

By DANNAH GRESH,  
the TRUE GIRL TEAM, and OTHERS WE LOVE!

# My Daily Devos

TrueGirl

September  
& October







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!

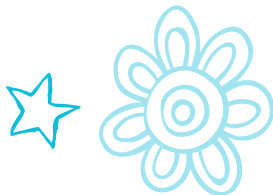
It might be your first or second or third year having devotions on your own. But it's probably your mom's tenth or twentieth year of doing it. So, she's gonna come in handy from time to time. Every now and then, one of the writers will encourage you to ask your mom for help.

(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



# Your Personal Instruction Manual

*We can make our plans,  
but the LORD determines our steps.  
{ Proverbs 16:9 }*



Last year, I planted two cherry tomato plants. Thankfully, my itty-bitty plants came with an instruction tag. So, I not only knew what their purpose was, but how to get the result I wanted. The instructions told me how much water and sunlight to give my plants. And they grew nice and tall and made lots of tomatoes.

Thankfully, we also have an instruction book for our lives. It's the Bible! Look at Proverbs 16:9 above and circle the word BUT! We make plans, BUT GOD determines our steps. That simply means God has thought about you and how you fit into His big plan. Your life is like a journey, and God is at work to guide you to take the right steps in the right direction. Why? So, you can do what He has determined you should do.

How can you know what to do in this life? Stay in your Bible. It's your instruction manual for life.



**ACTION POINT:** Another way to understand your purpose is to talk to godly people. They can help you understand how God's instruction manual applies to your life. Ask your mom or dad questions about what they think God's purpose for your life might be.

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Today's devotional is an excerpt from Esther: **Becoming a Girl of Purpose** by DANNAH GRESH. She is the founder of True Girl and lives on a hobby farm with horses, goats, peacocks, and a dog named Moose.  
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## Can I Trust God?


*David was afraid of the Lord that day and said,  
"How can the ark of the Lord ever come to me?"  
{ 2 Samuel 6:9 NIV }*



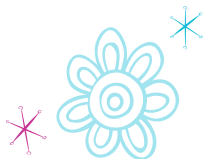
In 2 Samuel 6, David sees his beloved friend Uzzah die after touching the ark of God. David becomes angry and fearful and doesn't see how he can have a relationship with God anymore. So, he sends the ark to someone else. But do you know what happens? God miraculously blesses that house. David not only remembers who God is, but he understands God better and becomes more persistent in praising Him all the days of his life.

Whenever I feel discouraged about something not going how I wanted it to, I pray and ask God what His will for my life is. God's plans are better than my own! Just like David, I need to have a relationship with God and be close to Him to experience all the blessings and love He has to offer.

And so do you! Read your Bible today and ask God to help you praise Him all of your days!

 **ACTION POINT:** Is there someone in your life right now who feels discouraged? Talk to them about how God has worked in the past. We have an amazing God, and we all need to be reminded of it!

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## Peer Pressure—the Good Kind!

*Stay alert! Watch out for your great enemy, the devil. . . . Stand firm against him, and be strong in your faith.*  
{1 Peter 5:8–9 }



**D**id you know peer pressure can be good?! People around us watch how we respond to things, and believe it or not, they follow our behavior. Today's verse reminds us to "stand firm against [our] enemy, the devil." That means when we're tempted to do things against what God says, we stand our ground and choose the God thing. Our friends and family see us and can be inspired to do the same.

Think about a time when you faced peer pressure to compromise your values. Maybe it was at school, on social media, or even among friends. Standing for God's truth might have felt challenging, but remember, you weren't alone. God was with you every step of the way, empowering you to stand firm in His truth.

As you courageously stand for God's truth, don't forget that your faithfulness has a ripple effect. You're standing as a beacon of light in a dark world, pointing others to the ultimate truth found in Jesus.



**ACTION POINT:** Think about an area where you've been tempted to compromise your beliefs. Pray for strength and courage to stand firm in God's truth, even when it's difficult. Share your commitment with a trusted friend or mentor for accountability and support.

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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)



## The Purpose of a Pop Can

*Fear of the Lord is the foundation of true wisdom. All who obey his commandments will grow in wisdom. Praise him forever!*  
{ Psalm 111:10 }



“Grab a pencil and a piece of paper,” my teacher told us. As we obeyed, he pulled out an empty pop can. “Your assignment is to come up with one hundred fifty uses for this pop can . . . go!” And we were off! At first, I thought it was an impossible task. That’s a lot of uses! But each person finished their homework before class ended. There were so many different ideas!

We are like that pop can. God designed us for a purpose, just like the can was designed for drinking pop. But God did not design us just for one job. He created us for a million different purposes and important moments.

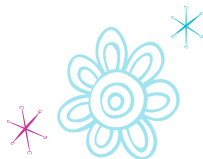
If we follow God’s instructions, He will continue to reveal to us what our many unique purposes are. I bet you’ve got more than a pop can!



**ACTION POINT:** Try the exercise! Pick an object and come up with ten uses for it. Then, come up with fifteen unique ways God designed you for a specific purpose. Following God allows you to find what you were created for!

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



## You Need Only to Be Still

*Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still."*  
{ Exodus 14:13-14 NIV }



It was the last day of fifth grade, and I felt afraid. My family was moving out of state, so I had to say goodbye to my friends. Overwhelmed, I asked my teacher, "What am I going to do, Mrs. Miller? What if I go to this new school and no one wants to be my friend?"

It was then that Mrs. Miller brought up Exodus 14:13-14. "I understand you're afraid, dear," she said, "but remember what the Lord has promised us: 'The Lord will fight for you; you need only to be still.'"

Sometimes, in moments of fear, we can try to control a situation to make ourselves feel better. But most of the time, trying to do everything ourselves and not surrendering to God only makes the situation worse! When it came to moving, it was when I understood that the Lord was FOR me, not against me, that I could trust Him with my life.



**ACTION POINT:** What are some ways you can practice "being still" and trusting the Lord in your life today? Write them down and thank Him for protecting you.

KASEY RAE BROWN, former True Girl cast member, leads as a worship director at a church in Cincinnati, Ohio. She is also a songwriter of worship music on all streaming platforms. [mytruegirl.com](http://mytruegirl.com)





## Bad Apples

*I have been sent to ...teach them to know the truth that shows them how to live godly lives. This truth gives them confidence that they have eternal life, which God—who does not lie—promised them before the world began.*  
{ Titus 1:1-2 }



**H**ave you ever bitten into an apple only to find it brown and mushy on the inside? Yuck! It looks deliciously crisp and juicy on the outside, but on the inside, it's rotten to the core. In the book of Titus, Paul and Titus face the same problem—except instead of rotten apples, Titus is dealing with rotten people!

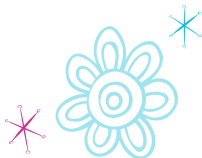
Some people in Titus' church claimed to know God, but they didn't act like it. Just like a rotten apple that looks good on the outside, these people were saying one thing and doing the opposite. In our verses, Paul encourages Titus by reminding him that knowing the truth shows us how to live godly lives. What we know about God should show itself in the way we live. Knowing the truth helps us live with confidence.



**ACTION POINT:** Does how you live match the truth of God's Word? Ask God to reveal places where you're not living out the truth. Ask Him for forgiveness, and think of one step you can take to confidently show the truth you know.

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

*So God sent back the same man his people had previously rejected when they demanded, "Who made you a ruler and judge over us?" Through the angel who appeared to him in the burning bush, God sent Moses to be their ruler and savior.*  
{ Acts 7:35 }



**D**id you know that Moses got ahead of God's plan? Scripture says that when he was forty, he saw an Egyptian mistreating an Israelite. Moses killed the Egyptian! Acts 7:25 says, "Moses assumed his fellow Israelites would realize that God had sent him to rescue them, but they didn't." Moses fled to the wilderness after his rescue attempt didn't go well!

Here's the thing. Moses was right! Not in killing the Egyptian but in believing that part of God's purpose for him was to deliver the Israelites from Egyptian slavery. Forty years later, when Moses was eighty, today's verse records that God sent Moses back to the Israelites in Egypt to "be their ruler and savior."

God has a purpose and a plan for you, too! And His timing in your life is perfect. So, if you're eager to get ahead, but God says, "Slow down!" learn from Moses.



**ACTION POINT:** What else can you learn about standing for truth from the life of Moses? Spend some time flipping through the book of Exodus and reading other stories about Moses.

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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)



## Spirit Strength

*Be on guard. Stand firm in the faith. Be courageous. Be strong.  
{1 Corinthians 16:13 }*



I get dizzy if I don't feed my body the right things. Because of this, I have to be very careful what I eat before I do a show or a speaking event. I want to make sure that my body is strong to do the very best job possible.

Our faith works the same way. If we don't feed our spirits the right thing, we won't be able to stand strongly when we are put to the test.

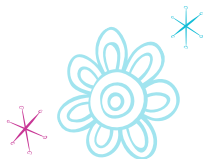
We can feed our spirits by filling them with the truths of Scripture. Studying His Word, spending time with Him in prayer, and listening to His instructions will help us stand firm when our faith gets tested. So, take the time to feed your body and spirit the right things. It will help you grow stronger in faith every single day.



**ACTION POINT:** What changes could you make to your daily routine to focus on feeding your spirit better? Try one out and watch how your spirit strength grows!

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



## Purpose Pointers

*Plans go wrong for lack of advice; many advisers bring success.  
{ Proverbs 15:22 }*



I have a big problem. And I have to solve it. There is no way I would try to do it on my own. The Bible tells me plans go wrong when we don't have advice. On the other hand, many advisors bring success.

I'm planning to ask my friend Janet Mylin for advice on how to fix my problem. She's a lead teacher for True Girl, but she has also been my friend for a really long time. And she has never failed to give me truthful advice and point me to God's purpose for my life. She's a purpose pointer!

How do you know when the wise people in your life are helping to point you to your purpose? The Bible! If your wise friends are bringing you back to God's Word, there is a good chance you can trust their advice. Do you have any problems in your life right now? Why not reach out to a purpose pointer and get some good, biblical advice.



**ACTION POINT:** Write the names of "some people" in your life who love Jesus and help you come to Him. Maybe tell them thank you for their help!



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## What's Holding You Up?

*Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*  
{ Proverbs 3:5-6 ESV }



**C**an you think of all the reasons we lean on things? Here are some I thought of:

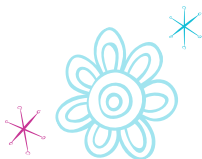
1. We lean on a friend if we're trying to keep from falling off a balance beam.
2. We lean on a cane or crutches if we need help walking.
3. We lean against a wall or table or something sturdy when we're a little wiped out and need to rest.

Did you catch the word in today's focus verse? It tells us one thing we definitely should NOT lean on. It's saying we shouldn't lean on our "own understanding." That means we can't put all our trust in ourselves because, well, we don't know everything! But God does! It's telling us to TOTALLY trust God. That's really good news for us when we get scared about what we should do or where we should go.



**ACTION POINT:** Turn Proverbs 3:5-6 into a prayer and pray it: "God, I trust You because You know everything. I'm leaning on You, and I know You will guide me everywhere I go!"

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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## First Things First

*Seek the Kingdom of God above all else, and live righteously,  
and he will give you everything you need.*  
{ Matthew 6:33 }



**H**ave you ever buttoned your shirt only to realize you skipped a buttonhole? Now your shirt is lopsided, and you have to start all over again!

Life can be like that sometimes. You're just living, and then all of a sudden, something bad happens. Instead of trusting God, maybe you start questioning His goodness and plan for your life. This is what happens when we don't keep first things first! If you haven't already, read our verse for today.

God promises that if we keep His kingdom first, He will provide us with everything we need. This doesn't mean we'll get everything we want or never face hard things, but it does mean that He will give us the strength to live for Him no matter what comes our way. Making Him the most important thing in your life is like buttoning your shirt by matching the first button with the first buttonhole. Everything lines up so much better!



**ACTION POINT:** What is most important to you? Make a list and order each thing from most important to least important. Now make a second list in the order of what is most important to God. Ask Him to help you keep first things first.

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## Sparkly Pink Shoes

*The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? But I, the LORD, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.*  
{ Jeremiah 17:9-10 }



**D**uring summer break, I invited friends to join me at the mall. We had waited all school year for our favorite shoe brand's summer collection to be released.

We headed to the store, and there they were—the most beautiful pink, glittery, magical sneakers I had ever seen! They were made for me!

Convinced, I sprinted toward the store, reaching for the shoes. But my best friend grabbed them first. “These were made for me!” she exclaimed, putting them on her feet. I had to do something fast if I wanted those shoes! Maybe if I told her they looked terrible on her, she would take them off! But that was a lie. Why was my heart desiring to be mean to my best friend over a pair of shoes?

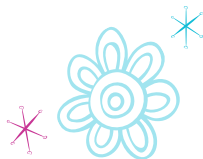
Jeremiah 17:9-10 reminds us that the human heart is wicked and deceitful. God knows all our secret feelings, including the ones I had in the shoe store that day.



**ACTION POINT:** Have you had any unkind thoughts or actions this week? Ask the Lord to forgive you of them. Then accept His forgiveness and walk in the joy of being fully known by the Lord!

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## Risky Stuff

*Above all, you must live as citizens of heaven,  
conducting yourselves in a manner worthy of the Good News  
about Christ.  
{ Philippians 1:27 }*



**D**uring the time of Esther, you couldn't approach the king's throne without being invited. You ran the risk of imprisonment or worse, death. So when Esther decided to stand against the injustice of her people and approach King Xerxes without permission, she was putting it all on the line.

I think Esther realized she was the daughter of a much higher authority, the King of Kings! She was willing to risk it all because she knew she had a unique purpose to fulfill.

God's created you to be a brave young woman who'll risk everything to stand for His truth. Despite her fears and uncertainties, Esther trusted God's plan. Like Esther, you are called to embrace God's purpose for your life and stand firm in His truth. So, be courageous, daughters of the King, for you are called to fulfill God's purpose with strength and conviction.



**ACTION POINT:** Ask God to reveal His purpose for your life. Write down one step you can take to align your life with God's purpose and stand firm in His truth. It could be as simple as committing to pray for courage or seeking opportunities to serve.

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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)





## Finding Balance

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



Growing up, "planning" and "Staci" did not go in the same sentence. Everything seemed to sneak up on me. "Science project? Oh yeah! My teacher said something about that! I can't remember when it's due, though." "Tomorrow," my mom would say as she shook her head. Spontaneity was the name of the game, and I was the best player.

As I got older, I realized I needed to plan, but then I went too far in the other direction. I'd over-plan, not leaving room for God to direct me. This landed me in situations that weren't meant for me.

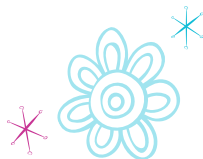
Today, I'm a bit better at finding the balance between waiting on the Lord while still planning and being proactive. I know God has good plans and will bring me the best future possible. This helps me not hold on so tightly and also leaves just enough room for dreaming, anticipating, and planning with the Lord.



**ACTION POINT:** Are you an over-planner or under-planner? Pray for God to help you find balance. Ask Him to help you rest in the plans He has for your future while also being involved and responsible with those plans.

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STACI RUDOLPH is the Assistant Director of Kids Ministry at Colorado Community Church in Aurora, Colorado. She loves playing with her Great Dane puppy, Francesca, and making music.



## Nothing Stops God's Plan

*Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.  
{ Ephesians 1:11 }*



I used to be a little obsessed with discovering God's will for my life. I often felt paralyzed and overwhelmed by the idea that I could somehow miss or mess up God's plan. I prayed that He would write His will for me in the clouds so I knew what to do.

But then, I stumbled across this truth: I am not powerful enough to mess up God's plan for my life. And friend, neither are you! In today's verse, we learn that if you follow Jesus, God chose you long before you were born to be His precious daughter. Not only did He choose you, but He also has a plan for your life that no one and nothing can stop. He is all-powerful and in control.

So, when you feel anxious about the future or have to make a decision, remember that God is in control. Ask Him for wisdom, take the next right step, and let God handle the rest.



**ACTION POINT:** For the next week, start your day with this simple prayer: "Thank you God that You are in control and I am not. Help me to trust You and take the next right step today."

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## I Put My Armor On

*Stand your ground, putting on the belt of truth and the body armor of God's righteousness.  
{ Ephesians 6:14 }*



In a game of tug-of-war, imagine yourself on one end of the rope, exerting all your strength against the opposing team. Sometimes, life feels like a tug-of-war, but instead of a rope, it's the truth we're holding onto. God encourages us to stand firm and grip the truth tightly.

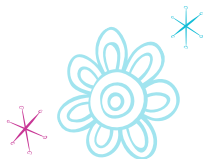
In the Bible, there's a story about a young girl named Esther who had to stand firm in truth. She was chosen to be queen but faced a dilemma. The king's advisor, Haman, plotted to destroy all the Jewish people in the kingdom. Esther had to decide whether to speak up and risk her life or remain silent and watch her people suffer. Esther bravely approached the king and revealed Haman's evil plan, saving her people from death.

Just like Esther, we should always tell the truth. Sometimes, doing what's right might make us feel different from others. But when we trust God and His truth, He helps us be brave and stand firm.



**ACTION POINT:** When have you had to decide between doing what you knew was right or going along with something you knew wasn't? Ask God to give you the courage to stand firm in truth, even when it's tough.

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



## Armed for Battle

*By standing firm, you will win your souls.*

*{ Luke 21:19 }*



**T**ake a second to look around you. Did you know there is a battle going on? Yes! Right now, a real spiritual battle is happening that you can't see, and it is trying to stop you from learning about God. That means that you need to make sure you are ready for battle.

You've got to learn how to fight. You're a young woman with the strength of the Lord on your side! Nothing can stop you when you fight on God's team. But, you have to make sure you are fighting with His tools.

By knowing His truths and discovering His purposes in your life, you can stand strong. You'll be able to win the battle! Equip yourself with the strength of the Lord so that you can stand firm and win every battle that comes your way.



**ACTION POINT:** Make or draw a sword or shield to remind you to prepare for battle! Spend some time talking to God about how you should start getting ready.

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



## You're Free!


*So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law.*  
{ Galatians 5:1 }



Sometimes, it is hard to feel like you have a purpose. There can be places where you feel weak or lost, and you think, “God, why am I here?”

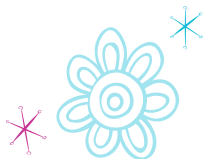
As I get older and become slowly wiser, today's verse sticks out to me. Christ has truly set us free! We don't have to be slaves to our sins any longer, and in that, we find purpose. Our purpose comes from God. I know that God has put me in the places that He wants me to be, and the same is true for you! You are no longer a slave. You are a follower of Christ.

God loves you and wants to have a relationship with you, but this world wants to stop you from having that relationship with Him. We need to remember that we are forever free because God will always be there to save us.

 **ACTION POINT:** Are you still a slave when it comes to your sin? Take time to pray and write about your sin and God's ability to free you.

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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.



## It Will Work Out

*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 plant vegetable seeds of all kinds after the last spring frost. It takes time to see the seeds turn into a beautiful harvest. It's so exciting—I can hardly stand to wait! (I may be guilty of checking my seeds hours after planting them in the ground to see if anything has happened yet!) But, even once a seedling emerges, it is nowhere near ready for fruit. A strong, nourished root system that can support the plant is needed to see it do what it was designed to do.

In the same way, there are seasons where we don't see the promise God gave us at play. By faith, we can receive hope in knowing there is a purpose in our waiting. We can trust in God's Word that He is working and connecting all of the dots for the plans He has for us.



**ACTION POINT:** Think about the areas of your life that feel random and useless. Pray for God to show you the bigger picture of what He is doing.



TISHA EDOR is a wife, homeschooling mom to her four kids, and author of *Seed to Success*. She loves spending time tinkering in the garden, listening to music, and writing.



## Set Apart

*For the Scriptures say, "You must be holy because I am holy."  
{ 1 Peter 1:16 }*



LOVE pens. It may sound nerdy, but I set aside my favorite ones for my quiet time with God and my sermon notes at church. Just like I set aside my favorite pens for these times, God has set you apart for something special, too. In 1 Peter 1:16, we read that we must be holy because God is holy. To be holy means to be set apart as special.

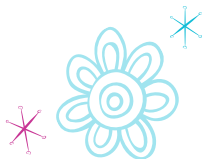
If you are a Christian, Jesus' death and resurrection have made you holy. How? When God looks at you, He doesn't see your sin. Instead, He sees the perfect goodness of Jesus. Until Jesus comes back, we will never be perfectly holy like Jesus is holy, but as daughters of God, we are called to live lives that look more like Jesus each day. By choosing you as His daughter, He has set you apart and given you the special task of living a life that points others to Him.



**ACTION POINT:** How can you live more like Jesus today than you did yesterday? Come up with one action you can take to be more like Him. Ask a grown-up in your life to hold you to it!

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

*Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.*  
{ 1 Corinthians 15:58 NIV }



**H**ave you ever been in a situation where it was tough to stand up for what's true? In 1 Corinthians 15:58, Paul encourages us to stand firm in our faith and the truth of God's Word. Let's look in the Bible for an example of standing firm. Our story comes from the book of Daniel.

Daniel was a young man who was taken captive and brought to Babylon. He remained faithful to God and His commandments. When the king issued a decree that no one could pray to any god except him, Daniel still prayed to God, as he had always done. He stood firm in his faith, even when it meant facing the threat of a lions' den. And you know what? God shut the lions' mouths because Daniel trusted in Him.

So, when you need to stand up for what you know is true, remember Daniel's example and trust God's power to help you stand firm.



**ACTION POINT:** Think about a situation where you may need to stand firm in truth. Ask God to give you the courage and strength to do what is right, even when it's hard. Remember, your labor for the Lord always has a purpose.

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





## Jesus Driven!

*And you will know the truth, and the truth will set you free.  
{ John 8:32 }*



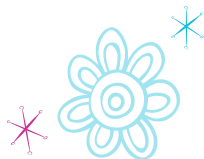
**T**he world is made up of thinkers and feelers. Thinkers tend to be driven by their thoughts and reasoning, while feelers are often led by their emotions. I tend to be more emotionally driven. I can remember insights I learned and still go with what I feel. I've been working on this with the Lord. One thing that's changed my heart for the better is learning that Truth is a person. And that person is Jesus. He said it Himself in John 14:6: "I am the way, the TRUTH, and the life."

Hearing and reading God's Word is great, but transformation and freedom don't come until we know Jesus and submit to His power. I've realized that standing on the Truth looks like choosing to believe Jesus over what the culture, my friends, and even my thoughts and feelings say. I'm learning to rely on every word He's spoken instead of my ever-changing thoughts and emotions. I'm no longer thoughts or emotions-driven. I'm Jesus driven!



**ACTION POINT:** Are you driven more by your thoughts or emotions? No matter which you're led by more, ask God to help you submit both to His Truth. Ask Him to help you be Jesus driven!

STACI RUDOLPH is the Assistant Director of Kids Ministry at Colorado Community Church in Aurora, Colorado. She loves playing with her Great Dane puppy, Francesca, and making music.



## Iggy the Fluffy Paper-Shredder

*I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.*  
{ Romans 7:19 }



# W

e have two dogs, and one of them is HUGE.

His name is *St. Ignatius*, but we call him *Iggy*.

Iggy is a gigantic, white, fluffy Pyredoodle.

That means he's half Great Pyrenees and half Standard Poodle.

He is such a sweet dog, and his face shows a lot of emotion.

Iggy loves to chew on paper. Sometimes, I'll see Iggy standing over a little pile of shredded paper, and his facial expression seems to say exactly what Romans 7:19 says. He looks so guilty because he knows he shouldn't do it, but he also really, *really* wants to keep eating that paper!

I can totally relate! Can you? I mean, I don't want to eat paper like Iggy, but I *know* how frustrated I feel when I know what's right but choose to do what's wrong. As we grow in our faith, we learn more how to do what's right and we see how God blesses that obedience.



**ACTION POINT:** Go ahead and get some paper. Start tearing it up with your hands! As you rip it up, ask God to give you strength to do what is good and say No to what is wrong.

JANET MYLIN is a True Girl lead teacher. Her Miniature Schnauzer, Poncho, is her faithful, furry Bible study buddy every morning!  
[mytruegirl.com](http://mytruegirl.com)



## Every Little Thing

*So whether you eat or drink, or whatever you do, do it all for the glory of God.*

*{ 1 Corinthians 10:31 }*



**D**id you know that cleaning your room, coloring a picture, doing your homework, and even brushing your teeth are all opportunities for you to live out God's purpose for your life?

Today's verse tells us that whatever we do should be done for the glory of God. When God created you, He specifically designed you to bring Him glory. He created you to worship Him! We glorify and praise God not just through singing songs or listening to a sermon but through everyday life.

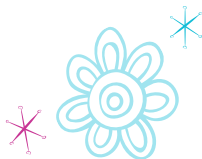
If you clean your room with an attitude of thankfulness, that glorifies God. If you color a picture and enjoy the creativity God has given you, that glorifies God. If you do your homework with joy instead of grumbling, that glorifies God. And yes, even brushing your teeth to care for the body God created for you glorifies God. Whatever you do, do it for God!



**ACTION POINT:** Listen to Steven Curtis Chapman's song "Do Everything." The next time you have to do something you don't want to, remember you're doing it for God! And when you enjoy doing something you love, praise and thank God for it!

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## Rise Up

*For God is working in you, giving you the desire and the power to do what pleases him.  
{ Philippians 2:13 }*



In ancient times, a young girl named Miriam lived in a small village. Miriam was known for her unwavering faith and commitment to truth. One day, a group of travelers passing through the town brought strange idols and false teachings. They tried to convince the villagers to abandon their faith in the one true God and follow after these idols instead.

Miriam's heart was troubled by the lies spread by these travelers. She knew that she had to stand firm in the truth. With courage and determination, she spoke up, boldly proclaiming the truth of God's Word to her fellow villagers.

Despite ridicule from those who opposed her, Miriam remained steadfast in her faith. She trusted in God's promise that He was working for her, giving her the desire and the power to do what pleased Him. Miriam's unwavering commitment to truth ultimately led many in the village to return to worshiping the one true God.



**ACTION POINT:** Just like Miriam, we are called to stand firm in the truth, no matter our challenges. As girls who love and follow Jesus, let's remember God is at work in us, empowering us to live lives that honor Him.

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## Nope, I Am Not Afraid

*But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.*  
{ 1 Peter 2:9 }



I have been going through some stressful things recently. As people ask me about college or what I want to do with the rest of my life, I become anxious. My future feels filled with questions because I don't have all the answers.

Yet, as I read today's verse, I find purpose in it. I am God's. I have been chosen by Him. I have been called out of the darkness to stand confidently in God's beautiful light. Not because of what I have done or who I am but because of God's love for me and His plan to save me.

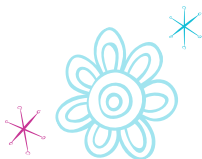
When you feel overwhelmed or scared about the future, don't be afraid. God has claimed you as His own, and there is no safer place you can be. There is nothing that you have to fear. God has given you a purpose.



**ACTION POINT:** What are you afraid of or are worried about? Remind yourself that you are the Lord's, and take some time to pray about it.

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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.



## To Be or Not To Be?

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



**S**ometimes, I wanted to be an artist when I grew up. Then, I would read a wonderful book and want to be a writer. I'd cycle through endless possibilities before finally deciding I had no idea what I wanted to be!

Honestly, this drove me nuts into my early twenties. I tried lots of different things but couldn't find my "purpose." I finally learned that no matter what I choose to do, my purpose would be to love God, love others, and make Jesus known! I can do that as an artist, writer, stay-at-home mom, deep sea diver, or any other occupation.

The specifics of our purpose become easier to find when we put God in the driver's seat. God has the road map since He made plans for our lives long ago. So, focus on Him in each decision. The little decisions make way for the big decisions, and the big decisions reveal the specifics of our purpose.



**ACTION POINT:** Spend time dreaming! Use a journal to list out a few things you'd like to be when you grow up. Next, write down ways you can love God and others, and make Jesus known while you do that particular thing.

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## Springtime Sunshine

*The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.*  
{ Isaiah 58:11 NIV }



**H**ave you ever noticed how the flowers pop out of the ground in the springtime? Different colors, shapes, and sizes grow all over the place. No one needs to whisper to the ground, “Alright, flowers! Time to wake up!” They know exactly when to rise from the ground because that is how God created them.

God made us in a similar way. Like the flowers need sun and warmth, we need Jesus. Without a relationship with Him, we are much like the “sun-scorched land” in Isaiah 58:11. We must rely on the Lord to guide us in ALL our steps. When we do, we will be like a flower popping up from the dirt just in time for the spring sunshine.

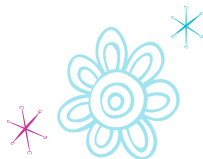
The Lord will lead and guide us, not our own knowledge. Open your Bible each day and allow Jesus to guide you!



**ACTION POINT:** Are you using the Word of God to guide your steps? Are you allowing the Lord to work in your life? Take a moment to journal about your relationship with Jesus.

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KASEY RAE BROWN, former True Girl cast member, leads as a worship director at a church in Cincinnati, Ohio. She is also a songwriter of worship music on all streaming platforms. [mytruegirl.com](http://mytruegirl.com)



## A Not-So-Secret Mission

*Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.*  
{ Matthew 28:19-20 }



I love spy movies! The action and adventure keep me on the edge of my seat, waiting eagerly to discover if the spy can accomplish their secret mission.

Did you know that God has a mission for you? Except this mission is not-so-secret! You can find it in Matthew 28:19-20. In these verses, Jesus sends His disciples (and us!) on a mission to share the truth of the gospel so that more people will follow Him. This is a huge responsibility! The gospel is the good news that Jesus died in our place for our sins and was raised back to life so that we can have eternal life with Him. If we share this good news and someone decides to follow Jesus, then Jesus tells us to dedicate that person to the Lord and teach them what God's Word says.

And just in case this not-so-secret mission sounds scary, Jesus reminds us that He will always be with us no matter what.



**ACTION POINT:** Prepare for your not-so-secret mission by practicing sharing the gospel! Some verses you might find helpful are Romans 3:23, 5:8, 6:23, 10:9, 10:13, and 1 Corinthians 15:3-5.

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## Student of Truth

*Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.*  
{ Psalm 25:5 }



**G**od's Word is always true and dependable! Today's verse reminds us that God's truth is like a guiding light. It will show us the right way to go.

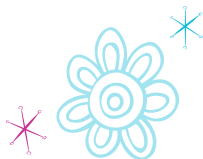
Let me tell you about Joseph. The Bible says his brothers were jealous of him because their father loved him the most. One day, Joseph had a dream that he would rule over them. They didn't like that one bit. So, they sold him into slavery in Egypt. But even though Joseph faced many hardships, he remained faithful to God and stood firm in the truth. Eventually, God raised Joseph to a position of power, and he was able to save his family and many others from a severe famine.

Just like Joseph, we can stand firm in truth. When we face difficult decisions, we can turn to God's Word for guidance. He will lead us and teach us His truth.



**ACTION POINT:** Spend time today reading your Bible and learning about God's truth. Ask God to guide you and show you the right way to go. No matter what challenges you face, God is with you every step of the way.

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## Purity Is Good

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

{ 1 Timothy 4:12 }



W

hen one of my kids brought an abandoned baby bunny inside, we didn't know it had fleas.

That was not good. Fleas contaminate a house with "flea dirt." After we got the bunny to a rescue shelter, we bought flea spray to kill the unwanted guests. In no time, we'd made the house pure again. Purity is good.

What does the word *pure* mean? To be free of contamination. God wants us to live lives of faith, love, and *purity*. Without purity, we cannot be friends with God, because we have sin in our hearts. God is pure and holy and cannot mix with sin and impurity.

That means when our language is contaminated with ugly words, we clean it up. When our minds get contaminated by what we watch on Netflix, we turn to other forms of entertainment. If our bodies are doing things that are not healthy and wholesome, we ask for help to change our behaviors. God wants you to live a life of purity. Even while you are young.



**ACTION POINT:** Grab two glasses—one nice clean one out of your cupboard and one from the dishwasher before you run it. Fill them both with water. Which one do you want to drink? Talk to your mom about purity.

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.  
mytruegirl.com



## Food for Thought

*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 }*



**H**ave you heard the phrase “You are what you eat?” I’ve always thought it sounded a bit funny. It’s not like I’m going to turn into a hot dog after having a cookout.

While we shouldn’t be afraid of literally turning into the food we eat, it is true that what you eat seriously affects how healthy your body is.

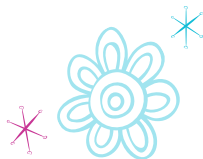
The same is true with your thoughts. What you think about changes how you feel, how you feel changes what you do, and what you do changes how you live. In Philippians 4:8, God tells us to fix our minds on what is true, honorable, right, pure, lovely, and admirable. What thoughts are you munching on?

The world will do its best to fill your mind with junk food. That’s why it’s important to pay careful attention to your thoughts. If you fill your mind with God’s Word, you’ll look and live more like Jesus than you did before.



**ACTION POINT:** What thoughts have you been thinking lately? Write them down. If any of your thoughts don’t line up with Philippians 4:8, cross them out and replace them with ones that do!

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## Spooky and Scary Times

*"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*  
 { Joshua 1:9 ESV }



**S**ometimes, life can feel like a spooky house. We might not know what to expect going forward. There can be scary things around us, and we have to take courage and put one foot in front of the other. But did you know the Bible has 365 verses about how we should not be afraid? That is a verse for every single day of the year!

Aren't you glad we have a God who loves us and chooses to protect us? He is bigger and greater than all of our fears and always has our backs! We are His children and His creation! He has a special purpose for us, and even though life can be scary, we can take courage knowing who has gone before us and will never fail us, even in the darkest situations.



**ACTION POINT:** When do you feel afraid? Ask God how you can face your fears and have faith that He is in control.

SAVANNAH SHELTON is a student at Liberty University earning a nursing degree. She lives in the mountains and loves cats!  
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## Acting like Christ

*In your lives you must think and act like Christ Jesus.  
{ Philippians 2:5 NCV }*



If your sister throws your favorite doll across the room, what would you say? If your brother ruins your favorite dress, what would you do? If your best friend plays with another friend at recess, how would you react?

There is a right and wrong way to respond in situations like these. We can find the right way to act within God's Word. Check out Philippians 2:5. It says, "In your lives you must think and act like Christ Jesus."

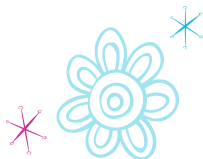
What does this mean? If your sister throws your favorite doll across the room, you are slow to anger. If your brother ruins your favorite dress, you are quick to forgive. If your best friend plays with someone else at recess, you choose to be understanding and ask if you can play, too!

Look at the way Jesus lived His life. You will find answers on how to respond to everyday moments.



**ACTION POINT:** Everyone has moments throughout their day where they get to choose how they will act. What is one way you can choose to act like Jesus this week?

KASEY RAE BROWN, former True Girl cast member, leads as a worship director at a church in Cincinnati, Ohio. She is also a songwriter of worship music on all streaming platforms. [mytruegirl.com](http://mytruegirl.com)







## Keep Your Feet, Frodo!

*Mark out a straight path for your feet; stay on the safe path.*  
{ Proverbs 4:26 }



“It’s a dangerous business, Frodo, going out of your door,” Gandalf warns. “You step into the Road, and if you don’t keep your feet, there is no knowing where you might be swept off to.” If you’ve heard *The Lord of the Rings* book trilogy or watched the movies, you remember Gandalf, Frodo, and Frodo’s dangerous journey to Mount Doom.

Gandalf’s advice is similar to today’s verse. The writer of Proverbs tells us to “stay on the safe path,” which God has laid out for us in His Word. Sometimes, it feels hard to “keep” our feet and “stay on the safe path” when our culture makes stepping off look like fun, or others are being “swept off” and pressuring us to follow.

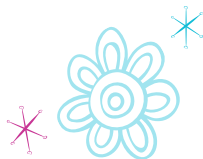
How can you live out these words of wisdom? By reading God’s Word and doing what it says. When you do, you’ll know how to “keep your feet” and “stay on the safe path.”



**ACTION POINT:** Grab your favorite drawing supplies! Write today’s verse and doodle fun designs around it. Maybe even include a sketch of Frodo and Gandalf. Hang it up in your room.



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)



## My Body Belongs to God

*Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*  
 {1 Corinthians 6:19-20}



If you borrowed a friend's favorite dress, would you go outside and play in the mud with it? Of course not! You'd take extra good care of it. Why? Because it's not your dress!

The same is true with our bodies. In today's verse, God says our bodies are a temple of the Holy Spirit and are a gift from Him. We don't belong to ourselves because God bought us back from the power of sin and death by sending His Son, Jesus, to die in our place. We traded our sin for Jesus' perfection. He has made us new! Now, He asks us to live as Jesus did and to honor Him with our bodies.

The world will tell you to do whatever you want with your body. But as daughters of God, the question we should ask ourselves is not, "What do I want to do?" but "How can I honor God?"



**ACTION POINT:** Listen to the song "I Am Not My Own" by Keith and Kristyn Getty and Skye Peterson. Ask God to help you honor Him with your body!

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## Time to Get Crazy!

*"You're out of your mind!" they said. When she insisted, they decided, "It must be his angel."  
{ Acts 12:15 }*



**D**id you know there's a girl named Rhoda in the Bible? You can find her story in Acts 12. Her story goes like this: All of Peter's friends were extremely sad because Peter had been put in jail just for being a follower of Jesus. But something amazing happened! God miraculously set Peter free from jail! Of course, Peter went to find his friends to tell them the good news.

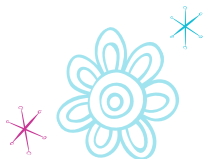
When he got to where his friends were hanging out, he knocked on the door, and our girl, Rhoda, answered. Obviously, she was totally amazed! When she went to tell the disciples Peter was at the door, they didn't believe her. They called her "crazy" and said she must have seen an angel or something.

I bet it made Rhoda feel bad when they didn't believe her. But she spoke the truth even though everyone thought she was crazy. And that's not always easy to do, is it?



**ACTION POINT:** Do you know what *integrity* is? One definition for it is "total honesty and sincerity." Today, ask God for strength like Rhoda to be honest, sincere, and brave!

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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## Watch Those Words

*Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*

{ Ephesians 4:29 }



**W**

hen I was young, I used to pride myself on the fact that I didn't curse. While not cursing is a good thing, it's not the only thing God wants us to stay away from. Ephesians 4:29 tells us not to use "foul or abusive language." That's not just curse words. Any words that come out of our mouths that don't honor God fit into the "foul/abusive" category.

God wants us to honor Him through our speech. So, if our words aren't good and helpful, we should choose other words—words that uplift and encourage others, words that reflect the love of Christ.

Are there words you're saying that God doesn't approve of? We show modesty and purity in our actions AND words.



**ACTION POINT:** Today, let's commit to honoring God with our speech. Before speaking, think about the impact of your words. Are they kind and uplifting? If not, ask God for different words.

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)



## God's Grace Teaches Us Purity

*For the grace of God ... teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age ...*  
{ Titus 2:11-12 NIV }



I wasn't pure. Even though I was only a teenager, I realized I had let bad things contaminate my mind and heart. It felt awful. Maybe you feel that way or have felt that way. From stuff on the Internet to the music we listen to, sometimes things get in our heads that are not pure. And it doesn't feel good. Even so, it can be hard to learn new behaviors.

Let me tell you something important I did. I prayed using two Bible verses: Titus 2:11-12. I didn't know how to change how I felt or some of the bad habits I'd learned. But these verses told me that God's grace teaches us to say "no" to our desires for things that are not good for us. I would pray, "Lord, teach me! Help me to say 'no.'" And He did.

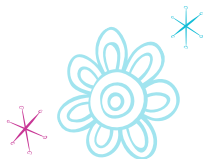
If you are struggling to keep the things in your life pure, start by asking God for help.




**ACTION POINT:** It's also a good idea to ask your mom for help if you're struggling with the books you read, movies you watch, or things you see on the Internet. If you feel bad about something in your life, tell her today.

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*Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.*  
 { Romans 12:3 }



I have a friend who truly believes God made her beautiful—and she is! She has a lovely smile, a joyful spirit, and one of the kindest hearts I've ever known. She recognizes this about herself, and personally, that makes her even more beautiful in my eyes. She sees the gift God gave her but doesn't take credit or brag about it to others. She is just thankful for what God gave her.

Don't believe the lie that to be modest or have integrity, you have to believe you aren't beautiful. That is not true! It is about recognizing that this beauty is a gift you cannot take credit for. The beauty God gave you doesn't outshine the beauty He gave someone else. We are all beautiful in unique ways because that's how He designed us. Appreciate the beauty that God gave you *and* those around you.



 **ACTION POINT:** Do you struggle to believe you are beautiful? Or maybe it's hard for you to recognize other people's beauty. Ask God to show you the beauty in everyone He has made (including YOU)!

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



## The Inside Wins

*A beautiful woman who lacks discretion is like a gold ring in a pig's snout.*  
{ Proverbs 11:22 }



**W**e raised pigs last summer. It was my first time doing that, and, girl, it was an adventure! I don't know if you have ever seen a real-life pig pen. It is pretty smelly and muddy and messy in every way. The Bible says, "A beautiful woman who lacks discretion is like a gold ring in a pig's snout." Can you imagine a beautiful, valuable piece of jewelry put on an animal? Not only would it be a silly sight, but it would be a pointless action!

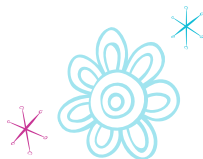
Scripture shows us that a woman's character is what really makes her beautiful. God desires that we put more emphasis on what's inside rather than what's outside and that our values and use of discernment carry more weight than our physical beauty.



**ACTION POINT:** As we aim to live a modest life, let's remember that it is our **CHARACTER** that truly makes us beautiful.

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TISHA EDOR is a wife, homeschooling mom to her four kids, and author of Seed to Success. She loves spending time tinkering in the garden, listening to music, and writing.



## Childlike Faith

*Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."  
{ Matthew 19:14 NIV }*



I remember my faith being so strong as a little girl. I didn't need anyone to prove to me that Jesus was real. I knew in my heart, and that was enough. Maybe you feel this way, too, or perhaps you've felt that way when you were younger. Sometimes, as we get older, we complicate things. The world seems to make everything more difficult, and believing in Jesus might feel harder.

In Matthew 19:14, Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Why do you think Jesus would say such a thing? It's because Jesus saw their hearts.

Throughout the Bible, we are encouraged to have childlike faith. This type of faith always trusts and hopes in the truth of Jesus. So, as you grow, cling to Jesus and never lose your faith!



**ACTION POINT:** Do you remember times when your faith in Jesus has been strong? Has it been harder or easier the older you've become? Think about some ways to keep your childlike faith and write them down.



KASEY RAE BROWN, former True Girl cast member, leads as a worship director at a church in Cincinnati, Ohio. She is also a songwriter of worship music on all streaming platforms. [mytruegirl.com](http://mytruegirl.com)



## Let Down Your Anchor

*Evil people try to drag me into sin, but I am firmly anchored to your instructions.  
{ Psalm 119:61 }*



**D**o you know what an anchor is? It's a heavy, hook-like piece of metal that sailors attach to their ship and drop into the waves. When the anchor reaches the ocean floor, it digs into the sand and stops the ship from drifting away with a strong wind or water current.

Just like an anchor keeps a ship from drifting away, the Bible keeps us from drifting into sin. God's Word is our anchor! Look at Psalm 119:61. Like a powerful current or gust of wind, people will try to drag you into sin. The world constantly feeds us lies about what is good, true, and beautiful. We will only know the difference between the truth and lies by anchoring ourselves to the Word of God.

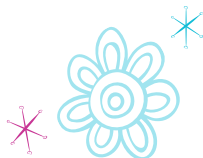
How do you make God's Word your anchor? By joyfully reading it every day! Because it's only by knowing the truth that you can spot the world's lies.



**ACTION POINT:** Read Psalm 119:1-16. (If you want a challenge, read the whole chapter!) Set aside a specific time to read your Bible daily and commit to obeying God's Word!

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

*Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.*  
{ Proverbs 31:30 }



In our world, it seems like the easiest way to receive praise from people is to be charming, skilled, or beautiful. That can fool us into thinking we should focus on becoming those things. However, Proverbs 31:30 tells us that this is a trick. Charm is deceptive. Beauty goes away! So, what are we supposed to focus on?

Thankfully, the verse tells us that we are supposed to focus on respecting the Lord. When we do this, it fixes our priorities. It gets rid of the trickiness of charm and exposes the lies of beauty. Focusing on the Lord teaches us how to live our lives the way He has called us to—with purity, dignity, and love. I'd say that's a lot better than anything the world seems to offer.



**ACTION POINT:** Do a self-check! What are you focused on right now? What can you do to either improve your focus or change it if needed? Talk about it with your mom or a trusted adult.



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





## Heart of Worship

*And the parts we regard as less honorable are those we clothe with the greatest care. So we carefully protect those parts that should not be seen.  
{ 1 Corinthians 12:23 }*



LOVE everything that sparkles! But not everyone shares my love for glitter, and that's okay. My daughter Josephine prefers simple outfits, while her sister Emberlynn adores anything sparkly. One morning, as we were getting ready for school picture day, I encouraged them to choose outfits that reflected their personalities, were modest, and made their hearts happy. However, Josephine seemed to be struggling to pick something out.

I sat down with her to chat. That's when I remembered 1 Corinthians 12:23. I shared it to remind her that everyone is beautifully and wonderfully made by God. What we wear doesn't have to sparkle because what truly matters is what's in our hearts. That's what God cares about the most.

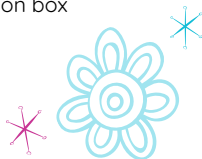
With understanding, Josephine gained confidence and selected her outfit. She embraced her own sense of modesty. She felt good about her style, knowing God sees her heart and not just her clothes.



**ACTION POINT:** First Corinthians 12:23 teaches us that every part of the body is valuable, even the less noticeable parts. Let's worship with our hearts by dressing modestly and acting with integrity, honoring ourselves and others because of who we are in Christ.

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



## Lying Lips

*The LORD detests lying lips, but he delights in those who tell the truth.*  
{ Proverbs 12:22 }



It seems that nothing is faster than a lie. Before you know it, one runs out your mouth like it's in the hundred-yard dash and crosses the finish line of someone's ears before you even realize the race began! We lie to make our stories more interesting so people won't think we're boring, to avoid disappointing others, or even to protect someone from something we believe would hurt them.

We fear the outcome of truth. Whatever the consequences of our honesty, we think lying is a better choice. But guess what!? This is the biggest lie of them all! Continuing in wrong behavior has never corrected anyone's situation. Honesty and truth are the only things that show us the way out of our mess.

I want my words to be something God delights in hearing, not what He detests. No matter what consequences appear to lie on the other side of telling the truth, I want to be an honest person who does so.



**ACTION POINT:** Do you have lying lips? (Be honest in your answer!) Use your journal and write a letter to God asking Him to help you have truthful lips that He delights in.

STACI RUDOLPH is the Assistant Director of Kids Ministry at Colorado Community Church in Aurora, Colorado. She loves playing with her Great Dane puppy, Francesca, and making music.



## God Makes Us Holy

*Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful.*  
{1 Thessalonians 5:23-24 }



**H**ave you ever tried to open a jar that will not open? The best thing to do is to ask for help. My husband Caleb is the jar opener in our house!

I don't know about you, but just like trying to open a pickle jar by myself, it can be easy to try to be holy through my own strength. But if I try to be perfect on my own, I will fail miserably. I need God's help to be holy!

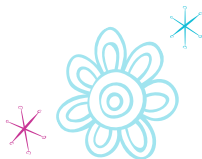
To be holy means to live as Jesus did. In today's verse, Paul reminds the Thessalonians that God is the one who keeps us holy until Jesus comes back. While we shouldn't use this as an excuse to keep sinning, it does mean that our holiness and purity depend on God, not us. And that is a good thing! Because the God who made us holy is faithful. He will help you be more like Jesus each day.



**ACTION POINT:** Read 1 Thessalonians 5:23-24 aloud as a prayer to God, replacing the word "you" with your name. Thank God for helping you be more like Jesus!

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## Cheater Cheater

*Be alert, stand firm in the faith, be courageous, be strong. Do everything in love.*

*{1 Corinthians 16:13-14 CSB }*



I was taking a science test and noticed the person next to me had the answer key written on his arm. He was cheating, but the teacher hadn't noticed. What made it worse was that the cheater had also been my crush since the second grade! I was torn on what to do. If I told the teacher, what if my crush found out? What if he decided I was a loser and never talked to me again? But I knew that cheating was wrong.

First Corinthians 16:13-14 tells us to be strong and courageous and to stand firm in our faith! The right thing to do is usually the hardest thing to do. As Christ followers, we are called to stand up for the truth and live by it. I ended up telling the teacher, even though I was afraid. I knew I needed to be strong and courageous, so I stood up for what was right.



**ACTION POINT:** Can you think of a time when you were strong and courageous? How did that affect those around you? Take some time to thank the Lord for making you brave.



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## Keep Asking

*Never stop praying.  
{1 Thessalonians 5:17 }*



In 2001, I started having endless thoughts about Africa, especially while praying. I could not stop being obsessed with the needs of the people there. I finally went to my mom and my husband. I asked them to pray for God to open a door for me. I begged God to show me His plan before December of that year, but He did not. Did I stop praying? No.

Another year went by. In December 2002, I received an email I will never forget. It was a request for me to write a purity curriculum and share the salvation message in the government schools of Zambia, a country in Africa. The man had been praying for someone like me to come, and I had been praying for a way to go to Africa. Together, we reached 75,000 students. I'm so glad that I kept praying!

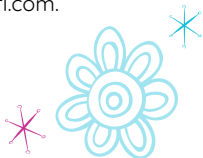
Sometimes, God doesn't answer us right away because He wants us to better understand what we need or are asking for. Sometimes, He waits so we can be grateful for the gift when it comes along. Other times, God knows we are not ready and need to mature.



**ACTION POINT:** Ask your mom if God has ever asked her to wait a long time for something she prayed for. Talk about it. Then pray together that God would give you patience and persistence in your prayer life.

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Today's encouragement is by DANNAH GRESH and is an adapted excerpt from The One Year Mother Daughter Devo by **Dannah Gresh** and **Janet Mylin**. Get a copy at [mytruegirl.com](http://mytruegirl.com).



## Hard Pass!

*But when they conveyed the king's order to Queen Vashti, she refused to come. This made the king furious, and he burned with anger.*  
 { Esther 1:12 }



**T**ucked into the beginning of the story of Esther in the Bible, you'll find another story about another lady. Her name was Queen Vashti. She was married to a king who LOVED to throw huge parties. He was all about showing other people how much money and power he had. Some of his feasts would last for days and days!

At one of those feasts, he wanted his wife, Queen Vashti, to come into the party, walk around, and show off her beauty. The king didn't think Vashti was a masterpiece created by God, so he didn't treat her with dignity and respect. He just wanted to show her off.

Do you know how Vashti responded to the king's request? She was like, "Hard pass! No way!" This made the king very angry, and he sent her away. Queen Vashti walked in dignity and modesty even though it meant she would be kicked out of the castle. How brave!



**ACTION POINT:** Read Esther 1 in your Bible. Do you see how full of pride the king was and how full of dignity Queen Vashti was? Pray that you will walk as a girl of dignity, too!

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## Grace and Glory

*For the LORD God is our sun and our shield. He gives us grace and glory. The LORD will withhold no good thing from those who do what is right.*

*{ Psalm 84:11 }*



**T**here used to be a credit card commercial that always ended with the slogan: “Membership has its privileges.” Having their card came with lots of perks! That’s what I think of when I read today’s verse. Being God’s child comes with lots of “perks.” Not only does He give us grace and glory, but He does not keep any good thing from those who walk uprightly. He generously pours out good things to those who seek Him, worship Him, and spend time in His presence.

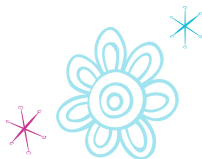
The more we do those things, the more we live in God’s integrity and dignity. This helps us better recognize when we face pressure to compromise, and keeps us from giving in. Ask God to help you seek Him with all your heart, to experience the reward that’s found in His presence. Standing firm in God’s standards can be challenging, but remember, His grace empowers you to walk right, even when it’s difficult.



**ACTION POINT:** Today, evaluate areas of your life where you may need to uphold purity and integrity more intentionally. Set boundaries to safeguard your heart, mind, and body. Pray for God’s strength to resist temptation and honor Him in all you do.

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## Seeing Beyond the Surface

*But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them. People judge by outward appearance, but the LORD looks at the heart."*  
 {1 Samuel 16:7 }



In 1 Samuel 16:7, when Samuel was choosing the next king of Israel, God told him not to judge by outward appearances because God looks at the heart. This instruction was important because Samuel was focusing too much on how people looked on the outside, like their height or appearance, rather than their inner qualities. God wanted Samuel to understand that true worth and goodness come from what's inside a person, not just what can be seen on the surface.

Imagine if we judged people only by how they look. We'd miss out on getting to know amazing people that God places in our lives, just because they don't match our idea of beauty or strength.



**ACTION POINT:** Today, let's strive to see others through God's eyes instead of by how they look or what they wear. Ask God to help you see people the way He sees them, with love and compassion. Then, choose to treat others with kindness and acceptance, just as God accepts us for who we are on the inside.

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





## The First-Ever Fashion Designer

*And the LORD God made clothing from animal skins for Adam and his wife.  
{ Genesis 3:21 }*



**D**id you know that God was the first-ever fashion designer? It's true! In Genesis 3:21, God made the very first clothes for Adam and Eve. But these clothes weren't created for a runway. They were designed for something very important.

Before Adam and Eve sinned, they didn't need clothes. They could be naked without being embarrassed or ashamed because they were perfect. They didn't need to hide themselves from God or each other. But when they disobeyed God, they realized they were naked and hid themselves from Him. Sin entered the world, and they could no longer be in God's presence like they were before.

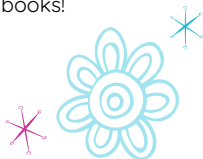
Because of their sin, God had to send Adam and Eve out of the Garden of Eden. But before He did, He created the very first clothes from animal skins. Their clothes served as a reminder that they needed God to cover their sin and that one day, their sin would be covered not by clothes, but by the blood of Jesus!



**ACTION POINT:** What we wear sends a message. How can you dress to honor God and show your need for Him? The next time you decide what to wear, ask yourself: How can I honor God with what I wear today?

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## Don't Let It Be True

*But do this in a gentle and respectful way. Keep your conscience clear. Then if people speak against you, they will be ashamed when they see what a good life you live because you belong to Christ.*  
 {1 Peter 3:16 }



I was unprepared for the test. I grabbed paper, jotted down a few helpful hints and answers, and slid it up the sleeve of my sweater. When the test began, I got one answer, then two, but on the third, I noticed my teacher looking disappointedly in my direction. He came over to my desk and escorted me to the principal's office.

After receiving my punishment (failing the test AND getting detention), I heard lots of whispers about me and what I'd done. It was humiliating and hurt my reputation with the teachers and students. I'd once been seen as an honest person, but after that incident, I became the girl who cheated. Dishonest, cheater, and liar were labels I wore for a while.

The worst thing wasn't that people were gossiping about me but that what they said was true. Accusations and negativity will present themselves in your life, but don't let them be true. Keep your conscience clear and your character clean.



**ACTION POINT:** Reflect on your actions and decisions, both when others are watching and when they're not. If it seems like you're living a double life, ask Jesus to help you live a life of honesty and integrity that shows you belong to Him.

STACI RUDOLPH is the Assistant Director of Kids Ministry at Colorado Community Church in Aurora, Colorado. She loves playing with her Great Dane puppy, Francesca, and making music.



## Reflecting God's Beauty

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.*  
{ Romans 12:1 }



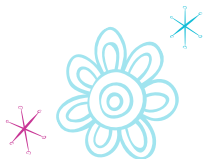
**D**id you know that modesty is more than just clothes? It's about honoring ourselves and others as God's precious creations. Romans 12:1 reminds us to present our bodies as living sacrifices to God. This means respecting and cherishing the bodies He has given us. Modesty shines through in how we dress, speak, and act. It's about showing our inner beauty and value rather than seeking attention or approval from others.

Think about a mirror that reflects God's beauty. When we act modestly, we're like that mirror, showing His love and kindness to the world. Let's wear clothes that honor our bodies and behave in ways that show our faith.



**ACTION POINT:** What are you reflecting in the mirror? Take some time in prayer and ask God to help you reflect His beauty through modesty in your actions, words, and choices.

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## The Perfect Dress

*I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God.*  
 {1 Timothy 2:9-10 NIV }



**W**

ho knew buying a dress for the dance would be so difficult? After trying on the seventeenth one, I was convinced I found it. But my mom said it was too short! “It’s just a dress!” I said. “Who cares if it’s short? I won’t bend over!”

“You and I both know that is not true,” my mom tenderly said. “It is important to dress modestly because our clothes reflect our hearts.” Now, when I get dressed, I consider my mom’s words.

What we wear on the outside reflects what is going on inside. First Timothy 2:9-10 says, “I also want women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God.” It is not about how beautiful we are on the outside. It is about what God sees when He looks at our hearts.



**ACTION POINT:** Do you think that you are a modest person? What are some different ways that you can show the beauty of your heart on the outside? Talk about that with someone you trust.

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## Good Things at Wrong Times

*The LORD is more pleased when we do what is right and just than when we offer him sacrifices.*

*{ Proverbs 21:3 }*



**T**here have been a few moments in my life when I knew God was pushing me to do what was right, but instead, I did what I wanted to do. When the guilt of disobeying Him set in, I'd try to make Him happy by doing good things. But I did them for the wrong reasons at the wrong time.

Sacrificing for God in one area of our lives after being disobedient in another is a trap we all fall into from time to time. We pick and choose when we'll listen to God, hoping He'll be pleased if we do lots of other good things for Him.

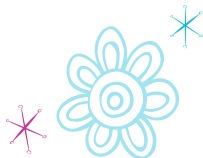
Don't try to please the Lord with sacrifices instead of right living. Don't go your own way and then try to make Him happy by doing good things. Do what is right no matter how hard it is in the moment. God deserves your full submission, not your makeup gifts.



**ACTION POINT:** Spend some time thinking of specific situations where God asked you to do what was right and just. Do these situations show your obedience or your sacrifices to try and make God happy in other ways?

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# Revelation Letters: Philadelphia

*I know all the things you do, and I have opened a door for you that no one can close. You have little strength, yet you obeyed my word and did not deny me.*

*{ Revelation 3:8 }*



**H**ave you ever felt like you can't do anything great for God until you're an adult? Do you feel that adults who live for Jesus have greater strength than you?

According to today's verse, the amount of strength you have doesn't matter to Jesus. It's what you do with that strength.

Just because you're young doesn't mean you have an excuse to wait until you're older to live for God. First Timothy 4:12 says, "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity" (NIV).

You can set an example in your purity. You take the first step toward living a pure life in your thoughts. Philippians 4:8 reminds you to "fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable." If your mind is set on the pure things of God, your actions will follow.



**ACTION POINT:** Pray today that others would be challenged by the example of your speech, life, love, faith, and purity.

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Today's encouragement is by DANNAH GRESH and is an adapted excerpt from The One Year Mother Daughter Devo by Dannah Gresh and Janet Mylin. Get a copy at [mytruegirl.com](http://mytruegirl.com).



## Who's the Boss?

*But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.)*  
{ Romans 8:9 }

**W**

hen I was younger, I might have been a teensy-weensy bit bossy! I liked to be in charge, and my younger siblings knew it. Just like when I used to boss my siblings around, your sin will boss you around if you let it! But your sin doesn't have to be in charge. Check out today's verse.

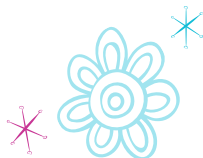
In Romans 8:9, we learn that if we follow Jesus, we don't have to be controlled by our sinful nature. Why? Because we have the Holy Spirit living inside of us! He is the one who should be in control. We can say no to sin and live God's way because the same power that raised Jesus from the dead lives in us!

So, who's the boss in your life? Your sin or your Savior? Every day, you have the opportunity to live out your sinful desires or choose holiness and purity by living as Jesus did. Which will you choose?



**ACTION POINT:** Write a prayer asking the Holy Spirit to help you say no to sin and yes to Jesus. Put it somewhere you'll see it each day as a reminder!

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## Walking in Integrity

*People with integrity walk safely, but those who follow crooked paths will be exposed.*  
{ Proverbs 10:9 }



**P**roverbs 10:9 says, “People with integrity walk safely, but those who follow crooked paths will be exposed.” This verse speaks to the importance of honesty and integrity in our lives. When we choose to do what is right, we can walk confidently, knowing we’re on the right path. But when we lie or act dishonestly, it eventually catches up with us.

Like how a straight path leads to a safe destination, living with integrity brings security and peace. It’s about being honest in all we do, even when no one is watching. When we walk in integrity, we honor God and gain the trust of others.



**ACTION POINT:** Today, commit to always choosing honesty and integrity in your words and actions. Ask God to help you walk securely on the path of righteousness.



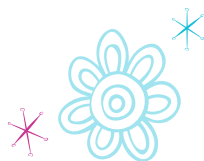
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## Follow In His Footsteps!

These True Girl Devos were written to remind you that God has created a path for you to follow. God is at work to order your steps in life and His plan is good. At the end of each devo, you'll find an action point you can use to live out what you discover!

These devos are written by Dannah Gresh and other writers we want to introduce you to, including: Kasey Brown, Jennifer Daly, Tisha Edor, Elaiyna Hope, Shani McKenzie, Janet Mylin, Staci Rudolph, Kindra Stanton, Savannah Shelton, Ashleigh Slater, Aimee Stringer, 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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