OCHORUS ORIGINALS

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Daughters of the King

Beloved: who you are, whose you are,
and the brave girls who went before you



Daughters of the King – 30 Days with God for Girls – Book 1

Beloved: who you are, whose you are, and the brave girls who went before you

Ochorus Originals

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OCHORUS

About Ochorus

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Matthew 10:8

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About this work

Daughters of the King is an original Ochorus devotional series for girls aged 9 to 12, a sister to our co-ed series Rooted. Its anchor is God's promise in 2 Corinthians 6:18: "I will be a Father to you, and you will be My sons and daughters." This first book is about identity: who a girl is, and whose she is, when the world keeps telling her she has to be prettier, more popular or more impressive.

The first week hears what God says about her: called by name, made to reflect Him, seen at the heart, beautiful with a gentle and quiet spirit, His daughter, sung over with joy. The second takes apart the comparison trap, with Leah the sister nobody noticed, filters and feeds, contentment, and Elizabeth celebrating Mary. The third is about friendship and words, from Ruth and Naomi to cliques, drama and honey-sweet words. The fourth meets the brave girls of the Bible: Miriam, Deborah, Abigail, Rahab, Naaman's servant girl and Mary. The fifth turns to a heart for God with Hannah, Mary of Bethany, the woman with the perfume and Lydia.

Every day follows the same short pattern: a Scripture from the Berean Standard Bible, a teaching, a question to think about, one thing to try, and a prayer. Each week ends with a true story from our Brave for God books: Amy Carmichael, Gladys Aylward, Corrie ten Boom, Mary Slessor and Mary Jones. The book builds character and faith through the women of Scripture and does not teach adult roles. Many girls will enjoy reading it with a mother, grandmother or mentor.

Introduction: You Are a Daughter of the King

What words would you use to describe yourself?

Maybe you'd say funny, or shy, or sporty, or creative. Maybe you'd describe how you look: tall, short, curly hair, freckles. Maybe you'd name the things you're good at, or the things you wish you were better at.

Now here's a bigger question: what words does **God** use to describe you?

This book is about His answer. And His answer starts with this:

> *"And: 'I will be a Father to you, and you will be My sons and daughters, says the Lord Almighty.'"*
> *— 2 Corinthians 6:18 (BSB)*

If you belong to Jesus, you are a **daughter of the King**. Not a princess in a fairy tale, but a real daughter of the real King of everything. He made you. He loves you. He knows your name. And He has a purpose for your life.

Being a girl today isn't always easy. There's a lot of pressure to look a certain way, act a certain way and have the right friends, the right clothes and the right everything. It's easy to compare yourself to other girls and feel like you don't measure up. Friendships can be wonderful, and they can also be full of drama. And it's easy to forget who you really are.

That's why we're going to spend 30 days remembering.

What's in this book

- **Week 1 — Whose I Am.** What God says about you.
- **Week 2 — The Comparison Trap.** How to stop measuring yourself against other girls.
- **Week 3 — Friends and Words.** Being a true friend, and handling drama God's way.
- **Week 4 — Brave Girls of the Bible.** Miriam, Deborah, Abigail, Rahab, a servant girl and Mary.
- **Week 5 — A Heart for God.** Hannah, Mary and Martha, Lydia, and what makes a woman of God beautiful.

At the end of each week, you'll also meet a real woman from history who trusted God in amazing ways. You can read their whole stories in the *Brave for God* books.

How each day works

Every day takes about five to ten minutes and has five parts:

1. **The verse.** A short passage from the Bible. Read it slowly.
2. **The teaching.** What the verse means for a girl like you.
3. **Think about it.** A question to think about, or talk about with your mom, a friend or a leader.
4. **Try this.** One small thing to do today.
5. **The prayer.** A prayer to pray. Add your own words too!

Tips

- **Grab a journal.** Write down your answers, your prayers and anything God shows you.
- **Read with someone.** A mom, grandma, aunt, older sister or friend would be a great reading buddy.
- **Be honest.** God already knows how you feel. You can tell Him anything.
- **Missed a day? Just keep going.** He isn't keeping score.

Let's find out what the King says about His daughters.

For parents, grandparents and leaders

Daughters of the King is an Ochorus devotional series for girls aged 9 to 12, written alongside our co-ed series *Rooted*. Book 1 focuses on identity: worth that comes from God rather than appearance, comparison or popularity. It also looks at friendship and at women of the Bible who trusted Him with courage. It aims to build character and faith, and it doesn't address adult roles. Scripture is quoted from the Berean Standard Bible. Each week ends with a short true story from our *Brave for God* series. The "Think about it" questions make good conversation starters, and many girls will enjoy reading this book with a mother, grandmother or mentor.

Day 1 — Called by Name

"But now, this is what the LORD says—He who created you, O Jacob, and He who formed you, O Israel: 'Do not fear, for I have redeemed you; I have called you by your name; you are Mine!'"
— Isaiah 43:1 (BSB)

Have you ever been in a big crowd and suddenly heard someone call your name? You turn around, and there's someone who knows you, waving and smiling. In a sea of strangers, being known feels wonderful.

Names matter. When someone remembers your name, it tells you that you matter to them. When someone forgets it, or calls you by the wrong name, it can sting a little.

God spoke today's words to His people Israel at a time when they felt forgotten and afraid. And look at what He said: "**I have called you by your name; you are Mine!**"

God isn't a far-away ruler who only knows people as numbers. He knows each of His children by name. Your name. Not just your first name, but everything about you: your favorite color, the song stuck in your head, the thing you worried about last night, and the dream you've never told anyone.

Notice what God says first: "He who **created** you... He who **formed** you." God is the one who made you. He didn't make a mistake with your face, your personality or your story. He shaped you on purpose.

Then He says, "I have **redeemed** you." To redeem something means to buy it back, to pay a price to make it yours again. That's exactly what Jesus did on the cross. We had wandered away from God because of sin. But Jesus paid the price to bring us back. That's how much God wanted you to be His.

And then those three wonderful words: "**You are Mine.**"

Before you're anyone's friend, anyone's teammate, anyone's classmate, even before you're anyone's daughter on earth, you belong to God. That's the most important thing about you. Nothing anyone says, and nothing you do, can change the fact that He knows your name and calls you His.

So when you feel invisible, or like you don't matter, or like nobody really knows you, remember: the King of heaven calls you by name.

Think about it: What does it mean to you that God knows your name and calls you "Mine"?

Try this: Write your name in the middle of a page in your journal. Around it, write "Created by God," "Formed by God," "Redeemed by God" and "God's."

Dear God, thank You that You created me and formed me. Thank You that Jesus paid the price to make me Yours. Thank You for calling me by my name. When I feel forgotten or afraid, help me remember that I am Yours. In Jesus' name, Amen.

Day 2 — Made to Reflect Him

"And we, who with unveiled faces all reflect the glory of the Lord, are being transformed into His image with intensifying glory, which comes from the Lord, who is the Spirit."
— 2 Corinthians 3:18 (BSB)

Have you ever seen the moon glowing brightly in the night sky? It's beautiful. But here's something amazing: the moon doesn't make any light of its own. It's actually a big, gray, dusty rock! The moon shines because it **reflects** the light of the sun.

Paul says we're like that. "We... all **reflect** the glory of the Lord." God made you to shine. But not with your own light. You shine by reflecting Him.

This matters, because the world is always telling girls they need to shine in other ways. Be the prettiest. Be the most popular. Get the most attention. Have the most followers. Look perfect in every picture.

But that kind of shining is exhausting, and it never lasts. There's always someone prettier, more popular or more talented. If your worth comes from shining brighter than other girls, you'll always feel like you're losing.

God has something better for you. You don't have to create your own light. You just have to face Him, like the moon faces the sun. When you spend time with God, reading His Word, talking to Him and loving Him, His light starts to shine through you. You become more kind, more joyful, more patient and more like Jesus. And that kind of beauty is real.

Notice the words "being transformed." That's happening *now*, a little at a time. Paul says it happens "with intensifying glory," which means it keeps getting brighter. You don't have to be perfect today. God is changing you, step by step, to look more like Jesus.

And notice who does the work: "which comes from the Lord, who is the Spirit." You don't have to force yourself to shine. The Holy Spirit does it as you stay close to Him.

The moon doesn't compete with the stars. It just faces the sun. That's all you need to do too.

Think about it: In what ways do girls your age try to "shine" to get attention? How is reflecting God different?

Try this: Tonight, if you can, look at the moon. Remember: you were made to reflect God's light, not to make your own.

Dear God, thank You that I don't have to make my own light. Help me stay close to You so I can reflect Your glory. Change me, little by little, to look more like Jesus. Let Your light shine through me today. In Jesus' name, Amen.

Day 3 — God Looks at the Heart

"But the LORD said to Samuel, 'Do not consider his appearance or height, for I have rejected him; the LORD does not see as man does. For man sees the outward appearance, but the LORD sees the heart.'"
— 1 Samuel 16:7 (BSB)

God sent the prophet Samuel on a secret mission. He was to go to Bethlehem, to the house of a man named Jesse, and anoint one of Jesse's sons as the next king of Israel. God would show him which one.

When Jesse's oldest son, Eliab, walked in, Samuel was sure this was him. Eliab was tall and handsome. He looked like a king! *This must be the one*, Samuel thought.

But God said no. "Do not consider his appearance or height." Then God explained why: "Man sees the outward appearance, but **the LORD sees the heart**."

One by one, seven of Jesse's sons walked past Samuel. And each time, God said, "Not this one." Finally Samuel asked, "Are these all the sons you have?" Jesse replied, "There is still the youngest, but he is tending the sheep." He hadn't even bothered to invite him!

When the youngest son came in from the fields, God said, "Rise and anoint him, for he is the one." His name was **David**. He was just a shepherd boy, and nobody thought he was important. But God had looked at his heart.

People look at the outside. It's natural. We notice clothes, hair, faces and bodies. And sometimes people judge us by what they see. Maybe you've felt judged for how you look, or maybe you've judged someone else.

But God looks deeper. He sees what's inside you: your kindness, your faith, your honesty and your love. He also sees the hurt, the fear and the parts you hide. And He loves you all the way through.

This doesn't mean it's wrong to take care of how you look. It's fine to enjoy clothes and fixing your hair! But how you look isn't what makes you valuable, and it isn't what God cares about most.

So the next time you stand in front of a mirror and feel like you don't measure up, remember: the mirror only shows the outside. God sees your heart. And that's what He treasures.

Think about it: Why do you think people pay so much attention to how others look? How can you start seeing people the way God does?

Try this: Today, when you look in the mirror, instead of thinking about how you look, ask God, "What do You see in my heart today?"

Dear God, thank You that You look at my heart, not just my outside. Help me care most about what You care about. Help me stop judging myself and others by appearance, and start seeing hearts the way You do. In Jesus' name, Amen.

Day 4 — Real Beauty

"Your beauty should not come from outward adornment, such as braided hair or gold jewelry or fine clothes, but from the inner disposition of your heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight."
— 1 Peter 3:3–4 (BSB)

Everywhere you look, someone is telling girls what "beautiful" means. Ads, movies, videos and magazines are full of it. You need this makeup. You need these clothes. You need this body. And many of the pictures you see have been edited to look perfect, so nobody actually looks like that in real life!

It's no wonder so many girls feel like they're not pretty enough.

Peter wrote about beauty two thousand years ago. Even back then, people cared a lot about fancy hairstyles, gold jewelry and expensive clothes. And Peter said, *That's not where real beauty comes from.*

Now, Peter isn't saying it's wrong to braid your hair or wear a necklace! He's saying those things aren't the **source** of your beauty. Real beauty comes from somewhere else: "the inner disposition of your heart."

Then Peter describes a kind of beauty that never fades: "a gentle and quiet spirit."

What does that mean? A *gentle* spirit is kind and caring, not harsh or mean. A *quiet* spirit doesn't mean you can never talk or laugh or be loud! Some of the most joyful girls are very lively. A quiet spirit means a heart at

peace. It trusts God instead of worrying. It isn't always fighting for attention or trying to prove itself.

Notice the word "unfading." Outer beauty changes. Hair turns gray. Faces get wrinkles. Styles go out of date. But a heart full of God's gentleness and peace just keeps getting more beautiful, all the way to old age.

Think about the most beautiful older woman you know, maybe a grandmother or a lady at church. What makes her beautiful? Probably her kindness, her smile, her warmth and her love for God. That's the unfading kind.

And Peter says it's "**precious in God's sight**." When God looks at a girl with a gentle, peaceful, trusting heart, He sees something precious.

Think about it: Who is a woman you know who is beautiful on the inside? What makes her that way?

Try this: Write a note to a woman who shows "unfading beauty," and tell her what you admire about her.

Dear God, the world tells me a lot about what beautiful means. Help me care most about the beauty You care about. Grow a gentle and quiet spirit in me: a heart that is kind, peaceful and trusting. Thank You that this beauty is precious to You. In Jesus' name, Amen.

Day 5 — His Daughter

"And: 'I will be a Father to you, and you will be My sons and daughters, says the Lord Almighty.'"
— 2 Corinthians 6:18 (BSB)

Have you ever watched a dad with his little girl? Maybe he carries her on his shoulders so she can see over a crowd. Maybe he twirls her around at a wedding. Maybe he sits with her when she's sick or scared, and she falls asleep feeling safe.

A good father loves, protects, provides for and delights in his children.

Some girls have wonderful dads. Some girls have dads who are far away, or who aren't around at all, or who have let them down. Some girls have a stepdad, a grandpa or another man who cares for them. Every girl's story is different.

But here's something true for every girl who belongs to Jesus: **God is your Father.** "I will be a Father to you, and you will be My sons and daughters, says the Lord Almighty."

The Lord Almighty, the most powerful being in the universe, calls Himself your Father, and He calls you His daughter.

Think about what that means:

- **You are loved.** Not because of what you do, but because of whose you are.

- **You are protected.** Your Father is stronger than anything that could hurt you.
- **You are provided for.** He knows exactly what you need.
- **You belong.** You have a place in His family that no one can take away.
- **You can come to Him anytime.** Daughters don't need an appointment to talk to their dad.

And if your earthly dad has hurt you or isn't there, God understands. He is the perfect Father. He will never leave you, never stop loving you and never let you down. (If anyone at home is hurting you, please tell a trusted adult. God wants you to be safe.)

This is the heart of this whole book. You are a daughter of the King. Not because you're perfect, or pretty enough, or popular enough, but because He chose to make you His own through Jesus.

When you walk into school tomorrow, you can hold your head up. Not in pride, but in peace. You know who your Father is.

Think about it: What's one thing a good father does that helps you understand what God is like?

Try this: Write "I am a daughter of the King" on a card, and put it somewhere you'll see it every morning.

Dear Father in heaven, thank You for making me Your daughter. Thank You that You love me, protect me, provide for me and delight in me. When I forget who I am, remind me that I belong to You. In Jesus' name, Amen.

Day 6 — He Sings over You

"The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing."
— Zephaniah 3:17 (BSB)

Has anyone ever sung to you? Maybe your mom sang you lullabies when you were little. Maybe your family sings "Happy Birthday" to you every year. There's something special about someone singing *to you*, just for you.

Today's verse says something that sounds almost too good to be true: **God sings over you.**

Look at everything this verse says about God:

- **"The LORD your God is among you."** He's not far away. He's right here with you.
- **"He is mighty to save."** He's strong enough to rescue you from anything.
- **"He will rejoice over you with gladness."** God is *happy* about you! He doesn't just put up with you. He delights in you.
- **"He will quiet you with His love."** When you're anxious or upset, His love can calm your heart, like a mom rocking a crying baby until she's peaceful.
- **"He will rejoice over you with singing."** The God who made the stars sings over you with joy.

Many girls secretly wonder, *Does God really like me? Or is He just disappointed in me?* Maybe you've felt like you're too much, or not enough. Maybe you feel like God puts up with you because He has to.

But that's not what this verse says. God rejoices over you. He's glad you exist. He sings over you, the way a proud, loving parent sings over a newborn baby.

This week, you've learned that God calls you by name, made you to reflect Him, looks at your heart, treasures real beauty and calls you His daughter. And today you've learned He *delights* in you.

A true story: Amy Carmichael grew up in Ireland with brown eyes she didn't like. One night, as a little girl, she prayed that God would turn them blue. In the morning she ran to the mirror, and they were still brown! Years later, Amy went to India to rescue children who were in terrible danger. To slip through the crowds without being noticed, she wore a sari and darkened her skin with coffee. And her brown eyes helped her blend in. God had known all along. You can read her whole story in *Brave for God*.

Think about it: How does it feel to know that God rejoices over you with singing?

Try this: Tonight, before you fall asleep, read Zephaniah 3:17 again. Imagine God singing over you with joy.

Dear God, thank You that You are with me, that You are mighty to save and that You delight in me. Quiet my heart with Your love when I'm anxious. Thank You for rejoicing over me with singing. I love You too. In Jesus' name, Amen.

Day 7 — Run Your Own Race

"Each one should test his own work. Then he will have reason to boast in himself alone, and not in someone else. For each one should carry his own load."
— Galatians 6:4–5 (BSB)

Imagine you're running in a race. You're doing great! Your legs are strong, your breathing is steady and you're getting closer to the finish line. But then you glance over at the runner next to you. *She's faster than me. Her shoes are nicer. She looks like she's not even tired.* You keep looking at her. And while you're watching her, you trip over your own feet.

That's what comparison does.

Comparison means measuring yourself against someone else. And it's one of the biggest traps girls fall into. Is she prettier than me? Smarter? Funnier? Does she have more friends? Nicer clothes? A bigger house? A better phone?

Comparing always ends in one of two ways. Either you decide you're better than her, and you become proud. Or you decide she's better than you, and you feel jealous, discouraged or not good enough. Neither one is good for your heart.

Paul gives a different way: "Each one should test **his own work**." In other words, look at your own life, not hers. Are you doing what God asked *you* to do? Are you using the gifts He gave *you*? Are you growing in the ways *you* need to grow?

God didn't make you to be a copy of anyone else. He gave her gifts for her life, and He gave you gifts for yours. He gave her a race to run, and He gave you yours.

Paul says, "each one should carry his own load." You don't have to carry her life. You only have to carry yours, with God's help.

And here's the freedom in that: when you stop comparing, you can actually **enjoy** other girls instead of competing with them. You can be happy when she does well, and she can be happy when you do well. Nobody has to lose for somebody else to win.

Think about it: Who do you tend to compare yourself to most? How does it make you feel?

Try this: Every time you catch yourself comparing today, stop and thank God for one gift He gave *you*.

Dear God, I compare myself to other girls a lot. Help me stop. Help me keep my eyes on the race You've given me, not on someone else's. Thank You for the gifts and the life You gave me. In Jesus' name, Amen.

Day 8 — The Sister Nobody Noticed

"When the LORD saw that Leah was unloved, He opened her womb; but Rachel was barren."
— Genesis 29:31 (BSB)
"And once more she conceived and gave birth to a son and said, 'This time I will praise the LORD.' So she named him Judah."
— Genesis 29:35 (BSB)

Leah and Rachel were sisters. The Bible tells us that Rachel was "shapely and beautiful." But about Leah, it only says she "had weak eyes." Rachel was the one everyone noticed. Leah was the one people overlooked.

When a man named Jacob came to live with their family, he fell in love with Rachel right away. Through a trick by the girls' father, Jacob ended up married to both sisters. But everyone knew Jacob loved Rachel more.

Can you imagine how Leah felt? Always second. Always compared to her beautiful sister. Always wishing someone would love her the way they loved Rachel.

But the Bible says something beautiful: "When **the LORD saw** that Leah was unloved..." Nobody else seemed to notice Leah's pain. But God did. He saw her.

Leah had children, and when each one was born, she gave them names that showed what was in her heart. With her first son, she said, "The LORD has seen my affliction. Surely my husband will love me now." With

her second and third, she was still hoping her husband would finally love her.

But when her fourth son was born, something had changed. This time she said, "**This time I will praise the LORD.**" And she named him Judah, which sounds like the Hebrew word for "praise."

Leah stopped trying so hard to win the love she didn't have, and she started praising God for the love she did have.

And here's the most amazing part: God did something wonderful through Leah's son Judah. Many years later, King David was born from Judah's family. And many years after that, **Jesus** was born from that family too! The sister nobody noticed became part of God's greatest story.

Maybe you've felt like Leah. Maybe there's a sister, a cousin or a friend who always gets more attention. Maybe you feel overlooked. God sees you. You're not second place to Him.

Think about it: Have you ever felt like Leah, overlooked or compared to someone else? How does it help to know God saw her, and sees you?

Try this: Leah said, "This time I will praise the LORD." Write down three things you can praise God for today, even if something in your life feels unfair.

Dear God, thank You that You saw Leah when no one else did, and that You see me too. When I feel overlooked or compared to others, help me turn my heart toward praising You. Thank You that I'm never second place to You. In Jesus' name, Amen.

Day 9 — Filters and Feeds

"A tranquil heart is life to the body, but envy rots the bones."
— Proverbs 14:30 (BSB)

Have you ever scrolled through pictures and videos and come away feeling worse about yourself? Everyone else seems to be having more fun, going to better places, wearing cuter outfits and looking perfect. And you're just... sitting on your bed in your pajamas.

Whether you have your own phone yet or not, you've probably seen how screens and social media can make girls feel. Here's something important to know: **most of what you see online isn't the whole story.**

People post their best moments, not their boring or hard ones. They take twenty pictures and post the best one. Many photos are edited or filtered to change how people look: smoother skin, different faces, different bodies. Some videos are staged to look spontaneous. What looks like a perfect life is usually a highlight reel.

But even knowing that, it's easy to feel **envy**. Envy is when you see what someone else has and you want it, and it makes you unhappy that you don't have it.

Proverbs describes envy in a pretty gross way: it "**rots the bones**." Envy doesn't just make you sad. It eats away at you from the inside. The more you feed it, the worse you feel.

But look at the other half of the verse: "A tranquil heart is **life** to the body." *Tranquil* means calm and peaceful. A heart that's content, that

trusts God and isn't constantly comparing, brings life and health.

So how do you guard your heart against envy?

- **Notice how you feel.** If scrolling or watching makes you feel jealous or not good enough, that's a sign to stop.
- **Remember the highlight reel.** You're seeing their best moments, not their whole life.
- **Limit what you look at.** It's okay to unfollow, mute or close the app.
- **Replace envy with thankfulness.** Name something you're grateful for in your own life.
- **Talk to someone.** If screens are making you feel bad about yourself, tell a parent. You're not alone.

And if something online ever makes you uncomfortable or scared, turn it off and tell a trusted adult right away.

Think about it: Have you ever felt worse about yourself after looking at screens? What do you think causes that?

Try this: Take a break from screens for a whole afternoon. Notice how your heart feels afterward.

Dear God, envy is so easy to feel. Help me remember that what I see isn't the whole story. Give me a tranquil heart that's content with the life You've given me. Help me guard my heart and be thankful. In Jesus' name, Amen.

Day 10 — Pleasant Places

"The LORD is my chosen portion and my cup; You have made my lot secure. The lines of my boundary have fallen in pleasant places; surely my inheritance is delightful."
— Psalm 16:5–6 (BSB)

In Bible times, when God's people came into the Promised Land, the land was divided up among the families. Each family got a section of land marked out by boundary lines. That was their "lot," their "portion," their "inheritance."

Imagine being one of those families. You might look over at your neighbor's land and think, *Their field is bigger. Their soil looks better. They got a nicer spot by the stream.* It would be easy to feel like you got the short end of the stick.

But David wrote, "The lines of my boundary have fallen in **pleasant places**; surely my inheritance is **delightful**."

David was saying, *I'm happy with what God has given me. My life is good.*

And look at the reason he gives: "The LORD is my chosen portion." David's greatest treasure wasn't his land, his stuff or his position. It was God Himself. And when God is your portion, you always have enough.

This is what **contentment** looks like. It's being happy with the life God has given you, instead of always wishing you had someone else's.

Your life has its own "boundary lines": your family, your home, your school, your body, your abilities and your circumstances. Some of those things might be great. Some might be hard. And it's easy to look over the fence at another girl's life and think hers is better.

But God placed your boundary lines on purpose. He knows your story. And He promises to be with you in it.

Contentment doesn't mean you can never want anything or try to improve anything. It means your happiness doesn't depend on getting more. It depends on the God who already gave you Himself.

Here's a secret: a content girl is a happy girl. And a girl who's always comparing will never feel she has enough, no matter how much she gets.

Think about it: What's one thing about your life that you're thankful for, that you might not have noticed before?

Try this: Make a list titled "Pleasant Places in My Life." Write down at least ten good things God has given you, big and small.

Dear God, You are my portion and my treasure. Help me be content with the life You've given me. Thank You for all the pleasant places in my life. When I start looking over the fence, help me remember that I already have You. In Jesus' name, Amen.

Day 11 — Celebrate Her

"When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed, 'Blessed are you among women, and blessed is the fruit of your womb!... Blessed is she who has believed that the Lord's word to her will be fulfilled.'"
— Luke 1:41–42, 45 (BSB)

Elizabeth was an older woman who had wanted a baby her whole life. For years and years, she had prayed, but no baby came. Then, when she was old, God did a miracle, and Elizabeth was finally going to have a son! (He would grow up to be John the Baptist.)

Around the same time, Elizabeth's young relative, Mary, found out she was going to have a baby too. And not just any baby. Mary would be the mother of Jesus, the Son of God!

So Mary hurried to visit Elizabeth. And when Elizabeth heard Mary's voice, the baby inside Elizabeth jumped for joy! Elizabeth was filled with the Holy Spirit, and she shouted, "**Blessed are you among women!**"

Think about this for a moment. Elizabeth had waited her whole life for a baby. Finally, it was her big moment. But then her younger cousin showed up with news that was even bigger. Mary's baby would be more important than Elizabeth's.

Elizabeth could have felt jealous. She could have thought, *Why does she get the most important baby? I waited so much longer!*

But she didn't. Instead, she **celebrated** Mary. She cheered for her. She blessed her. She was genuinely happy that God was doing something amazing in Mary's life.

That's what real friendship between girls can look like. Not competing, but cheering each other on.

It isn't always easy. When a friend makes the team and you don't, or gets the part you wanted, or gets complimented on her drawing when you worked hard on yours, it's natural to feel a twinge of jealousy.

But you get to choose what you do with that feeling. You can let it turn into competition and resentment. Or you can do what Elizabeth did, and celebrate her.

And here's something wonderful: when you celebrate other girls, it doesn't take anything away from you. God has enough blessings for everyone.

Think about it: Is there a friend or sister you find it hard to celebrate? Why?

Try this: Find a girl you might normally feel jealous of, and genuinely celebrate something good in her life today. Tell her you're happy for her.

Dear God, thank You for Elizabeth's example. Help me celebrate other girls instead of competing with them. When I feel jealous, help me cheer them on instead. Thank You that You have enough blessings for everyone. In Jesus' name, Amen.

Day 12 — All You Need

"And my God will supply all your needs according to His glorious riches in Christ Jesus."
— Philippians 4:19 (BSB)

"I *need* those shoes." "I *need* that phone." "I *need* to be invited to that party." "I *need* to look like her."

We use the word "need" a lot. But most of the time, we really mean "want." There's a big difference between the two!

A **need** is something you truly can't live without, like food, water, shelter, love, safety and God. A **want** is something that would be nice to have, but you'd be okay without it.

The comparison trap blurs those two things together. When you see another girl with something, it suddenly feels like you *need* it too. You don't just want the jacket. You need it, or you'll feel left out. You don't just want to look a certain way. You need to, or you won't be good enough.

But Paul makes a beautiful promise: "My God will supply **all your needs**." Not all your wants, but all your *needs*. And He does it "according to His glorious riches in Christ Jesus." God isn't poor! He has unlimited riches, and He's generous with His children.

Paul wrote this from prison. He didn't have much. But he had learned that God always provided what he truly needed. And the thing Paul needed most, he already had: Jesus.

Here's the truth that gets you out of the comparison trap: **in Christ, you already have everything you really need.** You have God's love. You have forgiveness. You have a place in His family. You have His presence with you every day. You have a forever home in heaven.

Nobody can give you more than that. Not a new outfit, not a thousand followers, not the perfect body. And nobody can take it away.

So the next time you think, *I need that*, stop and ask, *Is this a need or a want?* And then remember: your Father already knows what you need, and He promises to provide it.

A true story: Gladys Aylward was a maid in London who cleaned other people's houses. She believed God wanted her to go to China. But when she asked a mission society to send her, they said no. She wasn't clever enough, they told her, and she was too old to learn the language. Gladys didn't compare herself to the clever people. She saved her wages, penny by penny, and went anyway. In China, she learned the language after all, took in children who had no one to care for them, and later led nearly a hundred children to safety over the mountains during a war. People said she wasn't enough. God said she was His. You can read her whole story in *Brave for God*.

Think about it: What's something you've said you "need" that's really a want? What are the things you truly need?

Try this: Make two columns in your journal: "Needs" and "Wants." Sort some things into each. Then thank God that He provides all your needs.

Dear God, thank You that You supply all my needs from Your glorious riches. Help me know the difference between needs and wants. Thank You that in Jesus, I already have everything I really need. In Jesus' name, Amen.

Day 13 — Where You Go, I'll Go

"But Ruth replied: 'Do not urge me to leave you or to turn from following you. For wherever you go, I will go, and wherever you live, I will live; your people will be my people, and your God will be my God.'"
— Ruth 1:16 (BSB)

Naomi had lost everything. She had moved far from home with her husband and two sons during a famine. Then, in that faraway land, her husband died. And later, both of her sons died too.

Naomi was left with her two daughters-in-law, Ruth and Orpah. They weren't Israelites. They came from the country of Moab. Naomi decided to go back to her hometown of Bethlehem, alone. She told the two young women to go back to their own families and find new husbands. She had nothing left to give them.

Orpah cried, kissed Naomi goodbye and went home.

But Ruth wouldn't leave. She held on to Naomi and said one of the most beautiful promises of friendship ever spoken: "**Wherever you go, I will go**, and wherever you live, I will live; your people will be my people, and your God will be my God."

Ruth could have gone back to her comfortable life. Instead, she chose to go to a strange country, as a foreigner, with a sad older woman who had nothing, because she loved her. And she chose Naomi's God as her own.

That's **loyalty**. It's sticking with someone when it's hard, when it costs you something, and when you don't get anything out of it.

And God blessed Ruth's loyalty. In Bethlehem, she met a kind man named Boaz, and they got married. They had a son named Obed, who became the grandfather of King David. So Ruth, a young woman from another country, became part of the family line of Jesus!

Some friendships are just about having fun together. That's great! But the best friendships are like Ruth and Naomi's: friends who stick with each other through hard times, who don't walk away when things get difficult, and who help each other follow God.

What kind of friend are you? When a friend is going through something hard, do you stick close, or drift away?

Think about it: Why do you think Ruth stayed with Naomi when Orpah went home? What kind of friend do you want to be?

Try this: Think of a friend who's going through something hard. Find a way to stick close to her this week, like sitting with her, writing her a note or praying for her.

Dear God, thank You for Ruth's loyal love. Help me be a friend who sticks close, even when it's hard. Help me be the kind of friend who helps others follow You. And thank You for being loyal to me always. In Jesus' name, Amen.

Day 14 — No Favorites

"My brothers, as you hold out your faith in our glorious Lord Jesus Christ, do not show favoritism. Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in shabby clothes also comes in. If you lavish attention on the man in fine clothes and say, 'Here is a seat of honor,' but say to the poor man, 'You must stand' or 'Sit at my feet,' have you not discriminated among yourselves and become judges with evil thoughts?"
— James 2:1–4 (BSB)

Picture a lunchroom. At one table sit the girls everyone wants to be friends with. They're laughing, and the seats around them are "saved" for certain people. Across the room, a new girl stands holding her tray, looking for somewhere to sit. When she gets close to the popular table, one of the girls puts her bag on the empty chair.

Have you ever seen something like that? Maybe you've been the girl with the tray. Maybe you've been the one with the bag on the chair.

James describes almost the same situation. Two people walk into church. One is rich and well-dressed, and everyone rushes to give him the best seat. The other is poor and wearing old clothes, and people tell him to stand in the back or sit on the floor.

James says that's wrong. "Do not show **favoritism**." Favoritism is treating some people better than others because of how they look, what they have or how popular they are.

Girls' friend groups can sometimes turn into **cliques**, groups that are closed off to others. Being part of a group of friends isn't bad at all! But when a group starts leaving people out on purpose, deciding who's "in" and who's "out," or treating some girls as more important than others, that's favoritism.

Why does God care so much? Because He doesn't play favorites. He loves the girl with the designer clothes and the girl with the hand-me-downs exactly the same. And Jesus spent His time with people others ignored.

So how can you avoid favoritism?

- **Notice who's left out,** and invite her in.
- **Don't "save" seats** to keep people away.
- **Be kind to everyone,** not just the popular girls.
- **Don't judge girls** by their clothes, their looks or their stuff.
- **If your group is leaving someone out, be brave** enough to change it.

Think about it: Have you ever been left out by a group? Have you ever been part of leaving someone else out?

Try this: Invite someone to sit with you, play with you or join your group this week, especially someone who usually isn't included.

Dear God, thank You that You don't play favorites. You love every girl the same. Help me never to leave someone out because of how she looks or what she has. Give me courage to include others, even when it's not popular. In Jesus' name, Amen.

Day 15 — Drama-Free

"Without wood, a fire goes out; without gossip, a conflict ceases."
— Proverbs 26:20 (BSB)

"Did you hear what she said about you?" "Don't tell anyone, but..." "She's not your real friend. She told me..." "Can you believe what she was wearing?"

Sound familiar? Sometimes friendships between girls can get tangled up in **drama**: rumors, secrets, whispering, taking sides, and friends who are best friends one day and not speaking the next.

Drama can feel exciting, in a way. Knowing a secret or being "in the loop" can make you feel important. But drama hurts people, and it almost always makes things worse.

Proverbs gives a simple picture. Think about a campfire. What keeps a fire burning? Wood! As long as someone keeps adding sticks, it keeps going. But if nobody adds any more wood, what happens? The fire slowly burns down and goes out.

"Without wood, a fire goes out; **without gossip, a conflict ceases**."

Gossip is like wood on the fire of drama. Every time someone passes along a rumor, repeats what someone said or talks behind someone's back, they're throwing another log on the fire. And the fire grows bigger and hotter.

But you can choose not to add wood! When gossip comes to you, you can let it stop with you. You don't have to pass it on. And when enough

people stop adding wood, the fire goes out.

Here are some ways to be drama-free:

- **Don't pass it on.** When you hear gossip, let it stop with you.
- **Go to the person directly.** If you have a problem with a friend, talk to *her*, kindly, instead of talking *about* her.
- **Don't take sides in every fight.** You can care about both friends.
- **Change the subject.** "Hey, did you finish the science project?"
- **Say something kind.** When others are criticizing someone, say something good about her instead.
- **Don't believe everything you hear.** Rumors are often not true.

Being drama-free doesn't mean you'll never have problems with friends. It means handling them in a way that puts out fires instead of starting them.

Think about it: What's one kind of "drama" that happens often among girls you know? How could you help put out the fire?

Try this: The next time someone tells you gossip, let it stop with you. Don't pass it on, and change the subject.

Dear God, I don't want to add wood to the fire of drama. Help me stop gossip when it comes to me. Help me talk to my friends, not about them. Make me a peacemaker who helps put out fires. In Jesus' name, Amen.

Day 16 — Words Like Honey

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones."
— Proverbs 16:24 (BSB)

Have you ever tasted honey straight from a honeycomb? It's sweet, sticky and delicious. In Bible times, honey was one of the sweetest treats anyone could have. There was no candy store down the street! So honey was a special, precious gift.

Proverbs says kind words are like that: "**Pleasant words are a honeycomb**, sweet to the soul and healing to the bones."

Think about a time someone said something really kind to you. Maybe a teacher praised your work. Maybe a friend told you she was glad you were her friend. Maybe your mom told you she was proud of you. How did it feel? Probably sweet. It might even have stuck with you for days.

Kind words don't just feel nice. Proverbs says they're "healing." When a girl is hurting, discouraged or feeling bad about herself, the right words can actually help her heal on the inside.

Yesterday we talked about gossip, which is words that hurt. Today is about the opposite: words that heal. And you have the power to give them away every single day!

Here are some ways to give "honey words":

- **Notice something specific.** Not just "You're nice," but "I love how you always include new girls."
- **Encourage character, not just looks.** Instead of only complimenting her hair or outfit, praise her kindness, courage, creativity or hard work.
- **Say thank you.** Thank people for the little things they do.
- **Write it down.** A note or card can be read again and again.
- **Speak up for someone.** Say something kind about a girl who's being left out or criticized.
- **Be kind to yourself too.** The words you say to yourself in your head matter. Would you talk to a friend the way you talk to yourself?

That last one is important. Lots of girls are very hard on themselves. *I'm so stupid. I'm ugly. Nobody likes me.* But God doesn't talk to you that way. Try speaking to yourself with the same kindness He does.

Think about it: What's the kindest thing anyone has ever said to you? Why do you think it meant so much?

Try this: Give three "honey words" today to three different people. Make them specific and true. And say one kind thing to yourself too.

Dear God, thank You for the power of kind words. Help me use my words like honey: sweet and healing. Show me who needs encouragement today. And help me speak to myself the way You speak to me. In Jesus' name, Amen.

Day 17 — When a Friend Hurts You

"Be angry, yet do not sin. Do not let the sun set upon your anger, and do not give the devil a foothold."
— Ephesians 4:26–27 (BSB)

Even the best friends hurt each other sometimes. Maybe your friend told someone a secret you trusted her with. Maybe she left you out of something. Maybe she said something hurtful, or started hanging out with a new friend and forgot about you.

When a friend hurts you, it can feel terrible. You might feel sad, betrayed, embarrassed or really, really angry.

Here's something that might surprise you: Paul says, "**Be angry**, yet do not sin." It's not wrong to feel angry when someone hurts you. Anger is a feeling God gave us. Even Jesus got angry sometimes. The question is what you *do* with your anger.

Paul gives two important pieces of advice.

"Do not sin." When you're angry, it's easy to do something you'll regret: say something mean back, post something hurtful, turn other friends against her, give her the silent treatment or plan revenge. Paul says, *Feel the anger, but don't let it push you into doing wrong.*

"Do not let the sun set upon your anger." In other words, don't hold on to it. Don't let it sit in your heart day after day, growing into a grudge. Deal with it quickly.

Why? Because "do not give the devil a foothold." A *foothold* is a little place to put your foot when you're climbing. When we hold on to anger, we give the enemy a place to get a grip on our hearts. Anger that sits too long turns into bitterness, and bitterness poisons friendships and hearts.

So what should you do when a friend hurts you?

- **Tell God first.** Pour out how you feel. He understands.
- **Calm down before you talk.** Take some time so you don't say something you'll regret.
- **Talk to her directly and kindly.** "When you told everyone my secret, it really hurt me."
- **Listen to her side.** Sometimes there's a misunderstanding.
- **Forgive,** even if it's hard. Forgiving doesn't mean what she did was okay. It means you're letting go of revenge.
- **Ask a grown-up for help** if you don't know what to do, or if a friend keeps hurting you.

Think about it: When a friend hurts you, what's your usual reaction? What would handling it God's way look like?

Try this: If there's a friend you're upset with right now, pray about it, and then find a calm, kind way to talk to her soon, before the sun sets on your anger.

Dear God, when friends hurt me, help me not to sin in my anger. Help me deal with it quickly, talk honestly and kindly, and forgive. Don't let bitterness grow in my heart. Thank You for forgiving me. In Jesus' name, Amen.

Day 18 — A Friend Who Points to Jesus

"But exhort one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness."
— Hebrews 3:13 (BSB)

What makes someone a really good friend?

Maybe she's fun. Maybe she makes you laugh. Maybe she likes the same things you do. Maybe she always has your back. Those are all great things!

But the Bible describes an even deeper kind of friendship: a friend who helps you follow Jesus.

The writer of Hebrews says, "**Exhort one another daily**." To *exhort* means to encourage, urge or cheer someone on. It's like a coach on the sidelines saying, *Keep going! Don't give up! You can do this!*

Why is this so important? "So that none of you may be hardened by sin's deceitfulness." Sin is sneaky. It tricks us. It says, *It's no big deal. Everyone does it. Nobody will know.* And little by little, our hearts can become hard, like clay left out in the sun. But a good friend can help keep your heart soft toward God.

Here's what a friend who points to Jesus might do:

- **Pray with you** and for you.
- **Remind you of what's true** when you're believing lies about yourself.
- **Encourage you** when you're discouraged.

- **Say, "I don't think that's a good idea,"** when you're about to make a bad choice.
- **Go to church or youth group with you.**
- **Talk about God** in normal conversations, not just at church.
- **Celebrate** when you grow in your faith.

Notice the word "daily." Not just once in a while. Every day, friends can build each other up.

And remember, this goes both ways. Don't just look for a friend like this. **Be** a friend like this.

This week you've learned about loyal friendship like Ruth's, including others instead of playing favorites, being drama-free, giving honey words and handling hurt God's way. All of that comes together in this: be a friend who points others to Jesus.

A true story: Corrie ten Boom and her sister Betsie lived above their family's watch shop in Holland. During a war, they hid Jewish families from soldiers in a secret room behind Corrie's bedroom wall. When they were caught, the sisters were sent to a terrible prison camp. There, Betsie kept reminding Corrie, and everyone around them, that God's love is deeper than any darkness. Betsie died in that camp, but Corrie lived to tell the whole world what her sister had taught her. Years later, she even forgave one of the cruel guards. Betsie was the kind of sister and friend who pointed Corrie to Jesus. You can read Corrie's whole story in *Brave for God*.

Think about it: Do you have a friend who points you to Jesus? Are you that kind of friend to someone?

Try this: Encourage a Christian friend today. Tell her a Bible verse that's helped you, or ask how you can pray for her, and then do it.

Dear God, thank You for friends who point me to You. Help me be that kind of friend. Help me encourage others every day and help keep their hearts

soft toward You. In Jesus' name, Amen.

Day 19 — Miriam Watches the Basket

"And his sister stood at a distance to see what would happen to him... Then his sister said to Pharaoh's daughter, 'Shall I go and call one of the Hebrew women to nurse the child?' 'Go ahead,' Pharaoh's daughter told her. And the girl went and called the boy's mother."
— Exodus 2:4, 7–8 (BSB)

It was a terrible time to be born a Hebrew baby boy in Egypt. The cruel Pharaoh was afraid the Hebrew people were growing too strong, so he ordered that every newborn Hebrew boy be thrown into the Nile River.

One Hebrew mother had a beautiful baby boy, and she hid him for three months. But when she couldn't hide him any longer, she made a little basket, coated it with tar so it would float, put her baby inside and set it among the reeds at the edge of the river.

And the baby's big sister, **Miriam**, stood nearby, watching to see what would happen.

Soon, Pharaoh's own daughter, the princess, came down to the river to bathe. She saw the basket and sent her servant to get it. When she opened it, the baby was crying. The princess felt sorry for him. "This is one of the Hebrew children," she said.

Now, imagine being Miriam. She was just a girl, probably not much older than you. She was a slave, and this was the princess of Egypt, the daughter of the man who wanted her baby brother dead!

But Miriam didn't hide. She walked right up to the princess and said, "Shall I go and call one of the Hebrew women to nurse the child?"

That was brave! And it was clever too. The princess said yes. And who did Miriam go and get? Her own mother! So the baby's mother got to take care of her own son, and the princess even paid her to do it!

That baby's name was **Moses**. He would grow up to lead God's people out of slavery in Egypt. And his life was saved, in part, because his big sister was brave enough to speak up.

You don't have to be a grown-up to be brave. Miriam was just a girl. But she watched, she waited and, when the moment came, she spoke up.

Think about it: What do you think Miriam was feeling as she walked up to the princess? When have you needed to be brave and speak up?

Try this: Look for a moment today when you can speak up to help someone, maybe by asking a question, standing up for a friend or offering to help.

Dear God, thank You for Miriam's courage. Help me be brave like her, to watch out for others and to speak up when it matters. Thank You that You use girls to do great things. In Jesus' name, Amen.

Day 20 — Deborah Says "Go!"

"Then Deborah said to Barak, 'Arise, for this is the day that the LORD has delivered Sisera into your hand. Has not the LORD gone before you?'"
— Judges 4:14 (BSB)

Long before Israel had kings, God raised up leaders called **judges** to guide His people. And one of the most famous judges was a woman named **Deborah**.

Deborah was a prophetess, someone God spoke through. She would sit under a palm tree in the hill country, and people from all over Israel came to her to settle their problems. She was wise, and she listened to God.

At that time, Israel was being cruelly treated by a powerful Canaanite king. His army commander, Sisera, had nine hundred iron chariots! For twenty years, God's people suffered.

Then God gave Deborah a message for a man named Barak. He was to gather ten thousand soldiers and go fight Sisera, and God would give Sisera into his hands.

But Barak was nervous. He said, "If you will go with me, I will go; but if you will not go with me, I will not go."

So Deborah went. And when the day of battle came, she was the one who said, "**Arise, for this is the day** that the LORD has delivered Sisera into your hand. **Has not the LORD gone before you?**"

What gave Deborah such courage? Look at her words: "Has not the LORD gone before you?" Deborah wasn't brave because she was strong or because she had a big army. She was brave because she trusted God. She knew He was already ahead of them, fighting for them.

And God gave Israel a great victory. Afterward, Deborah wrote a song of praise to God, which you can read in Judges 5. The land had peace for forty years.

Deborah shows us that God uses women and girls to lead, speak His truth and bring courage to others. Your voice matters. Your faith matters. When you trust God, you can encourage others to be brave too.

Maybe you'll never lead an army. But you might be the one who says to a scared friend, *You can do this. God is with you.* You might be the one who stands for what's right when others hold back.

Think about it: Deborah said, "Has not the LORD gone before you?" How does knowing God goes ahead of you help you be brave?

Try this: Encourage someone who's nervous about something today. Remind her that God goes before her.

Dear God, thank You for Deborah, who trusted You and helped others be brave. Help me listen to You and speak Your truth. When I'm afraid, remind me that You go before me. Use my voice to encourage others. In Jesus' name, Amen.

Day 21 — Abigail the Peacemaker

"Then David said to Abigail, 'Blessed be the LORD, the God of Israel, who sent you to meet me this day! Blessed is your discernment, and blessed are you, because today you kept me from bloodshed and from avenging myself by my own hand.'"
— 1 Samuel 25:32–33 (BSB)

Before David became king, he and his men lived in the wilderness, hiding from King Saul. While they were there, they protected the shepherds and flocks of a very rich man named Nabal. They made sure no robbers or wild animals attacked them.

When it was time for Nabal's sheep to be sheared, which was a time of celebration, David sent some of his men to politely ask Nabal for some food.

But Nabal was rude and foolish. He insulted David and sent his men away with nothing.

When David heard, he was furious. He grabbed his sword and set out with four hundred men to take revenge on Nabal and his whole household!

Meanwhile, one of Nabal's servants ran to tell Nabal's wife, **Abigail**. The Bible says she was "an intelligent and beautiful woman," but her husband was "harsh and evil."

Abigail didn't panic. She acted fast. She gathered loads of bread, wine, meat, raisins and figs, loaded them on donkeys and rode out to meet David, without telling her husband.

When she saw David coming, she got off her donkey, bowed low and spoke to him humbly and wisely. She apologized for her husband's rudeness. She reminded David that God had great plans for him, and that one day he'd be glad he hadn't taken revenge.

And David listened! He said, "**Blessed is your discernment.**" *Discernment* means wisdom to see what's right. David thanked God for sending Abigail, because she had kept him from doing something terrible.

Abigail was brave, but not in the way you might expect. She didn't fight. She made peace. She used gentle, wise words to calm an angry man and stop a disaster.

That's a kind of courage the world needs. When friends are fighting, when someone's angry, when a situation is about to explode, a girl with wisdom and gentle words can make all the difference.

Think about it: What made Abigail brave? How is being a peacemaker a kind of courage?

Try this: If you see an argument starting today, try to be an "Abigail." Use calm, wise words to help make peace.

Dear God, thank You for Abigail's wisdom and courage. Give me discernment to know what's right, and gentle words to help make peace. Use me to calm angry situations and help people make good choices. In Jesus' name, Amen.

Day 22 — Rahab's Scarlet Cord

"When we heard this, our hearts melted and everyone's courage failed because of you, for the LORD your God is God in the heavens above and on the earth below."
— Joshua 2:11 (BSB)

Rahab lived in Jericho, a city with enormous walls. She wasn't an Israelite. She had grown up far from God, and her life had not been a good one. Many people in her city probably looked down on her.

But Rahab had heard stories. Stories about the God of Israel, who had parted the Red Sea and helped His people win battle after battle. Everyone in Jericho had heard those stories, and they were terrified.

One day, two spies from Israel sneaked into Jericho to look around before Joshua's army attacked. They ended up at Rahab's house, which was built right into the city wall. When the king of Jericho found out, he sent soldiers to Rahab's house to capture them.

Rahab had to make a choice. She could turn the spies in and be a hero in her city. Or she could protect them and risk her life.

She hid the spies on her roof under stalks of flax, and she sent the soldiers off in the wrong direction. Then she went up to the spies and told them what she believed: "**The LORD your God is God in the heavens above and on the earth below.**"

Rahab had decided to trust the God of Israel, even though she wasn't one of His people yet, and even though it was dangerous.

She asked the spies to save her and her family when Israel attacked. They agreed, and they told her to tie a **scarlet cord** (a bright red rope) in her window. Any house with that red cord would be safe.

When Israel came and the walls of Jericho fell, Rahab's house with the red cord was spared. She and her whole family were rescued. She went to live among God's people. And Rahab became part of the family line of King David, and of Jesus!

The Bible even lists Rahab in Hebrews 11 as one of the great heroes of faith.

Rahab's story shows that no matter where you come from or what you've done, God welcomes anyone who trusts Him. Your past doesn't have to define your future.

Think about it: Why do you think God included Rahab, who had grown up far from Him, in the family line of Jesus?

Try this: If there's something in your past you feel ashamed of, bring it to God today. Remember: He welcomed Rahab, and He welcomes you.

Dear God, thank You that You welcomed Rahab when she put her trust in You. Thank You that my past doesn't have to define my future. Give me brave faith like hers, to trust You even when it's risky. In Jesus' name, Amen.

Day 23 — The Servant Girl Who Spoke Up

"At this time the Arameans had gone out in bands and had taken a young girl from the land of Israel, and she was serving Naaman's wife. She said to her mistress, 'If only my master would go to the prophet who is in Samaria, he would cure him of his leprosy.'"
— 2 Kings 5:2–3 (BSB)

We don't even know her name. The Bible just calls her "a young girl."

Soldiers from the country of Aram had raided her village in Israel and carried her away. She was taken far from her family and made a servant in the house of a powerful army commander named **Naaman**.

Imagine how she must have felt. Scared. Lonely. Missing her mom and dad. Working for the very people who had taken her from her home.

Naaman was a great and respected man. But he had a terrible problem: he had **leprosy**, a serious skin disease with no cure in those days.

This young girl could have thought, *Good. He deserves it, after what his soldiers did to me.* She could have kept quiet.

But she didn't. She said to Naaman's wife, "If only my master would go to the prophet who is in Samaria, he would cure him of his leprosy."

What a brave and kind thing to say! She cared about the man who owned her. And she trusted her God, even far from home. She knew God's prophet, Elisha, could help.

Her words were passed along, all the way to the king. And Naaman traveled to Israel to find Elisha. At first, Naaman was too proud to do what

Elisha said, which was to wash seven times in the Jordan River. But finally he did, and his skin was healed and became like the skin of a little child! Naaman declared, "Now I know for sure that there is no God in all the earth except in Israel."

A powerful general was healed and came to know God, all because a young servant girl was brave enough to speak up.

You might feel small. You might think no one listens to kids. You might be in a hard situation you didn't choose. But God can use your words, even a single sentence, to change someone's life. Don't underestimate what one brave girl can do.

Think about it: Why do you think the servant girl wanted to help Naaman, even though he was her master in a foreign land?

Try this: Is there someone who needs to hear about God, or needs help you could point them to? Be brave and speak up this week.

Dear God, thank You for the brave servant girl who spoke up. Help me trust You even in hard places, and help me care about others, even people who aren't kind to me. Use my words to point people to You. In Jesus' name, Amen.

Day 24 — Mary Says Yes

"'I am the Lord's servant,' Mary answered. 'May it happen to me according to your word.'"
— Luke 1:38 (BSB)

Mary was a young woman living in the small town of Nazareth. She was probably a teenager. She was engaged to a carpenter named Joseph. She was planning an ordinary life.

Then one day, the angel Gabriel appeared to her. He said, "Greetings, you who are highly favored! The Lord is with you."

Mary was confused and scared. What did this mean?

Gabriel told her something amazing: God had chosen her to be the mother of His Son. She would have a baby, and she would name Him Jesus. He would be the Son of the Most High, and His kingdom would never end.

Mary asked, "How can this be?" She wasn't married yet. Gabriel explained that the Holy Spirit would make it happen. "For no word from God will ever fail."

Think about what God was asking of Mary. People might not believe her. They might gossip about her. Joseph might not understand. Her whole life would change. It would be wonderful, but it would also be hard.

And Mary answered with some of the bravest words in the Bible: "**I am the Lord's servant. May it happen to me according to your word.**"

In other words: *Yes, God. Whatever You want. I trust You.*

Mary didn't know how everything would work out. She didn't understand it all. But she said yes to God anyway.

That's what faith looks like. It's not having all the answers. It's trusting God enough to say yes, even when you don't know what's ahead.

God probably won't ask you to do what He asked Mary. But He will ask you to say yes to Him in lots of ways. Yes to forgiving someone. Yes to telling the truth. Yes to being kind to the girl no one likes. Yes to following Him when your friends don't.

A true story: Mary Slessor grew up poor in Scotland. She went to work in a mill when she was only eleven, and she had a temper she had to learn to tame. But she said yes to God, and when she grew up, she sailed to Calabar in Africa to tell people about Jesus. In that place, twin babies were thought to be cursed and were left in the forest. Mary thought that was a wicked lie. Whenever she heard of twins, she ran into the forest, into the dark and into angry crowds, and she carried the babies home. Because one brave woman said yes to God, the killing of twins began to stop. You can read her whole story in *Brave for God*.

Think about it: What's one area of your life where God might be asking you to say, "Yes, Lord, I trust You"?

Try this: Pray Mary's prayer today: "I am the Lord's servant. May it happen to me according to Your word." Then say yes to whatever God puts in front of you.

Dear God, like Mary, I want to say yes to You. I am Your servant. I don't always understand what You're doing, but I trust You. Help me say yes to You every day. In Jesus' name, Amen.

Day 25 — Hannah Pours Out Her Heart

"'No, my lord,' Hannah replied. 'I am a woman troubled in spirit. I have not had any wine or strong drink, but I have poured out my soul before the LORD.'"
— 1 Samuel 1:15 (BSB)

Hannah wanted a baby more than anything. But year after year, no baby came. To make it worse, another woman in her household had lots of children, and she teased Hannah about it over and over. Hannah was so sad that she cried and couldn't eat.

One year, when her family went to the house of God, Hannah slipped away to pray. And she prayed with her whole heart. She was so upset that her lips moved, but no sound came out. She wept and wept.

The priest, Eli, was watching her. He saw her lips moving without any sound, and he thought she was drunk! He scolded her.

But Hannah answered, "No, my lord. I am a woman troubled in spirit... **I have poured out my soul before the LORD.**"

Picture pouring water out of a pitcher. You tip it over, and everything inside comes out, all of it. That's how Hannah prayed. She didn't hold anything back. She told God exactly how she felt: her sadness, her hurt, her longing.

And after she prayed, something changed. The Bible says she went on her way, ate something and "her face was no longer downcast." She hadn't

gotten her answer yet. But she had given her burden to God, and He gave her peace.

And God did answer. Hannah had a baby boy, and she named him Samuel, which sounds like the Hebrew for "heard by God." Samuel grew up to be one of Israel's greatest prophets.

Some girls feel like they have to act fine all the time. Put on a smile. Pretend everything's okay. Maybe you feel like your feelings are "too much." But Hannah teaches us that we can be completely honest with God. You can pour out your soul to Him: your tears, your fears, your anger and your hopes. He can handle it, and He cares.

Hannah shows us that prayer isn't about using the right words. It's about bringing your real heart to a God who listens.

Think about it: Is there something heavy on your heart that you haven't fully "poured out" to God?

Try this: Find a quiet place today and pour out your heart to God, out loud or in your journal. Tell Him everything, and don't hold back.

Dear God, thank You that I can pour out my heart to You, just like Hannah did. I don't have to pretend with You. Here's what's on my heart: [tell Him]. Thank You for listening and for giving me peace. In Jesus' name, Amen.

Day 26 — Sitting at Jesus' Feet

> *"'Martha, Martha,' the Lord replied, 'you are worried and upset about many things. But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her.'"*
> *— Luke 10:41–42 (BSB)*

Jesus and His disciples were traveling, and a woman named **Martha** welcomed them into her home. That was a big deal! Martha had a lot of guests to feed, and she wanted everything to be just right.

So Martha got busy. Cooking, cleaning, setting the table, bringing water. There was so much to do.

But her sister, **Mary**, wasn't helping. She was sitting on the floor at Jesus' feet, listening to Him teach.

Martha got more and more frustrated. Finally, she marched up to Jesus and said, "Lord, do You not care that my sister has left me to serve alone? Tell her to help me!"

Have you ever felt like Martha? Doing all the work while someone else just sits there?

But Jesus answered gently: "Martha, Martha, you are worried and upset about many things. But **only one thing is necessary**. Mary has chosen the good portion."

Jesus wasn't saying Martha's work was bad. Serving is good! Hospitality is good! But Martha was so busy doing things *for* Jesus that she was missing

time *with* Jesus. And she was so worried and upset that she couldn't enjoy His presence.

Mary had chosen the most important thing: just being with Jesus.

Lots of girls are like Martha. Busy with school, sports, lessons, friends, chores and activities. Trying to do everything right. Worried about many things. And sometimes, in all that busyness, we forget to just sit with Jesus.

Jesus invites you to be like Mary. To slow down. To sit at His feet. To listen to Him. It doesn't have to be long. Even a few minutes a day, reading His Word and talking to Him, can change everything.

And look at His promise: "it will not be taken away from her." Time with Jesus is never wasted. Grades, awards and activities come and go. But the time you spend getting to know Jesus lasts forever.

Think about it: Are you more like Martha (busy and worried) or Mary (sitting with Jesus)? What keeps you from spending time with Him?

Try this: Set aside ten minutes today to be like Mary. Sit somewhere quiet, read a passage from one of the Gospels and just listen to Jesus.

Dear Jesus, I'm often busy and worried about many things, like Martha. Help me choose the good portion, like Mary. Help me slow down and sit at Your feet. Thank You that time with You is never wasted. In Your name, Amen.

Day 27 — A Beautiful Deed

"But Jesus said, 'Leave her alone; why are you bothering her? She has done a beautiful deed to Me.'"
— Mark 14:6 (BSB)

Just a few days before Jesus died, He was eating dinner at a house in a village called Bethany. Suddenly a woman came in carrying an alabaster jar, a beautiful stone bottle, full of very expensive perfume. It was worth about a whole year's wages!

And she broke the jar and poured all of the perfume on Jesus' head.

The whole room filled with the sweet smell. But some of the people at dinner were upset. "Why this waste of perfume?" they said. "It could have been sold for over three hundred denarii and the money given to the poor." And they scolded her.

Can you imagine how she felt? She had given something so precious, and people were criticizing her in front of everyone.

But Jesus stood up for her. "**Leave her alone**; why are you bothering her? **She has done a beautiful deed to Me.**"

Jesus said her gift was *beautiful*. Then He said something amazing: "Wherever the gospel is preached in all the world, what she has done will also be told in memory of her" (Mark 14:9). And He was right! Here we are, two thousand years later, still telling her story.

Why was her gift so beautiful to Jesus? Because it came from a heart full of love. She didn't hold anything back. She gave her very best, not caring

what anyone else thought.

That's what worship is: giving God your very best, because you love Him.

What could you "pour out" for Jesus? Maybe it's your time, your talents or your voice. Maybe it's something you love to do: singing, drawing, dancing, writing, playing an instrument or helping others. Maybe it's something you own that could bless someone. When you give it to Him with a heart of love, it's a beautiful deed.

Some people might not understand. Some might even criticize you. But Jesus sees your heart. And He calls it beautiful.

Think about it: What's something precious you could give to Jesus as an act of love?

Try this: Do something today as a "beautiful deed" for Jesus. Sing Him a song, make something for Him, or give something away in His name.

Dear Jesus, I want to love You like the woman with the perfume. Help me give You my very best, holding nothing back. Thank You that You see my heart, and that You call my gifts of love beautiful. In Your name, Amen.

Day 28 — Lydia Opens Her Heart

"Among those listening was a woman named Lydia, a dealer in purple cloth from the city of Thyatira, who was a worshiper of God. The Lord opened her heart to respond to Paul's message."
— Acts 16:14 (BSB)

When the apostle Paul traveled to the city of Philippi, he went down to the river on the Sabbath, looking for a place where people gathered to pray. And there he found a group of women.

One of them was **Lydia**. She was a businesswoman who sold purple cloth. That was a big deal! Purple dye was rare and expensive, so purple cloth was worn by kings and wealthy people. Lydia was probably successful and well-known.

Lydia already believed in God, but she hadn't heard about Jesus yet. As Paul spoke about Jesus, something happened: "**The Lord opened her heart** to respond to Paul's message."

Notice who opened her heart: the Lord. Lydia listened, but God did the work inside her. And Lydia believed! She and her whole household were baptized.

Then Lydia did something right away. She said to Paul and his friends, "If you consider me a believer in the Lord, come and stay at my house." And she insisted until they agreed!

God opened Lydia's heart. Then Lydia opened her **home**.

Lydia's house became a meeting place for the very first church in Philippi, and one of the first churches in all of Europe. Later, when Paul and his friend Silas got out of prison in Philippi, where did they go? To Lydia's house, where the believers had gathered.

Lydia shows us that when God opens our hearts, we want to open our lives to others. She used what she had, her home, her business and her gifts, to serve God's people.

What has God given you that you could open up to others? Maybe your home, for a friend who needs somewhere to go. Maybe your table, to share a meal. Maybe your time, your talents or your friendship.

And if you've never asked God to open your heart to Jesus, you can ask Him today. He opened Lydia's heart, and He can open yours.

Think about it: How did Lydia show that God had opened her heart? How can you "open your home" or your life to others?

Try this: With your parents' permission, invite a friend over, or find another way to show hospitality to someone this week.

Dear God, thank You for opening Lydia's heart to Jesus. Please keep opening my heart to You. And help me open my life to others, like Lydia did, by sharing what I have to serve You and bless people. In Jesus' name, Amen.

Day 29 — Strength and Honor

"Strength and honor are her clothing, and she can laugh at the days to come."
— Proverbs 31:25 (BSB)

What are you going to wear tomorrow? Girls often spend a lot of time thinking about clothes: what's in style, what matches, what looks good, what other girls will think.

The last chapter of Proverbs describes a woman who honors God. And it tells us what she wears. But it's not a brand name or a trendy outfit. "**Strength and honor** are her clothing."

What does it mean to wear strength and honor?

Strength doesn't have to mean big muscles. It means inner strength: a heart that's steady, that trusts God, that doesn't fall apart when things get hard, that stands up for what's right and that keeps going.

Honor means living in a way that's worthy of respect. Being honest. Keeping your promises. Treating others well. Living a life you don't have to be ashamed of.

These are "clothes" you put on every morning, not in your closet, but in your heart. Just like you choose an outfit, you can choose to put on strength and honor each day.

And look at the end of the verse: "**she can laugh at the days to come.**" Isn't that amazing? This woman isn't worried about the future. She's not anxious about what might happen tomorrow, next year or when she grows

up. She can laugh, not because she knows everything will be easy, but because she trusts God with it all.

Lots of girls worry about the future. Will I have friends next year? What will middle school be like? Will I be good enough? What if something bad happens? But a girl clothed in strength and honor, who trusts God, can face the future with joy instead of fear.

This isn't about being a grown-up yet. You can start wearing these clothes right now. Every time you choose courage over fear, honesty over lying, kindness over cruelty and trust over worry, you're putting on strength and honor.

Think about it: What does it look like for a girl your age to wear "strength and honor"?

Try this: Tomorrow morning, as you get dressed, pray, "God, help me put on strength and honor today, along with my clothes."

Dear God, help me wear strength and honor every day. Make my heart steady and strong in You, and help me live with honor. Take away my worries about the future, and help me laugh at the days to come because I trust You. In Jesus' name, Amen.

Day 30 — A Woman Who Fears the Lord

"Charm is deceptive and beauty is fleeting, but a woman who fears the LORD is to be praised."
— Proverbs 31:30 (BSB)

Here we are at the last day of this book! And we end with a verse that sums up everything we've learned.

"**Charm is deceptive** and **beauty is fleeting**."

Charm means being charming: popular, fun to be around and good at getting people to like you. But charm can be deceptive, which means it can trick you. Someone can be charming on the outside and unkind on the inside. And being popular doesn't make you a good person.

Beauty is fleeting means it doesn't last. It's like a flower that blooms and then fades. Every person's outward beauty changes over time.

The world tells girls that charm and beauty are the most important things. Be pretty. Be popular. Be liked. But God says those things don't last, and they aren't what make you valuable.

What *does* matter? "**A woman who fears the LORD is to be praised.**"

To *fear the Lord* doesn't mean being scared of God. It means loving Him, respecting Him and putting Him first. It means living your life for Him, trusting Him and wanting to please Him more than anyone else. That's what makes a girl truly beautiful, and it's a beauty that never fades.

Look back over these 30 days. You learned that God calls you by name and made you to reflect His glory. He looks at your heart, loves real beauty

and calls you His daughter, and He sings over you. You learned to escape the comparison trap by running your own race, remembering Leah, guarding your heart from envy, being content, celebrating others and trusting God for your needs. You learned to be a loyal friend like Ruth, to include others, to be drama-free, to use honey words, to handle hurt God's way and to point your friends to Jesus. You met brave girls of the Bible: Miriam, Deborah, Abigail, Rahab, the servant girl and Mary. And you learned about a heart for God from Hannah, Mary of Bethany, the woman with the perfume and Lydia.

All of it comes down to this: be a girl who loves the Lord.

A true story: Mary Jones was a poor girl in Wales who wanted a Bible in her own language more than anything. Bibles were rare and expensive, so for six years she saved every coin she could earn, from selling eggs, gathering firewood and doing odd jobs. Then she walked twenty-five miles over the hills, much of it barefoot, to buy one. The minister who sold her the Bible never forgot her. He told her story to other Christians, and it helped start a society that has since sent Bibles all over the world. One girl who loved God's Word helped millions of people read it. You can read her whole story in *Brave for God*.

Think about it: Looking back over this book, what's the most important thing you learned about being a daughter of the King?

Try this: Write a letter to yourself about who you are in God's eyes. Keep it somewhere safe, and read it whenever you forget.

Dear God, thank You for these 30 days. Thank You that I am Your daughter, loved and chosen. Help me care more about fearing You than about charm or beauty. Make me a girl who loves You with all her heart. In Jesus' name, Amen.

Conclusion: Beloved

You made it through 30 days! Well done, daughter of the King.

Let's remember where we started. On the very first page, you read God's promise: "I will be a Father to you, and you will be My sons and daughters, says the Lord Almighty."

That's who you are. Not the girl in the mirror. Not your grades or your clothes or how many friends you have. Not the mean things people might say, or the mean things you might say to yourself. You are **God's beloved daughter**.

You've learned that God knows your name and made you on purpose. That He looks at your heart, not your appearance. That comparing yourself to other girls is a trap, and contentment sets you free. That real friendship is loyal, kind, drama-free and points to Jesus. That God has always used brave girls and women: Miriam, Deborah, Abigail, Rahab, a servant girl whose name we don't even know, and Mary. And that the most beautiful thing about any girl is a heart that loves God.

You also met real women who trusted God in amazing ways: Amy Carmichael, Gladys Aylward, Corrie ten Boom, Mary Slessor and Mary Jones. They weren't perfect, and they didn't always feel brave. But they knew whose they were.

So do you.

If you haven't trusted Jesus yet

You become a daughter of the King by trusting Jesus. He died on the cross to take the punishment for your sins, and He rose again. He offers you forgiveness and a place in God's family forever, as a free gift. You can pray something like this:

Dear Jesus, I believe You are the Son of God. I believe You died on the cross for my sins and rose again. I'm sorry for the wrong things I've done. I trust You as my Savior, and I want to follow You. Thank You for making me a daughter of the King. Amen.

If you prayed that, please tell someone: your mom or dad, a pastor, a leader or a Christian friend. They'll want to celebrate with you!

What's next

In **Book 2 of Daughters of the King**, you'll learn to be **brave**: how to face worry and anxiety, how to use your voice, how to serve and lead, and how to follow Jesus like the women who stayed with Him all the way to the cross and the empty tomb.

Until then, whenever you forget who you are, open your journal, read your letter to yourself and remember: you are beloved.

> *"Those who look to Him are radiant with joy; their faces shall never be ashamed."*
> *— Psalm 34:5 (BSB)*

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