Spirit. Then, try to practice them in your daily life. When you feel upset or angry, take a deep breath, ask God for help, and try to respond with kindness.

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



Peace Playlists

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!
 { Isaiah 26:3 }



Did you know there's music all through the Bible? It is packed with hymns, praise songs, and even songs that help express when people feel a little angsty.

That last fact makes the people in the Bible seem so real because I can relate!

When I can't express how I feel by myself, sometimes I come across a song that says exactly what I'm feeling. Unfortunately, sometimes those songs are on the sad side. It can make me get stuck in sad emotions. That's when I replace those sad songs with songs that help me process my feelings according to God's Word.

Isaiah 26:3 says that when we fix our thoughts on God, we'll experience perfect peace! And there are plenty of songs out there that can help us do that. Modern worship songs, older hymns, even just psalms set to music! Our verse today is actually part of a song. How cool is that?



ACTION POINT: Ask someone to help you create a "peace playlist." Pick songs that help you focus your thoughts on God. The next time you're struggling, crank up the volume! (HINT: The True Girl Album could be a really good place to start!)



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

*Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ
{1 Peter 1:13 NKJV}*



Imagine you are standing on the edge of a battlefield. You feel the hard ground beneath your feet, the weight of your thoughts, and faith in your heart. As you look out, you see the enemy advancing towards you, ready to attack your mind. But don't be afraid! Today's verse says you possess a powerful and secret weapon—the ability to “gird up the loins of your mind.”

What does that mean? God calls you to prepare your mind for the battles ahead and stand firm and strong in the face of trouble. Doing this means you need to protect your mind, be watchful and careful, and obey God's will. Then, with faith, hope, and love, you can overcome all challenges and come out victorious on the other side. God will give you the strength and toughness you need to conquer all challenges that come your way.



ACTION POINT: Write out a few of your favorite Bible verses on some sticky notes. Put them on your mirror so you can prepare for the battle with the Word of God.




LEAH ROONEY lives in Missouri with her husband and four children, is a small business owner, and is passionate about helping children realize they are loved by God.



Talk It Out


*Trust in him at all times, you people; pour out your hearts to him,
for God is our refuge.
{ Psalm 62:8 NIV }*

 **E**motions can be confusing sometimes. You have to figure out what you feel, why you feel it, and what to do with those feelings. It's a lot to juggle all at once! That is why we often mess it up. Sometimes, we get nervous when we have big emotions because we are scared that they may make us do something God wouldn't like.

That's when we should go talk to God.

God doesn't mind if you're telling Him about what you're feeling. Actually, He loves it when you talk to Him! Whether you are happy, sad, or even angry, God wants to hear it all.

When our emotions are too overwhelming to figure out, we should go to God. He will help us organize our thoughts and give us the next right steps in the situation.

 **ACTION POINT:** Get in the habit of talking to God about your emotions. He wants to hear what you have to say so that He can help you make the next right decision.

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



Pass It On

God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.
 { 2 Corinthians 1:3-4 }



Have you ever felt like everything was going wrong around you? It's during those times that 2 Corinthians 1:3-4 speaks directly to our hearts. It says, "... God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."

Think of a time when you were really cold, and someone handed you a warm cup of hot cocoa. God's comfort is like that—something soothing for our troubled hearts. He understands our pain and offers the comfort only He can provide. But it's not just for us. We are meant to share that same comfort we get from the Lord with others who need it. Remember those times of comfort so you can pass them on to someone else.




ACTION POINT: Write down some names of people in your life who could use God's comfort right now. Ask your mom to help you think of ways to show them the same comfort God has shown you.

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




Time with God Satisfies

*A single day in your courts is better than a thousand anyw
here else!
{ Psalm 84:10 }*

 **D**o you ever question your space in this world? Maybe you feel like you don't fit in. You are not alone in that, True Girl! All of us sense this on a regular basis. We feel like we stick out, are not wanted, or are awkward.

Sometimes, I look for that feeling in others, and I can see it. People hide or try to stand out. They can become mean to others or are super kind! There are many ways people try desperately to fit in. What is missing is realizing we were created to be in a relationship with our heavenly Father. We are meant to be close to Him in His courts and presence. Sin separates us from that close relationship we crave.

So, the next time you feel alone in this world, step into His courts and seek Him. Ask Him to help you remember His great love for you.

 **ACTION POINT:** Make a list of ways you feel you do not fit in this world. Then, on top of what you wrote, use a bright marker (I suggest pink!) to write the words: GOD LOVES ME.

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



Managing Your Emojis

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.
{Colossians 3:15 }



It can be challenging to manage all the different emotions that come your way. One moment, you may feel happy. The next moment, you might feel sad, angry, or frustrated. But don't worry. There is a way to maintain healthy emotions and find peace in any situation. Colossians 3:15 says, "And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful."

This verse reminds us that we have access to the peace of Christ, which can rule in our hearts and help us manage our emotions. But how can we access this peace? By staying connected to God through prayer, reading the Bible, and spending time with other believers. When we do these things, we allow God's peace to fill our hearts and guide our emotions.



ACTION POINT: Talk to God about any emotions you may be struggling with. Ask Him to help you find peace and guide your heart in the right direction. Then, take a deep breath and trust He is helping you to maintain healthy emotions.



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Anger Issues

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.
{ Psalm 139:23–24 }



Today's verses are part of a prayer from King David. It was probably not an easy prayer! Once, when I prayed something like this, the result was an entire week of ever-growing anger and annoyance.

Eventually, I realized God was calling out my anger. As my temper got hotter, I understood God was taking my prayer seriously, and He had done as I asked. So, one night, I prayed God would take away my anger and help me when it did boil to the surface. To my surprise, most of my anger and frustration was gone. As soon as I had prayed for Him to remove my anger, He took it away!

While I still sometimes get angry and frustrated, I know now that sin is something that God has complete control over. If you ask God to call out your sin, He can do it. While most times the process is messy, the result is always a closer relationship to God.



ACTION POINT: What are you struggling with? Take some time to pray and ask God to help you with your problems.

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



Whatever!

Whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.
{ *Philippians 4:8 ESV* }



My older sister and her best friend used to have an annual “Whatever Day” in honor of Philippians 4:8. Every year, they would get together and focus on one part of this verse. For example, in the first year, they celebrated and focused on “whatever is pure.” They would spend the day meditating on that thought and doing activities that would align with that word. I always thought it was pretty cool that they did that for so many years.

If you have ever been confused about how God wants you to think, this verse in Philippians tells you how! Anytime you hear something in a song, social media, or even something your friend may say to you, ask yourself, “Is this pure? Is it commendable?” Go word by word through this verse and see if what you heard is in line with the words in this verse. If it’s not, then it’s not even worth thinking about!



ACTION POINT: Grab your friend and plan your own Whatever Day! Study today’s verse together and find ways you can apply it to different situations in your life.



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.



Are Your Burdens Heavy?

*Give your burdens to the Lord, and he will take care of you.
He will not permit the godly to slip and fall.
{ Psalm 55:22 }*



Have you ever felt like you have so many worries and fears? It can be tough to handle all these emotions on your own, but you don't have to go through them alone. In Psalm 55:22, God promises to take care of us when we give our worries to Him. It says, "Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall."

When we give our worries to God, we can trust He will take care of us. That doesn't mean everything will always go perfectly, but it does mean that God will be with us no matter what happens. We can talk to Him about our worries, read the Bible to remind us of His promises, and trust that He is in control.



ACTION POINT: Give your worries to God. Take a few moments to talk to Him about what's on your mind and ask Him to care for you. Then, try to trust that He is with you and will help you through whatever happens.

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How Does Your Garden Grow?

Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.
{ Ephesians 3:17 }



I love to garden! I start with the right seeds so the plants produce what I want. And I must pull out the weeds that try to take over my plants.

Your heart is a lot like a garden. God wants it to be filled with good “seeds” like joy, peace, and love, so it produces kindness, gratitude, and devotion. How can you make sure your heart stays happy so negative emotions or “weeds” don’t push out the joy?

When you wake up in the morning, plant seeds of gratitude by thanking God for the day. Then, sprinkle seeds of kindness by helping others and sharing your great smile. Pull out your “weeds” with the truth of God’s Word, which is like sunshine and water for your heart. The more time you spend reading your Bible and praying for God to help, the more your garden will grow, so you have a heart that blooms with happiness!



ACTION POINT: Write your “weeds” in your journal and replace them with good “seeds.”



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Peace on the Ride

*I have told you all this so that you may have peace in me.
Here on earth you will have many trials and sorrows.
But take heart, because I have overcome the world.
{ John 16:33 }*



I had a friend in college whose life dream was to design the “twistiest, turniest” ride. It was all he ever talked about! “It’s gonna loop right there and then go backward here!” While all those twists and turns would be great fun at an amusement park, life’s twists and turns may not always come with that same excitement.

Sometimes, we feel like we’re on an *emotional* rollercoaster, right? But guess what? In John 16:33, Jesus tells us something we should hold onto: “I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

Jesus tells us we’ll have ups and downs and go through some hard things. Then He reassures us that we can have peace as we remember He’s already overcome all the bad things in this world. “Take heart” means He wants us to be encouraged because everything will work out for our good.



ACTION POINT: Draw a rollercoaster and label some of the twists and turns with big emotions you may be feeling. Pray for God’s peace over each label.

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



Keeping Focus

*Set your mind on things above, not on things on the earth.
{ Colossians 3:2 NKJV }*



Sometimes, we can feel strong emotions. God didn't give us emotions for them to control us, but instead to use a tool. In these moments of strong emotions, we need to remember the Lord is always with us. He is for us and will not fail.

You may be upset because you didn't do well on a test, got in trouble because you forgot to do your chores, or were embarrassed in front of your friends. No matter what happens, you can think of God and His Word to help you through it.

The Bible can remind us to rely only on God and not to be taken over by what we feel. As today's verse mentions, things on earth are temporary, but God is forever. He is bigger than any mountain we may face.



ACTION POINT: How can you remember God in moments of frustration and anger? If you're not able to say a prayer aloud, say one in your head to feel God comfort you.



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



What Kind of Tree Are You?

They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.
{ Psalm 1:3 }



Do you like to climb trees? It has to be the PERFECT climbing tree if I'm going to sit in its branches. There are some trees just made for climbing! Their branches are spaced so we can go from branch to branch without too much struggle. And the perfect climbing tree is stable. There's no doubt that a good climbing tree needs strong roots!

If Christians were like trees, we would want to be deeply planted in God's Word! When we grow in His Truth, we're less likely to let our emotions take over all the time. Today's verse says Christians ARE kind of like trees. When we are planted in good places, we have fruitful lives.

When our emotions are all over the place, it can make us *feel* like we're not planted in anything strong. But that's not true! A girl who follows Jesus and loves His Word is full of His strength, no matter how her emotions make her feel.



ACTION POINT: Spend some time getting more planted in Scripture today. Read all of Psalm 1 and thank God that you are strong in 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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Think Different

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.
{ Romans 12:2a }



Years ago, my family and I volunteered at a Bible camp in Georgia. Now, as a Michigander, I soon found things they did down south that were very different from what we did up north. As I worked at the camp for a week, I began talking like those around me. I was starting to pick up a Georgia accent without even noticing!

This mimicking of behavior can happen even with our thoughts. When we allow the thoughts of the world to cloud our minds over what God's Word says, it becomes easy to start thinking like the world. That's why it is so important that we first fill our minds with God's Word to see if what we hear from our friends, social media, music, books—you name it—is in line with the truth of God's Word.



ACTION POINT: Ask the Lord to help transform the way you think so that your thinking aligns with the truth of God's Word. Pray that He will make you a new person through the way you think!



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.



Look at the Stars!

*The heavens declare the glory of God, and the sky above proclaims his handiwork.
{ Psalm 19:1 ESV }*



I used to live in the country in a tiny town of 150 people. We lived very far away from the cities and could see the stars very well. Even the Milky Way was visible on most nights.

One of my favorite things was lying on my trampoline and looking at the stars peeking through the trees. Thinking of the people under that big sky that God had made was awe-inspiring. Looking at the stars made me feel peaceful because I had spent time thinking about God and His beautiful creations!

Problems or stressful situations seemed to get smaller because God was bigger than me and could control anything He wanted to—and did! He has the power to hang the stars in the sky and create unique people on the earth to enjoy them, and no matter what, He is still God.



ACTION POINT: Can you see the stars from your house? If so, step outside tonight and see if any are visible! If you can't see them, imagine looking at the stars. Think about who God is and how big He is!

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



The Strength of Gentleness

A gentle answer deflects anger, but harsh words make tempers flare.

{ Proverbs 15:1 }



Have you ever been in a situation where you felt like your words were causing more harm than good? It can be easy to let our emotions get the best of us and say things we don't really mean. But Proverbs 15:1 reminds us that gentle words can make a big difference. It says, "A gentle answer deflects anger, but harsh words make tempers flare."

When we respond to others with kindness and gentleness, it can help to calm down difficult situations. It's not always easy to do, especially when we feel angry or upset, but it's something that we can work on. We can ask God to help us respond to others with gentleness and to give us the wisdom to know what to say.



ACTION POINT: Practice responding to others with gentleness. The next time you feel tempted to respond with harsh words, take a few deep breaths and ask God for help. Then, try to respond with kindness and see how it makes a difference.



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Don't Worry—Pray!

*Don't worry about anything; instead, pray about everything.
Tell God what you need, and thank Him for all He has done.
{ Phillipians 4:6 }*



Praying is one of my favorite things to do. When I wake up and see a beautiful day, I thank God for what I see. When I get worried about something, I ask God to give me peace.

Sometimes, in the quiet of my home, I pray for a long time. I pray that God will guide and protect me and give me the strength I need for the day. Other times, my prayer is short, just one little sentence in my head: *God, I'm struggling! God, what do I do? or God, I'm nervous!* I always feel a little more confident after I pray. It sends a little message to God, explaining how I feel and trusting Him to care for me.

God wants us to talk to Him because He loves listening to us. Little prayers, long prayers—it doesn't matter. If you talk to God about everything, He will have His hand in every part of your life!



ACTION POINT: Try to pray five times today, whether it is about something you need, are worrying about, or simply something you are thankful for!



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



Morning Is Coming

Weeping may last through the night, but joy comes with the morning.
{ Psalm 30:5 }



Have you ever had a night when fear crept in, and the sunrise chased it away? Psalm 30:2-3 tells us, “I will exalt you, Lord, for you rescued me . . . O Lord my God, I cried to you for help, and you restored my health.”

God’s joy is like a light, breaking through our darkest moments. No matter how tough things get, His joy is there, ready to eliminate the shadows.

Think of a time when the sunrise turned your fear into comfort. God’s joy works like that. It may feel like the night will last forever, but God promises that joy comes with the morning. It’s a guarantee that His light will pierce through the darkness in your life.



ACTION POINT: Keep a “Joy Journal” by your bedside. Before you sleep, write down one thing that brought you joy during the day. Over time, you’ll see how God’s joy consistently brightens your life.

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Chaos to Calm

“So don’t worry about these things, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”
{ Matthew 6:31–33 }



Picture this: Times Square in New York City has loads of people, bright lights, and noise everywhere. It can be a bit much, right? When I’m there, I dream of finding a cozy, quiet spot just to chill.

Do you ever feel like your brain is like Times Square? With tons of thoughts running around, making it all super crowded and loud? When I get anxious, it’s like Times Square in my head! So many thoughts bouncing around, making it feel like a big, busy mess. But here’s the cool part—Jesus understands that feeling! In Matthew 6, He calls out the biggest things we tend to worry about (food, drink, clothes) and encourages us to shift our focus.

Here’s the secret to finding peace: It’s not about staying stuck in our worries. It’s about putting God first. It’s like swapping Times Square for a calm, cozy coffee shop.



ACTION POINT: Today, let’s plan for when our brains get a bit crazy. How can we shift our focus from worries to all the awesome ways God takes care of us?



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Controlled Anger

And “don’t sin by letting anger control you.”
{ Ephesians 4:26 }



The Bible records that Jesus once got mad! He went to the Temple and threw out everyone buying and selling there. He kicked over the tables and quoted Scripture saying, “My house was created to be a house of prayer; You have made it a hangout for thieves!” (Matthew 21:13).

Does it surprise you that Jesus expressed anger? It’s OK to be angry at sin or things that hurt people. It’s even good to express it in the right way and at the right time. Some versions of Ephesians 4:26 read, “Be angry and do not sin.” It doesn’t say we cannot be mad. But we cannot be *controlled* by anger.

If you experience anger when you see someone being a bully, that’s OK. Ask God to help you know how to express it. But, if you experience anger when you don’t win a race, that could be a temptation to sin and be selfish. Which kind of anger are you most likely to experience? Either way. Ask God for His help.




ACTION POINT: When was the last time you were angry? Write about it in your journal. Ask God to help you know if it is godly anger or selfish anger.

DANNAH GRESH is the founder of True Girl and loves to see girls learn to love their Bibles. She lives on a hobby farm with horses, goats, peacocks, and a dog named Moose. mytruegirl.com




Big Emotions

Fools give full vent to their rage, but the wise bring calm in the end.
{ Proverbs 29:11 NIV }

 Sometimes, when we feel big emotions, we want to express them in an equally big way. It isn't wrong to tell people what you are feeling, but there are right and wrong ways to express those feelings.

Proverbs 29:11 says that fools allow their emotions to take over. However, people who rely on God will end the situation calmly. When we have those big emotions, we should make sure that we express them in a way that will lead to a calm, peaceful ending.

We will be able to respond best to crazy situations when we are listening for God's next instruction. Sometimes, it can be hard to understand what He wants you to do next. However, if you are paying attention, the Holy Spirit will nudge you. Listen for His little whisper and soft nudge, and you'll be able to handle those big emotions like a pro.

 **ACTION POINT:** Next time you feel your emotions getting too big, take a moment to be quiet so that you can feel the Holy Spirit's nudge and hear His whisper. Seek the calm ending that He provides us with.

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



Emotional Rollercoaster

*"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 }*



Have you ever felt overwhelmed with emotions that are hard to handle? Sometimes, it can feel like you're riding an emotional rollercoaster, but we can always look to God's Word for guidance. John 14:27 says, "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."

God wants us to have peace in our hearts and minds, and He has given us this gift through His Son, Jesus. When we feel worried, anxious, or sad, we can ask God to fill us with His peace. We can pray and read the Bible to remind us of His promises and help us trust in Him.



ACTION POINT: This week, write down this verse and place it in a spot where you'll see it regularly. As you read it, try to commit it to memory so you can remember the wonderful gift of peace the Lord has given you.




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Thank God Always

But when I am afraid, I will put my trust in you. I praise God for what He has promised.
{ Psalm 56:3-4a }

 David wrote many of the psalms we read in our Bibles. He was a great warrior and king. But David had many people who did not like him. He wrote this psalm when the Philistines captured him. David wasn't new to scary situations and handled many of them the same way.

First, he recognized he was scared and put his trust in God: “. . . *when I am afraid, I will put my trust in you.*” He chose to trust God instead of himself when he was scared. Second, many times in the psalms, when something was tough, he turned to praise: “*I praise God for what He has promised.*” Instead of being anxious or worried, David praised God for who He was and what He would do in His life.

We will face times that make us anxious, upset, or sad. When you have a time when you feel that way, trust God and praise Him!

 **ACTION POINT:** Get a little notebook or journal and write out all the things you are thankful for. Then, when you are upset or anxious, open it up and thank God for those things!

ANNA KING is an operations consultant for Chick-fil-A. She's a plant mom, loves dogs, and enjoys serving at church by playing her violin. Her sister is touring with True Girl.



My Sister's Great Gifts

*For a child is born to us, a son is given to us . . . And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.
{ Isaiah 9:6 }*



My sister, Dalia, is an amazing gift-giver. She always seems to know the perfect gift to give for every occasion. Whenever I receive something from her, I know it's coming from her heart.

Although my sister is great at giving earthly gifts, I know someone who is the best . . . Jesus! In today's verse, Isaiah talks about the gift of Jesus and everything that meant. ". . . And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." Jesus didn't just bring peace. He is the PRINCE of it. He's the ruler of peace. That's why He's the only one Who can give it to us.

No matter how wonderful the gifts from my sister are, none of them can top calming, reassuring, and unshakeable peace. This is the gift Jesus offers, a peace rooted not in circumstances but in His unwavering love.



ACTION POINT: Who is the best gift-giver you know? Make something special for them, just because, and when you give it to them, share God's peace as well.

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Take Your Medicine

*A cheerful heart is good medicine, but a broken spirit saps a person's strength.
{ Proverbs 17:22 }*



W

hen we choose to think about things that are negative and not of God, it will affect our mood, how we treat others, and how we view God. But when we meditate on positive God-honoring thoughts, it will change our mood drastically!

I remember struggling to be cheerful about a really tough situation. I could only focus on thinking negatively about it, and it made me feel really down and angry. But when I was confronted with my poor attitude, I decided to start thinking about it in a positive way that would honor the Lord. You know what? My situation didn't change, but my thoughts did, and I was much happier!

God's Word tells us that a happy heart is like good medicine! It brings healing!



ACTION POINT: What are some good things in your life that you can focus on? Write out a list of blessings. Then, take some time to ask the Lord to help you to focus on what is positive and God-honoring.



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.



God's Math Matters

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.

{ Ephesians 2:8-9 }



I was terrible at math. Can anyone relate? I envied those who were good at it. The homework was always a struggle. I had to work extra hard just to pass and get good grades. But when it came to my faith, I found one place that didn't require any work to pass with flying colors.

Try these math equations: Jesus + Something = Nothing. Jesus + Nothing = Everything.

When you add "something" to Jesus (your work, good efforts, and performance), you'll get nothing but exhaustion and failure. "For everyone has sinned; we all fall short of God's glorious standard" (Romans 3:23). But when you add "nothing," you gain "everything" on account of Jesus' finished work on the cross for you.

There will be things in your life that require hard work. But your faith is not one of those things. Your faith is always free. Thank You, Jesus!



ACTION POINT: What subject in school is most difficult for you? Memorize this Bible verse to remember that Jesus gives free gifts like grace, faith, and the forgiveness of sins!

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



Never Alone

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

{ Isaiah 41:10 }



God reminds us in Isaiah 41:10 that we don't have to be afraid or discouraged because He is with us. He promises to strengthen us and help us through anything we face. It's important to have healthy emotions, which means being able to recognize and express our feelings in a positive way. It's OK to feel sad, angry, or frustrated sometimes, but we need to learn how to handle these emotions in a healthy way.

When we have healthy emotions, we can better handle the ups and downs of life. We can talk to God about our feelings, and also talk to trusted friends or family members. We can find healthy ways to express our emotions, such as writing in a journal, drawing, or doing other creative activities.



ACTION POINT: Today, let's try a new healthy way to express our emotions, such as writing in a journal or trying a new creative activity.



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No Fear of the Dark

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 }



I met a girl in Colorado who was afraid when she went to bed at night. I prayed with her about it. Then I challenged her to memorize Psalm 91:2. It reminds us that God keeps us safe. A few weeks later, her mom sent me a photo of this girl sleeping peacefully because she'd taken my advice!

Psalm 91 is a chapter of the Bible I memorized to help me combat anxiety in the dark! I've basically been afraid of the dark, too. But now, when I feel afraid, I recite these verses softly and feel the strength of God's safety!

One of the most important things you can ever do is memorize Bible verses. Jesus did! Putting the Bible in your heart helps you resist temptation. It helps you be ready to encourage someone else with Truth from the Bible. And, of course, the verses you memorize help you feel peace when you feel afraid.



ACTION POINT: Talk a walk and memorize Psalm 91:2.



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Glorious, Glowing Goodness

The Lord replied, "I will make all my goodness pass before you, and I will call out my name, Yahweh, before you."

{ Exodus 33:19 }



My favorite story in the Old Testament is in Exodus 33:12–23. In it, Moses wants to know God more. Have you ever wanted that too? Moses asks to see God's glory with his own eyes. But God says He can't show Moses His glory because no one can see it and live. Instead, God hides Moses in a rock, covers him, and lets His goodness pass by.

The amazing thing about this is God's glory is directly connected to His goodness. His goodness is so glorious that we, as sinners, cannot be directly in the presence of it. Moses came as close as any human could have been to God's glory. In fact, the Bible tells us in Exodus 34 that after God's goodness passed by Moses, his face glowed so much that he had to cover it! I'm so thankful that God's goodness is poured out on us daily!



ACTION POINT: Do you have something that glows in the dark? Hold it close to a lightbulb and count to 60. Turn off all the lights and see how it glows! Now, read Exodus 33–34 and remember to shine for Jesus!

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



Perfect Peace

*Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.
{ 2 Thessalonians 3:16 }*



In second Thessalonians 3:16, God promises to give us peace when we trust in Him. When we fix our thoughts on Him and remember His faithfulness, we can find peace even during our worries.

Trusting in God doesn't mean that everything in our lives will be perfect, but it does mean that we can rely on Him to guide us and give us strength. We can trust that God has a plan for our lives and that He is always with us, no matter what.



ACTION POINT: The next time you feel worried or anxious, fix your thoughts on God. Ask Him to give you peace and remember His promise in 2 Thessalonians 3:16 that He is always with you.



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God the Deliverer

Shadrach, Meshach and Abednego replied to him, “King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and He will deliver us from Your Majesty’s hand. But even if He does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up.”

{ Daniel 3:16–18 NIV }



My favorite Bible verses about trusting God are in Daniel 3. Shadrach, Meshach, and Abednego’s willingness to defy King Nebuchadnezzar amazes me. Their fear of death was nothing compared to their love of God.

Shadrach, Meshach, and Abednego knew what was truly important to them. They knew of the power of God, but they also knew that God did not have to save them. And they never declared that He would. Instead, they said, “But even if He does not, we want you to know . . . we will not serve your gods.”

This is trust! It is putting yourself entirely into the hands of God. Even when the fire is hot, and people are angry, you can trust God! He will lead you through the fire and deliver you!



ACTION POINT: Read Daniel 3. Learn about Shadrach, Meshach, and Abednego and how they trusted God!

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Aimee Stringer is a teenager who loves to serve God. She has been a pastor’s kid for most of her life and her mom works in the office of True Girl.



## All Good?

*And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.  
{ Romans 8:28 }*



I have often gone through hard situations and wondered how God could bring good from them. Maybe you know the feeling. Maybe someone you loved has passed away. Or perhaps your best friend doesn't want to be your best friend anymore. Life gets hard, and seeing how God could bring good from it can be difficult.

I remember struggling with Romans 8:28. How can God say that my pain brings about good? As I have gone through some difficult times and chosen to trust that God knows what He's talking about, I have started to see how He has used pain to bring me closer to Him and to bring good things into my life.

God loves you far too much not to keep His promise to bring good in your life. Keep trusting Him!



**ACTION POINT:** Trusting that good can come out of difficult situations can be hard. Pray and write out your thoughts about what you are going through. Ask God to help you trust Him and His Word.



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.



## Home Base

*My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.*  
{ Psalm 62:7-8 }



**H**ave you ever played hide-and-seek? We used to play all the time when I was a kid. The cool thing about the game is that even if you were about to be caught, you could run to “home base” and be safe.

In Psalm 62:7-8, David calls God a rock where no enemy can reach him. That means God is a solid source of safety. You can trust that when you run to him, He will protect you. You’re untouchable when God is your home base. He’s also there, so you can tell Him how you feel. You can trust Him all the time.



**ACTION POINT:** Find a small rock and write “God is my refuge” on it. Keep it with you as a reminder that, just like a rock provides stability, God is our unshakable refuge. When you face uncertainties, hold the rock and pray for God’s strength to anchor you.

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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)



## An Even BIGGER Kid!

*David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven’s Armies—the God of the armies of Israel, whom you have defied.”*

{1 Samuel 17:45 }



Imagine a movie scene: A bigger kid is bullying a smaller kid. The bigger kid wants to fight. He’s saying mean things. There’s a crowd of kids gathering to watch. The bully is getting angrier. The smaller kid is getting more scared.

Suddenly, the crowd gets silent. The bully’s face turns pale. Is that fear in his eyes? Finally, the bully puts his hands up and says, “I’m sorry. I don’t want to cause any trouble.” He runs away.

The smaller kid is relieved and confused! As he looks behind him, he sees an even bigger kid standing there, smiling at him. The bully saw that big guy and realized he would have to face him, too. So, he ran away!

When you put your faith in God, you never have to depend on your own strength. God is “the Lord of Heaven’s Armies.” He is with you always!



**ACTION POINT:** Gather a stack of books—but not too heavy! Now, pick up the whole stack at once. As you do, thank God that you have His strength in you, and you don’t have to rely on your own strength.

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



## Trusting in God's Promises

*Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. Study this Book of Instruction continually.*

*Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”*  
{ Joshua 1:7-9 }



**H**ave you ever felt scared or uncertain about something? Maybe it's a new school year, friend group, or activity you're trying for the first time. In those moments, it's easy to feel like you're alone and don't have what it takes to succeed.

But God has given us a promise in Joshua 1:7-9. He tells Joshua, "Be strong and very courageous." Just like Joshua, we can trust that God is with us wherever we go. We can be strong and courageous in the face of new challenges because we know God has already given us everything we need to succeed. So, let's make it a habit to study God's Word and obey His instructions. And when we feel scared or uncertain, let's remember that we can trust in God to guide us and give us strength.



**ACTION POINT:** This week, memorize Joshua 1:9 and repeat it to yourself when you feel scared or uncertain.

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## No More Bad News

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



**T**his past spring, I felt like I just kept receiving bad news. I began to start expecting it to come. I was getting anxious about what could possibly happen next. When I was home, I'd expect to get a call or text about something bad that happened. When I was at work, I'd hesitate to open my email just in case someone was sending me something negative.

I started to recite Psalm 112:7 every day. I even printed it out and put it up in my office. Before long, I began to feel God's peace. Did bad news still come some days? Yes. But I made a decision not to wait for it. I wasn't going to let it take over my life.

Instead, I put my trust in God because He would get me through when the bad news came.



**ACTION POINT:** Write out today's verse. Put it up in your house as a reminder that you can trust God when things aren't going well.

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## Greatest of Greats

*No one is like you, Lord; you are great, and your name is mighty  
in power.  
{ Jeremiah 10:6 NIV }*



# W

hen we look at super successful people, we often call them the “greats.” This means that we try to determine someone’s “greatness” by their level of success.

Looking at the Bible, there are many people we could call “great.” For example, there’s Esther, who saved her entire people group from murder. Paul wrote many books of the Bible and witnessed to churches worldwide. David slayed a giant. And there are so many other amazing people! But, even with all that, there is still one person who is the greatest of greats—God!

Jeremiah 10:6 says that the Lord is great! We follow a God whose power is unmatched. He is stronger than any army, smarter than the greatest mind, and more good than we could imagine. Isn’t it amazing that this is the God we get to serve? He is so great!



**ACTION POINT:** To remind yourself of God’s greatness, start a “Great God” list. Every time you experience the greatness of God, write it down! Going back and reading through this list will help you trust in Him in hard times.

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ELAIYNA HOPE is the author of *Felt That*. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus! [mytruegirl.com](http://mytruegirl.com)



## Trust Like Noah

*Then God said, "I am giving you a sign of my covenant with you and with all living creatures, for all generations to come. I have placed my rainbow in the clouds. It is the sign of my covenant with you and with all the earth."*

*{ Genesis 9:12-13 }*



I spent several years living in Florida. We had some pretty dangerous storms called hurricanes that caused LOTS of rain and made our ocean swell with large waves.

Today's Bible reading is from the story of Noah. You've probably heard it before. Noah built an ark and took his family and many animals aboard it, while God flooded the world because it was evil. Noah had never seen rain before, but he trusted God. He built this boat for many years before the flood came, and many people made fun of him because they didn't think it would actually rain.

After the flood, God made a covenant, promising never to flood the earth again. Noah saw that God did what He said when He flooded the earth, so He could trust that God would keep His word not to flood the earth again. The same God who promised that to Noah is the God who loves and made us! If Noah could trust God, we can too.



**ACTION POINT:** Read the rest of Noah's story (Genesis 6-9) with an adult who loves Jesus. Point out other ways in the story that God was good and trustworthy.

ANNA KING is an operations consultant for Chick-fil-A. She's a plant mom, loves dogs, and enjoys serving at church by playing her violin. Her sister is touring with True Girl.





## Trust the Brakes!

*Blessed are those who fear the Lord . . . They do not fear bad news; they confidently trust the Lord to care for them.*  
{ Psalm 112:1, 7 }



One rainy day, my girls and I decided to scooter. One of my daughters suggested we go down our steep driveway into a big puddle. Being the not-very-athletic-but-still-want-to-be-fun mom that I am, I decided to try it. Halfway down, I realized I was going to lose control and didn't think the brakes would help. I made the split-second decision to stop myself by putting my foot down, which was an epic fail! As I bandaged my knee that night, I kept telling myself I should have trusted the brakes!

Falling off a scooter is not as bad as some of the things going on in the world or what you may be facing in your life, but the psalmist in Psalm 112 says that we can confidently trust in the Lord to care for us instead of worrying. We don't need to fear what has happened or will happen because God is with us no matter what!



**ACTION POINT:** Pay attention to what you do first when things around you are scary or make you feel anxious. Get in the habit of praying and asking God to help you trust Him more. Then, rest in His care for you.

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



## My Only Hope

*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**ave you ever felt like nothing is going right and you have no hope? Sometimes, life is tough. It's easy to feel discouraged. But, as God's children, we have hope in Him. Romans 15:13 says, "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."

This verse reminds us God is the source of our hope. When we trust Him, He fills us with His joy and peace. This gives us confident hope that we can face anything with His help. We don't have to rely on our own strength or abilities. We can trust in God to guide us and give us the strength we need.

So, let's remember to turn to God when we feel hopeless. As we trust in Him, we can overflow with His confident hope and face any challenge with His power.



**ACTION POINT:** Take time to pray and ask God to fill you with His hope, joy, and peace. Trust in Him to guide you through any situation you may face.

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## Fair Judge

*He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.*  
{ 1 Peter 2:23 }



I don't know of anyone who has suffered more unjustly than Jesus. Beaten, spit on, lied about, abandoned by His closest friends, and hung on a cross to be crucified. Can you imagine how awful it would have been to go through all that Jesus did? Yet His sinlessness continued through it all. If it had been me, I probably would have lost it. I definitely do not handle it well when people sin against me.

In today's verse, we see the amazing example of Jesus that shows us how much He trusted God, His Father. Jesus "left His case in the hands of God, who always judges fairly." That's pretty crazy to think about! God is the perfect judge. Even Jesus trusted Him to handle those who sinned against Him. Jesus allowed people to do wrong to Him because He trusted God to carry out justice the way He saw fit.

 **ACTION POINT:** Are you angry at someone who has wronged you? Release that anger by turning over the events to God to handle. Allow Him to carry out justice in His own time because He is a good God.

ANN STRINGER has been in ministry with her husband for seventeen years. When she is not serving her family or church, you will find her at True Girl serving YOU! [mytruegirl.com](http://mytruegirl.com)



## Learn to Talk to Yourself . . . But Be Careful!

*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.*

{ Psalm 42:5 ESV }



**“Y**ou can do anything good!” “You are enough!”  
“The universe needs YOU!”

Lots of people today think it’s good to say things like that to yourself so you’ll feel happy instead of sad or lonely. Those people call sentences like these “positive self-talk.” But the Bible teaches us a different way of talking to ourselves when we feel bad.

Psalm 42:5 is a good example. It’s written by King David, who was feeling “cast down” or sad. But he doesn’t tell himself good things about himself to feel good. Instead, he talks to himself about God. He says, “Hope in God.” He’s turning the focus off of himself and onto God. He’s reminding himself how great and strong and mighty God is when he does this.

The next time you feel bad about yourself, talk to yourself. But don’t talk about you. Remind yourself how great God is! Use “positive God-talk.”



**ACTION POINT:** Using Psalm 42:5 as an example, write some “positive God-talk.” Start with your true feelings right now. Then, remind yourself how great God is and that you can hope in Him.

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

*Yours, O Lord, is the greatness, the power, the glory, the victory, and the majesty. Everything in the heavens and on earth is yours, O Lord, and this is your kingdom. We adore you as the one who is over all things.*

{ 1 Chronicles 29:11 }



**K**ing David was old. He had appointed his son Solomon as the new king, and David wanted him to build a temple. A temple so great, majestic, and beautiful that all nations would know how awesome God was. He made plans, gathered materials, and asked everyone to give *their* money and materials so that God's Great Temple could be built under his son Solomon.

David wanted God to be glorified because God was great and powerful. David wanted all praise to be brought before God because David understood that God was worthy of much praise.

So, David prayed. He praised God for His awesomeness. David honored God for all God had done for His people. In the same way, we always need to remember that God is great. He is AWESOME. Because He is awesome, He deserves praise and honor from all His people.



**ACTION POINT:** Praise God today! Take some time to think about how awesome God is and thank Him for it.



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



## I Will Trust in Him

*"See, God has come to save me. I will trust in Him and not be afraid. The Lord God is my strength and my song; He has given me victory."  
{ Isaiah 12:2 }*



**T**rusting can be hard! Maybe you struggle to fully trust people because you have been hurt too many times by people you thought you could trust. I get it. It can be easy to believe that God will be like everyone else who may have let you down.

But the thing is that God is not like us! He cannot lie! Verses throughout Scripture say that God can be trusted. Don't believe me—look at all the previous devotions for this month!

The author Isaiah said in this verse that the Lord was his source of strength—not other people. Others can let us down, but God cannot! Trust Him and put your faith in Him!



**ACTION POINT:** You may be reading all this and still wonder if you can trust God. Take some time to pray Isaiah 12:2 and ask the Lord to help you to take Him at His Word.



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.



## God's Powerful Word

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

{ Psalm 119:37 }



**B**ob the Tomato: “Larry, how much stuff do you need to make you happy?”

Larry the Cucumber: “I don’t know, how much stuff is there?”

These famous lines in VeggieTales’ *Madame Blueberry* summarize our struggle to want more stuff. Have you ever wanted something so badly, then finally received it, but felt let down and wanted more stuff? Material things are fun, but they won’t fill the deepest longing of our hearts.

Only God’s Word can. God’s Word is more than just words on pages in the Bible. God’s Word is power. “For the word of God is alive and powerful” (Hebrews 4:12). God’s Word spoke creation into being (Genesis 1). God’s Word became flesh and is Jesus (John 1). God’s Word creates faith in your heart (Romans 10:17).

When you read God’s Word, your eyes will turn from worthless things, and you will be filled with life. This is a promise for you from God’s powerful Word.



**ACTION POINT:** What material things distract you from finding time to receive God’s Word? Confess and receive His forgiveness. Now go read Psalm 119. It’s a long one filled with lots of promises for you!

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



## Indescribable

*I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance. I also pray that you will understand the incredible greatness of God's power for us who believe him.*  
{ Ephesians 1:18-19 }



**S**ometimes, it can be hard to understand just how powerful and amazing God is. But today's verses remind us that God's power is indescribable, and we can have confident hope in Him. When we believe in Him, we become His holy people and inherit all the riches and glory that come with that. We can trust in Him to guide us and give us strength.

So, let's take a moment to reflect on how great God is. He is the Creator of the universe, yet He cares for each of us. He is all-powerful, yet He is also loving and kind. Let's trust in Him and rely on His greatness to help us in our daily lives.



**ACTION POINT:** Take some time to pray and thank God for His greatness and power. Ask Him to help you trust in Him more and to guide you every day.



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)





## The Unknown

*You are my hope in the day of disaster.  
{ Jeremiah 17:17 }*



**H**ave you ever done something that involved a lot of unknowns? And some of those things ended up kinda hard to work through? Maybe you started a new school or traveled to a new place. The fear of the unknown can be paralyzing, making you question your ability to work through what's ahead. In these moments, Jeremiah's understanding that God was his hope is a powerful reminder.

Trusting God in the midst of life's unknowns means admitting that His greatness goes beyond our understanding. He keeps us steady even when things seem to be confusing around us. You may not know exactly what comes next, but if your hope is in God, the answer will come when you need it.

When things seem like they're all wrong, you can hold onto your hope in God because He is the one who will carry you through. He knows all of our unknowns!



**ACTION POINT:** Think of the unknowns in your life. Write down the ones keeping you from putting your hope in the Lord. Crumple up the papers and throw them away while you tell God your hope is in Him.

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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)



## Trust Me

*So do not fear, for I am with you; do not be discouraged, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

*{ Isaiah 41:10 NIV }*



**D**uring Vacation Bible School at my church, I was introduced to today's verse. I helped a group of kids memorize the words of Isaiah 41:10 through a fun song with actions, which I still remember today!

I went through a difficult season of life a little while ago. I got so wrapped up in my own "stuff" from the situation that I forgot God's promise to be with me always. I felt lost, angry, and alone. God did keep that promise, though! Looking back on that time now, I can see how He provided strength and help in the support, encouragement, prayers, and LOVE from my family and friends. He did it for me and will do it for you, too!

When God says, "You can trust ME," He means it!



**ACTION POINT:** Write the words of Isaiah 41:10 on a colorful piece of paper and hang it in a spot where you'll see it every day. Use it as a reminder that you can trust God to ALWAYS be with you.



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.



## A Dog Named Allie

*If we are unfaithful, he remains faithful, for he cannot deny who he is.*

{ 2 Timothy 2:13 }



I grew up with an amazing dog named Allie! She loved me no matter what. If I was crying, she licked my tears away. If I was excited, she was too. If I accidentally stepped on her tail, she wagged it anyway and kept following me around. She was so faithful, and I still miss her.

We have someone who is even more faithful—God! Today’s Bible reading says that even *“if we are unfaithful, he remains faithful, for he cannot deny who he is.”* Isn’t that amazing? Faithfulness is in His character, so He will ALWAYS be faithful.

That means we can trust Him all the time. We can trust Him to forgive us when we sin. We can trust Him to bring good out of a bad situation. We can trust Him to hear our prayers. God will be faithful to us, and what He asks for is our faithfulness to Him.



**ACTION POINT:** Think about some of the ways God has been faithful to you and thank Him!



ANNA KING is an operations consultant for Chick-fil-A. She’s a plant mom, loves dogs, and enjoys serving at church by playing her violin. Her sister is touring with True Girl.



## A Little Too Hard

*Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.*

{ Jeremiah 32:17 NIV }



**H**ave you ever seen a super cool craft and decided to make it yourself, only to realize you have no idea how to make it? Or worse, you tried it, and it looks absolutely ridiculous? Me, too. I have quite a long list of failed crafts. They were just a little too hard for me.

Did you know that nothing, literally nothing, is too hard for God? He made the sky, the ground, the animals, and even you! He made it all. Jeremiah 32:17 says that God can do everything. He is so great that nothing will ever be too hard for Him.

When things start to get a little too hard for you in life, remember that you follow a God who has it all under control. Nothing is too hard for Him to handle. Rest in His greatness!



**ACTION POINT:** Spend some time in prayer, thanking God for taking care of the hard stuff in life.




ELAIYNA HOPE is the author of Felt That. She is a cast member of the Crazy Hair Tour and loves ballet slipper pink, sparkles, and learning about Jesus! [mytruegirl.com](http://mytruegirl.com)




## How Great is Our God

*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 }

 **D**o you ever look up at the stars and feel amazed at how big and wonderful our universe is? It's incredible to think about all the beauty and complexity in the world around us. And yet, as amazing as the universe is, there's something even greater: God.

Proverbs 3:5-6 says, "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." When we trust in God's greatness, we can feel confident that He has everything under control.

So, when you're feeling overwhelmed or unsure, remember to trust in God's greatness. He created the universe and everything in it and has a plan for your life, too. And as you continue to trust in Him, you'll see just how amazing His love and guidance can be.

 **ACTION POINT:** Thank God for His greatness and all the wonderful things He has created. Ask Him to help you trust in His plan for your life and to guide you in the right direction.

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## Pixels and Levels

*In the beginning God created the heavens and the earth.  
{ Genesis 1:1 }*



Imagine how someone creates an incredible video game. She starts with a blank screen, designing every character, building each level, and adding exciting challenges and surprises. Her creativity is seemingly endless! Everything comes together amazingly, showing off the skills of the girl who created it.

I love how the Bible starts! It tells us right off the bat who made EVERYTHING. God did! And what He created is WAY better than any video game. Knowing that He created the heavens and the earth helps you trust Him. He made all of it, including you, with purpose and precision. And the cherry on top of it all is that even though He's soooo big, He totally loves YOU! That means you can rely on and trust Him no matter what happens.

The Creator of the universe is crazy about you. He is always there to help, protect, and lead you through life's levels and quests.



**ACTION POINT:** Write "In the beginning, GOD!" on a sticky note and place it by the light switch in your bedroom. Let it remind you that God is THE Creator of everything and has your back because He loves you.


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



## Heart Songs

*The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.*  
{ Psalm 28:7 }

 **M**y husband is a musician. He plays the drums and keyboard and sings. At any given moment, he can just burst out into musical worship. Sometimes, it's a well-known song, but sometimes, it's a song of personal praise to the Father. I love those times—those are his heart songs.

David was singing a heart song to God in today's verse. He was giving God praise for being his strength and protection. God helped him, which made David so joyful that he spontaneously said, "Thank you" in song. That means he sang it on the spot.

Sometimes, when you think about how good God is and how much He means to you, you may have an immediate reaction. You might sing a song or speak words of thanks. You might even feel like dancing. However you express it, God wants to hear your heart song.



**ACTION POINT:** Write words of praise and thanksgiving to God in the form of a song, and sing it to Him!

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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)



## He Will Provide

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?*

*Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"*

*{ Matthew 6:25-26 NIV }*



**M**y father was a church music pastor in a little town for 12 years. When I was 11, that all changed, though. Dad lost his job and had to find another one. It was heart-breaking! But our family grew in our faith because of our tough trials. We knew God would provide for us—and He did.

Surprises were around every corner. One day, we found a mysterious note on our door handle that said: "From your friends. We hope you can use this." There was money inside of it. We still have no idea who gave it to us. These anonymous notes and gifts continued to show up whenever we needed them. God cared for even the smallest detail!

He cares about the details of your life, too. So, don't lose heart! Dig into His Word. He will never leave you nor forsake you. You mean much more to Him than the birds!



**ACTION POINT:** Do you have a story like this? It might help you to write your story out! Or to write down all of the good memories and experiences you had and share those with your mom!

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

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## The Safe Refuge

*Trust in the Lord always, for the Lord God is the eternal Rock.  
{ Isaiah 26:4 }*



**T**his verse gives us the “why” for trusting God. It says that He is the “eternal Rock.” The word *Rock* has a lot of meanings in Hebrew (the original language this verse was written in). One meaning of this word is “a refuge.” A refuge is a shelter—a safe place to hide. So Isaiah is telling us that God is our safe shelter! Wow!

We can trust God because He is a safe shelter for us. Feeling overwhelmed? Run to your refuge, the eternal Rock. Feeling like you’re alone? Go to your safe shelter!

Because the Lord is our safe refuge where we can hide and rest in His promises, we can trust Him. He offers us safety that no one else can give. We can trust Him!



**ACTION POINT:** Look up the meaning of refuge in the dictionary and write it out. Then, look up the meanings of safety and shelter and write out their definitions. Next, write out Isaiah 26:4. Circle the word “Rock.” Journal your thoughts on how this impacts your life.



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.



## When We're Afraid

*But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?*  
{ Psalm 56:3-4 }



**H**ave you ever felt scared or anxious about something in your life? Maybe it's a big test, a difficult conversation, or a new experience. It's normal to feel afraid sometimes, but we don't have to let fear control us.

In Psalm 56:3-4, David writes, "But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?"

David knew what it was like to feel afraid. He was chased by enemies and had to hide to stay safe. But even in those scary moments, he chose to trust in God. He praised God for His promises and remembered that God was with him no matter what.

Just like David, we can choose to trust in God when we're afraid. We can praise Him for His promises and remember that He is always with us. And when we're feeling scared, we can pray and ask God to give us peace and courage.



**ACTION POINT:** The next time you feel afraid, take a deep breath and repeat Psalm 56:3-4 to yourself. Remember that you can trust in God and ask Him to give you peace and courage.

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## Your Future Is Bright!

*"For I know the plans I have for you," declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."*

{ Jeremiah 29:11 }



**H**ave you ever wondered what your life will be like in the future? Have you ever worried about passing an upcoming test, trying out for a team, or making friends?

It's understandable to feel uncertain about the future, but it is important to remember that God holds the answers. He knows everything that has happened, is happening, and that will happen. Even when we don't pass the test, get cut from the team, or wish we had more friends, God assures us that He has good things in store for those who love Him. He knows our struggles and has a unique plan for each of us.

As followers of Christ, we can not expect our lives, grades, or friendships to be perfect. We will never know what tomorrow holds, but we know the ONE who holds the future in His hands.



**ACTION POINT:** Defeat fear by trusting in God's promises. Memorize Jeremiah 29:11. Write it out and recite it seven times a day for seven days (or as many as you need).

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LEAH ROONEY lives in Missouri with her husband and four children, is a small business owner, and is passionate about helping children realize they are loved by God.





# All the Feels

These True Girl Devos were written to remind you that we were created with emotions and we can use the Bible to help us understand and manage our emotions in a healthy way. Each day you'll read one verse and some fun thoughts about it. At the end of each, you'll find an action point you can use to live out what you discover!

These devos are written by Dannah Gresh and other writers we want to introduce you to, including: Jennifer Baker, Aubrey Brush, Elaiyna Hope, Anna King, Abby King, Eileen King, Shani McKenzie, Janet Mylin, Janelle Reese, Nikki Roberts, Leah Rooney, Aimee Stringer, Ann Stringer, Emily Struhala, Jody Token, and Samantha Toledo.

Jesus said to the people who believed in Him,  
"You are truly my disciples if you remain faithful  
to my teachings. And you will know the truth,  
and the truth will set you free."

**JOHN 8:31,32**



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